

KASHMIR OBSERVER

Thursday 25 January 2024 | Srinagar | Vol: 27 | Issue: 21 | Pages: 08 | Price: `3

www.kashmiobserver.net • twitter.com / kashmiobserver • facebook.com/kashmiobserver • Postal Regn: L/159/KO/SK/2014-2016

Kashmir's Winter Woes: Bears & Birds Feel The Chill As Snowfall Takes A Backseat

Hirra Azmat



Srinagar: The loss of anything of value strikes hardest, once it has lapsed into history. An old photograph of a snow-c l a d Dachigam national park in Central Kashmir, and home to critically endangered Hangul, was uploaded by Former Wildlife Warden, and conservationist Tahir Shawl on his Facebook profile. The photograph brought home this truth. Yet, the



Changes In Animal Behavior

loss barely stops with wistful nostalgia; the loss of snowfall is real, worrisome and manifold spread not just over the much-lamented horticulture and electricity generation, but also over less talked fisheries and wildlife. Experts say that the low-pressure system over Himalaya is largely



Altered Hibernation Patterns

missing, not allowing westerlies to reach here. The pressure difference drives the moisture into Kashmir which has not happened till date. This is linked to global climatic change forcing an unusually dry winter. Even as the weatherman has forecasted snow over hills and later over plains from Thursday afternoon to



Impact On Migratory Bird Populations

January 31, the gaping snow deficit will remain, and thus the dangers occasioned by its absence will persist. "The reduced precipitation over an extended period in temperate regions could have a profound impact on wildlife in Kashmir Himalaya. The scarcity of snowfall translates to



Habitat Shrinkage For Fish

water levels in various water bodies, potentially leading to heightened stress among animals. While small bouts may not immediately pose serious threats, prolonged low water availability can exert pressure on the wildlife species," Ecologist and founder of NGO, Wildlife Research and Conservation Foundation



Lowered Water Levels

(WRCF), Mehreen Khaleel told Kashmir Observer. Khaleel said the unpredictable shifts in climate may further induce changes in animal behaviour. "For instance, the decreased precipitation (rain/snow) observed in recent years has influenced the hibernation patterns of bears, making them more visible during



Decline In Food Availability

winter. The recent sightings of bear along with its cubs near Shankaracharya temple in Zabarwan range have only confirmed this misgiving portending disaster. This shift in climate conditions might also impact the number of migratory birds choosing places like Kashmir for winter breeding, driven by the scarcity of water in their usual habitats. Additionally, an early departure of these birds may occur due to rising | More on P6

Breaking The Dry Spell

MeT Forecasts Rain, Snow in J&K In Coming Days

Observer News Service

Srinagar: The Meteorological Department has predicted a welcome change in the weather for Jammu and Kashmir after a prolonged dry spell of two months. According to the latest forecast, residents can expect light rain and snowfall in the region over the next two days.

On Thursday, the weather is anticipated to be generally cloudy, with the likelihood of light snow in isolated higher reaches towards the night. The 26th is expected to be a mix of generally light rain and snow in isolated higher reaches during the early morning hours.



Looking ahead, between January 27 and February 2, there is a possibility of widespread light to moderate rain and snowfall. Additionally, moderate to dense fog is expected to persist over the plains of Jammu Division.

The Meteorological Department issued an advisory cautioning about

temporary road closures in higher reaches and crucial passes such as Sinthan Pass, Mughal Road, Sadhna and Razdan Pass, Zojila, etc., particularly during January 28 to 31. "Travelers are advised to plan accordingly and stay informed about the evolving weather conditions," the advisory stated.

According to Faizan Arif, an independent forecaster the upcoming spell may bring a slight relief, however, many more spells are expected to compensate the dry spell over the next two months. "The confidence for 25th January is between 60 percent to 95 percent," Faizan said.

Meanwhile, Bandipora was the coldest recorded place in Jammu and Kashmir with the minimum temperature in the north Kashmir district falling nearly eight degrees below freezing point, officials said on Wednesday.

Bandipora recorded a low of minus 7.9 degrees Celsius followed by Pulwama in south Kashmir at minus 7.3 degrees Celsius | More on P6

J&K SETS RECORD

94,680 Youth Provided Entrepreneurship Opportunities In A Single Day

- J&K Bank Will Provide 1384 Cr To Set Up New Startups: LG
- 2 Lakh Farmers Provided With Kisan Credit Card

Observer News Service

Jammu: J&K scripted a new record by providing entrepreneurship and self-employment opportunities to 94,680 youth in a single day. Addressing a Swarozgar Utsav organised by J&K Bank, Lieutenant Governor Manoj Sinha asserted that J&K creates a new record by distributing sanction letters to set up new units and startups that will fulfill dreams of youth and their aspiration of being a job creator and not a job seeker.

The function was presided over by LG at the Convention Centre just two



days before the celebration of 75th Republic Day.

The LG congratulated the Jammu Kashmir Bank for its endeavour to strengthen the spirit of Ghar Ghar KCC Abhiyaan and Swarozgar Utsav

– two ongoing campaigns aimed at financial empowerment of farmers and the youth.

This momentous occasion also marks a significant leap forward in transforming the UT's economic

landscape, he added.

He said the J&K Bank and is playing its important role for the betterment of common people.

Swarozgar Utsav for entrepreneurship and

CBI Arrests Hospital Employee In Bribery Case

Press Trust Of India

Srinagar: The CBI on Wednesday arrested a hospital employee in connection with a bribery case in Jammu and Kashmir's Baramulla district, the agency said.

The CBI has arrested an official of Sub-District Hospital, Sopore, in the north Kashmir district, in a bribery case related to issuance of date of birth certificate, the investigating agency said in a statement.

A case was registered on a complaint against an official working in the date of birth section of Sub-District Hospital, Sopore, on the allegations of demanding a bribe from the complainant for issuance of birth certificate in favour of his daughter, the Central Bureau of Investigation (CBI) said.

It was further alleged that the accused initially demanded | More on P6



KO Photo: Abid Bhat

R-Day Parade Dress Rehearsals Held Across Kashmir

Srinagar: Full dress rehearsals of the Republic Day parade were held across Kashmir, including at Bakshi Stadium -- where the main function will be held -- on

Wednesday, officials said. Full dress rehearsals were held at the district headquarters across the Valley, they said.

The rehearsal for the main function at Bakshi

Stadium was presided over by Divisional Commissioner (Kashmir) VK Bidhuri. Inspector General of Police (Kashmir Range) VK Birdi was also present, they added. | More on P6

Senior Army Officer Visits Areas Along LoC

Reviews Operational Preparedness

Press Trust Of India

Srinagar: A senior army officer visited forward areas along the Line of Control (LoC) in Gurez sector of Jammu and Kashmir to review the preparedness of the counter-infiltration grid ahead of Republic Day, officials said here on Wednesday.

General officer Commanding of the Army's 15 Corps Lt Gen Rajiv Ghai visited the forward areas in Gurez sector of Bandipora district on Tuesday to review counter-infiltration grid and operational

preparedness, they said. Security officials are concerned over the possibility of infiltration of terrorists into the valley due to lack of adequate snowfall in higher reaches of Kashmir this winter.

The mountain passes along the LoC usually are blocked during the winter months due to heavy snowfall, reducing the chances of infiltration of terrorists. However, dry winter has prompted the counter-infiltration grid to step up the vigil along the LoC.

Lt Gen Ghai, during his interaction | More on P6

Top-notch Security In J&K Army Commander Lauds Troops

Northern Army Commander Lieutenant General Upendra Dwivedi has reviewed the operational preparedness of troops in Jammu and Kashmir's Udhampur. "Lt Gen Upendra Dwivedi, Army Commander Northern Command visited the Logistic depot at | More on P6

SKAUST Professor Convicted In Sexual Harassment Case

Agencies

Srinagar: A local court has convicted a professor of Sher-i-Kashmir University of Agricultural Sciences and Technology (SKAUST) and sentenced him to one-year rigorous imprisonment for sexual harassment of a student in 2022.

The Chief Judicial Magistrate (CJM) Sopore, Adil Mushtaq Bandy sentenced Mushtaq Ahmad Dar, head division of

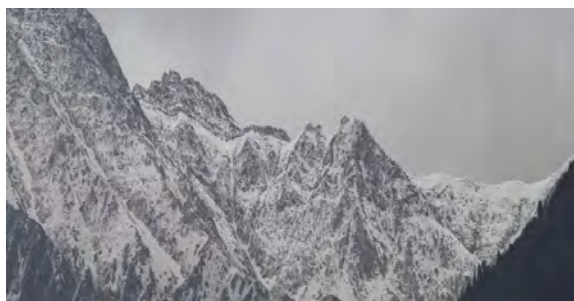
Agriculture Extension and Communication, Faculty of Agriculture, Wadura, to one year rigorous imprisonment for sexual harassment of the student.

The Court has also imposed a fine of Rs 15000 on the accused. "The accused has been sentenced to one year rigorous imprisonment," Mirza Zahid Khalil, assistant public prosecutor, CJM Court Sopore told agencies. | More on P6

Unravelling The Himalayan Conundrum The Vanishing Snow And Its Implications In NW India

Shakoor Rather

New Delhi: Amidst the serene apple orchards, Nadeem Bhat's disappointed look skyward speaks of a pressing concern – the unnerving absence of the traditional winter cloak of snow, an unexpected departure that experts say has implications for Kashmir's agriculture, tourism, and its delicate ecosystem.



unusual dry spell during chillai kalaan – the annual 40-day coldest phase that starts on December 21 – has cast a stark shadow on tourism, crop productivity, and water availability. "Apple orchards, for example, require a consistent snow cover during this phase for a bountiful crop but chillai kalaan is almost

over and there is no sign of snow. Even if it snows now, it won't cover the deficit due to warmer and longer days in February," 38-year-old Bhat told PTL.

As winter blankets the majestic hills of northwest India, a disquieting absence of snow in popular tourist destinations such as Gulmarg in Kashmir and Shimla in Himachal Pradesh has drawn the attention of the public and experts alike. They warn that the diminishing snowfall in the hilly regions during January will unravel a complex web of consequences | More on P6

J&K Initiates Climate Action Plan Amid Crisis

Auqib Javeed

Over a decade has passed since the state

government committed to a State-Specific Climate Change Action Plan for Jammu and

Kashmir, but it remained unimplemented till date. Recognizing the pressing need | More on P6

Is District Hospital Budgam Ill Prepared? 35 Yr Olds Death Sparks Allegations Of Medical Negligence

Observer News Service

Srinagar: Thirty five year old Javid Ahmad Ganaie's sudden death on Wednesday sparked accusations of "medical negligence" by family members against the medics and administration of the District Hospital, Budgam.

The family members alleged that the hospital's ill-preparedness exacerbated Ganaie's condition, leading to his unfortunate demise. Ganaie was pronounced dead on arrival at SMHS Hospital in Srinagar where

he had been referred by the Budgam hospital.

According to the family members, Ganie was rushed to the district hospital Budgam at 8:30 AM on Wednesday after he experienced a slight fall at his home following which he had complained of breathlessness, and the family members suspected a cardiac arrest as the reason for the fall.

"The situation at district hospital Budgam took a dire turn as there was no immediate response to attend to the emergency patient. No CPR (Cardiopulmonary

Resuscitation) was performed, and no immediate action was taken to stabilize the patient", alleged Asif Akbar Sofi, one of the family members.

The family claimed that after waiting for 20 minutes, Ganaie was administered 'Hydrocortisone', following which he collapsed. "He had a fall in the bathroom probably due to cardiac arrest. However, the ill preparedness at district hospital Budgam worsened his condition", said one of the family members.

Another member, a medic himself | More on P6

Beti Bachao, Beti Padoo

Program On National Girl Child Day-2024 Held At GGHSS Kothibagh

Observer News Service

Srinagar: With an aim to sensitize masses about significance of Birth of Girl Child and to highlight the opportunities created for women empowerment and emancipation, a program on National Girl Child Day-2024 under Beti Bachao Beti Padoo (BBBP) initiative was today held at Government Girls Higher Secondary School Kothibagh to honor birth of a girl child.

Deputy Commissioner (DC) Srinagar, Dr. Bilal Mohi-Ud-Din Bhat was the Chief Guest of the Program which was jointly organized by the District Administration Srinagar and District Social Welfare Office.

Addressing the gathering on the occasion, the Deputy Commissioner underscored the importance of birth of Girl Child and said Women empowerment is among top priorities of the Administration. He said the Beti Bachao Beti Padoo (BBBP) initiative

has been launched to address concerns of gender discrimination and women empowerment.

The DC laid emphasis on launching wider awareness on a large scale to create a positive environment that values the girl child and prevent gender-bias, ensuring survival and protection of the girl child.

The DC also highlighted the initiatives of the Government launched for empowerment and overall development of girl child to educate and empower them, ensuring they are at par with boys in every respect, besides providing reservation options, entrepreneurship avenues to foster their economic growth and securing the financial future of the girls.

The DC asked the organizers to launch mass awareness regarding Women Centric Schemes, Skill Development, BBBP and Legal Services through such programs to achieve desired targets at ground level



Holding tricolors, students from several schools showed up for a full dress rehearsal ahead of the R-Day event at Bakshi Stadium on Wednesday. KO Photo, Abid Bhat

Srinagar Smart City

90 Projects Complete, Pending Projects To Be Finished Soon: CEO SSCL

“Jahangir Chowk ‘Redevelopment’ Meant To Streamline Traffic”

Majid Nabi

Srinagar: Work on more than 90 Srinagar Smart City projects has already been completed, and the remaining 58 projects would be finished within the allotted time frame, Commissioner Srinagar Municipal Corporation (SMC), Dr. Owais Ahmad said on Monday.

Ahmad, who is also the Chief Executive Officer (CEO) of Srinagar Smart

City Ltd (SSCL), said the executing agency has been directed to complete the projects well on time. He also hoped that SSCL will take the top spot in the country as far as team devotion and work environment is concerned.

“The work on smart city projects was going on at full pace before I joined SMC as Commissioner and I expect that the projects ongoing will follow suit. More than 90 SSCL projects have been completed so far, and the rest of the 58 projects will be finished within the deadline,” Dr Owais

told the media.

Regarding the construction of “Balidan Stambh” at Pratap Park in Lal Chowk, the CEO of Smart City claimed that the project is anticipated to be completed within the deadline.

“I hope that the work on both sides of the river embankments will also be finished within the allotted time,” he said, adding Jahangir Chowk is also being developed, and when the project is finished, the mobility will be much better.



Keys to Stock Market Success

Irshad Mushtaq

Acceptance, learning, action, execution, patience, discipline, and following trusted services are all key components to finding success in the stock market. It is a daunting task to navigate the ever-changing landscape of investments, but with the right mindset and approach, one can earn money and build a prosperous future.

It all begins with acceptance. Accept that the stock market is unpredictable and at times, risky. Understanding and acknowledging this fact is crucial to approaching the market with caution and



a level head. Once this mindset is established, the learning process can commence. Educate yourself on the market, study trends, and gain a deep understanding of how it operates.

Taking action is the next step. It's important to start small and gradually increase your investments as your confidence grows. But action alone is not enough - execution is also crucial. Make informed decisions based on solid research and stick to your investment plan.

Patience is a virtue when it comes to the stock market. It takes time for investments to grow and mature, so staying patient and not making impulsive decisions is key. Discipline is also essential in maintaining a level-headed approach to your investments. Stick to your plan and resist the temptation to make emotional decisions.

Lastly, following trusted services and advisors can be tremendously beneficial. Utilize reputable sources for market analysis and seek advice from experienced professionals who can guide you in the right direction.

If these principles are followed diligently, success in the stock market is attainable. With the right mindset and approach, one can navigate the market with confidence and see their investments flourish. By practicing acceptance, learning, action, execution, patience, discipline, and following trusted services, earning money in the stock market is a realistic goal that is within reach. Remember, the stock market is a journey - not a sprint. Stay focused, be diligent, and success will follow.

Author is NISM qualified, Mutual Fund advisor and distributor having experience of 18 years in financial market

PUBLIC NOTICE

I have applied for the issuance of DOB certificate for my Son Ikhlash Rashid . As per school records his DOB IS 08-08-2013. If anybody has any objection in this regard he/she may file his/her objection in the office of the Naib Tehsildar Kakapora within a period of seven days from the date of publication of this notice. After that no objection shall be entertained.

Abdul Rashid Lone laa
F/o Ikhlash Rashid R/o Kharbatpora Ratnipora

NORTHERN RAILWAY
E-TENDER NOTICE

Tender Notice No:- 387-2023-24-MCTM-DRM-FZR Dated: 23.01.2024

Sr.DEN-IV/FZR acting for and on behalf of The President of India invites open tenders (E-Tenders) against below titled tenders and available on www.irfeps.gov.in with closing date-15/02/2024 up to 15:00 Hrs. Bidders will be able to submit their original/revised bids up to closing date and time only. Manual offers are not allowed against these tenders, and any such manual offer received shall be ignored. Contractors are allowed to make payments against this tender towards tender document cost and earnest money only through only payment modes available on www.irfeps.gov.in portal like net banking, debit card, credit card etc. Manual payments through Demand Draft, Banker cheque, Deposit receipts, FDR etc. are not allowed.

Tender Type	Tendering Section	Bidding System
Open	Works	Single Bid System

Date of Uploading Tenders: 23.01.2024
Bid Starting Date: 01-02-2024
Bid Closing Date/Time: 15-02-2024 15:00 Hrs

S.No.: 1 Tender No. 387-2023-24-MCTM-DRM-FZR

Details of Tender : Replacement of existing 540 nos. steel channel sleepers with H-beam sleepers of Br. No 18 (3x12.20m) & Br. No.85 (1x 80m+2x102m) in the section of ADE/NMCTM (Udhampur) in c/w through Bridge Sleepers Renewal (TBSR) with H-beam-5670 nos. over Firozpur Division.

Advertised Value (Rs.)	Earnest Money	Validity of Offer	Period of Completion
1,94,76,177.31/-	2,47,400,00/-	60 Days	12 Months

Similar nature of work :- "Fabrication and laying of Channel sleepers in running track"

Note 1. Before bidding, bidders to check for any corrigendum issued against tender. 27/1/2024

SERVING CUSTOMERS WITH A SMILE

J&K Bank
Serving To Empower

Jammu & Kashmir Bank Limited
Estates & Engineering Department
Corporate Headquarters, Srinagar
M. A. Road Srinagar, 190 001 J&K

Online Notice for Tender (e-RFP)
for
Comprehensive AMC of Servo Stabilizers Installed at Various Branches/ATM's/Offices/Guest Houses in Jammu Zone

Tender Notice along with Complete Tender document outlining the minimum requirements can be downloaded from and BIDs can be submitted on the Banks' e-Tendering Portal <https://jkbank.abcpocure.com> w.e.f. January 25, 2024, 16.00 Hrs. Tender Document can also be downloaded from Bank's Official Website www.jkbank.com. Last date for submission of Bids is February 15, 2024, 17.00 Hrs.

e-NIT Ref.No. JKB/E&ED/SERVO-AMC-20J/2024-961
Dated: 23-01-2024

Registered office: Corporate Headquarters, M.A.Road, Srinagar 190001, Kashmir, India
CIN: L6510JK9385000048; T: +91 (0194) 2481 9300-5; F: +91 (0194) 248 1928; E: info@jkbank.com; W: www.jkbank.com

DIPK-NB-5371/23 DATED: 24-01-2024

J&K Bank
Serving To Empower

Jammu & Kashmir Bank Limited
Customer Service Department
Corporate Headquarters
M.A. Road Srinagar 190001

Online Request for Proposal (e-RFP)
for
Hiring an Agency for conducting market research for Customer Satisfaction Survey (CSS) of the Bank

Tender Notice along with Complete Tender document outlining the minimum requirements can be downloaded from and BIDs can be submitted on the Banks' e-Tendering Portal <https://jkbank.abcpocure.com> w.e.f. January 24, 2024, 16.00 Hrs. RFP Document can also be downloaded from Bank's Official Website www.jkbank.com. Last date for submission of Bids is February 14, 2024, 17.00 Hrs.

e-RFP Ref. No. JKB/CHO/CS/CSS-Bank-Survey/2024-960
Dated: 23-01-2024

Registered office: Corporate Headquarters, M.A.Road, Srinagar 190001, Kashmir, India
CIN: L6510JK9385000048; T: +91 (0194) 2481 9300-5; F: +91 (0194) 248 1928; E: info@jkbank.com; W: www.jkbank.com

DIPK-NB-5391/23 dated: 24-01-2024

Srinagar Municipal Corporation
Office Of The Executive Engineer Right River Works Division
Regal lane Lal Chowk Srinagar
Email: eerrwsmc@gmail.com

FRESH SHORT TERM NOTICE INVITING E-TENDER No. 48 of 2023-2024
Dated: 23.01.2024

For and on behalf of the Commissioner, Srinagar Municipal Corporation, e-tenders are invited on a percentage basis from approved and eligible Contractors registered with J&K Govt., CPWD, Railways and other State/Central Governments for the below mentioned works.

S. No.	Name of the Work	Adv. cost in lacs	Earnest Money (In Rs.)	Cost of tender documents	Time of Completion	Head of Account	Class of contractor	AA order No	T.S. Order No. dated
1.	Construction of Footpath and wooden culvert (20 feet) near H/o Mohammad Amin Ladoo at Lado Mohalla (A) AbiKarpora.	2.61	5220	201	4 weeks	URBAN DEVELOPMENT 2023-2024	DEE	Order No. 1569 of 2023 dated: 21.11.2023	No.558 of 23-24 Dated:-21-12-23
2.	Construction of Footpath and Culvert near H/o Ghulam Mohiud Din Surgo at Surgo Mohalla AbiKarpora	1.63	3260	202	2 weeks	URBAN DEVELOPMENT 2023-2024	DEE	Order No. 1569 of 2023 dated: 21.11.2023	No.559 of 23-24 Dated:-21-12-23
3.	Construction of Footpath near H/o Shabir Ahmad Bhat at Zari Mohalla AbiKarpora	2.48	4960	209	4 weeks	URBAN DEVELOPMENT 2023-2024	DEE	Order No. 1569 of 2023 dated: 21.11.2023	No.566 of 23-24 Dated:-21-12-23
4.	Construction of tile path from the H/o M. Yaqoob Sheikh to M. Shafi Sheikh at Bachi Darwaza	0.40	800	213	2 weeks	URBAN DEVELOPMENT 2023-2024	DEE	Order No. 1569 of 2023 dated: 21.11.2023	No.570 of 23-24 Dated:-21-12-23
5.	Construction of Footpath near H/o Zahoor Ahmad Gasi at Gassi Mohalla (A) AbiKarpora	1.59	3180	219	2 weeks	URBAN DEVELOPMENT 2023-2024	DEE	Order No. 1569 of 2023 dated: 21.11.2023	No.578 of 23-24 Dated:-21-12-23
6.	Repair of Waza Shed Park at Tabardar mohalla	1.50	3000	221	2 weeks	URBAN DEVELOPMENT 2023-2024	DEE	Order No. 1569 of 2023 dated: 21.11.2023	No.580 of 23-24 Dated:-21-12-23
7.	Constt of Protection bund near the H/o Nazir Ahmad Bhat at Narbatapora (Masjid Sharief)	2.19	4380	216	4 weeks	URBAN DEVELOPMENT 2023-2024	DEE	Order No. 1569 of 2023 dated: 21.11.2023	No.573 of 23-24 Dated:-21-12-23
8.	Construction of Footpath near H/o Ghulam Ahmad Dar at Dar Mohalla AbiKarpora	1.37	2740	214	2 weeks	URBAN DEVELOPMENT 2023-2024	DEE	Order No. 1569 of 2023 dated: 21.11.2023	No.571 of 23-24 Dated:-21-12-23

Position of AAA: Accorded, Technical Sanction: Accorded
The NIT consists of qualifying information, eligibility criteria, specifications, Bill of quantities (B.O.Q) set of terms and conditions of contract other details can be seen/ downloaded from the departmental website www.jktenders.gov.in as per the date schedule given below:-

S. No.	Particulars	Date from to
1.	Date of publication of e-portal	23.1.2024
2.	Date of Downloading of bid documents for said e-NIT	23.1.2024 from 06:00 PM
3.	Date of uploading of bid document / bid submission starts	23.1.2024 from 06:00 PM
4.	Date of uploading of bid document / bid submission Ends	02.02.2024 at 06:00 PM
5.	Date of Bid opening	03.02.2024 at 11:00 AM
6.	Date of Submission of Uploaded documents (Hard Copies) by Successful Bidder including Bid Security (EMD/Challan), Tender document fee.	05.02.2024 up to 04:00 PM

Note: - (The Date of EMD/Challan must be from the date of start of bid upto Bid Submission End date,

TERMS AND CONDITIONS

- The intending tenders should attach a call deposit receipt equivalent to 2% of the advertised cost / total cost of the work shown against each work pledged to the Executive Engineer Right River Works Division, SMC, drawn from any scheduled Bank without which no tender will be entertained.
- Bids must be accompanied with cost of tender document in the shape of Bank Receipt / challan as a tender fee paid in the Municipal Account No. 021601020000007 payable at J&K Bank Branch Dood Ganga Bagarden, Srinagar payable at Srinagar (with NIT No and Serial No of work mentioned and Division name Viz RFRWD) and Earnest Money / bid security in the shape of CDR/FDR (The date of Bank Receipt / Challan and earned money/bid security should be between the date of start of bid and Bid Submission End date). The tender fees is non-refundable and can also be paid through online mode via NEFT/RTGS in favour of F/A/ Chief Accounts officer, Srinagar Municipal Corporation with Bank Details as given below:-

Name of the Bank:- Jammu and Kashmir Bank Ltd.
Branch:- Bagarden, Srinagar
Bank Account No:- 0216010200000007
IFSC code:- JAKA0GARDEN
MICR CODE: 190051008

Any payment for Tenders fees through online mode shall necessarily mention the following information. (Sender Name, Account No of Sender/Beneficiary, Transaction ID, Reference ID, Transaction date and time, The Remarks should necessarily mention NIT NO, SNO and RRWD viz. NIT 03, SNO 10, RRWD)

For one particular work, only one bank Receipt / challan (not more than one) of the exact amount of tender fees (neither lesser nor greater) as shown against that particular work must be paid and uploaded with the tenders. The same tender fees paid and uploaded for a particular work should not be again used/ uploaded for any other work in the NIT (i.e. one Bank Receipt / Bank Challan for one work only)

Tender Fee and other relevant documents including Bid security (CDR/FDR) duly filled up, if found uploaded, with any ambiguity or un-attested correction/over writing for any work such tender /bid shall be considered as invalid bid and shall be out rightly rejected and action under rules shall be initiated.

Further use of pencil in writing (NIT No and S. No) on tender fees and EMD must be avoided.

The participating agencies/ contractors are advised in their own interest not to resort to any cheating while submitting and uploading the tender document Fees or any other document.

The bidders are requested to upload following documents:

- Tender fees.
- EMD in the shape of CDR and FDR.
- Registration card and its latest renewal.
- Verification of Registration Card from competent Authority
- Latest GST clearance.
- PAN Card.
- Correspondence Address of the Agency with active Mobile No.
- Bank Account details (16-digit Bank Account No, Branch office, IFSC code)
- Any other document required to be uploaded as per the NIT.

3. The date and time of opening of bids shall be notified on website www.jktenders.gov.in and conveyed to the bidders automatically through an E-mail message on their email address. The bids of responsive bidders shall be opened online on the same website in the office of the Executive Engineer, Right River Works Division, SMC (Regal Lane, Lal Chowk, Srinagar) or in the office of the Informatics officer, SMC (Karan Nagar Srinagar). In case of holidays/ offices happens to be closed on the date of opening of the bids, or there is any Net problem the same will be opened on the next working day at the same time and venue.

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

5. The lowest successful bidder has to furnish 5% of the contract value/ allotted cost cost as performance security in the shape of CDR/FDR immediately after opening of tenders. The performance security required as per NIT conditions shall be released after DLP is successfully over. Earnest money in the shape of CDR/FDR shall be released after performance security is received. The earnest money in favour of the unsuccessful bidder shall be released only after submission of Bank Receipts/challans.

6. The earnest money shall be forfeited, if-

- Any bidder/tenderer withdraws his bid/tender during the period of bid validity or makes any Modifications to the terms and conditions of the bid.
- Failure of Successful bidder to furnish the required performance security within the specified time limit.
- Failure of successful bidder to execute the agreement within 28 days after fixation of contract.

Instruction to bidders regarding e-tendering process

Sd/
Executive Engineer
Right River Works Division
Srinagar Municipal Corporation

J&K Bank
Serving To Empower

Jammu & Kashmir Bank Limited
Customer Service Department
Corporate Headquarters
M.A. Road Srinagar 190001

Online Request for Proposal (e-RFP)
for
Hiring an Agency for conducting market research for Customer Satisfaction Survey (CSS) of the Bank

Tender Notice along with Complete Tender document outlining the minimum requirements can be downloaded from and BIDs can be submitted on the Banks' e-Tendering Portal <https://jkbank.abcpocure.com> w.e.f. January 24, 2024, 16.00 Hrs. RFP Document can also be downloaded from Bank's Official Website www.jkbank.com. Last date for submission of Bids is February 14, 2024, 17.00 Hrs.

e-RFP Ref. No. JKB/CHO/CS/CSS-Bank-Survey/2024-960
Dated: 23-01-2024

Registered office: Corporate Headquarters, M.A.Road, Srinagar 190001, Kashmir, India
CIN: L6510JK9385000048; T: +91 (0194) 2481 9300-5; F: +91 (0194) 248 1928; E: info@jkbank.com; W: www.jkbank.com

DIPK-NB-5391/23 dated: 24-01-2024

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
SHEIK UL ALAM AIRPORT: 01942303311

RAILWAYS

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

HIGHWAY STATUS

- Sgr-Jammu highway - (Open)
- Mughal Road - (Open)

PRAYERS

FAJR	6: 06
ZUHR	12:43
ASR	4: 16
Magrib	5:57
ISHA	7: 20

HIJRI CALENDAR
13 Rajab
1445

Sd/
Executive Engineer
Right River Works Division
Srinagar Municipal Corporation

KASHMIR OBSERVERTM

Thursday | 25-01-2024

Opposition Disarray

In the run-up to the Lok Sabha polls, the INDIA alliance finds itself in a state of disarray, struggling to present a united front against the formidable BJP juggernaut, which has gained strength following the inauguration of the Ram Temple in Ayodhya. It is clear that the opposition coalition is facing challenges in resolving their differences, particularly in states crucial for electoral success, such as Uttar Pradesh and West Bengal. Already, West Bengal chief minister and Trinamool Congress supremo Mamata Banerjee has announced that her party will contest the Lok Sabha elections in all constituencies in the state, citing a major setback in the seat-sharing talks with the INDIA bloc ally Congress. She said her party's seat-sharing proposals were "dismissed" by Congress immediately.

The growing tension between the JD(U) and its key partner RJD in Bihar, have also raised questions about the political maneuverings of Nitish Kumar. Fears that he might once again switch sides have reared their head. The political alliances are of dynamic nature. The self-interest often guides party decisions in response to changing situations. Kumar's recent restructuring of the JD(U), including the appointment of new office-bearers have triggered speculation and uncertainty about the political landscape in Bihar, with questions arising about the unity of the INDIA bloc in the state. The statement by Union Home Minister Amit Shah, indicating that the BJP would consider the return of erstwhile NDA allies like Nitish Kumar has further fuelled rumours.

As the Lok Sabha polls draw nearer, the opposition faces a critical challenge in resolving internal differences, finalizing seat-sharing agreements, and presenting a coherent narrative against the BJP. There is an urgent need to address the disarray within the INDIA alliance and put up a unified front to effectively challenge the growing influence of the ruling party.

But this is easier said than done. As the inauguration of Ram Mandir proved, PM Modi is now largely unchallengeable as the sole preeminent leader of the country. He has by and large singlehandedly altered the direction of the country away from Nehruvian socialism and instituted Hinduism as the religion of the state. The BJP's victory and that too a massive one already looks like a foregone conclusion. That is, unless the opposition gets its act together, which looks unlikely. This will require seriousness on the part of all and some give and take. But fighting the BJP will take more than seat-sharing. Opposition will need an alternative political narrative which sounds credible enough to resonate with people.

OTHER OPINION

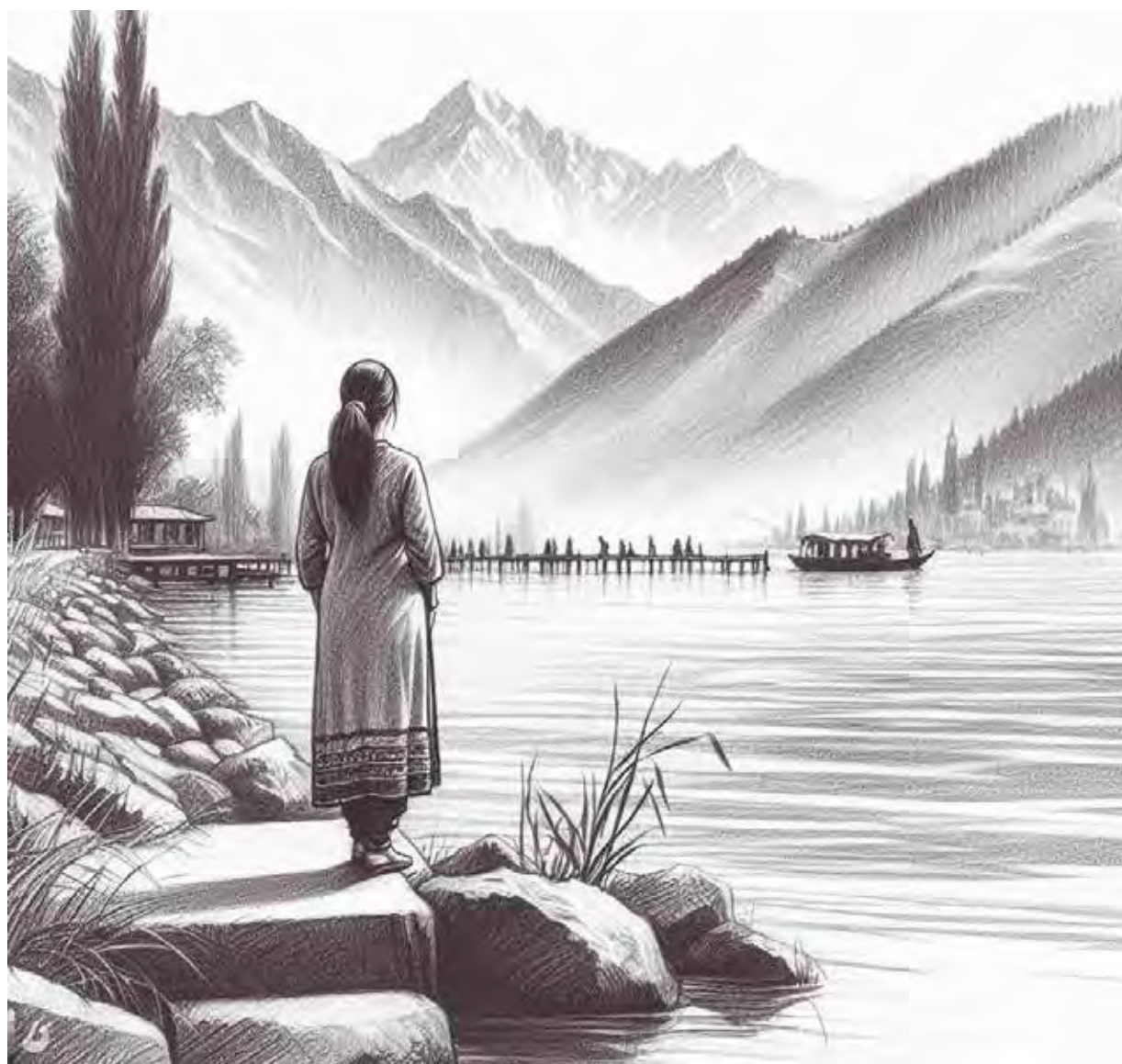
First, listen

The official consultation process set in motion for gauging the viability of simultaneous elections is unfolding like a chronicle foretold. According to the Union Law Ministry, 81 per cent of the 20,000-plus responses received by the High Level Committee on One Nation, One Election have favoured the idea. The Committee headed by a former president, Ram Nath Kovind, issued a public notice asking for suggestions between January 5-15. Unfortunately, given its constitution, manner of functioning and the larger context of one-party dominance, the Kovind Committee gives the impression of being partisan at best and a rubber stamp at worst. The blame for the lack of robust debate on the proposal also lies with the Opposition, particularly Congress. On an issue with far-reaching consequences, it has refused to engage.

The eight members of the Committee have either openly expressed support for simultaneous polls — as president, Kovind did, in Parliament, in 2019 — or are seen to be close to the government and therefore broadly in agreement with its pet projects. Congress Leader in the Lok Sabha, Adhir Ranjan Chowdhury, refused to be a part of the Committee arguing that it is imbalanced. The Committee's very terms of reference assume that One Nation, One Election is in "national interest". But despite this, an Opposition leader could have played an important role — by voicing concerns the government may not want heard and by pushing for greater transparency in the process. As things stand, the concerns of the Opposition and the states look scattered and are being voiced piecemeal: Congress has called it "undemocratic", AAP has said it will give an "unfair advantage" to the ruling party, the DMK has labelled it "dangerous", and the TMC described it as "against the federal structure".

Admittedly, a near-constant election cycle, and the short-termism this engenders, places a great burden on the exchequer. But while these issues are important, they cannot be used as an excuse to artificially keep governments that lose the support of the legislature and by extension, the people, in power. Certainly, such a fundamental change in the democratic structure and process must not be brought about without adequate engagement with the Opposition's concerns. The legitimacy of the electoral system does not flow only from the Treasury Benches or the corridors of power at Kartavya Path. It also emanates from those without executive office continuing to have a voice. The elected Opposition, all but silenced in the last session of Parliament with the expulsion of 146 MPs, must have a say, and not just a token one, in the consequential matter of the design of elections.

The Indian Express



This is an AI generated image. For representational purposes only.

Is Kashmiri Literature Gender Biased?

Kashmiri literature, rich and diverse, reflects the complex tapestry of the region's cultural, social, and political landscape. Within this literary realm, the representation of gender roles, identities, and women's experiences has been a topic of profound significance and evolution. This write-up delves into the nuanced exploration of gender dynamics in Kashmiri literature, tracing the evolution of these portrayals over time. In the realm of Kashmiri literature, gender roles and identities have been intricately woven into narratives, shaping the way society perceives and understands the roles of men and women. These representations are often deeply rooted in the cultural and historical context of the region, influenced by religious beliefs, social norms, and political realities.

The Evolution

Early Kashmiri literature, dating back to ancient times, often portrayed women in traditional roles, emphasizing their domestic duties and familial responsibilities. However, as Kashmiri society underwent various transformations, including cultural exchanges with Central Asia and Persia, the portrayal of gender roles in literature began to evolve. The advent of Sufism, with its emphasis on spiritual equality, also left a significant imprint on Kashmiri literary works, challenging conventional gender norms. During the medieval period, Kashmiri literature witnessed the emergence of powerful female voices, both as poets and characters in literary works. Women like Habba Khatoon,

BILAL GANI

“While early texts might have been gender biased, contemporary Kashmiri literature includes a diverse range of voices and perspectives. Female authors and poets have significantly contributed to the literary landscape, challenging traditional biases and offering alternative viewpoints. Moreover, the presence of gender biases in literature does not mean that every work or every author within the Kashmiri literary tradition perpetuates these biases

a celebrated poetess-queen, contributed significantly to the literary landscape, breaking away from traditional stereotypes. Their poetry often expressed themes of love, longing, and resilience, providing a new perspective on women's experiences. The colonial period brought its own set of challenges and opportunities for the representation of gender in Kashmiri literature. Western ideas of feminism and women's rights started to influence the discourse, leading to a more nuanced portrayal of women in literary works. Writers began to explore themes of women's empowerment, education, and their struggles within patriarchal structures, reflecting the changing social dynamics of the time. Deena Nath Nadeem's poetry often depicted the social and cultural life of Kashmir, including the roles and experiences of women. Nadim's writings reflected the traditional norms and evolving societal changes, providing a glimpse into the gender dynamics of his time. In the contemporary era, Kashmiri literature continues to evolve, mirroring the complexities of modern society. Female authors and poets have gained prominence, offering diverse narratives that challenge stereotypes and shed light on the multifaceted experiences of women in Kashmir. Themes such as conflict, displacement, and resilience are explored through the lens of gender, providing a deeper understanding of the intersectionality of women's identities in the region.

Different Aspects of Gender Literature

Early Kashmiri literature often portrayed men and women in pre-defined roles, with women primar-

ily associated with domesticity and caregiving while men were depicted in roles of authority and decision-making. These traditional gender roles were deeply embedded in societal norms and influenced literary representations. Despite traditional constraints, Kashmiri literature witnessed the emergence of notable female poets like Habba Khatoon. Their poetry expressed a range of emotions, from love and longing to societal critique, challenging the established gender norms and providing a unique perspective on women's experiences.

The legendary Kashmiri Poet Rahman Rahi's poetry often delves into the cultural and social fabric of Kashmir, encompassing the experiences of both men and women. While his works are multifaceted, they offer glimpses of the roles and struggles of women in Kashmiri society. The conflict in Kashmir has had a profound impact on gender dynamics. Literature from the region often explores the experiences of women in conflict situations, highlighting their resilience, struggles, and contributions. Female authors shed light on the unique challenges faced by women in conflict zones, offering a perspective that is both poignant and powerful. Modern Kashmiri literature delves into the intersectionality of gender, considering how factors such as class, caste, religion, and sexual orientation intersect with gender identity. This exploration provides a more comprehensive understanding of the diverse experiences of individuals, particularly women, in Kashmiri society.

Some contemporary Kashmiri literature explores LGBTQ+ identities and experiences. Authors address issues related to sexual orientation and gender identity, providing a platform for discussions around inclusivity, acceptance, and the rights of LGBTQ+ individuals in the region. Certain works in Kashmiri literature focus on social change and women's empowerment initiatives. These writings celebrate the achievements of women in various fields, encouraging a positive narrative around gender equality and women's progress in Kashmiri society.

Is Kashmiri Literature Gender Biased?

Like many other literary traditions, Kashmiri literature has historically exhibited gender biases, reflecting the societal norms and attitudes prevalent at different points in time. Traditional Kashmiri literature often depict gender roles in a stereotypical manner, reinforcing prevailing social expectations and norms related to women's behavior, roles, and responsibilities. However, it is essential to recognize that the evolution of Kashmiri literature has led to a more nuanced and complex portrayal of gender over the years. While early texts might have been gender biased, contemporary Kashmiri literature includes a diverse range of voices and perspectives. Female authors and poets have significantly contributed to the literary landscape, challenging traditional biases and offering alternative viewpoints. Moreover, the presence of gender biases in literature does not mean that every work or every author within the Kashmiri literary tradition perpetuates these biases. Many writers have consciously worked to subvert gender stereotypes, depict strong and independent female characters, and address issues related to gender inequality and discrimination.

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

The author is a Researcher and a Literary Critic



OBSERVER
MAIL

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

MAIL YOUR LETTERS

P.O. Box # 337, G.P.O. Srinagar-190 001
email: editpage.ko@gmail.com

Addressing Obesity

It is well known that a large population of the country is battling obesity, the root of all diseases, due to which diseases like diabetes, thyroid, and high blood pressure have increased not only among adults, but also in adolescents and children. The good thing is that like the epidemic, now the government has also become alert about the increasing obesity. NITI Aayog, the

country's policy-making body, has recommended to identify the major factors of its growth such as sugar, salt and fat-rich foods and increase the excise duty on these foods to make citizens free from obesity. In this episode, it has been said to take steps like 'front of the pack labeling' on products, so that people can be warned about the danger of obesity. The purpose is that people should be

careful while choosing food items and they should know what is dangerous for their health. The report of the Research Institute of NITI Aayog for the year 2021-2022 warns that the problem of overweight and obesity among children, adolescents and women is increasing continuously in the country. NITI Aayog is taking steps in this direction in collaboration with the country's Institute of Economic

Development and the Public Health Organization of India. In fact, Indian food has traditionally been a trend of namkeen, chips, bhujia, etc., but in recent years, in the name of snacks, there has been an increase in the popularity of such foods which are injurious to health.

Vijay Garg

Skill-volution

Navigating the Shift to a Skills-Centric Job Market

Sharif Hussain Khan

The ever-evolving nature of employment has entered a new epoch—the 'Skillvolution.' This transformative paradigm challenges the conventional wisdom of hiring based on degrees and pedigrees, steering towards a future where practical skills take center stage. The Skillvolution not only remodels the job market but also beckons individuals to reassess their approach to career development in profound ways.

THE CHANGING FACE OF EMPLOYMENT

In the not-so-distant past, a degree wielded formidable power as a ticket to a promising career. However, the Skillvolution disrupts this status quo, advocating for the recognition of practical skills that directly contribute to a candidate's ability to excel in their roles. This shift acknowledges that while a diploma may showcase theoretical knowledge, it doesn't always guarantee practical competence.

Industries in the Skillvolution era prioritize candidates boasting a diverse set of skills pertinent to the job at hand. Proficiency in coding, data analysis, or robust interpersonal communication skills becomes the new currency of employability. Employers increasingly grasp that a candidate's ability to adapt and apply knowledge in real-world scenarios often overshadows the importance of qualifications listed on their resumes.

BREAKING THE DEGREE BARRIER

The conventional belief that a four-year degree is the exclusive gateway to success is gradually eroding. The Skillvolution dismantles barriers imposed by the exclusive emphasis on formal education, opening up opportunities for individuals to showcase their capabilities through certifications, online courses, and hands-on experience.

This shift is mutually beneficial for both employers and job seekers. Companies can now tap into a broader pool of talent, considering candidates with unconventional educational backgrounds but possessing the necessary skills. Simultaneously, individuals who may not have followed a traditional college path can prove their worth through demonstrable expertise, unlocking meaningful employment opportunities.

EMBRACING LIFELONG LEARNING

In the Skillvolution era, the concept of lifelong learning takes center stage. The rapidly evolving technological landscape demands continuous upskilling and reskilling. Professionals realize that staying relevant in the job market requires a commitment to ongoing learning.



Online platforms and educational resources play a pivotal role in facilitating this continuous learning culture. From specialized courses to micro-credentials, individuals are empowered to acquire new skills and stay ahead of industry trends. This adaptability not only enhances employability but also fosters a culture of innovation within organizations.

The notion of a static skill set is becoming obsolete. Instead, individuals are encouraged to view their careers as a journey of perpetual learning, adapting, and acquiring new skills in response to the evolving demands of their chosen industries.

THE ROLE OF TECHNOLOGY IN SKILL DEVELOPMENT

Undoubtedly, technology is the driving force behind the Skillvolution. Artificial intelligence, machine learning, and automation are reshaping industries, creating a demand for skills that align with these advancements. Professionals need to cultivate a tech-savvy mindset to thrive in this evolving job market.

Employers increasingly value candidates who can harness technology to enhance productivity and drive innovation. Proficiency in using digital tools, understand-

ing data analytics, and leveraging emerging technologies are becoming prerequisites for success across various sectors. This shift underscores the importance of staying abreast of technological advancements and incorporating them into one's skill set to remain competitive.

CHALLENGES AND OPPORTUNITIES IN THE SKILL REVOLUTION

While the Skillvolution brings about numerous opportunities, it also presents challenges. The traditional education system must adapt to equip students with the skills demanded by the evolving job market. There is a pressing need for collaboration between educational institutions, industry stakeholders, and policymakers to bridge the skills gap effectively.

Moreover, individuals must navigate this transformation by identifying the skills most relevant to their chosen fields and actively pursuing avenues for skill development. Embracing a proactive approach to learning and adapting to change will be crucial for staying competitive in the job market. The ability to embrace challenges as opportunities for growth becomes a key factor in



Companies can now tap into a broader pool of talent, considering candidates with unconventional educational backgrounds but possessing the necessary skills. Simultaneously, individuals who may not have followed a traditional college path can prove their worth through demonstrable expertise, unlocking meaningful employment opportunities

personal and professional success.

The Skillvolution calls for a fundamental re-evaluation of our approach to career development, urging both individuals and organizations to adapt to this changing landscape. It represents more than just a trend; it symbolizes a comprehensive redefinition of how we prepare for and approach our careers in the 21st century.

MEETING THE CHALLENGE: A DEEP DIVE INTO SKILL DEVELOPMENT

In the Skillvolution era, challenges and opportunities are intricately linked to how individuals and institutions navigate the changing employment landscape. Institutions of learning must adapt their curricula to meet the demands of the modern workforce. This involves a shift from a focus solely on theoretical knowledge to a more practical, skills-oriented approach.

Collaboration between educational institutions and industries becomes paramount. Internships, apprenticeships, and industry partnerships can provide students with real-world experience, bridging the gap between theoretical knowledge and practical application. Moreover, the integration of emerging technol-

ogies into educational programs can prepare students for the evolving demands of the job market.

For individuals, the challenges lie in identifying the most relevant skills for their chosen fields and staying ahead of industry trends. The onus is on professionals to engage in continuous learning, leveraging online platforms and resources to upskill and reskill. Embracing a proactive attitude towards personal development becomes a cornerstone of success.

BEYOND CHALLENGES: OPPORTUNITIES UNVEILED IN THE SKILLVOLUTION

While challenges abound, the Skillvolution unfolds a myriad of opportunities for individuals and organizations willing to embrace change. The democratization of opportunities allows a diverse range of talents to shine, breaking down traditional barriers associated with formal education. Companies, in turn, can tap into a richer talent pool, fostering innovation and creativity.

The concept of lifelong learning opens up a world of possibilities. Individuals can explore new career paths, pivot into emerging industries, and continually reinvent themselves. The gig economy, fuelled by the Skillvolution, offers flexible work arrangements and entrepreneurial opportunities for those who dare to step beyond the traditional career trajectory.

The Skillvolution is not a mere ephemeral trend; it represents a fundamental shift that challenges conventional notions of career readiness. As we navigate this transformative era, embracing lifelong learning, leveraging technology, and breaking free from the constraints of traditional education will be key to thriving in the skills-centric job market. This paradigm shift is a call to action for individuals and organizations alike—an invitation to embrace change, foster innovation, and unlock the full potential of the skills-centric future that lies ahead. Viewing our careers as dynamic journeys, where adaptability, continuous learning, and a proactive approach are the cornerstones of success, becomes imperative in this era of unprecedented change. The Skillvolution is not just a buzzword; it's a roadmap to navigate the future of work successfully. With challenges come opportunities, and those who navigate the Skillvolution with resilience and a commitment to growth will find themselves well-positioned for a bright and dynamic future in the ever-evolving world of work.

The author is a student at Jamia Millia Islamia

Cut Down on Caffeine

Adam Taylor

Caffeine is the most consumed psychoactive compound in the world. Even if you don't drink coffee or tea, you probably still regularly consume caffeine since it's found in everything from fizzy drinks and cold remedies to decaf coffee and chocolate.

When caffeine is consumed, it's rapidly absorbed by the body – reaching peak effects within two hours (though it may take up to nine hours to leave your body). It's also water and fat soluble, so it gets into all body tissues, which explains why caffeine can affect many different parts of the body.

It's recommended that adults consume no more than 400mg of caffeine a day (approximately four cups of coffee). More than this may lead to muscle tremors, nausea, headaches, pounding heart and even death (in extreme cases).

But even people who only consume a couple cups of coffee or tea daily may feel it still has adverse effects – such as irritability, difficulty falling asleep and feeling jittery. This is why a growing number of people are deciding to give up caffeine.

If you're thinking about giving up caffeine and are wondering what benefits it may have, here's what the research says:

BRAIN FUNCTION

Caffeine withdrawal can cause headaches, fatigue and tiredness. This is because the body develops a tolerance to caffeine.

Caffeine binds to a receptor in the brain used by adenosine. The binding of caffeine to these receptors causes the body to delay the onset of fatigue. But over time the brain cells produce more adenosine receptors to enable normal adenosine binding to happen.

So, when you stop consuming caffeine, there are excess adenosine receptors to bind to. This allows fatigue and tiredness to kick in as normal, with the person feeling more tired than before.

Headaches happens as a result of the absence of caffeine. In the head and neck, caffeine causes the blood vessels to narrow, reducing blood flow to the brain. When you stop drinking caffeine, after approximately 24 hours it causes the blood vessels to return to normal, causing an increase in blood flow to the brain and trigger-

ing headaches. They may last up to 9 days on average.

And because caffeine binds to adenosine receptors (which also modulate pain) quitting caffeine may temporarily increase your perception and sensitivity to pain because there's more receptors available.

Caffeine really only affects sleep when consumed in the late afternoon and evenings. This is because caffeine delays the release of melatonin (a hormone which makes us tired) by 40 minutes. Caffeine also reduces the overall time you sleep and shortens the period of deep sleep.

This can increase your tiredness the next day, leading to cycle of using caffeine to wake you up but having trouble sleeping later on as a result. When you stop caffeine, you may find your sleep improves. Some evidence suggests improvements are seen in as little as 12 hours.

Caffeine has also been linked to increased anxiety and panic attacks – and not just in those with a pre-disposition to mental health issues. Reducing or eliminating caffeine may improve your mood. This may

partly be because it improves sleep. Sleep deprivation can exacerbate anxiety and other mood disorders.

But the adenosine receptors that caf-

esophageal sphincter, which controls reflux of stomach contents up the oesophagus – triggering heartburn and indigestion.

Quitting caffeine may also lower your blood pressure and reduce your heart rate – although other

studies have shown little change. This is because if someone consumes caffeine daily for many years, their body adapts to the exposure – and it becomes the new norm with its stimulant effects on the nervous system, bowels and heart.

There also appears to be genetic component to caffeine tolerance and metabolism.



feine bind to are also involved in the modulation of other neurotransmitters that have a role in stress, happiness and fear.

CARDIOVASCULAR HEALTH

Reducing or eliminating caffeine might also cure heartburn and indigestion. Caffeine induces acid secretion in the stomach and weakens the

This could mean some people are more affected by caffeine over others – though more research is needed on this link.

A BRIGHTER SMILE

Cutting out caffeine may improve the whiteness of your teeth – not because of caffeine directly, but because tea and coffee contain compounds including tannins that stain teeth.

Sugar in energy drinks can also cause damage to your teeth. Quitting may help protect them.

Evidence also suggests caffeinated drinks may reduce the amount of saliva you produce, which normally protects our teeth from damage.

You may also find that you have an increased sensitivity to the taste of sweet food and drinks after quitting, as caffeine interferes with the tasting of sweet substances.

GOING TO THE TOILET LESS

Caffeine acts on the smooth muscle of the intestines, particularly in the colon, causing them to contract and trigger the urge to poo. Caffeine can also change the consistency of your poo – especially if you

drink too much, as caffeine affects water absorption.

Reducing caffeine intake may cause a less frequent urge to poo – and the consistency of your stools may change.

Caffeine also acts as a mild diuretic, causing an increase in urine production. This is because caffeine binds the adenosine receptors in the kidney, which alters how sodium is exchanged, affecting water retention. There's also evidence caffeine is a bladder irritant, which can cause a more frequent urge to urinate. Quitting caffeine may decrease your daily toilet visits.

MODERATE CONSUMPTION

As with many things, it's about moderation.

But if you're seriously considering removing caffeine from your diet, the best way to do so is gradually. Going "cold turkey" will bring on side effects such as headaches and tiredness which can last two to three weeks.

How severe and long-lasting these are depends on how much caffeine you've consumed per day and how long your habit has been going.

By arrangements with The Conversation

Kashmir's Winter Woes:

temperatures during the winter months."

She said, these changing weather conditions could trigger early flowering, consequently impacting the wild animals and insects that depend on these flowers as a food source. Moreover, the absence of precipitation heightens the risk of forest fires, adding an additional layer of concern to the delicate balance of ecosystems.

While the agriculture and allied sectors face direct impacts from insufficient snowfall or rainfall, the fisheries sector is particularly vulnerable because the habitat itself is water.

"Changes in the precipitation levels are first going to affect fisheries. Fisheries are divided into two types -- wild fisheries (natural water bodies) and aquaculture (controlled cultivation in raceways, ponds, etc.). The less precipitation leads to habitat shrinkage, affecting water levels and food availability for fish. Also, the shallow water bodies heat up easily, impacting fish in cold water zones like Kashmir," Dr Mansoor Rather, junior scientist, Aquaculture, SKUAST-Kashmir told Kashmir Observer.

Rather elaborated that the temperature changes stress fish directly, affecting their food sources like plants and insects. "Physical-chemical changes in water parameters, including decreased dissolved oxygen, affect fish physiology, reproduction, and growth. Further, in shallower water bodies, there are more chances of pollution and impurities. As a result, fish move to broader and safer zones."

The experts said that in aquaculture, the primary sector in Kashmir is trout farming. Continuous water flow is crucial for trout, but reduced precipitation threatens water sufficiency. Maintaining the required cold water in shallower bodies becomes challenging. If there is continued dry spell, the experts said that water conflicts may arise with competing needs for irrigation and drinking water supply, considering fisheries as a secondary production sector.

As the fish species residing in cold temperate zones are likely to suffer, the temperate fruits, such as apple, pear, plum, cherry, and peach are also not spared from the ill-effects of the dry weather. They have specific chilling requirements crucial for their growth. For instance, apples require a minimum of 16 hours of chilling. Any variation or insufficient chilling hours can affect the fruit, causing issues in bud dormancy and bud breakage. The absence of snowfall may result in premature flowering, impacting the complete development of male and female flower parts required for fertilization.

"Incomplete development of these parts leads to abnormal fertilization and a reduction in fruit set. A compromised fruit set creates a cascade of problems, which, in turn, influences fruit quality. This situation ultimately contributes to fruit drop, diminishing the shelf life of the fruits," Junior Scientist at SKUAST, Kashmir, Dr Sheikh Khurshid told Kashmir Observer.

He said, the significance of snowfall becomes apparent as it plays a pivotal role in sustaining the health and quality of temperate fruits. "While it is possible to cultivate apples in tropical and sub-tropical conditions, like Jammu. However, in absence of chilling requirements, there will be no fruit set. A prolonged dry spell further exacerbates the situation by limiting water availability for irrigation during crucial fruit development stages. This scarcity not only affects fruit size and shape but also carries numerous consequences for overall fruit quality."

Dr. Khurshid detailed out that typically, flowering occurs in March, extending into April in some locations, completing by the end of that month. "This year, there are reports of bud swelling in fruits like plum and peach already. If the current weather persists, early flowering is anticipated. Nevertheless, there is still time, and if we experience snowfall until February 15, the chilling requirement for these fruits will be met. However, a dry February could have adverse consequences."

The scientist said while indigenous varieties like 'Ambri' are resilient to climatic variations, newer apple varieties are highly dependent on fulfilling their chilling requirements. Failure to do so may result in a deterioration of quality, making it challenging to compete with the imported fruit.

"If the current situation persists, we suggest implementing mulching (It is the act of covering the soil with mulches, such as bark, wood chips, leaves, and other organic material, in order to preserve moisture and improve the condition of the soil) or using polythene sheets to orchardists in order to conserve moisture. However, this alone may not meet the full requirement. The administration could consider providing financial support, crop insurance, or other supportive schemes. Additionally, there are low-chilling requirement varieties available. However, there are market challenges as the taste and quality may not match those requiring chilling. For instance, in Punjab, farmers have cultivated such varieties with relatively lower market value," Dr Khurshid said.

Kashmir can only wait, watch and

hope then with bated breath. Experts unanimously say it is high time that adaptation measures are adopted even as climate change calls for a concerted global action.

"Since this is something that has to do with global weather circulation patterns, there isn't much we can do besides reducing our carbon footprint. However, the mitigation and adaptation strategies need to be framed through informed scientific knowledge," Dr Irfan Rashid, Assistant Professor, Department of Geoinformatics, University of Kashmir said.

MeT Forecasts

and Shopian at minus 6.9 degrees Celsius, the officials said.

Srinagar city recorded a minimum temperature of minus 5.3 degrees Celsius on Tuesday night, marginally down from previous night's minus 5.3 degrees Celsius, the officials said.

Pahalgam in south Kashmir's Anantnag district, which serves as one of the base camps for the annual Amarnath Yatra, recorded a minimum temperature of minus 6.3 degrees Celsius.

They said Qazigund town in south Kashmir recorded a low of minus 5.4 degrees Celsius and the ski resort of Gulmarg in north Kashmir recorded a low of minus 4.8 degrees Celsius.

The minimum temperature in Kokernag town settled at minus 2.3 degrees Celsius and in Kupwara at minus 5.3 degrees Celsius.

A dry and largely snowless winter in Kashmir has resulted in freezing nights and warmer than usual days as Srinagar day temperatures were over eight degrees above the normal temperature for this time of the year, officials said here.

Kashmir has been going through a prolonged dry spell and a 79 per cent deficit in rainfall was recorded for December while there has been no precipitation in most parts of the valley in the first three weeks of January. There has been no snowfall in most plain areas of Kashmir, while the upper reaches of the valley have received lesser than usual amount of snow.

94,680 Youth

adequate and affordable credit. I see a new revolution is under way in the Agriculture & Allied Sector that will construct new pathways for prosperity of Jammu Kashmir," the LG said.

While appreciating the Bank's contribution towards social development projects in the UT under its CSR initiatives, Sinha underscored the scope for input credit in Agriculture and MSME sectors to help farmers and youth for creating employment opportunities besides attaining self-sufficiency.

He directed the J&K Bank to achieve saturation in Ghar Ghar KCC Abhiyaan, Stand-Up India and Startups.

We have a lot of expectations from J&K Bank and I expect the Bank to devise campaigns to take Financial Literacy programs to a vast portion of the population. Under Back to Village and My Town My Pride programs, the banks must strive to achieve the envisaged target for extension of financial assistance to enterprising youth, he said.

"As we embark on a path of renewed economic and social development in UT, Banks, especially J&K Bank, will have to ensure economic needs of farmers, youth and women are catered to with people-friendly schemes aimed at creation of employment and livelihood opportunities not only for the beneficiaries but those associated with them as well," the LG said.

On the occasion, Sinha handed over Insurance Claim Settlement cheques to the legal heirs of the deceased Government Employees covered under the Bank's Group Personal Accidental Insurance. He also felicitated successful entrepreneurs and farmers financed by the Bank.

The LG launched the Kisan Sathi Chatbot, an AI-based farmer-friendly application of the Agriculture Production Department. Pertinently, J&K bank has also contributed Rs 40.27 Lakh under its CSR initiative for the chatbot application.

Two cheques worth Rs 3.35 Cr and Rs 3.84 Cr under J&K Bank CSR Programme were handed over to representatives of Jammu Smart City and Srinagar Smart City, respectively, for construction of e-bus bays/passenger sheds for the convenience of commuters.

J&K Bank's other CSR initiatives also include commitment letter to

the Administrative Secretary, Department of Health and Medical Education for providing 120 Patient trolleys and 120 wheelchairs to all the district hospitals of J&K UT, handing over of cheque worth Rs 26 Lakh for two transport ambulances to Principal Government Medical College Jammu and Rs 34 Lakh for one critical care ambulance to Director SKIMS.

A cheque of Rs 24 Lakh was presented to the Commissioner Secretary Social Welfare; Rs 69.73 Lakh cheque to Sewa Bharati

representative; a cheque worth Rs 11 Lakh to Vice-Chancellor Central University of Jammu and Rs 12 Lakh to Vice-Chancellor University of Jammu under various heads.

Two corporate movies themed upon Bank's 'Ghar-Ghar KCC Abhiyaan & Swarozgar Utsav' and CSR Initiatives were also screened on the occasion.

Atal Dulloo, Chief Secretary; Shailendra Kumar Principal Secretary Agriculture Production Department; B. Sridhar, CGM NABARD; Baldev Prakash, MD and CEO J&K Bank and other senior officials were present.

India, UAE Hold

the Indian Air Force said. The exercise took place in the Indian FIR (Flight Information Regions) and with IAF aircraft operated from several bases in India.

All airspace worldwide is divided into FIRs and each of them is managed by a controlling authority responsible for ensuring that air traffic services are provided to aircraft flying within it.

The exercise came amid increasing attacks on commercial vessels by Houthi militants in the Red Sea.

"On January 23, the Indian Air Force conducted exercise Desert Knight along with French Air and Space Force (FASF) and the United Arab Emirates (UAE) Air Force," the IAF said.

"While the French participation included the Rafale fighter aircraft and a multi role tanker transport, the UAE Air Force fielded the F-16," it said in a statement.

The aircraft of the French and the UAE air forces operated from the Al Dhafra air base in the UAE.

"The interactions during the exercise facilitated the exchange of operational knowledge, experiences and best practices amongst the participants," the IAF said.

"Such exercises are indicative of the growing diplomatic and military interactions in the region, apart from showcasing the prowess of the IAF," it added.

CBI Arrests

a bribe of Rs 5,000 which was reduced to Rs 3,600 after negotiation, the statement said.

The CBI caught the accused after accepting a bribe of Rs 3,600 from the complainant through online transaction, the agency said.

R-Day Parade

The deputy commissioners presided over the full dress rehearsals at their respective district headquarters, the officials said.

Stringent security arrangements were put in place for the rehearsal, with Bakshi Stadium enveloped by a multi-tier security apparatus, they added.

Divisional Commissioner Bidhuri appealed to the public to participate in the celebrations and said, "People have worked very hard for this function and we request everyone to join."

Speaking to reporters on the sidelines of the rehearsal, Valley police chief Birdi said security arrangements are in place in Srinagar and other districts.

"The police are coordinating with other forces also. The security grid is vigilant and active," he said.

While the security arrangement is stringent, directions have been passed to the security forces so that the general public does not face any inconvenience in joining the celebrations, he said.

Asked if there would be any restrictions, including on mobile Internet, the Valley's police chief said, "I don't think there would be such kind of situation."

"Since it is January 26, everyone is invited and they can come freely to take part in the celebrations," he added.

To a question on any specific input about anti-national elements trying to disrupt the celebrations, Birdi said the security agencies always scan such situations.

"The Jammu and Kashmir Police is committed to pin down such situations," he said.

Senior Army

with the troops, exhorted them to remain "in a high state of operational readiness" in extreme weather conditions and terrain.

Director General of Police R R Swain on Tuesday said cross-border infiltration in Jammu and Kashmir remains a challenge for the forces, but the

security situation is under control.

"Yes, it is a challenge for us that a few terrorists are coming in from outside. They are infiltrating and then along with some people here, they try to vitiate the atmosphere. It is a challenge - one which we see with a different perspective."

"We see it the way that our own boys are not joining them, or a smaller number of them are. A few people can be with them, but a majority of the public is not. We keep that in mind when we say that we have control over the security (situation)," Swain said.

Army Commander

Udhampur to review safety, security and efficiency of the depot contributing to overall readiness of Dhruba Command," the Northern Command said in a post on X on Tuesday.

The Army Commander also commanded troops for ensuring top-notch security, contributing significantly to operational preparedness of field formations and strict adherence to safety protocols.

The Vanishing Snow

that extends beyond aesthetics and tourism.

While certain areas, such as Sinthan Top in Kashmir and Auli in Uttarakhand witnessed a brief spell of snow last week, the delight was short-lived. Winter games, such as skiing in Gulmarg and ice hockey in Ladakh, have also been disrupted this year due to a lack of snow.

According to meteorological department data, in January UTs of Jammu & Kashmir and Ladakh received zero precipitation resulting in minus 100 percent departure while the hills of Uttarakhand and Himachal Pradesh have shown minus 99 percent departure.

A sliver of hope is that the local met departments have predicted that snowfall is anticipated in Kashmir and Himachal Pradesh starting January 25.

Environment expert Sandip Singh highlighted that the current season's absence of snow has not only resulted in a substantial decline in tourist arrivals and winter games but also poses a threat to water availability.

"It should also be a sign of worry for people in plains because the lack of snow in hills will ultimately lead to reduced water levels in rivers. Already, we are facing water-stressed conditions in many parts of India," said Singh, Assistant Professor of Environmental Sciences at Lovely Professional University (LPU) in Punjab.

"Glaciers serve as vital contributors to perennial rivers such as Ganga, Yamuna, Sutlej, etc., and the annual snowfall plays a crucial role in sustaining the ice in these glaciers. These rivers, along with their associated wetlands, play a pivotal role in groundwater recharge—a necessity for drinking water and irrigation," he explained.

Observing that snowmelt contributes to soil moisture which is essential for plant growth, senior agriculture scientist Dr Shafat Ahmad Banday said, reduced snowfall, therefore, may result in water scarcity, affecting irrigation and overall crop productivity.

"Warmer winters may prompt farmers to adjust planting schedules. Crops may be planted earlier or later in response to changing patterns, impacting overall agricultural practices. Farmers may have to switch from rice to maize and beans production under such circumstances," Bandey, an Associate Professor at Sher-e-Kashmir University of Agricultural Sciences and Technology (SKUAST) in Srinagar, told PTI.

Concerns about altered flowering and fruiting seasons for horticultural crops further emphasise the intricate challenges faced by farmers.

"Failure to receive sufficient chilling will lead to erratic bud break, extend flowering, and create non-uniform flowering. This may also force early bud break," Bandey explained.

Climate scientist K S Athira attributed the current absence of snow in north India to the declining number of western disturbances (WDs).

"These synoptic systems, originating from the Mediterranean region and travelling eastward, typically bring snow and rainfall to the northern regions of India during winter," Athira, from the Indian Institute of Science Education and Research (IISER), Mohali, told PTI.

Athira and her colleagues at IISER Mohali recently published a study

in the journal 'Weather and Climate Extremes' which indicates a significant decreasing trend in WDs, potentially linked to climate change.

The prevailing El Niño condition — a climate pattern that describes the unusual warming of surface waters in the eastern Pacific Ocean — has also led to a reduction in the number of cold wave events this winter season, she said.

"So if we connect the dots, less snowfall means less ice in glaciers and ultimately less water in our rivers and groundwater aquifers. Not just the people of hilly areas who need snowfall for their tourism industry, but everybody else should also be worried about less snow in the mountains," Singh told PTI.

The scientists warned that lack of snow and warmer temperatures during January may also create more favourable conditions for propagation of many pests which may pose a threat to crops, which otherwise may remain dormant during colder seasons.

"These may potentially lead to increased pest pressure on crops, leading to changes in the overall ecosystem dynamics," Bandey added.

The study by Athira and her collaborators found a significant decreasing trend in the number of WDs during the winter seasons from 1982 to 2020.

The researcher noted that the number of winter WDs is anticipated to decrease in the future, making it crucial to communicate this information to farmers for enhanced preparedness, alternative irrigation practices, and sustainable water resource management.

"In the absence of these synoptic systems, farmers will be compelled to depend on external irrigation facilities, leading to additional costs to meet the water and soil moisture needs essential for the growth of these crops," Bandey added.

Singh noted that addressing climate change necessitates a strategic focus involving a collective effort by both the government and the public.

"This includes implementing measures such as robust afforestation drives, widespread adoption of clean energy technologies, ensuring energy efficiency, promoting water conservation and rainwater harvesting, and fostering sustainable practices in farming and industrial activities," he added. PTI

35 Yr Olds Death

called it a pure "medical negligence" and questioned the hospital protocol.

"How come, this kind of patient was immediately referred to SMHS when he wasn't stabilized first by the doctors at DH Budgam," he asked.

The family said that despite the critical condition, the patient was referred to SMHS Hospital, and it took half an hour for the emergency medical services (108) to reach the hospital premises.

"He was given Hydrocortisone after waiting for 20 minutes and after that he collapsed. They referred him to the SMHS. It took half an hour for 108 to arrive at the hospital premises. How was he referred to Srinagar when he wasn't stable," the family members asked.

Talking to Kashmir Observer, District Superintendent, District Hospital, Budgam, Dr Iqbal Ahmad, said that the patient had reported to the hospital with a severe condition. He was immediately referred to the SMHS.

On asking, why wasn't the patient stabilised first after his ECG was conducted and MI was detected, he said that he will look into the matter and get back.

The relatives, neighbours and the local civil society members of the area told Kashmir Observer that the tragic incident has raised serious concerns about the preparedness and responsiveness of medical facilities at District Hospital Budgam.

"Due to fall, the patient had received head injury and was referred properly for CT and neurosurgical consultation to SMHS," MS Budgam said.

However the family contested the claim, alleging that no "proper referral" was made. The ambulance driver later informed the DBH about the condition of the patient and asked them to prepare the necessary documents, accordingly, the family alleged.

Meanwhile, Director Health Service Kashmir, Dr. Mushtaq Rather later in the evening visited the DHB. He also spoke to Kashmir Observer and assured of necessary action into the incident.

SKAUST Professor

He said the trial of the case was completed in nine months.

The professor was placed under suspension after students of SKUAST Wadura campus protested and demanded action against him for sexual harassment of the student. (KNO)

J&K Initiates

to tackle environmental issues and adapt to changing climatic conditions, the current administration has initiated efforts to breathe life into the dormant plan. This new plan is anticipated to be put into effect in the coming years.

The plan was formed in 2014 by a governing council headed by the Chief Secretary and an expert committee headed by the Director, Environment & Remote Sensing and supervised by then Chief Minister.

Various sectors, including Energy-Solar Mission and Renewable Energy, Enhanced Energy Efficiency, Water, Sustainable Habitat, Sustainable Agriculture, Tourism, Sustainable Himalayan Ecosystem, Health, Disaster Management, Strategic Knowledge Mission, and Green India Mission, were identified as integral components of the Climate Change Action Plan for Jammu and Kashmir.

According to sources from the Environment & Remote Sensing department, the plan needed an amount of 6000 crores to be implemented, however, the funds weren't provided by the central government at that time.

"Also, there wasn't much climate awareness while framing the action plan at that time. So there were a number of loopholes," said the official, wishing not to be named.

Now, as the valley is grappling with a prolonged dry spell, the department of Environment & Remote Sensing has been tasked to frame a comprehensive Climate Change Action Plan separately for Jammu and Kashmir divisions.

"We have been working on the plan since October 2023. Various departments have been consulted and kept onboard to frame it," the official said, adding, "if every department gave their proposals on time, the union territory will have a comprehensive action plan ready in the month of March."

The document, according to the official, will then go to the central government for approval.

He said the study will be conducted at the micro-level that will capture climate variability at the local level.

"If this climate action plan is implemented, we will be able to face any climate challenge in the near future," he added.

He further said the new action plan will go through every sector including transport, industries, factors of aviation, agricultural sector and study the quantity of greenhouse gases emerging and will frame a mechanism where these gases would be sink-in.

"For instance if we have 10 tons of greenhouse gases emerging from different sectors, we should have a sufficient number of trees that would sink-in these glasses and how much we need to accommodate more. We will provide that details in this study," he added.

The official further said that the new study will have an "adaptation and mitigation" model based on the vulnerability of the region.

"We will carry out a vulnerability analysis of the region so that we will implement this model," he added. "We will carry out study in every district of UT and find out what makes the area vulnerable and suggest ways out."

Lately, climate change is making a significant impact in the Himalayan region, which is witnessing extreme weather events, prolonged dry spells in both winter and summer. The region is also experiencing warmer days than National Capital New Delhi and other states which wasn't the case earlier.

The unusual weather patterns are making a significant impact on groundwater, electricity, fish production and agriculture. Many wetlands in J&K that support 20% of the known range of biodiversity in the region are adversely affected. The absence of snow on mountains and plains has raised an alarm across the valley, with experts warning about potential repercussions of this dry winter.

Interestingly, the UT administration is yet to have a meeting on the crises and frame a policy to mitigate any challenges.

Aes Kaeshir

Kashmir Observer in collaboration with King's College London Radio brings you a series of Podcasts on Life and Times of Kashmiri Disapora in the West.



KO PODCAST

KASHMIR
OBSERVER

KING'S
College
LONDON

Govt. Accelerates Road Development: 90 Projects Completed, 176 Underway

Agencies

SRINAGAR: At least 176 projects have been taken up by the Roads and Building (R&B) department across the Valley and 90 among them have been completed, Chief Engineer Sajad Ahmad Naqeeb said on Wednesday.

Talking to the news agency, the Chief Engineer said that currently, 176 projects are underway with an estimated cost of Rs 76.22 crores.

The road maintenance and macadamization projects

are divided into three sectors, and approximately 90 projects have been completed, he said, adding that in the Financial Year 2024-2025, the department is expected to complete all the ongoing projects.

Naqeeb said the road maintenance and macadamization processes are being carried out in three sectors, including the UT government sector, R&B Nabard sector and the CRF sector.

In the Nabard sector, there are about 176 ongoing projects with an estimated

cost of 76.22 crores, and around 90 projects have been completed, said the Chief Engineer adding the goal is to complete all ongoing projects by the financial year 2024-2025.

He mentioned that work is progressing diligently on the three major flyovers on the busiest Bypass road, including Nowgam, Sanatnagar and Bemina.

Regarding Sanatnagar Bypass flyover, he stated that the work is expected to be completed by September 2024 while the Nowgam

and Bemina flyovers are expected to be completed in April this year.

Speaking about the role of R&B department's in the Smart City project, he mentioned they have been working on IG road and are focusing on the development of footpaths.

About Boulevard road, he added that the construction of footpaths has been already taken up and one side of the portion has been completed and the work on second will be started soon—(KNO)

Sarmad Hafeez Chairs Public Grievances Redress Camp At Shopian

KO NEWS SERVICE

SHOPIAN: Secretary, Youth Services and Sports Department, Sarmad Hafeez, today chaired a public grievances redressal camp besides participating in Viksit Bharat Sankalp Yatra event here at Shopian.

Deputy Commissioner, Shopian, Faz Lul Haseeb was also present on the occasion.

Delegations including District Development Council members, fruit growers, traders, prominent citizens and locals attended the event and projected development issues and demands concerning



their respective areas.

These delegations raised various issues including improvement in sports infrastructure, urban development, extended transport services through RTC buses, adequate water and power supply, tourism promotion, road construction, improvement in pre and post harvest management

strategies in horticulture, agriculture and allied sectors. Besides, other issues pertaining to health, school education, RDD, higher education and Sports Council were also flagged by locals.

The Secretary reviewed the status of grievances flagged off during the previous camp and instructed the officers to ensure prop-

er follow up on issues and demands of the public for timely resolution.

While addressing the occasion, Sarmad Hafeez appreciated the people for projecting developmental and welfare issues besides providing valuable suggestions for further improving the development outcomes.

He also appreciated the Sankalp Yatra events being conducted in the district with an overwhelming public participation. He said proactive public engagement is inevitable for providing seamless services to the populace.

Mandeep Kaur Directs Focus on Sanitation and Infrastructure

KO NEWS SERVICE

SRINAGAR: Commissioner Secretary, Housing and Urban Development Department, Mandeep Kaur, on Wednesday had an online review of the functioning of Urban Local Bodies of Kashmir.

She assessed implementation of various key initiatives like development activities under Capex Budget, beautification of towns, human resource mobilization, revenue realization, sanitation and other urban development programs.

During the meeting, a comprehensive PowerPoint Presentation was screened highlighting an overview of functioning of the department. It was apprised that 665 projects of public importance like public parks, marriage halls, open air gyms, bus addas, slaughter houses, lanes and drains besides related works worth Rs.490.78 crore, spread across 40 towns of Kashmir, were taken up during the past four years.

While appreciating differ-

ent development projects and other urban connect activities being carried out by all the 40 ULBs of Kashmir, the Commissioner Secretary emphasized the importance of city beautification, especially sanitation of water bodies in all urban areas.

She also directed the officers to ensure 100% D2D collection of waste in segregated form besides ensuring proper faecal sludge management which will improve overall sanitation scenario in urban areas. She also emphasized that listing of Bulk Waste Generators shall be done in all ULBs as per the norms set in the SWM Rules 2016.

She emphasized that online solutions to streamline administrative processes in these ULBs shall be implemented to ensure transparency and accountability. She asked the concerned officers to explore possibility of including more services being provided by the Urban Local Bodies under the ambit of online services.

Dheeraj Gupta Holds Public Darbar At Sopore



KO NEWS SERVICE

SOPORE: As a sequel towards taking governance at people's doorsteps, Additional Chief Secretary (ACS), Forest, Ecology and Environment Dheeraj Gupta, today presided over a mega public darbar at Sopore.

The event was attended by Deputy Commissioner Baramulla, Minga Sherpa, Chief Conservator Forests, Irfan Rasool, Senior Superintendent of Police, Shabir Ahmad Nawab, Additional Deputy Commissioner, Shabir Ahmad Raina, CEO Municipal Council Sopore, district officers, members from traders associations, transport associations, delegations and locals from adjoining areas of sub divi-

sion Sopore.

Dheeraj Gupta inspected the stalls set up by various departments including health, agriculture, education, horticulture, ICDS under Viksit Bharat Yatra to create awareness among the public about the multitude of welfare and development schemes being run by the government.

During the public darbar, various delegations and public representatives apprised the Additional Chief Secretary of their grievances and demands.

Their issues pertained to R&B, Education, PDD, Health, Social Welfare and other departments regarding development of sub division Sopore while seeking intervention in addressing the same.

UNION TERRITORY OF JAMMU & KASHMIR

JAL SHAKTI DEPARTMENT

OFFICE OF THE EXECUTIVE ENGINEER FBI DIVISION TANGMARG

Office Phone No.01954-254611 Email Address: fbldivisiontangmarg@gmail.com

e-TENDER NOTICE No.45of 2023-24 FBI Division Tangmarg

For and on behalf of the Lt. Governor of Jammu and Kashmir e-tenders on Percentage basis are invited from approved registered eligible contractors with J&K UT Govt. for following works:-

S. No	Name of work	Estt. Cost of Work (In Lacs)	Earnest Money (Amount in Rupees)	Time of completion	Class of Contract	Cost of Tender document (Amount in Rupee)	M.H. of Account	Ref.to AAA No	Ref to T.S No	Position Of Funds
1	2	3	4	5	6	7	8	9	10	11
1	Repairs Renovation Restoration of various Headworks including Snow clearance at various spots and heating charges of Hutmment Filtration Plant at Gulmarg.	2.00 Lacs	4000/-	45 days	DEE	200/-	2215 M&R	AAA No.17SE/HYD/DB/PHE of 2023-24 Dated:- 06-01-2024	49-PHE Dated:- 22-01-2024	Assured

1	Publishing date:	24-01-2024	04:00 PM
2	Download date start:	24-01-2024	05:00 PM
3	Bid Submission date start:	24-01-2024	06:00 PM
4	Bid Submission date Ends:	30-01-2024	04:00 PM
5	Date of Opening	31-01-2024	11:00 AM

TERMS AND CONDITIONS:-

- Bids must be accompanied with cost of 2%CDR/FDR tender document non-refundable / non-transferable) to be deposited under M.H.-0215 Rev Misc. in the shape of Treasury challan/ e-challan (mentioning therein NIT No. S.No of work) to be pledged in favour of the Executive Engineer Jal Shakti FBI Division Tangmarg and date on it must be prior to date of issuance of this tender notice, EMD).
- The contractor has to arrange all key construction and any other material required for the execution and successful completion of the works, as per orders of Engineer in charge, on his own. However, if any such material is available in the divisional stores, the same shall be supplied on stock issue rates prevailing at the time of the supply of such material including rapidite etc. if required at site.
- Bidders must upload the scanned copy of all necessary documents like CDR /PAN/ in GSTIN/treasury Challan/E. Challan/ latest GST Clearance Certificate/Registration card duly renewed and hard copies of L1 physically to Tender Receiving Authority after the date of opening of bid.
- The rates quoted by the contractor shall be inclusive of charges for dewatering if any.No extra charges shall be paid on Account of dewatering (if any).
- The tenderer should in his own interest inspect and examine the site, its surroundings /topography, nature of ground, climatic conditions, accessibility or other relevant information at his own expenses and responsibility to satisfy himself before tendering his rates for the different components of these advertised work.
- If L1 fails to start the work within 15 days of the issuance of letter of intent or allotment, whichever is earlier, the department shall Allot the work to the other willing lowest bidder like L2, L3,L4 and EMD additional Security Performance of the lowest bidder shall be forfeited, besides debaring the Contractor for a period of two years for participating in the e-Nit's issued by the this division
- In case of seriously unbalanced bids from bidders (i.e more than 15% lower than adv.Cost)The additional performance security deposit of 50% of unbalanced cost shall be mandatory for the bidder if he qualifies as the lowest bidder .
- The tender documents can be down loaded one-procurement Portalhttp://jktenders.gov.in The tender documents can be down loaded as per schedule shown in the e-nit. Thee-tender so uploaded shall be accompanied with a e-Challan or Treasury Challan/ Govt. Receipt drawn in favour of Executive Engineer JSD FBI Division Tangmarg.
- The Bidders will firmly note that the above items of work involved for aforesaid Work(s)shall include but not limited to the following: -Excavation and disposal of all types of soils and rocks from open excavation etc. including extraction/ removal of tree trunks and their clearance to the best satisfaction of Engineer in-charge, including Nallah diversions, dewatering etc.All safety arrangements as per relevant IS, IRC and IRS Code so practice and as specified in the tender documents. Construction of all access roads as required to different construction spots and construction of all temporary diversions of roads, laying of temporary Pipe crossings, maintenance of all roads and dismantling same after completion & making same good.
- Constructions of all temporary cross drains as required and construction of all temporary diversions of streams /Nallah/ Canals, maintenance of all diversions etc. as per site conditions and as directed by the Engineer. The rates shall include the Charges for Sub mission of progress photographs (digital), video graphic record through the professional person before, during & after construction and progress reports in both hard and soft copies.Taking Cross-Sections/L-Sections by Auto Level/ ETS before and after execution. Preparation of work abstract of executed work, preparation no Bills.The information and data stated and incorporated in tender document elsewhere is for the General guidance only and may various result of more detailed construction drawings and as per site requirements. Also Providing of First Aid medical facilities to the Labourers, working staff of working addition as mentioned at above site(s) & the insurance as well. Maintaining pollution free, dust free conditions at site.
- Tenders will be opened online as per time schedule mentioned in the office Executive Engineer, JSD FBI Division Tangmarg on the day as mentioned in the schedule referred on Top Sheet above or any Subsequent working day, (which shall be informed through e-mail,WhatsApp, mobile) in presence of such tenderers or the authorized representatives who wish to remain present at the time of opening of tenders Initially only the technical bids shall be opened and will be evaluated.
- If it is found that any tenderer /shall/ have furnished misleading/wrong or fraudulent information / documents, his/their tender shall not be considered and the EMD/ of the tenderer/s will be forfeited.
- If the documents/information submitted is found to be wrong/ fraudulent at any stage after award of work, the contract may be terminated and the work shall be executed at the risk and cost of the Tenderer / contractor's-Tender received without value specified in the tender document shall be summarily rejected.
- The Chief Engineer concerned Kashmir/Superintending Engineer hydraulic Circle Sopore /Executive Engineer, FBI Division Tangmarg(whichever applicable) reserves the right to postpone the tender submission/ opening date and to accept/ reject any or all tenders without assigning any reasons thereof. The decision of the Chief Engineer Concerned/ Superintending Engineer hydraulic Circle Sopore / Executive Engineer FBI Division Tangmarg (whichever applicable) after assessment of suitability as per eligibility criteria shall be final and binding.
- The defect liability period (DLP) shall be six months after the completion and successful commissioning of the work the date of completion of the works shall be taken financial as recorded by concerned Asstt. Executive Engineer in the works register maintained by him for the said works 10% of the payment retained as deposit money shall be released after completion of defect liability period (DLP) of one year.
- The validity of the offer shall be 90 days from the date of opening Price Bid".
- For any clarification the Bidders can contact divisional office or can email the Department at the email: fbldivisiontangmarg@gmail.com.
- Any item of work which is required for satisfactory completion of the scheme/ individual activity shall be exclusively responsibility of the contractor and no additional cost shall be paid to the contractor.
- In case of any disputes/ differences, the jurisdiction shall be to the Courts situated in Srinagar only. Supplies, if involved any, will be deducted at prevalent stock rates at the time of tender for such material. We look forward to your active participation.
- The NIT consisting of qualifying information, eligibility criteria, specification, Bill of quantities (B.O.Q) set of terms and conditions of contract and other details can be seen/downloaded from the Department's website w.w.jktenders.gov.in.
- The tenders shall be uploaded in electronic format on the departmental website w.w.jktenders.gov.in the tenders uploaded on the website up to due date and time will be opened as per the schedule above in the office of the Executive Engineer, FBI Division Tangmarg.
- The complete bidding process will be online.
- Tenders must be accompanied with cost of Tender document in the shape of Treasury Receipt/ CDR/E challan pledged to Tender Receiving Authority and bidders shall quote EntNo:-/S.No. of the work on E Challan/treasury Challan/.
- The penalty shall be imposed if:-
a) any tenderer withdraws his tender during the period of tender validity or make any modification in terms and conditions of the tender.
b) the contractor fails to execute the agreement within 07days after fixation of contract.
- Instructions to bidder regarding e-tendering process: Bidders are advised to download bid submission manual from the Downloads option as well as from Bidder Manual Kit on website w.w.jktenders.gov.in as per information Technology Act-2000.
- Bidders have to submit their bids on line in electronic format with digital signature. No financial bid will be accepted in physical form.
- The original instrument in respect of Treasury Receipt, CDR /FDR and relevant copies with the technical bid documents as specified above must be submitted by lowest bidder (L1) to Executive Engineer F.B.I Division Tangmarg by hand or by speed/registered post before the allotting of work or as and when demanded. If the bidder fails to produce the same within the prescribed time period, he will be debarred from participation in tendering process in this division for at least one year.
- Bids will be opened online as per time schedule mentioned above.
- Notice:- Scan all documents on 100 dpi with black and white option.
- The successful bidder shall also submit the bank account statement for release of payments against work done claims.
- The department will not be responsible for delay in online submission due to any reason.
- The payment shall be made only when the funds are received under proper head of account by this office.
- TheTender receiving authority reserves the right to post pone/cancel/reject/accept the tender/work. without assigning reasons.
- Bidder shall note that terms and conditions of the contract circulated by the authorities from time to time applicable on the contract even if not incorporated in this tender notice.
- In case of any dispute regarding the work The Concerned Chief Engineers shall be the sole ARBITRATOR.
- Any other information can be obtained from the office of the U/S on any working day during office hours.
- All other terms and conditions shall be the same as laid down in the PWD Form No.-25(double),and as per the GFR-2017.
- Taxes in vogue under new tax regime shall be deducted at sources at the time of payment i.e, IT/ GST etc.
- In case of any typographical error or confusion found in the advertised rate list the items quantities, rate/nomenclature etc. shall be deemed as per the proposed estimate and SOR of 2022.
- If the work is not completed within the stipulated time, penalty @ 10% of allotted amount will be levied and deducted from contractor's claims.
- In no case, the quantity of work executed shall exceed the allotted quantities, the contractor is himself / herself responsible for such extension and no payment in excess of allotted cost shall be paid by this division.
- The date of start of the work shall be reckoned as communicated by concerned Asstt. Executive Engineer

No.: 2023-24/7325-34
Dated: 24-01-2024

DIPK-15608-23
DT: 24/01/2024

Sd/=

Executive Engineer,
R&B Division, Uri.

Sd/-

Technical Officer FBI

DIPK-15568-23
DT: 24/01/2024

Executive Engineer,
Division Tangmarg

Palestine Enters Asian Cup Knockouts For First Time



Agencies

AL WAKRAH: The Palestinian soccer team and Syria advanced to the knockout stage of the Asian Cup for the first time on Tuesday.

Both secured their place in the round of 16 as two of the best third-placed teams from the group stage.

Oday Dabbagh scored twice for the Palestinian team in a 3-0 win over Hong Kong in Group C and Omar Khrbin struck the only goal in Syria's 1-0 win against India in Group B.

The Palestinian team had failed to advance from the first round in its prior two attempts. Syria had exited the tournament in the group stage in its six previous tries, most recently in 2019.

The four best third-placed teams advance to the next round along with the top two in each group.

DABBAGH DOUBLE

Dabbagh had missed a slew of chances to score a winner for the Palestinian team in its 1-1 draw with 10-man United Arab Emirates on Thursday, meaning it went into its final group match with its hopes of advancing in the balance.

On this occasion, his goals ensured a commanding win.

Dabbagh opened the scoring in the 12th minute with a close-range header and Zeid

Qunbar glanced another header past Hong Kong goalkeeper Tse Ka Wing three minutes after the break. Dabbagh scored his second in the 60th after Tamer Seyam's effort came back off the bar.

FINE MARGINS

Coming on as a substitute after halftime, Khrbin struck in the 77th as Syria beat India and secured third place in Group B.

Khrbin's decisive strike at Al Bayt Stadium was Syria's only goal in three group games.

Progress was a triumph for Argentine coach Hector Cuper, who was a back-to-back Champions League runner-up when in charge of Valencia, and led Egypt to the final of the Africa Cup of Nations in 2017.

Syria players hoisted Khrbin into the air in celebrations on the field after the final whistle.

GROUP B

Australia advanced as the Group B winner after a 1-1 draw with Uzbekistan.

GROUP C

Three-time champion Iran was one of the favorites to secure a record-equaling fourth Asian Cup title this year and it has backed its pre-tournament billing with three straight wins in the group stage.

Mehdi Taremi scored both of Iran's goals in a 2-1 win over UAE at Education City Stadium.

India's Spinball Vs England's Bazball: 1st Test Begins Today

Press Trust of India

HYDERABAD: India's unalloyed dominance at home over the last 12 years will be put through its most unique examination till date when Rohit Sharma's side faces a trend-defying England in the first match of what promises to be a stirring five-Test series from Thursday.

No team has been as invincible as India at home since their 1-2 defeat against the Three Lions led by Alastair Cook in 2012, stitching together a bull run of 16 successive series wins, including seven series sweeps.

If one further breaks down the stats, India have lost just three Tests out of 44 they played in their own backyard in this phase, and this is a power walk even beyond the all-conquering West Indies in the '80s or Australia of the turn of the century.



Several factors have contributed to this astonishing run over the last decade, including favourable pitches, bowlers who knew how to exploit those tracks and batters who churned out runs like popcorn from a vending machine.

But two players have stood head and shoulders above the rest in these conquests—off-spinner Ravichandran Ashwin and left-arm spinner Ravindra Jadeja.

From Thursday, the Ash-Jaddu duet will be on show here at the RGI Stadium, where the pitch is expected to turn and grip as the match moves towards its conclusion.

In all likelihood, India will also include a third spinner to the combination in the form of either Axar Patel or Kuldeep Yadav, with the former having a better chance at the moment.

Match starts at 9.30 AM.

England's Rookie Spinner Shoaib Bashir Gets Indian Visa After 'Frustrating' Wait

Press Trust of India

LONDON/HYDERABAD: England's Pakistan-origin off-spinner Shoaib Bashir was on Wednesday granted visa to play in the five-match Test series against India, ending a "frustrating" wait for the visiting side whose captain Ben Stokes felt "devastated" by the delay. He will miss the first test.

"Shoaib Bashir has now received his visa, and is due to travel to join up with the team



in India this weekend. We're glad the situation has now been resolved," the England and Wales Cricket Board posted on its X (formerly Twitter) page on the eve of the first Test in Hyderabad.

The 20-year-old rookie, who plays for Somerset in the English county, was forced to head back to England from the team's Abu Dhabi training base after a prolonged wait for visa. His family is of Pakistani heritage but Bashir was born in Surrey.

The delay snowballed into a major controversy with a British government spokesperson demanding "fair" treatment for the youngster and Stokes hardly mincing words in expressing his outrage.

J&K's Muskan Rana Bags 5 Medals At Khelo India Youth Games

Observer News Service

JAMMU: Jammu and Kashmir rhythmic gymnastics star Muskan Rana, a 15-year-old trainee of Gymnastic Academy of J&K Sports Council, has brought laurels to the region by clinching five medals at the ongoing Khelo India Youth Games 2024 being held in Chennai.

Muskan has bagged one gold, two silver and one bronze medal at the national championship making J&K proud with her exceptional sports talent.

Established at Jammu's M A stadium, the Sports Council Gymnastics Academy has been equipped with state-of-the-

During the past Khelo India Games, Muskan Rana and Baveen Kaur have won the best gymnasts of India titles in 2021 and 2022, along with winning medals for J&K.

This year again Muskan Rana alongwith Manya, Vabhavi Sharma and Jagriti Thakur won the Team Championships in the recently held Junior National Championships held at Bangalore besides senior team winning the silver medal for the UT.

Within a brief span of three years, 13 gymnasts have competed at international competitions and won 80 medals including 25 gold, 34 silver, and



art, world-class infrastructure. The Sports Authority of India has accredited it as Khelo India Academy for Gymnastics of national repute and athletes of this academy have performed admirably at the national and international competitions.

In the past two years, the trainees of this academy have earned 8 gold, 15 silver and 9 bronze medals in National Games, Khelo India Youth Games and national championships.

Besides, 11 athletes have represented India in the international competitions.

21 bronze at various National Games and Championships.

"This academy has witnessed a golden age of sports in J&K and has become the greatest gymnastics academy of the country under the dynamic leadership of LG Manoj Sinha, who is also President J&K Sports Council. The unending support and assistance being provided by the J&K government in terms of infrastructure, equipment and training programs is undoubtedly paying off," the JKSC said in a statement.

MAZBOOTI SE BANI HAR
— DEEWAR SE JHALAKTE HAI —
DIL KE EHSAAAS



0.495 cm

Spectrum Adv | 9697000698