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200 Units Free **Power From March 2025: NC**

Observer News Service

Srinagar: Senior National Conference (NC) leader Tanvir Sadiq today reaffirmed the government's unwavering commitment to its manifesto pledge of providing 200 units of free electricity to households across Jammu and Kashmir that from March next year, people will get free power promised.

Speaking reporters here, Sadiq said that while the initiative could be implemented immediately, doing so would require additional power curtailments, something the government wants to avoid to ensure a fair and consistent supply. "This promise is not symbolic—it's backed by action. We are finalizing the modalities to

roll it out without affecting the current power supply. The formal announcement will come by March next year," he said.

The scheme is expected to offer much-needed relief to residents, particularly as energy prices continue to rise. Sadiq expressed confidence that this measure would elevate the standard of living while aligning with government's vision of development and welfare

Dispelling ru-mors of discord between Raj Bhavan and the elected government, Sadiq called such speculation baseless. "There is no rift. Jammu and Kashmir is a Union Territory, and cooperation between institutions is key to effective governance," he said.

for all.

This announcement underscores the NC government's | More on P10

'No Tussle Between LG & Omar Govt'

he ruling party—National Conference (NC) on Saturday said that there was no tussle between the Lieutenant Government led administration and elected government in Jammu and Kashmir, saying that they hope for early restoration of statehood to end the dual-power system in the Union Territory. NC spokesman and MLA Zadibal, Tanvir Sadiq told the media persons that it needs to be understood that J&K at present is a Union Territory and | More on P10

No Proposal For BRICS Currency, Says EAM Jaishankar

Agencies

External Minister S Jaishankar on Saturday called for "more innovative and participative diplomacy" and said the needle was moving towards the reality of negotiations rather than the continuation of the war between Russia and Ukraine.

Jaishankar highlighted the increasing cost of oil, fertilisers and shipping etc. for several countries, including India, due to conflicts in the Gulf and the Mediterranean region. He is visiting Doha to



participate in the Doha Forum at the invitation of Prime Minister and Minister of Foreign Affairs of State of Oatar I More on P10

Light Rain, Snow Likely In Next 2 Days: MeT

Observer News Service

Srinagar: After recording the coldest night of season, the minimum temperature has improved across the Valley while as the weatherman here has predicted light rains and snowfall in Jammu and Kashmir for the next two days.

Shopian in South Kashmir was the coldest place where the mercury settled at minus 4.5 degree Celsius.

In Srinagar, the summer capital of Jammu and Kashmir, the night temperature has improved as against previous night's minus 4.1 degree Celsius, it has settled at minus 2.0 degree Celsius, which is the third lowest of the season so far.

per the Pahalgam, a famous tourist destination and Bandipora were the second coldest places at minus 4.3 degree Celsius while in Gulmarg, a skiresort, the mercury settled at minus 3.6 degree Celsius. Similar night temperature was recorded at Kupwara in north Kashmir as well



A farmer dips in the cold waters of Anchar Lake to extract lotus stems (Nadur). **KO Photo By Abid Bhat**

Qazigund, a gateway of Kashmir recorded a low of minus 2.4 degree Celsius while Kokernag in South Kashmir recorded a minimum temperature of minus 2.2 degree Celsius.

Meanwhile, Director Meteorological department (MeT) has predicted generally cloudy weather with the possibility of light rain over few areas of plains and hilly areas

of Jammu division & light rain and snow in higher reaches over few places of Kashmir division during late evening of 8th to 9th forenoon.

Union Cabinet Okays 13 New KVs For J&K

Observer News Service

Srinagar: The Union Cabinet has approved establishment of 13 new Kendriya Vidyalayas (KVs) in Jammu and Kashmir in the region.

According to details, in Jammu region the new KVs will be set up in Gool, Ramban, Bani and Ramkote in Kathua district), Reasi and Kakriyal Katra, Mughal Maidan (Kishtwar), Gulpur (Poonch), Vijaypur (Samba), and Panchari (Udhampur).

In the Kashmir valley, the approved KVs will be established in Drugmulla (Kupwara), Ratnipora, and Galander Chandhara (Pulwama).

Jammu and Kashmir has received the highest number of KVs among all states and union territories in the country.

Union Minister Dr Jitendra Singh, in a post on X, expressed gratitude to the Prime Minister for approving new KVs to be set up in the Union Territory. | More on P10

Armed Forces Driving J&K's Fast-Track Growth: LG

Lieutenant Governor Manoj Sinha on Saturday paid homage to the "bravehearts" on the Armed Forces Flag Day and lauded the Army in particular for playing a crucial role in combating terrorism and providing a secure environment to

To mark the Armed Forces Flag Day which was observed across Jammu and Kashmir, the armed forces flag was pinned on the LG Manoj Sinha

and appreciation by contributing to the Armed Forces Flag Day Fund to honour the bravery and supreme sacrifice of valiant soldiers, sailors and airmen, an of-

"Our armed forces have always remained in the forefront, ever ready to serve the nation with commitment, dedication and ready to render valuable service during natural calamities.

"In Jammu Kashmir, the Army has been playing a crucial role in combating terrorism and providing a secure environment for people, particularly those who live along the borders and in the remote and far-flung areas of the Union Territory," Sinha said.

terrorism and providing a secure environment for people."

IN J&K, THE ARMY HAS BEEN playing a crucial role in combating

socio-economic growth and are working with dedication to ensure that the fruit of development reaches every corner

He appealed to the people,

"I convey my best wishes to families on the | More on P10

Mumbai Police Receives Threat Against PM

Press Trust Of India

Mumbai: Mumbai Police on Saturday received a message threatening to kill Prime Minister Narendra Modi, an official said

The number from which the message was sent was traced to Ajmer in Rajasthan and a police team was sent there immediately to nab the suspect, said an official.

The WhatsApp message, received on the helpline of the traffic police in the early hours, mentioned two ISI agents and a plot to carry out a bomb blast to target Modi, he said.

The investigators suspect that the sender is a mentally disturbed person or was under the influence of alcohol but further probe was on, the official added. | More on P10

CM's 'Raabita' **Office Holds Maiden Meet**

Observer News Service

Srinagar: Chief Minister Omar Abdullah held his maiden public interaction on Saturday at his Public Services and Outreach Office which has been christened Raabita.

He said the office has been established to provide a dedicated platform for addressing public grievances and for building a healthy relationship between the government and citizens.

In a significant step toward enhancing direct nication with the people of Jammu and Kashmir, Abdullah conducted his inaugural public interaction at the Chief Minister's Public Services and Outreach Office which has been christened 'Raabita', a spokesperson said.

As many as 15 delegations met the chief minister, each representing various social, cultural and professional groups, he said, adding issues discussed and brought to the notice of Abdullah centred around economic challenges, cultural preservation, employment concerns and sectoral development.

Preservation of unique cultural heritage also featured prominently in the discussions with the delegations advocating for initiatives to promote Jammu and | More on P10

Observer News Service

Jammu: Jammu and Kashmir people in the Union Territory.

in Raj Bhavan here.

The LG expressed his gratitude ficial spokesperson said.



With the immense contri-

bution of our armed forces, the LG said, "We have entered a historic fast-track path of of the UT."

particularly the privileged sections of society, to donate liberally to the Armed Forces Flag Day Fund, as a token of remembrance and expression of gratitude.

all serving and retired Armed Forces personnel and their

3 Kashmir Districts Declared TB-Free

100 Days Intensified Campaign On TB Elimination Launched

Observer News Service

Srinagar: In a major step towards eradicating tuberculosis (TB) in the region, three districts in Kashmir-Budgam, Anantnag, and Pulwama-have been officially declared TB-free. This milestone was highlighted during the launch of the 100day intensified campaign under the National Tuberculosis Elimination Program (NTEP), which was virtually inaugurated by Sakeena Itoo, the Minister for Health and Medical

Education, on Saturday. In addition to the TB-free status of these districts, Jammu and Kashmir has also received a bronze medal in the Sub-National Certification category, and Srinagar and Kupwara districts were awarded gold certification.

The campaign, which aims to accelerate TB detection



and treatment, has received strong support from local lawmakers, health professionals, and government officials. This campaign holds great importance as Tuberculosis (TB) is not only a health issue but also a major social and economic burden, particularly affecting the most vulnerable segments of our society. India accounts for approximately 27% of the world's TB cases, emphasizing the urgency of this ongoing fight. TB continues to claim lives, disrupt families, and re-

duce the productivity of entire

communities.

The key goal of this initiative is to intensify TB detection, treatment, and awareness across Iammu and Kashmir, with a particular focus on vulnerable and high-risk populations such as malnourished individuals, diabetics, and tribal communities.

Minister Itoo emphasized the importance of a collective effort in eliminating TB, calling the campaign not just a government initiative but a people's movement. "This campaign represents our unwavering commitment to achieving a TB-free Jammu and Kashmir," she stated. She also highlighted the government's focus on strengthening healthcare infrastructure, improving diagnostics, and ensuring no one is left behind in the fight against TB.

The 100-day campaign will prioritize | More on P10

5-Year-Old Dies After Being **Thrown Off Bridge By Aunt**

Observer News Service

Srinagar: In a tragic incident, a five-year-old girl was alleg-edly thrown off the Rajbagh bridge near the SPS museum in Srinagar by her aunt, Samaira Mushtaq, who is reported to have been experiencing mental distress. The incident occurred three days ago, and despite being rushed to a hospital, the girl succumbed to her injuries on Friday after battling for her life at Srinagar's Super Speciality Hospital.

The girl has been identified as Hadiya (4) daughter of Tahir Mushtaq, a resident of Rajbagh. the girl fell onto the concrete base below the bridge and sustained critical injuries. Locals

According to a police official, and passersby quickly rushed to the scene, rescuing the girl and taking her to the hospital, where she succumbed to her injuries yesterday.

The official added that during interrogation, the child's aunt revealed she had been on antidepressant medication and was experiencing panic attacks. She also disclosed that she had been engaged but had not spoken to her fiancé in the past five to six days. Eyewitnesses recounted that the woman was shouting and appeared to resist being held back by the locals after throwing the girl off the bridge

One eyewitness described how he saw the woman, accompanied by the little girl, approach the bridge's fence, initially seeming to look for something in the water. Suddenly, the woman threw the girl off the bridge. The witness, who was selling socks nearby, immediately contacted a local boatman, and together with others, they rescued the girl.

"As the lady | More on P10

Bovine Smuggling Case

High Court Upholds Preventive Detention

Observer News Service

Srinagar: The Jammu and Kashmir High Court has upheld the preventive detention of a man, accused of smuggling bovine animals, citing concerns over public order and religious sentiments.

Justice Moksha Khajuria Kazmi, in her ruling, under-scored that such activities have the potential to disrupt public order and inflame religious sentiments, warranting the application of the Jammu and Kashmir Public Safety Act (PSA).

Shakeel accused Muhammad was detained in March 2024 under the Public Safety Act for allegedly smuggling cattle. His mother had filed a petition challenging his detention, alleging procedural irregularities and lack of justification.

court found that Shakeel's alleged activities had the potential to disturb public order. justifying his deten-Additionally, it determined that procedural guards were followed during detention, and the detention order was read out to Shakeel in the language, which he understood.

The Jammu and Kashmir represented government by the Additional Advocate General Rajesh Thappa argued that Shakeel was a habitual offender involved in various crimes, including | More on P10



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از نیابت پین عنوان: درخواست منجانت عبدل حميد مير ولد حفيظ لله ميرسا كنه ماموس تحصيل پين نسبت عامله مندرجه عنوان الصدرمين درخواست سائله بغرض حصول کيگل هيرسرگفيکيٺ زير کاروا کي ہے اسارے میں رپورٹ پٹواری حلقہ سے طلب کیا گیاجس سے عیاں ہے کہ سائل کا والد متوفی

مورخه 2014-07-11 کوفوت ہو چکاہے ۔ اور متوفی مذکور کے دارثان جائز درجہ ذیل افراد بيوه متوفى گھريلوكام 62سال پر۔۔ مزدوری 40سال خورشيدعالم مير 37سال الطاف احمدمير عبدل حميدمير 36سال محمدياورمير گھریلوکام 30سال

ں کےعلاوہ اورکوئی افراد کننہمہ نہیں ہے۔ سرٹفلیکیٹ زیر بحث اجراء کرنے میں اگر کھا گرسی شخص لو کوئی عزریاا عتراض ہوتووہ بعدمشتہراخبار دودن کےاندراندرآ پینےعذریاعتراض ودالت هذا کو دفتری ادقات کے دوران پیش کریں۔بعد گزرے میعاد کو بی عذریاعتراض قابل قبول نہیں ہوگا۔ FKO

PUBLIC NOTICE

I have lost my school date of birth certificate (DOB) bearing registration No N 18441450039 at somewhere Now I am for its duplicate if anybody having any objection in this regard He/ She may file his /her objection in the office of jumma & Kashmir State Board of School education JKBOSE within seven days from the publication of this notice after that no objection will be entertained

Name: FAZIL FAYAZ S/o: FAYAZ AHMAD DAR

School: Govt Higher Secondary school WAGOOR

PUBLIC NOTICE

My DOB has been wrongly written in my adhaar card as 29-01-2015 while my correct DOB as per school records is 29-01-2018 wich needs to be corrected. If anybody has any objection in this regard he/she may file the same in the concerned office within 7 days from the date of publication of this notice. After that no objectioni shall be entertained.

Rehan Lateef Chopan S/o Lateef Ahmad Chopan R/o Agar Dangerpora

bmg

Office of the Naib-Tehsildar Pattan

Executive Magistrate 1st Class

Subject: Issuance of Registration orders in respect of delayed Birth

Public Notice

The registar Births and deaths (EO Municipal Council Pattan/ Block Development Officer Lolpora) has submitted a case file pertaining to Birth of Usman Javeed S/o Javeed Ahmad Dar R/o Chichilora Tehsil Karhama District Baramulla with vertified date of event (birth) as 27-02-2022 occurred at SDH Pattan In this connection, if anybody having any objection to the issuance of said registration may contact this office within seven (07) days, after which no objections shall be entertained. **Executive Magistrate 1st Class** Naib Tehsildar Pattan

PUBLIC NOTICE

In my school records my DOB has been wrongly entertained as 13-03-1994 while my correct DOB is 13-03-1993 which needs to be corrected. If anybody has any objection in this regard he/ she may file his/her objection in the office of the Sunshine Public School Pinjoor Shopian within 7 days from the date of publication of this notice. After that no objection shall be entertained. Adil Hussain Paul

S/o Mohd Ayoub Paul R/o Pinjoora Shopian

fko

Government of Jammu and Kashmir

OFFICE OF THE EXECUTIVE OFFICER MUNICIPAL COMMITTEE KHREW.

Subject: Auction of Entry Fee Collection contract for the year 2024-25& 2023 2025-26

AUCTION NOTICE. E-NIT No: MC/KH/112 of 204 Dated:06/12/2024.

For and on behalf of the Lt. Governor of J&K UT, term e-tenders (in single cover system) are invited from the interested persons/parties for Auction of Entry Fee Collection of Municipal CommitteeKhrew, for one year for the year 2024-25&2025-26with effect from 01.01.2025to31.12.2025. The Minimum reserved bid is fixed as 17,22,000 (Rupees:Seventeen Lacs & Twenty-Two Thousand Only). The Tax Schedule of the vehicles is given as under and the successful highest bidder is bound to recover Entry

S. No	Name of Vehicle	Rates per day	S.No	Name of Vehicle	Rates per day
01	Govt. Vehicles / Security Forces Vehicles	Exempted	10	Tractor (Loaded/un- loaded)	Loaded Rs. 20/- per day Unloaded Rs 10/- per day
02	All Private Light vehicles	Exempted	11	Sumo / Scorpios / Tavera / Tovota etc (commercial)	Rs. 10/- per day
03	Mini Tippers loaded / Unloaded	Loaded Rs. 20/- per day Unloaded Rs 10/- per day	12	Passenger Tempo / Auto	Rs. 10/- per day
04	Trucks 6 Tyres (Loaded/unloaded)	Loaded Rs. 30/- per day Unloaded Rs 10/- per day	12	Passenger Tempo	Rs. 30/- per day
05	Tippers (Loaded or Un-loaded)	Loaded Rs. 30/- per day Unloaded Rs 10/- per day	14	JCB/Crane/Roller	Rs. 30/- per day
06	Trucks/Trolley (10 Tyre) (Loaded/ unloaded)	Loaded Rs. 100/- per day Unloaded Rs 20/- per day	15	Mini Load Carriers / Auto Load carriers	Rs. 10/- per day
07	Truck/Trolley above 12 Tyre (Loaded/ unloaded)	Loaded Rs. 100/- per day Unloaded Rs 20/- per day	16	Private School Buses	Rs. 10/- per day
80	Truck Trolley above 14 Tyres (Loaded/ unloaded)	Loaded Rs. 100/- per day Unloaded Rs 20/- per day	17	Tata 407/207 ferry- ing Grass/other items (Loaded/unloaded)	Loaded Rs. 20/- per day Unloaded Rs 10/- per day
09	Matadors / Tata Mini Buses	Rs. 10/- per day	18	Dumper (Loaded/un- loaded)	Loaded Rs. 50/- per day Unloaded Rs 30/- per day

The bidding documents consisting of qualifying information, eligibility criteria, bill of quantities (BOQ) set of terms and conditions of contract and other details can be seen / downloaded from the departmental website www.jktenders.gov.in, as per the schedule of dates given below

1 Date of issue of Tender Notice	06.12.2024
2 Period of downloading of bidding docu-	From 06.12.2024 to 17.12.2024
ments	
3 Bid submission Start Date	06.12.2024from 11.00 AM
4 Bid submission End Date	17.12.2024upto 4.00 PM
5 Date & Time of opening of Bids (Online)	18.12.2024 at 12.00 AM in the office of the Executive Officer, Municipal Committee
	Khrew
6 Submission of Call Deposit Receipt (CDR)	The bidders have to deposit CDR @ 10% amounting to 1,72,200/-(One Lac, Seventy-
	Two Thousand&Two Hundred Only) at the time of uploading of the bid.
7 Mode of Payment	10% of the highest bid as token amount on spot. 60% of the highest bid to be depos-
	ited before taking over the possession, 30% of the highest bid within three months of
	taking possession

1 Bids must be accompanied with the cost of tender document in shape of Bank Challan / Receipt (Credited to A/c No. 0037040100008059 JRY maintained with Jammu & Kashmir Bank Ltd. Branch: Khrew in favour of Executive Officer, Municipal Committee Khrew amounting to Rs. 1000/- (One Thousand Only) and Bid securing declaration as per format Annexure –1, below on stamp paper duly attested by Notary in favour of Executive Officer, Municipal Committee Khrew, failing which tender will be rejected. 2. The date and time of opening of bids shall be notified on website www.jktenders.gov.in. The bids of the responsive bidders shall be opened online on the same website in the office of the Executive Officer, Municipal Committee Khrew.

The bids for the tender shall remain valid for a period of 120 days from the date of opening of bids BID SECURITY.

Bid Security Declaration: If the successful bidder fails to sign the contract or to submit the performance security before the deadline defined in the request for a) Bid Security Declaration: If the successful bidder falls to sign the contract or to submit the performance security perfore the deadline defined in the request for the bid documents, the bidder will be suspended for the participation in the tendering process for the works / tenders for a period of one year from the bid due date of this Auction. The bid security declaration shall be submitted as per the Format appended – I (format for the bid security declaration). Any bid not accompanied by the BID security declaration shall be summarily rejected by the Authority as non responsive

The contract of collection of Entry Fee shall be for the year 2024-25&2025-26with effect from 01.01.2025 to 31.12.2025, and no claim for extension on any pretext will be entertained beyond the allotted period under any condition and circumstances like hartal, indefinite strike, unrest etc.

No such Bidder shall be allowed to participate in the Auction Proceedings, who has been defaulter from any of the Municipal Institutions. That, the successful bidder has to execute an agreement duly registered in the Hon'ble court of law with the Executive Officer, Municipal Committee Khrew

before issuance of allotment and taking over the possession of the Entry Fee Toll Posts Khrew and no permission shall be granted for recovery of Entry Feeuntil agreement / allotment is made in favour of successful contractor. In case the successful bidder fails to deposit the token amount (10%) of first installment&(60%) of the bid amount, the CDR /10% bid amount as the case, shall be forfeited and the bidder shall be black listed for future participation/auctions and in case the allottee fails to deposit the 2nd installment of the bid amount, the

Committee shall take over the possession of the Toll posts and go for fresh auction viz-a-viz recovery of the defaulted amount. The Balance of 30% of the Bid Amount has to be deposited by the Allottee within three months for which an irrevocable Bank Guarantee from a nationalized, scheduled bank shall be obtained from the highest bidder without any fail

The successful Bidder shall be bound to effect recovery of Entry Fee as per approved schedule of MC Khrew, which is available with this office as mention above. In case of any violation to the approved schedule, legal action against the contractor / allottee will be initiated.

That, the successful bidder shall have to bear /provide/arrange Manpower, Stationary, furniture, Sanitation, Toll posts etc without claiming any compensation thereof, from the office of the undersigned. The Highest Bid offered shall be exclusive of all applicable taxes (Income Tax/GST etc) as such the successful bidder shall be bound to bear all kinds of taxes

like Income Tax/GST, which shall be payable by the bidder in addition to bid amount. After expiry of the contract i.e on 31.12.2025, the successful bidder shall hand over the possession of the Entry Fee Toll Post to the Municipal Committee Khrew

That, the successful contractor shall have to collect Entry Fee at Entry Fee TollsvizBabapora Khrew and Seer Bagh Khrewas per the approved schedule of this

institution and the realization of the Entry Fee shall be in a public friendly manner without causing any inconvenience to visitors, and also the display of schedule of rates shall be visible at each Post in the Town.

The contractor shall be responsible to maintain Entry Fee Toll Post Khrew with special care to sanitation / hygiene of the environment and surroundings.

16. That the Authority reserves the right to accept or reject any or all the bids without assigning any reason thereof.
 17. In case of any dispute arising between the parties with respect to any of the conditions as laid down herein above or any ambiguity will be referred to arbitrator and the decision of the arbitrator, Director Urban Local Bodies shall be final and binding upon the parties.

No: MC/KH/2024-25/1319-24 Dated: 07/12/2024

> Executive Officer Municipal Committee, Khrew

Government of Jammu & Kashmir

OFFICE OF THE EXECUTIVE ENGINEER MECHANICAL& HOSPITAL DIVISION SRINAGAR

(Erstwhile Mechanical Hospital & Central Heating Division Srinagar) Contact No: 0194-2496089, Email Id: xenmhchdk@yahoo.in (GIST)

(SHORT TERM)

NIT No: M&HDS/TS /2024-25/126/e-tendering, Dated:-06-12-2024

For and on behalf of the Lt. Governor, J&K UT e-tenders are invited from eligible registered/reputed/experienced firms with J&K State Govt., CPWD, Railways and other State/Central Governments for the below mentioned work:

Name of the Work	Estimated	Cost of	Earnest	Contract	Accord of Adminis-	Technical Sanction
	Cost (In	Tender Doc.	Money (In	Period	trative Approval	
	Lakhs)	(In Rs)	Rs)			
1. Comprehensive Maintenance Contract of	0.95	100	1900	365 Days	06-MCS of 2024	M&HDS/TS/100
15 passenger g plus 1 otis make lift at govt.					Dated 03-07-2024	Of 12/24
Bone and Joint Hospital Srinagar.						
2. Comprehensive Maintenance Contract of	1.05	200	2100	365 Days	06-MCS of 2024	M&HDS/TS/101 Of
26 passenger g plus 2 Omega Lift at Govt					Dated 03-07-2024	12/24
Bone and Joint Hospital Srinagar.						
3. Comprehensive Maintenance Contract	1.40	200	2800	365 Days	06-MCS of 2024	M&HDS/TS/102
of 20 passenger Otis Lift in new building at					Dated 03-07-2024	Of 12/24
Govt. Lalla Ded Hospital Srinagar.						

Position of funds: Available with the intending department

Downloading of Bids:- The NIT Consisting of qualifying information, eligibility criteria, specifications, Bill of quantities (B.O.Q), Set of terms and conditions of contract and other details can be seen from the departmental website www.jktenders.gov.in from 06-12-2024 (18.00 hrs) and can be downloaded from 06-12-2024 (18.00 hrs).

Uploading: The bidders shall deposit their bids in electronic format on the above web site 06-12-2024 (18.00 hrs).to 11-12-2024 (18:00hrs) in two (02) covers.

Opening of Bids: The bids received upto due date and time shall be opened on 12-12-2024 at 14.00(hrs).

Sd/-**Executive Engineer,** M&HD, Srinagar

No: M&HDS/TS/6505-09 DIPK-9200/24 Date:- 07-12-2024

Government of Jammu and Kashmir

OFFICE OF THE CHIEF EDUCATION OFFICER PULWAMA

2nd. Floor Mini Secretariat, DC Complex Pulwama (192301) Kashmir E-Mail: ceoacpul@gmail.com, Phone No. 01933-242234, 292800

TENDER NOTICE

Sealed tenders affixed with revenue stamp of Rs-2/- are invited from the registered firms/vehicle owners for hiring of vehicle for official purpose of the Chief Education Officer Pulwama as per the details below:-

S. No.	Particulars	Remarks (to be provided by the bidder)
1	Type of Vehicle	
2	Monthly Rent	
3	Mileage in Km per litre	
4	Vehicle Registration No.	
5	Name of owner	
6	Name of Driver	
7		

The tenders shall reach to this office within 07 days from the date of publication of this notice in local dailies. The tender shall be opened on the 8th days at 2 pm in the office of undersigned.

No: CEO/Pul/Acctts/386-390

Dated: 07.12.2024 :DIPK-9193/24

(Manzoor Ahmad Khan) Chief Education officer,

Office of the Executive Engineer, Transmission Line **Maintenance Division III Amargarh Sopore**

Tele No: 01954-225010 Fax: 01954-225010, E-mail: tlmd3rdamargarh@gmail.com

NOTICE INVITING TENDER E-NIT No: - EE/TLMDA/12 of 2024 DATED: 04-12-2024

Executive Engineer, Transmission Line Maintenance Division 3rd Amargarh Sopore on behalf of the Lieutenant Governor of Jammu & Kashmir Union Territory invites e-tenders (In Two Cover System) valid for 180 days from reputed, experienced and financially sound "A" Class Electrical Contractors and Executors fulfilling the eligibility criteria specified in the standard bidding documents for the work detailed below. E-Tenders need to be accompanied by earnest money deposit (EMD) in the shape of DD/CDR/BG from any Nationalized/Scheduled Bank pledged to The Executive Engineer, TLMD-III Amargarh Sopore Kashmir, J&K.

The complete bidding process is online. However, hard copies consisting of Tender Fee & EMD (original instruments) in cover-I are to be submitted before two days of e-bid submission end date by the bidders in the office of the undersigned and Techno-Commercial bid (as per SBD) in cover II has to be submitted only by the Lowest Bidder in the office of The Executive Engineer, Transmission Line Maintenance Division 3rd Amargarh Sopore on the day which will be communicated to lowest bidder. Financial bids must be submitted online only as per prescribed format.

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

Scope of Work	Qty	Estimated Cost	Tender Fee	EMD	Time of Completion
Insertion of A+0 Type Tower between location No 9 and 10 of 132 kv Delina-Amargrah TL at Daraiseer Sopore	As per BOQ	Rs. 13.77 Lacs	Rs.1000/-	Rs. 28000/=	01 Month

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

CRII	ICAL DATES	
1.	Issue of NIT	04-12-2024 (05.00PM)
2.	Downloading of bidding documents (Start)	04-12-2024 (06:00 PM)
3.		26-12-2024 (12:00 PM)
4.	e-Bid submission (start)date & time (Submission of e-tender fee, EMD	06-12-2024 (02:00 PM)
	and other supporting · Documents in PDF formats)	·
5.	e-Bid submission (end) date & time (Submission of e-tender fee, EMD and	26-12-2024 (2:00PM)
	other supporting documents in PDF formats)	
6.	Start date of clarifications	05-12-2024 (10:00 AM)
7		2312-2024 (04:00 PM)
8.	Online Techno-Commercial e-Bid opening date	26-12-2024 (2:00 PM)
9.	Venue of opening of Techno-Commercial-Bids	Office of The Executive Engineer, Transmission Line
		Maintenance Division 3rd Amargarh Sopore
10.	Cost of e-Bid document (to be submitted in the form of Demand Draft	Rs 1,000/-
	Pledged to Executive Engineer JKPTCL, TLMD-III Amargarh)	
11	Online financial e-Tender opening date & time (Only of the technically	Will be communicated to the Technically Qualified
	qualified Tenderers)	Tenderers
12	Amount of earnest Money Deposit Pledged in favour The Executive Engi-	Rs. 28000.00
	neer, Transmission Line Maintenance Division 3rd Amargarh Sopore.	

Only the bidders possessing the qualifying criteria as mentioned in the SBD should participate in the bidding process. Clarifications can also be sought from the office of the Executive Engineer JKPTCL, TLMD- III Amargarh Sopore on E-mail tlmd3rdamargarh@gmail.com or fax 01954-225010.

Before participating in the bids, the bidder shall acquaint himself with the site of work and local conditions. The corporation reserves the right to reject any or all bids without assigning any reason thereof.

No: EE/TLMDA/1922-24

Executive Engineer TLMD-III. JKPTCL Amargarh, Sopore

DIPK-NB-2679/24

Dated: 07-12-2024

Zilla Sainik Welfare Board Celebrates Armed Forces Flag Day





Observer News Service

SRINAGAR: In connection with the celebrations of Armed Forces Flag Day, a programme was held at Zilla Sainik Bhawan, Srinagar to honour the war martyrs and men in uniform who fought to safeguard the country's integrity and sovereignty. Deputy Commissioner (DC), Srinagar, Dr Bilal Mohi-Ud-Din Bhat, who is also President Zilla Sainik Board, Srinagar was the chief guest on the occasion.

Addressing the occasion, the DC highlighted the role of Sainiks and called them guardians of the Nation who protect

its citizens. He said Flag Day brings to the forefront our commitment of looking after our veer naris, disabled soldiers and families of martyrs.

During the interaction with the veterans, Dr Bilal assured all support from the Civil Administration towards the welfare of Ex-Servicemen and their families.

Later, the DC felicitated the Veer Ex-Servicemen and families of martyrs. Meanwhile, Ex-Servicemen community thanked Deputy Commissioner, Srinagar for the initiatives taken by District Administration Srinagar for the welfare of the exservicemen community.

Majlis-e-Ulama Condemns Derogatory Remarks Against Scholars

Observer News Service

SRINAGAR: The Muttahida Majlis-e-Ulama (MMU) Jammu and Kashmir has strongly reacted to the disrespectful and offensive remarks made by a person named Bilal Raza against the respected religious scholars of Kashmir, particularly the revered Muhaddith-e-Kabeer Allama Anwar Shah Kashmiri (RA).

In its statement, the MMU reiterated that it had previously warned such persons to refrain from making derogatory comments about scholars and the revered Aslaaf (our pious predecessors). Such actions neither serve the collective interests of the Kashmiri nation nor have any place in our society

Reiterating its principled stance, the MMU said that promoting unity and harmony among all sects and religious groups within the community remains its top priority. The MMU made it clear that it will not tolerate any individual or group, regardless of their sectarian or ideological affiliations, showing disrespect toward scholars or attempting to disrupt or hurt the unity of Muslims.

The MMU said that all affiliated scholars and leaders of religious organisations must remain vigilant against those trying to harm our unity or sow discord. Given the turbulent times we are currently facing, it is crucial to uphold harmony and solidarity at all costs.

Drug Peddler Held In City

Observer News Service

SRINAGAR: Police on Saturday said it arrested a drug peddler in Srinagar.

A police party of Police Station Nowhatta during a rou-Chowk, Nowhatta intercepted a suspicious person.

He has been identified as Sajad Sheikh, son of Baktawar Sheikh, resident of Sheikh Colony, Hawal. During the search, approximately 3.370 kilograms of charas powder-like substance and 20 grams of charas was recovered from his possession and he has been arrested.

Accordingly, a case vide FIR No. 55/2024 under relevant sections of law has been registered in Police Station Nowhatta and further investigation initiated

J&K Police urge the common masses that if you witness drug peddling or any other crime anywhere near you, feel free to contact the nearest police establishment or dial 112. People are requested to cooperate with police in curbing the menace of drugs from the society.

PUBLIC NOTICE

I want to change my name in Passport bearing no : L5709278 from old name Salima Bano to new name Saleema Akhter Fathers name Gh Mohi ud din Bhat ,Mothers name Zeba ,Husbands name Mushtaq Ahmad Shah R/o Hubbi Colony 90 Feet Road behind police station soura Sgr , House no 79 Lane no 4 Pin code 190011. Inb future I will be known as Saleema Akhter. Anyone having objection may submit the same to the Passport office Srinagar within 7 days from the publication of this notice. No objection will be entertained after the said date.

Kashmiri Handicrafts Must Evolve To Thrive In Global Fashion: Samina Khan

Says 'Startup Kashmir Must Continue Its Journey to Engage More Entrepreneurs'



Observer News Service

SRINAGAR: At a 'Meet & Greet' event hosted by Startup Kashmir, fashion designer Samina Khan emphasized the importance of evolving Kashmiri craftsmanship to thrive in the global market. Speaking to an audience at Meydani Café, The Bund, Samina stated, "Kashmiri design isn't just about preserving the past: it's about making sure it survives, evolves, and thrives. Known for her innovative approach to fashion, Samina expressed her passion for breathing new life into vintage embroidery. "It's all about infusing ancient techniques with color, energy, and a modern sensibility that resonates with global fashion trends," she said. Her vision includes taking local brands and transforming them into global sensations. Meanwhile, in a major initiative to empower local youth, Startup Kashmir continues to host a series of dynamic meet-ups, aiming at fostering entrepreneurship and self-employment. Shahid

Ansari, Founder of Startup Kashmir, called on the youth to take charge of the region's economic future. "We must take control of our economy and contribute to a self-reliant Kashmir," he urged. The event brought together participants from diverse backgrounds, offering a platform for sharing ideas and feedback, fostering a dynamic conversation on the future

of Kashmiri handcrafts and design. Nazir Ganaie, Multimedia Head of Kashmir Observer and Executive Editor of Startup Kashmir Magazine, emphasized the importance of building a robust startup ecosystem in Kashmir. He urged for the establishment of a hassle-free, single-window system to support entrepreneurs. Ganaie also highlighted the need for startups and innovators to identify existing gaps within the community and work towards addressing them to foster growth and development. Dr. Qazi Haroon, another speaker, stressed the urgent need for innovation in the healthcare sector. He pointed out that mental health remains a significant challenge for society, urging individuals to take action and engage with voung people who are struggling with these issues. Dr. Haroon emphasized the importance of providing support and creating awareness to address the mental health crisis. Urnaib, the owner of Meydani Café at The Bund, Srinagar, shared her entrepreneurial journey, highlighting the numerous hurdles she has faced along the way. Despite these challenges, she emphasized that passion has been the driving force behind her perseverance. Urnaib urged the community to show more consideration towards beginners and startup owners, oTering support and encouragement to help them succeed in their ventures. The event highlighted Startup Kashmir's commitment to nurturing entrepreneurs through mentorship, funding opportunities, and networking. This initiative is a vital step toward building a robust, sustainable startup ecosystem in Jammu and Kashmir.

Satish Sharma Addresses NTTA's 8th **AGM, HTEACON-2024**

Observer News Service

SRINAGAR: Minister for Transport, FCS&CA, Youth Services and Sports, Information Technology, Science & Technology, Satish Sharma addressed the 8th Annual General Meeting (AGM) of Nigeen Tourist Traders Association (NTTA) here.

MI A Zadibal Tanvir Sadig and MI Hazratbal, Salman Sagar were also on the occasion as Guests of Honour.

The AGM was also attended by senior bureaucrats, hoteliers, travel trade professionals, civil society members. media representatives and academicians.

The AGM focused on the theme of sustainable tourism, emphasizing the vital link between environmental conservation and tourism growth.

During the AGM, elections to elect office bearers was also conducted in which Manzoor Wangnoo was reelected as NTTA Chairman.

Speaking on the occasion, the Minister congratulated the newly elected Chairman and office bearers, stating that their dedication and zeal will undoubtedly strengthen the association's mission.

He exhorted that Environment and Tourism are related and for sustainable tourism we have to work



for saving our natural resources especially lakes, wetlands, waterways and springs.

The Minister assured his full support in its endeavour of promoting tourism. He said that NTTA has been at the forefront in promoting Kashmir in general and has been always encouraging to promote eco destinations and raising its voice for the conservation of the environment in general and saving water bodies in particular.

Satish Sharma stressed that with collective efforts of all stakeholders we can ensure Kashmir's tourism sector reach new heights while safeguarding its fragile ecosystem.

Chairman NTTA on the occasion, also highlighted the achievements and activities carried out for the promotion of Kashmir tourism and

the welfare of its members by NTTA. Meanwhile, Satish Sharma also addressed the HTEACON-2024 organised by J&K Health Technical Employees Association Kashmir.

The Minister said that the Technicians are the backbone of health department and play a pivotal role in providing better health services to the people in need.

Satish Sharma assured them that their genuine issues and demands and all their concerns will be addressed in phased manner.

The I&K Health Technical Employees Association on the occasion informed the this scientific conference has been organised to boost the moral of technicians and give them knowledge about new technology /machines/instruments using day to day patient care in the health institutions.

Government of Jammu and Kashmir OFFICE OF THE CHIEF MEDICAL OFFICER KULGAM

(Mini Secretariat Kulgam Room No. 121 to 132)

E-Mail : socmokulgam@gmail.com Establishment:- cmokestablishment@gmail.com Accounts:- aaocmok@gmail.com Planning:-cmokplg@gmail.com

Fax:-01931-260388

NOTIFICATION Whereas, this office has circulated / published tentative seniority list of District Cadre Posts viz FMPHW's/Jr. Driver's/Jr. Dental Technician's/Jr. Lab Technician's/ Jr. Physiotherapist's/Junior Grade Nurse's/Jr. Assistant's/Electrician's / Dhobi's/

Subject: - Final Seniority List of District Cadre Posts-Health Department Kulgam.

Generator Boy's/Aya's, and Whereas, after issuance of said tentative seniority lists this office has not received

any representations from the employees for their inclusion of name/correction/ rectification of service particulars recorded in the seniority list. As such, Final Seniority lists of above categories of staff (District Cadre Kulgam] as on

07-12-2024, forming annexures attached with this notification are hereby notified for information of all concerned. This is subject to the outcome of writ petition, if any, pending in any competent court. Note: - The Final Seniority List of above mentioned categories shall also be available

in Official Website of District Kulgam i.e https://kulgam.nic.in. No:-CMOK/Est/S.List/2024/3099-3108

DIPK-9242-24

Kulgam

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: Kashmer EMS Service: +91 94841 00200

AIRPORTS

SHIEK UL ALAM AIRPORT: 01942303311



RAILWAYS SRINAGAR: 0194-2103259



HIGHWAY STATUS



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



PRAYERS FAJR 5:54 **ZUHR** 12:21 **ASR** 3:45 Magrib 5:25 **ISHA** 6:50

This Day In History

- 1326- Daitokuji temple, Rinzai line, established in Kyoto by Daito Kokushi
- 1609- Biblioteca Ambrosiana in Milan opens its reading room, second public library in Europe
- 1659- Mexican border town Ciudad Juárez is founded by Fray García de San Francisco.1710 - Battle of Brihuega in the War of the Spanish Succession: British General James Stanhope captured by French & Spanish forces.
- 1863 2,500 reported killed as result of fire at Jesuit Church of La Compana, Santiago, Chile.
- 1863 Abraham Lincoln issues his Amnesty Proclamation and plan for Reconstruction of the South.
- 1869 Timothy Eaton founds T. Eaton Co. Limited in Toronto, Canada. 1881 - Vienna's Ring Theater destroyed by fire, kills
- between 640-850. 1895 - Battle at Amba Alagi: Ethiopian Emperor Menelik II
- drives Italian General Baratieri out.
- 1921 Eamon de Valera publicly repudiates Anglo-Irish
- 1923 German-US friendship treaty signed
- 1923 Salary & price freeze in Germany. 1941 - London: Dutch government-in-exile declares war on
- 1941 US & Britain declare war on Japan, US enters WW II.
- 1952 Isaak Ben-Zwi elected president of Israel. 1953 - Dwight D. Eisenhower gives his "Atoms for Peace"
- speech at the UN in New York.
- 1962 114-day newspaper strike begins in NYC. 1963 - Pan Am Flight 214 crashes outside Elkton, Maryland with 81 killed. Only case of lighting causing air crash.
- 1965 Nikolai Podgorny succeeds Mikojan as president of
- 1969 Greek DC-6B crashes in storm at Athens, 93 killed. 1972 - United Airlines crashes at Chicago's Midway Airport killing 45
- 1974 Soyuz 16 returns to Earth. 1982 - Colombian writer Gabriel García Márquez receives
- the Nobel Prize for Literature
- 1983 9th Space Shuttle Mission, Columbia 6, lands at Edwards AFB. 1984 - Europe & 64 developing countries sign Lome III
- treaty. 1987 - Occupied Palestinians start "intefadeh" (uprising)
- against Israel Agreement. 1987 - US President Reagan & Soviet General Secretary
- Gorbachev sign a treaty eliminating medium range nuclear missiles.
- 1989 Great Britain performs nuclear test. 1991 - Russia, Belorussia & Ukraine form Commonwealth
- of Ind States. 1991 - The Romanian Constitution is adopted in a
- referendum. 1992 - Galileo's nearest approach to Jupiter (303 km).
- 1994 Fire in cinema in Karamay China, 310 killed.
- 1998 Tadjena massacre: 81 people are killed by armed groups in Algeria. 2002 - The Caribbean Community Heads of Government
- meet with the Government of Cuba and declare the date to be "CARICOM-Cuba Day" - To celebrate diplomatic ties between the Caribbean Community (CARICOM) and Cuba. 2004 - The Cuzco Declaration is signed in Cuzco, Peru,
- establishing the South American Community of Nations. 2009 - Bombings in Baghdad, Iraq kill 127 and injure 448.
- 2010- With the second launch of the SpaceX Dragon, SpaceX becomes the first privately held company to
- successfully launch, orbit and recover a spacecraft. 2012- UN climate conference agrees to extend the Kyoto Protocol to 2020 2019- Fire in an illegal bag factory in Delhi, India, kills 43
- 2019- Sanna Marin becomes Finland's youngest-ever Prime Minister at the age of 34 2020- Former Israeli space security chief Haim Eshed says
- Aliens and a Galactic Federation exist and Donald Trump knows about it, in article published in the Jerusalem Post 2020- The UK begins vaccinating for COVID-19 using the

Pfizer/BioNTech vaccine

- 2021- Olaf Scholz is sworn as the new Chancellor of Germany, replacing Angela Merkel after 16 years 2022- Iran announces first known execution of a protester
- from recent anti-government unrest, after convicting a man in a revolutionary court of "moharebeh" (enmity against God)



Subject:-

1st Tentative Seniority list of FMPHW's (borne on 2210) District Cadre

Reference:-

Budgam Administrative Department Health & Medical Education Circular No: 15-HME of 2024 Dated: 24-06-2024 duly endorsed by Directorate of Health

Services Kashmir under No:-DHSK/Est/NG/E-7509487/5814-48 Dated: 27-06-2024,

CIRCULAR

On the basis of information received by this office, 1st Tentative District Cadre Seniority list of FMPHW's (borne on 2210) appointed in District Budgam is hereby prepared/circulated amongst all concerned for information and objection, if any with regard to service particulars shown against each should reach to this office alongwith documentary evidence duly authenticated within 07 days positively from the date of

publication of the notification in the newspapers. The concerned DDO's shall ensure that no FMPHW (borne on 2210) is left out who has been appointed by the competent authority through proper mechanism and in case any such employee is left out the concerned DDO shall furnish his/her compete biodata alongwith documentary evidence in order to include him/her at appropriate place/serial.

The seniority list is available on DHSK website www.dhskashmir.org.

No:-CMOB/ 5717-41 DIPK-9178-24 Dated: 06-12-2024

DT: 07/12/2024

Chief Medical Officer,

Budgam

Dated:-07-/12/2024

DT: 07/12/2024

Chief Medical Officer

Phone:-01931-260388

01931-295102

Srinagar | Sunday | 08-12-2024

Israeli Strikes Kill At Least 29 At Hard-Hit Gaza Hospital

CAIRO: At least 29 people were killed, including four medical staff, when Israeli strikes pummeled the area around one of the last remaining hospitals in northern Gaza, Palestinian officials said.

The situation in and around the Kamal Adwan hospital is "catastrophic," according to Dr. Hussam Abu Safia, the director of the hospital. The dead included five children and five women, according to the hospital casualty list, which was obtained by The Associated Press.

Kamal Adwan Hospital in Beit Lahiya is one of the few hospitals still partially operating in the Gaza's northernmost province, where Israeli forces are pressing an offensive that has almost completely sealed off the area from humanitarian aid for two months.

Israel's military denied that its forces had struck the hospital or operated inside it. The army said that in the past few weeks, "coordinated efforts with international organizations have been underway in order to transfer patients, companions, and medical staff to other hospitals.

An Indonesian medical team which had been assisting in Kamal Adwan for the past week was forced to evacuate on foot after the area was surrounded by Israeli soldiers, according to a statement from the team. The Israeli military did not immediately comment on the medical team's expulsion. Dr. Rik Peeperkorn, the World Health Organization repre-

Kamal Adwan
Hospital in Beit Lahiya is one of the few hospitals still partially operating in the Gaza's northernmost province, where Israeli forces are pressing an offensive that has almost completely sealed off the area from humanitarian aid for two months.

sentative in the Palestinian territories, said an Israeli tank approached the hospital at around 4 a.m. Friday Although no official Israeli evacuation order was issued, "people started to climb the wall to escape, and this panic attracted IDF (Israeli) fire," he said. He spoke by video from Gaza to journalists in Geneva.

Kamal Adwan Hospital has been struck multiple times over the past two months since Israel launched a fierce military operation in northern Gaza against Hamas militants. In October, Israeli forces raided the hospital, saying that militants were sheltering inside and arrested a number of people, including some staff. Hospital officials denied the claim.

Saudi Arabia calls for and end to

Saudi Arabia's foreign minister has reiterated the kingdom's call for an end to the war in the Gaza Strip.

Prince Faisal bin Farhan described Israel as acting with "impunity and is getting away without punishment" in its war on Hamas there.

ESMA clamped

Yogi Govt Bans Strikes, Protests for 6 Months



Press Trust Of India

Lucknow: The Yogi Adityanath government has banned strikes and demonstrations in its departments, corporations and local authorities for the next six months under the Uttar Pradesh Essential Services Maintenance Act, according to a statement.

State BJP spokesperson Manish Shukla said a divine and grand Kumbh is going to be held in the state in the coming months and other important programmes have also

been proposed

The steps have been taken to ensure the availability of basic facilities to the visiting devotees and residents. Shukla said.

Principal opposition in Uttar Pradesh Samajwadi Party, however, termed the move "undemocratic'

SP MLC Ashutosh Sinha told PTI, "People and government employees have a right to express their views as per the provisions of the Constitution. But it seems that the government does not want people to do so."



Insurgents Say Encircling Damascus As Govt Denies Falling Back

Agencies

Beirut: Insurgents on a lightning advance through Syria said on Saturday they have begun to encircle Damascus as government forces denied they had withdrawn from areas near the capital.

"Our forces have begun the final phase of encircling the capital, Damascus," said former Al Qaeda commander Hassan Abdel Ghani who is now with the a new alliance that launched the offensive.

The defence ministry flatly denied the army had fled positions near the city.

"There is no truth to news claiming our armed forces, present in all areas of the Damascus counryside, have withdrawn," it said.

Meanwhile in Tehran Iran's Foreign Ministry dismissed reports of the evacuation of the Islamic Republic's Embassy staff in Syria following the resurgence of militant groups opposing the Syrian government.

A foreign office spokesman announced on Saturday that Western media reports about the evacuation of the Iranian Embassy in the Syrian capital were false and the diplomatic mission was continuing with its activities.

He said on the contrary, top Iranian advisor, Ali Larijani, has arrived in Damascus and met with Syrian President Bashar al-Assad to convey Tehran's support for the Syrian government.

In a report on Friday, The New York Times claimed that Iran had begun evacuating its diplomatic staff and their families amid heightened escalation in Syria, where government forces are repelling violent attacks by anti-Damascus militants.

"Some are leaving by plane to Tehran, while others are leaving via land routes to Lebanon, Iraq and the Syrian port of Latakia." the American daily newspa-

per claimed. Earlier in the day, Iran's Foreign Minister Abbas Araghchi said the Israeli regime and its allied anti-Syria militant groups

seek to turn Syria into a center of

"terrorism and threat" against the whole West Asia region.

Araghchi, however, asserted that Iran had always provided support for the Syrian government and nation, adding, "We will continue this support on the basis of what Damascus asks from us."

Syria has been gripped by finsurgency since March 2011, with Damascus saying the Western states and their regional allies are aiding terrorist groups to wreak havoc in the Arab country.

The Hay'at Tahrir al-Sham militant group launched a largescale attack in Aleppo and Idlib provinces in the northwest of Syria on November 27, seizing several areas. Since then, the Syrian government forces have been engaged in fierce clashes to regain ground.

Meanwhile a commander from the Free Syrian Army (FSA) militant group has reportedly expressed hope for friendly relations with Israel, urging the occupying regime to extend both political and military support for their war against the Syrian government.

Temples Set On Fire, Centre Burnt Down In Dhaka, **Claims ISKCON**

Press Trust of India

Kolkata: The International Society for Krishna Consciousness (ISK-CON) on Saturday alleged that its centre in Dhaka district in neighbouring Bangladesh was burnt down earlier in the day.

Iskcon Kolkata vice president Radharamn Das told PTI that the targetted attack on members of the community and members of the Vaishnavite order goes on unabated as "vandals set ablaze idols inside the temple at the Namhatta property.'

gladesh, not much is being done by the police and administration to assuage their grievances and address their concern.

"Iskcon India has expressed concern about the safety of Hindus in Bangladesh and urged its monks and followers from Bangladesh not to wear 'tilaks' and practice their faith discreetly. The targeted attacks continue," he had earlier said

The Iskcon Kolkata vice president also expressed concern over arrested Hindu community leader



He said in a post on X handle, "ISKCON Namhatta Centre burned down in Bangladesh. The deities of Sri Sri Laxmi Narayan and all items inside the temple were burned down completely. The centre is located in Dhaka. Early morning today, between 2-3 AM miscreants set fire to the Shri Shri Radha Krishna Temple and the Shri Shri Mahabhagya Lak shmi Narayan Temple, which fall under the Hare Krishna Namhatta Sangha, located in Dhour village, under the jurisdiction of Turag Police Station, Dhaka district.'

"The fire was initiated by lifting the tin roof at the back of the temple and using petrol or octane. Address: H-02, R-05, Ward-54," he said in the post

Mr Das claimed that attacks are continuing and despite the ISKCON drawing the attention of the interim government in BanChinmoy Krishna Das's safety following his denial of bail and the violent attacks.

Since the installation of the interim government and the dislodging of the Awami League from power in August, ISKCON properties have come under attack at various places across Bangladesh in the past four months.

West Bengal BJP president and Union minister Sukanta Majumdar in a post on X said, "Strongly condemn the horrific arson attack on the #ISKCON Namhatta Centre in Dhaka, Bangladesh, which destroyed the Deities of Sri Sri Laxmi Narayan and sacred temple items." "This is an unforgivable act of hatred against a place of worship. Immediate action must be taken to bring the culprits to justice and ensure the safety of religious minorities," the Union Minister of State for Education said.

India Urges Citizens in Syria to 'Leave at the Earliest'

New Delhi: India on Friday issued an advisory urging all its citizens to avoid travelling to Syria in the wake of the violence and unrest in the Middle eastern country.

"In view of the situation prevailing in Syria, Indian nationals are advised to avoid all travel to Syria, until further External Affairs (MEA) said in its advisory. The Ministry also urged the stranded Indians to leave by the earliest available commercial flights. It further issued an emer-

gency helpline number and email ID for Indian nationals to contact the Indian Embassy in Damascus. "Indians currently in

Syria are requested to remain in touch with the Indian Embassy in Damascus at their emergency helpline number +963 993385973," the MEA said.

Earlier, MEA spokesperson Randhir Jaiswal said that India has taken note of the situation in Syria and South Korea, and the Indian missions in both nations are keeping a



close watch on the situation, considering the safety of Indian nationals there.

The MEA has confirmed that nearly 90 Indian nationals reside in Syria, including 14 working with UN organisations.

Jaiswal assured that the Indian mission is maintaining communication with its citizens living in Syria to ensure their safety

"We are closely following the situation. Our mission remains in close contact with our nationals for their safety and security," Jaiswal said. The resurgence of violence

by Syrian rebels has reignited the civil war, dormant for years. Rebel forces recently

MAKERS

captured Hama and advanced into Homs, threatening to split Syrian President Bashar al-Assad's controlled territories.

Over 300,000 civilians have died in the conflict since its inception in 2011, with millions displaced across the region, according to the UN.

Abu Mohammed al-Jolani, the leader of the Hayat Tahrir al-Sham (HTS) rebel group, said the goal of the offensive was to end Assad's rule. "When we talk about ob-

jectives, the goal of the revolution remains the overthrow of this regime. It is our right to use all available means to achieve that goal," Jolani told CNN in an interview.

Rajnath To Begin 3-Day Visit To Russia On Dec 8

Press Trust Of India

New Delhi: Defence Minister Rajnath Singh will embark on a three-day trip to Russia on Sunday to witness the commissioning of a stealth warship into the Indian Navy and hold talks with his Russian counterpart, Andrey Belousov, on the expansion of bilateral cooperation in co-produc tion of military hardware.

The Russian-manufactured multi-role stealth guided missile frigate INS Tushil will be commissioned on Monday in the coastal city of Kaliningrad. The warship, billed as one of the most technologically advanced frigates globally, is expected to significantly bolster the Indian Navy's operational capability in the Indian Ocean. a region that has witnessed increasing Chinese forays.

Chief of the Naval Staff Admiral Dinesh K Tripathi will accompany Singh to the commissioning ceremony.

Defence Minister Singh would pay an official visit to the Russian Federation from December 8-10, an official readout said on Saturday.It said



The Russianmanufactured multi-role stealth guided missile frigate INS Tushil will be commissioned on Monday in the coastal city of Kaliningrad

Singh and Belousov would cochair the 21st meeting of the India-Russia Inter-Governmental Commission on Military and Military Technical Cooperation (IRIGC-M&MTC) in Moscow on December 10.

The Defence Minister's visit to Russia comes five months after Prime Minister Narendra Modi travelled to Moscow and held summit talks with Russian President Vladimir Putin. In the talks. both sides decided to further bolster two-way defence ties.

'Phone, Laptop Severely Compromised, **Hackers Want Cryptocurrency'**

ongress leader Sam Pitroda's smartphone, laptop and server have been repeatedly hacked over the past few weeks with hackers issuing threats and demanding tens of thousands of dollars in cryptocurrency, according to a mail sent to those on his mailing list.

"They have warned that, if unpaid, they will launch a smear and misinformation campaign to tarnish my reputation by contacting people in my network," Pitroda said in the email.

"I want to bring to your attention a critical matter: my laptop, smartphone, and server have been repeatedly hacked and severely compromised over the past few weeks," it read

In the email addressed to family and friends, the Indian Overseas Congress chief urged them "not to open" any emails or messages that appear to be about him from any unknown mail ID or mobile number, not to click on any links and not to download any attachments.



He added that these might contain malware that could compromise their devices. Pitroda further said that he was trav-

elling but planned to take immediate action upon his return to Chicago.

"This will include replacing outdated hardware, upgrading software and implementing robust new security measures to safeguard my digital presence. I sincerely apologise for any inconvenience or concern this situation may cause. Thank you for your understanding and vigilance," he said in the email.



N E W S

turned to Jalandhar from Dubai a month ago to marry Manpreet Kaur, who he had been talking to on Instagram for three years, but had never met, the police said. After the incident the

groom lodged a complaint against the bride, they said.

According to the police, the two had connected on Instagram three years ago but had never met in person. Deepak said that he along

with his family travelled from

Mandiali village in Jalandhar

to Moga for his wedding at the venue, as communicated by the bride. Upon reaching Moga, the



Bride "Missing", Dubai-Returned Groom Waits Outside Non-Existent Venue

bride's family told that some people would escort him and his family to the wedding venue. However, even after waiting till

5 pm, no one showed up, he said. He said they asked locals about the venue 'Rose Garden

palace' but they informed that there was no such place in Moga.

The groom said that he worked as a labourer in Dubai and had been in touch since three years. He had seen her photos but never met her in person. Their parents had arranged

the wedding over phone calls, officials said, adding that he also claimed to have transferred 50,000 to her earlier. Deepak's father Prem Chand

said he along with 150 'baraatis' came for the wedding, and that he had already hired taxis, paid for catering and a videographer.

Kaur hails from Moga and had earlier told that she works in Ferozepur, he said.

The marriage was fixed after speaking to her parents over the phone and guests were invited for the wedding, Chand said.

Sub-Inspector Harjinder Singh said they have received a complaint from Deepak Kumar. He said the complaint was

Meanwhile, Moga Assistant

lodged after the groom's family could not reach the bride as her phone was switched off.

Army Chief Shairs Tri-Services Meeting In Udhampur

Agencies

JAMMU: Army Chief General Upendra Dwivedi Saturday chaired a Tri-services meeting of the Army, Air Force and Navy in the Northern Command headquarters in Udhampur to review the operational preparedness.

A defense spokesperson said the Army Chief was briefed about the operational preparedness under the area of responsibility, particularly in Jammu, Kashmir and Ladakh.

He said that the meeting was attended by senior officers of the Army, Air Force, Navy and also the Indo Tibet Border Police (ITBP). The Indian Army, in a post on X, said that the Army Chief also chaired discussions aimed at further enhancing joint capability.

It said that General Upendra also inspected latest inducted state of the art weapons, equipment and other logistic assets. "He also commended all ranks of the Northern Command for their professionalism and the initiatives taken by the Command towards



achieving synergy in operations." The meeting holds significance amid ease of tension between India and China after resumption of weekly joint coordinated patrols along the Line of Actual Control (LAC) in eastern Ladakh.

Both countries have already completed the first round of joint patrols in early November following the recent disengagement in these areas.

According to the agreement, each side will conduct one patrol per week in both regions. The agreement for disengagement and coordinated patrols came after multiple rounds of negotiations at political, diplomatic, and military levels—(KNO)

Union Power Ministry Initiates Process For Appointment Of Chairperson Of JERC

Agencies

SRINAGAR: The Union Power Ministry has set the ball rolling for appointment of chairperson of the Joint Electricity Regulatory Commission for Jammu & Kashmir and Ladakh Union Territories.

With the incumbent chairperson of the quasi-judicial body completing his term on May 25, 2025, the Power Ministry has initiated the process

to find his replacement.

To begin with the Ministry has invited applications from suitable candidates for the coveted position.

As mandated under section 84 of the Electricity Act-2003, the Chairperson of the JERC shall be a person of ability, integrity and standing with adequate knowledge of, and demonstrated capacity in dealing with problems relating to engineering, finance, commerce, economics,

law or management. According to the Union Power Ministry's circular, appointment to the post of chair-

person, JERC for UTs of J&K and Ladakh shall be governed by the relevant provisions of Electricity Act-2003 and The Joint Electricity Regulatory Commission for Union Territories except Delhi(Salary, Allowances and Other Conditions of Service of Chairperson and Member) Rules 2007 and as amended from time to time.

As per MoP's circular, chairperson, who is entitled to receive pay as admissible to the Secretary to Union Government, shall hold the office for a period of five years from the date on which he/she joins office or attains the age of 65 vears, whichever is earlier.

Set-up in 2020, the JERC for J&K and Ladakh is empowered to decide on electricity tariff and other allied matters.

The Commission comprises a chairperson and one member. It is worthwhile to mention that MoP had last year initiated the process for filling vacant sole of member in the body—(KNO)

Govt's Aims To Bring Governance Closer To People: Sakeena Itoo

Observer News Service

KULGAM: Minister for Health and Medical Education, Social Welfare, and Education, Sakeena Itoo, Saturday visited Malvan village of Kulgam district and held a massive public grievances redressal camp there.

The camp, which witnessed an overwhelming turnout of enthusiastic locals, provided an important platform for them to voice their concerns before the Minister and seek immediate redressal to their problems.

Addressing the gathering, the Minister stated that addressing public grievances and ensuring welfare of citizens remains top priorities of the government led by Chief Minister, Omar Abdullah. She underscored the government's commitment to strengthening the public grievance mechanism to ensure prompt resolution of issues raised by the

Sakeena Itoo emphasized on the government's commitment to making public administration more transparent, accountable



people. "Our primary objective is to bring governance closer to the people, ensuring that their voices are heard and their concerns are addressed swiftly", Sakeena said. "These grievance redressal camps are a step towards creating a more inclusive and participatory system of governance", she added.

The Minister further remarked that the government is fully aware of the challenges faced by the people in rural areas and this camp is an opportunity for us to listen to their issues at their doorsteps and also take immediate actions to resolve them, "We want to ensure that every individual, regardless of their background or location, feels empowered and supported by our government", Sakeena maintained.

She assured the gathering that their demands would be met with tangible actions, resulting in visible improvements and benefits for the community.

The Minister also instructed district officers to adopt an efficient and responsive mechanism for addressing public grievances. She called upon them to work with dedication and ensure timely redressal of the issues brought to their notice.

The event was attended by Additional District Development Commissioner (ADDC) Kulgam, officers from various departments

Govt Will Eliminate Injustice Inflicted Upon People Of Jammu: Farooq

Observer News Service

SRINAGAR: Jammu and Kashmir National Conference President Dr. Farooq Abdullah Saturday said that under the leadership of Omar Abdullah, the government will rectify the injustices inflicted upon the people of Jammu by the BJP by focusing on promoting equitable development in all three distinct areas of the region.

He made these comments while meeting with several delegations from Jammu province at his residence in Bhatindi, Jammu. Provincial President Jammu Rattan Lal Gupta, party leaders including Sheikh Bashir, Qazi Jalaludin, Dr. Chaman Lal, Akhter Hussain Malik, Abid Magray, Abdul Gani Teli,



Jagdish Verma, DD Mehra, Kuldeep Raj, Joginder, Madan Lal, Ashok Verma, Tejinder Singh were present on the occasion.

During interactions with the party's office bearers and visiting delegations, Dr. Farooq emphasized that the government led by Omar Abdullah is actively working to eliminate years of unaccountability that have plagued Jammu.

He said that the days of empty promises to the people

of Jammu are over and "elected government, which has ensured equitable representation for Jammu in the council of ministers, is dedicated to promoting balanced development across all regions of Jammu." Dr. Farooq highlighted that

the regions of Pirpanjal and Chenab, which have been neglected by the government for a decade, will now be prioritized for development.

Additionally, the government will strive to strengthen bonds of friendship between different regions and communities, Dr. Farooq emphasised while highlighting the government's commitment to fostering equitable development and unity among the diverse regions of Jammu.

Markhor Spotted, Rescued In Bla village

BARAMULLA: The markhor, a wild goat with spiral-shaped horns, was rescued after a rare appearance at Noorkha village of Boniyar in Baramulla district on Saturday morning, officials said.

An official from the Wildlife department said that the locals have spotted the animal near a waterfall at Noorkha, and soon alerted the authorities, following which a team of police and wildlife officials reached the spot.

He said that this rare species was spotted in the area for the first time.

Meanwhile, a massive rescue operation was launched, which lasted for several hours.

The official explained that the wild goat (Markhor) had likely strayed into the village due to the ongoing breeding



season.

The Markhor, a rare and endangered species, is native to the mountainous regions of Central and South Asia, including Pakistan, Afghanistan, India. Taiikistan. Turkmenistan. and Uzbekistan—(KNO)

Budgam Wins 1st Position at Provincial Level National **Youth Festival**



Observer News Service

BUDGAM: District Budgam emerged victorious by securing the 1st position in Folk Dance at the Inter-District Provincial Level Youth Festival organized by the Department of Youth Services and Sports, J&K, at SP Higher Secondary School, Srinagar.

The outstanding achievement reflects the dedication and talent of the students, guided by their team leader, Bilal Ahmad Bhagay. Joint Director Youth Services and Sports (Kashmir), Mr. Mohammad Rashid Kohli, who holds the additional charge of DYSSO Budgam, was also congratulated for his inspiring leadership. The event showcased the rich cultural heritage and artistic talent of youth from across the province, fostering unity and creativity.

WALLET LOST

This is for the information to the general public that I have lost my wallet while traveling Mandibal Nowshera to Soura. My wallet contains my Adhaar Card, ATM card & Driving Licence. Now In this regard I intend to lodge an FIR in the concerned police station and also apply for the duplicate of all this documents objection if any may be filled to relevant departments within a weeks time. No objection will be entertained afterwards.

Shahid Ahmad Bhat S/o Fayaz Ahmad Bhat R/O Mandibal **Contact number 8082548659**

Statehood Restoration Must Happen Without Delay: Satish Sharma

SRINAGAR: Minister for Food, Civil Supplies, and Consumer Affairs in Jammu and Kashmir, Satish Sharma on Saturday called for the restoration of the region's statehood and the rights, stating that the need for the central government is to prioritize the well-being of the people of Jammu and Kashmir by providing the facilities and opportunities they rightfully deserve.

Speaking on the sidelines of a function, Sharma appealed for the restoration of Jammu and Kashmir's statehood. "We need to regain the rights taken from us and restore our stateticularly in the last six, we have witnessed immense challenges. Instead of being supported, we have often been hindered." He called on the central

government to prioritize the region's welfare. "The Central Government must ensure that the people of Jammu and Kashmir receive the facilities and opportunities they deserve," he concluded.

Sharma claimed that sig-

tion (CAPD) and transport

nificant efforts are underway to streamline the functioning of key departments, particularly the Consumer Affairs and Public Distribu-

I reviewed the CAPD and transport departments. Although there are challenges, we have only had about 40–50 days. Fixing decades of mismanagement will take time. It may take 11 months to set things right, and we need your support,"

Sharma said. He invited public participation in identifying areas of concern. "If there are shortcomings, point them out—we consider you as ministers, too," he said.

Furthermore, Sharma highlighted that a recent review meeting with officials, including directors and assistant directors, had result-

hood as soon as possible. sectors. "We are making ed in directives to address "Who knows what might happen tomorrow or when a crisis arises? We must stay prepared. I believe our capable officers will address any shortcomings," he added.

The Minister also claimed that the tourism potential of the erstwhile state is immense to transform Jammu and Kashmir's economy. "Sustainable tourism is a crucial topic. I am optimistic—one day, we'll see such a massive influx of tourists that it will feel like a windfall gain for the region. But we must be prepared cleanliness, sanitation, and environmental care are essential," he said.

Dated:07-12-2024

Tele/Fax: 0194-2433760, 2433590, 2437647 (Srinagar): 0191-2479371, 2470102 (Jammu) Website: https://www.jkbopee.gov.in Email: jakbopee@gmail.com / helpdeskjakbopee@gmail.com / coejakbopee@gmail.com

(JIAR), Jammu w.e.f. 09-12-2024 to 11-12-2024.

Reference: i) Notification No. 128-BOPEE of 2024 dated 05-10-2024. ii) Notification No. 178-BOPEE of 2024 dated 02-12-2024

NOTIFICATION NO. 181-BOPEE OF 2024 DATED 06-12-2024

Consequent upon the conclusion of all the previous rounds of counseling for admission to MD/MS Ayurveda Course-2024 and after receiving the shortfall vide Notification No. 178-BOPEE of 2024 dated 02-12-2024, few number of seats in Jammu Institute of Ayurveda and Research (JIAR), Jammu remain unfilled. In order to fill up all those seats, it is hereby notified for the information of all the aspiring candidates that the Board is inviting the fresh applications from all eligible candidates for admission to MD/MS Avurveda Course-2024 w.e.f 09-12-2024 to 11-12-2024 in offline mode in the prescribed format annexed as Annexure A to this Notification. The candidates who fall within the ambit of revised percentile score by National Commission for Indian System of Medicine, Ministry of Ayush, Govern-

ment of India vide Letter No. NCISM/Examination/State DME/2024 dated 12-11-2024 and are willing to seek admission against the seats that have remained unfilled during previous round of counseling are advised to apply afresh as per Annexure-A to this Notification and submit all the requisite documents as mentioned in Notification No. 128-BOPEE of 2024 Dated: 05-10-2024 physically at BOPEE office Jammu/Srinagar w.e.f 09-12-2024 to 11-12-2024 and any eligible candidate, who has not registered earlier vide Notification No. 128-BOPEE of 2024 Dated: 05-10-2024 but wants to be considered himself/herself against the unfilled seat/seats may also submit their documents physically at BOPEE office Jammu/Srinagar for registration within the prescribed time schedule indicated here in above.

Mere registration of candidates does not confer any right on them to have a claim on any vacant seat(s) which as of now are to be filled up on the basis of the merit/preference from the eligible/registered candidates. 2. The candidates should go through all relevant Notifications/Notices along with the e-Brochure notified by the Board with particular reference

to the mon-up round of counseling The provisionally selected candidates for said course shall have to deposit the counseling fees of Rs 2000/- as and when informed by the

The other terms and conditions shall remain the same as contained in the e-information Brochure, Notifications/ Notices issued by the Board

from time to time in this regard. E & 0 E

No: BOPEE-EXAM/13/2024

DIPK-NB-2690-24 DT: 07/12/2024

(Prof. Gurvinder Raj Verma) Controller of Examinations J&K BOPEE

			• •		CONTROLLOR OF EXAMINATION OF
	Aı	nnexure "A" to the Notif	ication No. 181-BOPEE of	f 2024 Dated 06-12-202	24
	APPLIC	ATION FORM FOR ADMI	SSION TO PG AYUSH COU	IRSES (MD/MS Ayurveda	a)-2024
Name o	f the Candidate				
Fathers	Name				
DOB			Category		
Candida	ate belonging to UT of	1. J&K	()		
		2. Ladakh	()		
Mobile			Email ID		
AIAPGE					
Address	for correspondence				
S. NO.	Examination passed	Year of Passing	Marks Obtained	Max Marks	%age
1	10th				
2	12th				
3	Graduation				
	Declaration				
					of. In the event of any informat cel my candidature or selection
Note: M	lere filling up of applicati	on form shall not confe	r any right of admission.		
Place/[Date		Signature of candid	ate	
Details	of documents attached:	:	· -		
1	Domicile Certificate		Yes / No		
2	AIAPGET Score Card		Yes / No		
3	10+2 Marks Certificate		Yes / No		
4	D.O.B. (Matriculation C		Yes / No		
	Choice of Preferences	,			
1					
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Union Territory of Jammu and Kashmir OFFICE OF THE EXECUTIVE ENGINEER **PW(R&B) DIVISION AWANT** BOHU. AWANTIPORA. PULWAMA - 192122

Email: rbdivisionawantipora@gmail.com

NO:T-1/EEA/7479-80

M/S Nazir Ahmad Wani, S/o: Gh. Mohammad Wani, R/o: Oudipora Gooripora Pulwama.

FINAL NOTICE

 $Construction \ of \ working \ shed \ for \ establishment \ of \ solid \ was te \ management \ facility \ at \ MC \ Pampore$ Subject: (Excluding Approach).

Reference:

Pulwama Division Office Allotment No. T-1/EEA/3782-84 Dated: 11-06-2022.

This office Notice No. T-1/EEA/6794-96 Dated: 23-11-2024. 2. 3.

Assistant Executive Engineer Pampore's Notice No. N-13/P/654-A Dated: 25-10-2024, N-13/P/684-85 Dated: 09-11-2024 and N-13/P/760-61 Dated: 03-12-2024.

Apropos to the captioned subject and references cited above and as reported by concerned AEE, in this context, it is to convey that the execution of above subject work stands entrusted to you. Whereas, the work was executed up to plinth level and after that you have put the execution of the subject work on

halt from last two months for the reasons best known to you. Whereas, a number of notices have been served to you by the undersigned and concerned AEE vide above quoted references for resumption of the said work but you have turned deaf ear to the said directions.

Whereas, higher ups including MC Pampore are pressing hard to complete the work within shortest period. In this connection, you are once again hereby directed to resume the work within two (02) days positively and complete the balance portion on war footing basis, failing which the same shall be put to fresh tenders at your own

risk and cost, besides forfeit of CDR and debarring from entering you into the participation of tendering process. (Er. Manzoor Ahmad Beigh) DIPK-9239-24

Executive Engineer R&B Division Awantipora DT: 07/12/2024

Assessing the Necessity of Arbitration in Jammu and Kashmir

Addressing Judicial Delays in Commercial Disputes

Sobiya Manzoor Pullo

he judiciary in Jammu and Kashmir is currently grappling with a substantial backlog of commercial cases, which has resulted in prolonged delays, impeding the resolution of business disputes in the region. This growing accumulation of pending cases, especially those tied to financial transactions, property disputes, and contractual issues, can take years to resolve. Limited judicial resources, procedural complexities, and an overburdened system collectively contribute to these delays, creating an environment where business operations and investments are frequently hindered by uncertainty and financial losses. This inefficiency within the commercial judiciary impacts not only individual litigants but also the larger economic ecosystem, as unresolved disputes deter potential investors and slow regional development. With Jammu and Kashmir focusing on strengthening its business environment, tackling this issue through alternative dispute resolution (ADR) mechanisms, such as arbitration, offers a practical and timely solution for the commercial sector.

Arbitration presents a distinct advantage over traditional court proceedings in terms of both speed and outcomes. Court cases in Jammu and Kashmir, much like in other regions, often stretch on for years due to procedural delays and the extensive backlog. Arbitration, however, is generally more streamlined, allowing parties to reach a conclusion within a mutually agreed-upon timeline. This process bypasses many of the rigid procedural requirements typical of court litigation, offering more flexibility and adaptability for those involved. Furthermore, parties in arbitration can select arbitrators with specific expertise relevant to the dispute, often resulting in decisions that are commercially practical and aligned with industry realities. Unlike court judgments, which may undergo multiple levels of appeal, arbitration awards are usually final and



binding, leading to quicker enforcement and providing parties with a greater sense of certainty. These advantages make arbitration a particularly favourable option in regions like Jammu and Kashmir, where judicial delays pose a considerable challenge for commercial dispute resolution.

Incorporating a strong arbitration framework in Jammu and Kashmir could yield substantial benefits for both businesses and the local economy. By offering a faster, more efficient alternative to litigation, arbitration minimizes disruptions to business operations, allowing companies to focus on growth and expansion rather than becoming entangled in lengthy legal battles. The ability to resolve disputes swiftly also reduces legal costs, freeing up resources that businesses can invest in their core activities. Additionally, a dependable arbitration system has the potential to attract greater investment by assuring investors that disputes will be handled promptly and equitably. For a region

aiming to enhance its economic appeal, establishing a reliable arbitration framework could significantly boost investor confidence, drawing both domestic and international investments. This, in turn, would drive job creation, stimulate economic growth, and elevate overall business confidence. Additionally, a robust arbitration system would alleviate pressure on the courts, allowing the judiciary to allocate its resources more effectively toward cases that genuinely require formal adjudication. Therefore development of a comprehensive arbitration framework represents a strategic approach to foster economic growth and position Jammu and Kashmir as a more business-friendly, competitive region.

In recent years, an encouraging shift has been observed in the judiciary's approach in Jammu and Kashmir, with Judges increasingly acting as mediators and arbitrators to expedite dispute resolution. Recognizing the strain of high caseloads and the lengthy liti-

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It is crucial to organize workshops to educate lawyers in Jammu and Kashmir on the benefits and practical applications of arbitration, making it as accessible across the valley as it is in other parts of the world

gation process on the parties involved, Judges are taking proactive steps to resolve disputes swiftly. Instead of adhering rigidly to procedural formalities, these Judges focus on achieving mutually agreeable outcomes that prioritize timely justice for litigants. This handson, pragmatic approach has proven effective, as a significant number of cases have reached settlement when judges have taken an active role in mediation and arbitration.

However, for this model to succeed widely, lawyers in the region also play an essential role. Advocates are instrumental in shaping the trajectory of litigation and can guide clients towards amicable settlements over extended court battles. By promoting peaceful resolution in commercial disputes, lawyers can help clients avoid the financial, emotional, and temporal costs associated with prolonged litigation. This shift in focus not only aligns with clients' best interests but also enhances lawyers' professional reputation by positioning them as facilitators of efficient

and client-focused dispute resolution. Lawyers who embrace this approach are likely to attract more clients, as they become known for saving clients valuable time and resources.

To instill this shift as a core practice, it is essential to emphasize the principles and techniques of arbitration, mediation, and other forms of ADR within legal education and professional development in Kashmir. Organizing workshops, seminars, and incorporating ADR practices in law school curricula would create a new generation of lawyers who are oriented towards practical and timely dispute resolution. These educational efforts would not only benefit clients and lawyers but also contribute to a more streamlined judicial system, allowing the courts to focus on cases that require formal judicial intervention.

It is crucial to organize workshops to educate lawyers in Jammu and Kashmir on the benefits and practical applications of arbitration, making it as accessible across the valley as it is in other parts of the world. Although there is an arbitration centre in Kashmir, it remains largely inactive, rendering it almost non-existent in practice. Revitalizing this centre is essential to provide a viable alternative to traditional litigation, allowing people to resolve disputes efficiently and enjoy the rewards of their hard work without the prolonged drain of courtroom battles. After enduring the hardships of unrest and the pandemic, the people of Jammu and Kashmir deserve a chance to see hope and progress at least in the resolution of their disputes.

Ultimately, fostering a legal culture that values ADR and pragmatic dispute resolution in Kashmir could revolutionize the handling of commercial disputes, offering long-term benefits to the judicial system, the economy, and the individuals and businesses they serve.

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 Lawyer/PhD Scholar

Trade War Brewing Up

Most economists are sceptical because they believe that tariffs are a largely ineffective means of government revenue collection.

Atanu Biswas

S President-elect Donald Trump threatened to sign an executive order immediately after taking office on January 20, imposing a sweeping 25% tariff on all goods from Mexico and Canada, as well as an additional 10% tariff on Chinese imports, until the Chinese government stops smuggling synthetic opioid fentanyl. This indicated that the Trump administration will aim at continuing to use tariffs as leverage for trade negotiations and to bring manufacturing jobs back to the country.

Indeed, the US has progressively backed off from its post-World War II position of pushing global free trade and lower tariffs, primarily in response to the loss of US manufacturing jobs, which is commonly linked to unrestricted trade and an increasingly assertive China. For instance, in March 2002, President George W Bush imposed tariffs on a large number of steel imports. But Bush's chief of staff from 2001 to 2006, Andrew H "Andy" Card Jr, said, "The results were not what we anticipated in terms of its impact on the economy or jobs." It backfired because America's trading partners, particularly the European Union (EU), threatened to impose tariffs in retaliation on Carolina textiles and fabrics and Florida oranges. Additionally, a study conducted by the consulting firm Trade Partnership found that Bush's steel tariffs resulted in the loss of 200,000 American jobs. In fact, Bush initially planned to maintain the tariffs for three years, but he had to end them in December 2003.

Since President Trump started imposing tariffs and other trade restrictions on China in January 2018, there has been an economic war between the US and China. Subsequently, in addition to maintaining the tariffs, the Joe Biden administration imposed new taxes on Chinese products, including solar panels and electric cars.

"Tariff" is "the most beautiful word in the dictionary", as Trump has stated. Trade experts predict a "new era of protectionism" as a result of Trump's tariff threat with targeted countries. These countries may impose their own tariffs too. For instance, the Mexican President suggested that Mexico could impose its own tariffs in retaliation. "No one will win a trade war," warned a spokesperson for the Chinese embassy in Washington. Remember that the EU targeted US products such as Kentucky Bourbon, Levi's denim, and Harley-Davidson motorcycles during the Trump 1.0 administration. Similarly, in an effort to harm Trump's supporters in the farm country, China retaliated by imposing tariffs on American exports. such as pork and soya beans.

Most economists are sceptical because they believe that tariffs are a largely ineffective means of government revenue collection. The tariffs may significantly increase the cost of everything in the US, including cars, gasoline, and agricultural items. Indeed, many experts question how

America could compete with China if, for instance, the prices of Alberta oil, Saskatchewan uranium, Ontario automobiles, and Quebec aluminium were unreasonably high. Additionally, tens of millions of American jobs are supported by the more than one-third of goods and services that the US imports and exports from Mexico, Canada, and

Trump becomes a job killer rather than a job creator". According to a study conducted by economists from the Massachusetts Institute of Technology, the University of Zurich, Harvard, and the World Bank, Trump's tariffs didn't succeed in bringing employment back to the American heartland. Although in November 2018, Trump claimed that

Since President Trump started imposing tariffs and other trade restrictions on China in January 2018, there has been an economic war between the US and China. Subsequently, in addition to maintaining the tariffs, the Joe Biden administration imposed new taxes on Chinese products, including solar panels and electric cars.

China combined.

The conditions of the United States-Mexico-Canada Agreement, a North American trade pact that Trump himself signed in 2020, would also be broken if such tariffs are imposed on Canada and Mexico. Furthermore, even Trump's supporters dislike tariffs. According to a Harris poll for the Guardian, 69% of respondents think prices would increase.

What about Trump's tariffs during his first term? William C Freund, a retired chief economist of the New York Stock Exchange, wrote a letter to the editor of The New York Times in December 2017 that "by adhering to the false notion of trade as a zero-sum deal, Mr.

the tariffs benefitted the US, "almost all economists say the president is wrong", the Associated Press said. Tariffs "can cause higher prices, reduce trade among countries, and hurt overall economic growth as a result", it wrote further.

What about India? Of course, in his second term, Trump's initial tariff plans don't include India. But that will probably happen shortly. Remember that during his first term, President Trump was incensed over India's high tariffs on America's Harley Davidson motorcycles? India, the largest beneficiary of the Generalised System of Preferences programme, lost duty-free access in 2019. Additionally, Trump called India

a "very big [trade] abuser" during his campaign for a second term in office.

Interestingly, tariffs are used to exert pressure on other countries on matters that may or may not be connected to trade. Scott Bessent, Trump's pick for treasury secretary, has previously implied that the President-elect's threats of significant tariff increases were a component of his negotiation approach. It's escalated to de-escalate, said Bessent. For instance, Trump promised to close the border completely and slap taxes on all Mexican goods in 2019 unless Mexico stopped illegal immigration. Trump even believes that tariffs can stop wars.

Trump is a businessman. In his second term, he has control of both houses of Congress, a receptive Supreme Court, a media landscape that supports his lies, and no worries about losing another election because he will not be allowed to run again. So, he may launch a full-scale trade war, which may increase the volatility of an already uncertain world. Policymakers worldwide will find it more difficult to strike a balance between their national interests and the necessity of international cooperation as a result of Trump's mistrust of winwin agreements.

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

Keeping it Halal

Why are We Ignoring Our Income's Piety?

DR FIAZ MAQBOOL FAZILI

In today's fast-paced and materialistic world, many individuals and communities seem to have adopted a dangerous mindset: indifference towards the source of income. Whether money is earned through halal (permissible) or haram (forbidden) means often takes a back seat to the pursuit of wealth and status. This negligence is not just an individual failing but a collective moral crisis. Islam, a comprehensive way of life, places great emphasis on the purity of income, equating its significance to that of worship. The time has come to awaken the ignorant to the profound implications of this issue, for our sustenance is not merely a worldly matter but a spiritual one.

Understanding Halal and Haram in Income

Halal income refers to earnings derived through ethical, permissible, and lawful means as defined by Islamic principles. It demands that business dealings, employment, or trade must comply with the boundaries set by Shariah. Conversely, haram income encompasses earnings gained through deceit, exploitation, interest (riba), gambling, corruption, or any activity explicitly forbidden in Islam.Prophet Muhammad (peace be upon him) emphasized the importance of halal earnings, saying: "Seeking lawful earning is an obligation after the obligatory prayers." (Hadith - Mishkat al-Masabih).

Thus, neglecting the source of one's income is not a minor issue but a direct violation of Islamic obligations.

The Rise of Indifference in Society

Over time, the distinction between halal and haram earnings has blurred in the eyes of many. Several factors contribute to this alarming trend:

1. Materialism and Greed: Modern society places undue emphasis on material wealth, success, and social status. The pursuit of a luxurious lifestyle often leads individuals to compromise their moral and ethical values. Material success is celebrated while the means to achieve it are often overlooked or justified.

2. Ignorance of Religious Teachings-A lack of awareness and education about Islamic financial principles contributes to this indifference. Many Muslims fail to understand the spiritual consequences of earning through haram means, including the rejection of their prayers and supplications.

3.Social Pressures-Societal expectations to own the latest gadgets, live in extravagant homes, or host grand events push individuals towards unethical practices. The fear of judgment for not meeting these standards often outweighs the fear of disobeying Allah.

4. Normalization of Haram Practices-In some cultures, unethical practices like bribery, interest-based transactions, or tax evasion are so widespread that they have become normalized. What was once considered sinful is now viewed as a necessary evil or a sign of cleverness.5. Lack of Accountability-Many individuals believe that their earnings are a private matter, free from scrutiny. This mindset fosters a lack of accountability, allowing haram practices to proliferate.



THE GROWING INDIFFERENCE TO THE SOURCES OF INCOME IS NOT

MERELY a religious issue; it is a moral crisis that threatens the spiritual well-being of individuals and the harmony of society. It is imperative to awaken from this collective ignorance and take immediate steps to restore ethical and halal practices in all aspects of life

Spiritual and Social Consequences of Haram Income

The ramifications of earning through haram means extend far beyond the individual. They affect one's spiritual state, familial blessings, and the moral fabric of society.

1. Rejection of Worship-The Prophet Muhammad (peace be upon him) warned: "A man who earns unlawfully, clothes himself unlawfully, and nourishes himself unlawfully, how can his prayers be accepted?". This illustrates that haram earnings not only corrupt the soul but also render acts of worship ineffective.

2. Loss of Barakah (Blessings)-Earnings obtained through haram means are devoid of barakah. Even large sums of money fail to bring satisfaction, peace, or prosperity to the individual and their family.

3. Erosion of Morality-When haram practices are normalized, they set a precedent for others, eroding societal values and paving the way for widespread corruption and dishonesty.

4. Harm to Future Generations-Children raised on sustenance acquired through haram means often face spiritual and moral challenges. Their upbringing becomes tainted, leading to generational cycles of ignorance and disobedience.

5. Divine Punishment-The Quran explicitly warns against engaging in haram transactions, particularly

riba (interest):"O you who have believed, fear Allah and give up what remains [due to you] of interest, if you should be believers." (Surah Al-Baqarah 2:278) Those who persist in earning through haram means invite Allah's displeasure and punishment.

The Role of Individual and Collective Responsibility

Addressing this issue requires both individual and collective action. Each person must reflect on their own earnings, while communities must foster an environment of accountability and ethical practices.

1. Self-Reflection and Repentance: Individuals must regularly evaluate the sources of their income and repent for past wrongdoings. Allah is Merciful and forgives those who sincerely seek His forgiveness and strive to change.

2. Islamic Education-Knowledge is the foundation of transformation: Communities must invest in educating people about the importance of halal income and the consequences of haram earnings. Imams, scholars, and teachers play a vital role in spreading this awareness.

3. Promoting Ethical Business Practices:

Muslims in business must lead by example, adhering to transparency, honesty, and fairness. Employers should ensure that their employees are paid fairly and on time, as per Islamic teachings.

fairly and on time, as per Islamic teachings.
4. Social Support and Accountability:

Families and communities should support individuals who face financial struggles, encouraging them to earn through halal means rather than resorting to unethical practices. Community leaders must address widespread issues like bribery or exploitation, fostering an environment of accountability.

5. Advocacy for Systemic Change:
At a broader level, governments and in

At a broader level, governments and institutions must combat corruption, reform financial systems to align with Islamic principles, and provide interest-free loan options. Islamic banking systems must be promoted and made accessible to the masses.

A Call to Action

The growing indifference to the sources of income is not merely a religious issue; it is a moral crisis that threatens the spiritual well-being of individuals and the harmony of society. It is imperative to awaken from this collective ignorance and take immediate steps to restore ethical and halal practices in all aspects of life.

To those who remain ignorant or complacent, remember the words of the Prophet Muhammad (peace be upon him): "The feet of the son of Adam will not move from their place on the Day of Resurrection until he is asked about... his wealth—how he earned it and how he spent it." (Hadith - Tirmidhi) We must act now, not just for the sake of our worldly lives but for the eternal life to come. Let us ensure that every morsel we consume and every penny we spend is pure and pleasing to Allah. Only then can we hope to attain true success in this world and the Hereafter.

The author is a doctor and also has a Post graduate diploma in Islamic Studies. He can be reached at drfiazfazili@gmail.com

On Educational Reformation in Islamic World

Towseef Hassan

It is often a topic of debate found in media outlets ,think tanks ,intellectual circles ,and other political activism bodies as part of a wider discourse depicting the current state of education in the Muslim world as products of pre-modern Muslim culture frozen in time and at times in conflict with the modern world. Looking from this lens, the inability of educational institutions in many parts of the Muslim world to meet the challenges of their populace is credited to their incompetence to evolve into modernity.

This narrative is supported by various historians and philosophers alike who hold the view that Islamic educational institutes have a very insignificant role in the intellectual development in Muslim civilization. However, some historians and academics have put forth a more nuanced view of Islamic educational institutes in Muslim civilization state that the current education system in the Muslim world far from being a remainder of ancient Muslim civilization, is rather a by-product of the developments which began during the colonial onslaught on Muslim civilization.

Predicting long before European colonialism, Ibn Khaldun(Ibn Khaldun ,The Muqaddimah) wrote that it in the very essence of oppression that the oppressed imitate those who oppress them. This is because the oppressed erroneously attribute their own servility to the perfection of the oppressor. This diagnosis precisely describes the defeated mindset that has evolved over time in the Muslim world due to colonialism and continues on with the blind emulation of the western powers that has deteriorated much development in the Muslim world in the post-colonial period. The adoption of School Systems coming from the west was a result of obsession and fascination with the political and economic powers of the West and it was believed that importing secular schools would bring economic prosperity and political strength in Muslim lands. Not only did it fail miserably ,but this secular education has put the local communities on the disintegration, loss of culture and destruction of traditional learning and knowledge systems. According to Al Zeera (Wholeness and Holiness in Education,139-140), "The present Muslim world is bearing the brunt of the imported secular education systems which had been planted in the soul of Islamic traditional societies." This secular education system has not only undermined the understanding of knowledge from an Islamic point of view but at worst put religion as a separate entity within school curricula, isolating its role and relationship to science, mathematics, economics, culture, and other fields. Allama Iqbal describes the religion from the Islamic point of view as: "Religion is not a departmental affair; it is neither mere thought ,nor mere feeling , nor mere action ; it is an expression of the whole man.'

In this regard, the idea of re-Islamization of knowledge transcends beyond the process of reclaiming the heritage of the great Muslim thinkers to the development of an Islamic epistemology creating a unity of knowledge, thereby uniting all branches of learning and knowledge. While prolific intellectuals such as Syed Hussain Nasr, Al-Attas, and Ismail al-Farouqi have written extensively on this subject about the need for this process of re-Islamization of education systems, we are not yet at par with the challenges posed by this secular system of education. Much awaited milestones must be achieved by establishing leading and robust educational institutes that have the potential to bring relevant and far reaching change to the Muslim world. It will take many generations to understand and assess the impact of knowledge accumulated within the context of colonization.

The author is a Lecturer with the School Education Department, J&K. Views expressed are the author's own

How Inflammation Affects Your Mental Health

Austin Perlmutter M.D.

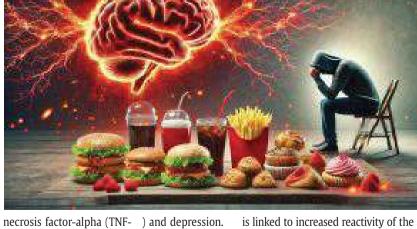
hen it comes to the most common mental health issues, we've long overemphasized the role of neurotransmitters like serotonin and dopamine. Recently, especially in the case of depression and serotonin, research has convincingly demonstrated the inadequacy of this explanation. This has prompted scientists to re-evaluate the mechanisms driving our mental health epidemic. Among the alternate explanations for mental health problems, elevated inflammation is emerging as one compelling hypothesis. Understanding how inflammation affects our mental state and how it is in turn influenced by factors like diet, medications and more, we gain important insights into the pathophysiology of psychiatric conditions and pave the way for innovative treatments.

The Connection Between Inflammation and Mental Health

While it often gets a bad rap, it's important to understand that inflammation is a natural and essential process that the immune system uses to fight infection and repair tissue. However, when inflammation becomes chronic—persisting at low levels over time—it can have detrimental effects across the body and the brain. This chronic, low-level inflammation is the most concerning type as it relates to risk for mental health issues. In a powerful 2024 analysis of over 585,000 people published in JAMA Psychiatry, it was found that elevated inflammatory markers were linked to a higher risk for any diagnosed psychiatric disorder.

$\ \, \textbf{The Inflammatory Hypothesis of Depression} \\$

One of the most compelling frameworks for understanding the role of inflammation in mental health is the inflammatory or "cytokine" hypothesis of depression. This framework focuses on the well-established link between elevation in tiny inflammatory molecules called cytokines like interleukin-6 (IL-6) and tumor



necrosis factor-alpha (TNF-) and depression. Several cytokines have been found to be elevated in individuals with depression. These molecules are believed to cross blood-brain barrier and directly influence brain function in ways that promote depressive symptoms through the following pathways:

Neurotransmitter Imbalance: Inflammatory cytokines interfere with the synthesis and reuptake of serotonin, a key neurotransmitter involved in mood regulation.

HPA Axis Dysregulation: Increased inflammatory cytokines are believed to activate the hypothalamic-pituitary-adrenal (HPA) axis, which may increase chronic stress that exacerbates mental health disorders.

Reduced Neuroplasticity: Inflammatory cytokines decrease the production of brain-derived neurotrophic factor (BDNF), impairing the production of new neurons (neurogenesis) and synaptic plasticity.

Anxiety and Inflammation

While the role of inflammation in depression has been extensively studied, its link to anxiety disorders is also gaining attention. Inflammation

is linked to increased reactivity of the amygdala, an emotional response center in the brain. Chronic over-reactivity of the amygdala is believed to be a central driver of anxiety, leading to exaggerated stress responses and persistent feelings of fear or worry. In certain anxiety-related conditions (e.g., PTSD) there is more consistent evidence for elevation in certain inflammatory cytokines like IL-6 and interleukin 1 beta (IL-1).

Bipolar and Schizophrenia

Several recent publications have looked at whether inflammation may plays a role in mental health conditions outside depression and anxiety. In bipolar (a condition characterized by periods of emotional fluctuation between high and low mood), data suggest that elevated inflammation not only contributes to the condition, but also relates to alterations in brain networks. Similarly, higher levels of inflammatory cytokines have been observed in the blood and cerebrospinal fluid (CSF) in patients with schizophrenia.

Pathways of Interest and Potential for Inter-

If high levels of chronic inflammation pose a risk factor for mental health conditions, do medications and lifestyle interventions that lower inflammation present viable opportunities in prevention and treatment? This is a question that multiple recent publications have attempted to address.

Pharmaceuticals

A number of common drugs are known to target inflammatory pathways either deliberately or incidentally. For example, the popular metabolic GLP-1-targeting drugs may also have an effect on lowering inflammation. This may help explain recent results showing that people using GLP-1 receptor agonist drugs developed significant reductions in depressive symptoms compared to other treatments. In people with existing chronic inflammatory conditions (like autoimmunity), use of potent anti-inflammatory medications was linked to improvements in depressive symptoms. It's important to note, however, that these types of pharmaceuticals can have significant side effects and, as of now, are not routinely recommended for the treatment of mood issues.

Lifestyle modification

Unlike prescription drugs, lifestyle modification is freely available to most. While the effect on our physiology tends to be less intense and slower to materialize than a pharmaceutical, abundant research suggests significant benefits can be achieved when it comes to decreasing chronic inflammation through simple lifestyle changes. These benefits also appear to translate into decreasing risk for certain mental health conditions. A practical approach to mitigating lifestyle-related inflammation emphasizes focus on the "6S" model targeting stress, sugar, sedentary behavior, sleep, substances and smoke.

Stress: Chronic stress is a known risk factor for chronic inflammation and a wide spectrum of mental health issues. Practical tools here include engaging in daily mindfulness or medita-

tion, practicing deep breathing, spending time in nature weekly, limiting news and social media exposure, and considering professional therapy to mitigate stress-induced inflammation.

Sugar: Sugar-sweetened beverages are among the best-studied dietary risk factors for inducing inflammation and increasing brain issues, including depression. Ultra-processed foods that tend to be rich in added sugar are also shown to relate to inflammation and mental health disorders and contribute to the development of metabolic diseases like type 2 diabetes, which increases inflammatory and mental health risk. Eliminate sugar-sweetened beverages, reduce added sugars, prioritize minimally processed foods, increase fiber intake, and regulate glucose with strategies like exercise and better sleep.

Smoke: Air pollution increases inflammation in the body and brain while promoting mental health issues. Minimize indoor air pollution by ventilating stovetops, reducing incense and candle use, avoiding air fresheners, and using air purifiers that match your room size.

Substances: Excess alcohol consumption promotes brain inflammation and a host of mental health disorders. Limit alcohol consumption to 1-2 drinks or fewer per day, opt for low-sugar beverages, consider non-alcoholic alternatives, and avoid alcohol late in the day to protect metabolic and brain health.

Sedentary behavior: Lack of physical activity is linked to higher inflammatory levels and mental health diagnoses. Incorporate daily activity with 2-3 days of resistance training to enhance muscle health and produce anti-inflammatory myokines, focusing on lower-body exercises for brain support.

Sleep: Poor sleep is a top risk factor for a range of health issues, and relates to immune state and mental health. Optimize sleep conditions with dark, quiet, and cool environments (~65°F), reduce stress before bed, remove devices from the bedroom, and address potential sleep disorders like sleep apnea.

The article was originally published by Psychology Today

Parents Should Set Screen Time Too For Better Health, Reveals Study

The Conversation

n many households, screens are part of daily life - from work to entertain-But for parents, setting boundaries around screens isn't just about kids; it's also about modelling a balanced approach to screen use. Our research shows parents who spend excessive time on screens may

their children. Excessive screen time in young children is linked to developmental delays in communication and problem-solving. One explanation is that screen time displaces parent-child interactions that are crucial for development. This is often framed as the child's screen time displacing these interactions.

unconsciously encourage similar habits in

But when parents use their smartphones a lot, this is associated with lower responsiveness and attention towards their children, particularly when this screen time occurs during routines such as meal time.

Parents don't need to ban screens to be more present with their kids. If parents watch age-appropriate TV with their kids, this has a positive effect on literacy – possibly due to conversations about the content of the show.

There is a lot parents can do to foster healthier screen habits in the family through positive role-modelling and thoughtful management.

Managing screen time is also important for a parent's own physical and mental health.

The health impact of sedentary screen time

Screen time often means sitting for long stretches, which can be bad for our physical and mental health.

Our work has shown prolonged periods

of sitting can impair blood sugar regulation, blood pressure, brain blood flow and cognitive function.

But that doesn't mean you should you feel guilty every time you retire to the couch for some well-deserved Netflix.

Some of these effects can be eliminated by either exercising before a prolonged bout of sitting or breaking up sitting every 30 minutes with some light activity - ide-

You don't even need to pause the TV to fit in these activity breaks. One study found that breaking up a sedentary evening of watching TV every 30 minutes with short bursts of bodyweight exercise (squats, calf raises and hip extensions) increased sleep duration by 30 minutes. This is important because sleep boosts your immune system, which helps maintain good physical and mental health.

While exercise and sleep helps, screen content also matters. Mentally passive screen use - such as scrolling through social media - has been linked to higher risks of depression and even dementia, whereas mentally active screen use (problem-solving and work tasks) may actually protect you.

While almost two-thirds of parents think they can reduce their sedentary screen time, for the remaining third, swapping passive for mentally active screen time is another option.

Our eyes and brain need a break too

Our eyes and minds aren't designed for constant screen time. Staring at a screen for too long can give us dry eyes, headaches and blurred vision - all symptoms of eye

Screens also affect our brains. Research has found excessive and disordered screen use is linked to deficits in cognitive function. Our brains need breaks to consolidate



information and recharge. Without regular breaks, we risk cognitive burnout, which makes it harder to stay productive, focus and potentially even manage screen time. Our bodies struggle with constant screen time.

What can we do?

Guidelines recommend adults limit recreational sedentary screen time. But the message to simply "limit your screen time" may be unhelpful to many, especially when screens are embedded into modern life.

Here are some other ways to reduce the negative consequences of excessive screen time: Avoid digital eye strain. Follow the 20-20-20 rule. Every 20 minutes, give your eyes a break by looking at something 20 feet (6 metres) away for 20 seconds

Move regularly. Exercise regularly and

break up sedentary screen time with activity every 30 minutes for metabolic and cognitive benefits

Limit passive screen time. Try swapping some passive screen activities (doom scrolling) for mentally engaging ones, such as puzzles, creative projects or educational content

Modelling balanced screen use for kids. This might mean viewing educational

shows together and discussing them. Finally, we can't solely blame a lack of self-control for poor management of screen time. The content on our screens is de-

signed to be addictive for parents and kids. One parent reported that their child would avoid going to the toilet to the point of wetting themselves when playing the online game Roblox, because they didn't want their character to die.

Many parents can relate - albeit with better bladder control. We have all experienced doom scrolling where time seems to disappear, and we can't even recall what we saw.

If you are at risk of doom scrolling right now, one idea is to listen to some tips on how to stop. Consider going for a walk and giving yourself a break. You'll feel better for it.

Michael Wheeler, Physical activity researcher, Deakin University | Lecturer in science communication, The University of Melbourne; David Dunstan, Professor and Laboratory Head of Physical Activity, Baker Heart and Diabetes Institute; Lauren Arundell, ARC DECRA; Senior Research Fellow; Institute for Physical Activity and Nutrition (IPAN), Deakin University; Mats Hallgren, Associate professor, Deakin University, and Paddy Dempsey, NHMRC Research Fellow, Deakin University.

Scholarships This Week

Kashmir Observer in association with Buddy4Study.com presents scholarships available for the meritorious students of Jammu and Kashmir

Scholarship Name 1: BYPL SASHAKT Scholarship 2024-25

Description: An initiative by BSES Yamuna Power Limited (BYPL) to provide financial assistance to meri $torious\ students\ coming\ from\ under privileged\ sections$ of the society to help them pursue their higher education. This scholarship intends to support students at a juncture in their lives where they are deciding whether to continue nursuing higher education or enter the workforce. By offering financial assistance, it empowers them to make informed decisions about their future without the added burden of financial constraints.

Open for Indian nationals residing in Delhi only.

Applicants must be studying in the final-year of the undergraduate programme (any stream) in any government institute in Delhi.

Applicants must have secured more than 55% marks in their last appeared examination.

Annual family income of the applicants must not be more than INR 6,00,000 from all sources.

- Prizes & Rewards: Up to INR 30,000
- Last Date to Apply: 10-12-2024 · Application mode: Online applications only
- Short Url: www.b4s.in/observer/BYPL5

https://d2w7l1p59qkl0r.cloudfront. QR Code: net/static/images/scho-media/bypl-sashakt-scholarship-2024-251730806670.png

Scholarship Name 2: 'LIFE'S GOOD' Scholarship Program 2024

Description: LG Electronics India Private Limited invites applications from students pursuing undergraduate and postgraduate courses at select colleges/ institutes across India.

Eligibility: Students must be pursuing undergraduate/postgraduate courses (any academic year) from select colleges/institutes across India. First-year students must have scored a minimum of 60% marks in their class 12th examinations, while students in the 2nd, 3rd, and 4th years must have achieved a minimum of 60% marks in the previous academic year. Preference will be given to meritorious students, female students and students with an annual family income of not more than INR 8 lakh. Selections are made on a firstcome, first-served basis.

- Prizes & Rewards: For UG students 50% of tuition fees or up to INR 1 lakh (whichever is
- For PG students 50% of tuition fees or up to INR 2 lakh (whichever is lesser)
- · For meritorious candidates with zero tuition fees and a family income of less than INR 8 lakh: • UG students will receive INR 50,000
- · PG students will receive INR 1 lakh
- Last Date to Apply: 15-12-2024 · Application mode: Online applications only
- Short Url: www.b4s.in/observer/LGIGS2

https://d2w7l1p59qkl0r.cloudfront. QR Code: net/static/images/scho-media/life-s-good-scholarshipprogram-20241732859631.png

GOVERNMENT OF JAMMU AND KASHMIR

OFFICE OFTHE CHILD DEVELOPMENT PROJECT OFFICER POSHAN PROJECT KUPWARA

Advertisement Notice: No. 02 of 2024 Dated: 06-12-2024

Subject: - Advertisement for Recruitment of Sangini's (Anganwadi Workers) and Sahayika's (Anganwadi Helpers) in Anganwadi Centre's of Poshan Project Kupwara. Reference: - 1. Govt, of J&K Social Welfare Department Order No. 222-J K (SW D) of 2022 dated 30-11-2022.

2. Govt, of J&K Social Welfare Department Order No. 103- JK (SWD) of 2023 dated 28-04-2023. Approval has been accorded vide letter No: 103-JK (SWD) of 2023 Dated: 28.04.2023 and subsequently followed by Joint Director Mission Poshan J&K letter No. MD/Poshan/38418-21 dated 03-12-2024 for filling up of

vacancies of Sangini's (Anganwadi Workers) and Sahayika's (Anganwadi Helpers) accrued from 01-12-2023 to 31-08-2024 in the Anganwadi Centre's of Poshan Project Kupwara, as per the details given below:

S. No	Name of the Project	Name of Post	No. of Post
1	Kupwara	AWW	01
		AWH	01
Total			02

Applications are invited in the prescribed proforma in Annexure "A" from the eligible candidates for engagement as Anganwadi Worker (Sangini's) and Anganwadi Helper (Sahayika's) on Honorarium basis for aforementioned posts. The important dates/details with regard to the posts are as under:

- Date of commencement for submission of appl ication: 09-12-2024
- Last date for submission of applications is: 23-12-2024 c) d) Annexure B- Name of the Post, Location/Ward, Qualification and Criteria for selection

Name of the Poshan Project

Name of Anganwadi Centre.

ANNEXURE 'A' Format of Application

Post applied for **PHOTO** Name of the Candidate 5. Father's Name 6. Husband's Name 7. Residence 8. Ward No Address for correspondence. Contact No and Email Id Age as on 01.01.2024 Academic Qualification: S. No Examination Board/Uni-Marks Total Marks Year of Pass-Ob-Percentage passed versity tained

Does the candidate belong to Retiring A WW/A WH (Y ES/NO) 15. **Document Attached:**

Signature of the candidate.

ANNEXURE B Details of Vacant Posts of Anganwadi Worker (Sangini)

S . NO	NAME OF THE ANGANWADI CENTRE	Municipality Ward No.	Name of the Municipality Ward	NO. OF POSTS
1	HERPORA DUDWAN	MC-04	MC-4 DUDWAN	01
	Total			01

Details of Vacant Post of Anganwadi Helper (Sahayika)

s. No	NAME OF THE AN- GANWADI CENTRE	,	Name of the Pan- chayat Halqa	NO. OF POSTS
1	HUMANDER	02	HUMANDER	01
	Total			01

Eligibility Criteria

For Anganwadi Workers

1. The candidate must be a domicile of the UT of J&K.

While exercise

and sleep helps, screen

Mentally passive screen

content also matters.

use – such as scrolling

through social media -

risks of depression and

mentally active screen

protect you.

has been linked to higher

even dementia, whereas

use (problem-solving and

work tasks) may actually

2. Women candidates in the age group of 18-37 years shall be eligible.

3. The candidate should be a resident of the electoral ward where Anganwadi Centre is situated. Name in the voter list for the ward shall be considered as the proof of residence of the candidate. In case the name of the candidate appears in the voter list along with her parents, then she must provide certificate of being un-married issued by the concerned Tehsildar. Where ever, there is any dispute as to residence for any reason, then a residence proof certifying the ward of residence from the concerned SDM/ACR shall be considered.

4. Minimum qualification for Anganwadi Worker shall be 10+2 and maximum graduation. In case no 10+2 pass candidate is available in the ward, 10+2 pass candidate from the adjoining ward within the Panchayat shall be considered which would require prior approval of Mission Director, Mission POSHAN J&K.

5. In case suitable candidate is not available from the adjoining ward, candidate from the nearest ward within the Panchayat can be considered subject to the approval of the MD, Mission POSHAN J&K.

6. Weightage shall be given on the basis of marks obtained in 10+2 and selection shall be done purely on merit basis and no other criteria to be considered.

7. In case of tie in merit of the eligible candidate, candidate with higher age will be preferred.

8. Candidate with qualification higher than graduation shall not be considered.

B. For Anaanwadi Helpers

1. The selection of Anganwadi Helper shall be restricted to the electoral ward where Anganwadi Centre is lo-

2. Women candidates in the age group of 18-37 years shall be eligible.

3. The candidate must be a domicile of the UT of J&K. 4. Minimum qualification for Anganwadi Helper shall be matriculation.

5. In case no matriculate candidate is available in the ward, candidates with qualification not less than 8th stan dard shall be considered.

6. The committee shall select the most destitute/needy married woman of the ward as helper from amongst those who fulfill the qualification criteria. In case no married candidate is available, unmarried candidate may be considered

7. In case eligible candidate is available within the family of retiring AWW's/AWH's, the said candidate shall qualify for additional two percent points.

C. Document Verification

The candidate who is shortlisted for Document verification shall be required to appear for Document Verification along-with the original documents as well as self-attested Photostat copy of each document as per the Advertisement Notification. The candidate must be in possession of the prescribed documents on or before the last date of submission of application form as under;

a. Marks sheet(s)/Diploma Certificate/Degree Certificate of the qualification prescribed for the post as per Advertisement Notification.

b. Date of Birth/Matri:ion Certificate.

c. Domicile Certificate. d. Electoral Voter ID card.

PASSPORT

e. Panch Ward Certificate issued by concerned Block Development Officer. f. Unmarried Certificate issued by concerned Tehsildar (wherever required).

2. Candidates have to bring two passport size recent color photographs and one original Photo ID proof. Photo ID Proof can be either of:

a. Electoral Voter ID card. b. AadharCard.

3. The candidate, who is supposed to furnish various certificates issued by or before the prescribed cut-off date, shall be required to produce them at the time of Document Verification or as may be sought by the Committee; in case of failure, the committee shall take necessary decision which shall be final.

4. In case of AWH's, if no matriculate candidate is available and candidate submitting application form is possessing maximum qualification as Middle Pass (8th), then only one of the three below mentioned certificates shall be considered as proof of DOB;

D-O-B certificate issued by concerned Executive Officer of the Municipality. iii.

D-O-B certificate issued by concerned Tehsildar or Block Development Officer. D-O-B certificate issued by District Medical Board.

How to apply: -

The application forms complete in all respects along with self attested copies of the above-mentioned documents are to be submitted in the office of Child Development Project Officer Poshan Project Kupwara personally by the candidate or through registered post against proper receipt. The incomplete forms shall be rejected without any notice and the candidates shall have no right to claim for candidature.

Note: No application form shall be accepted after the last date of submission of application from i.e., 23-12-2024.

ANNEXUREC

All applicants shall submit affidavit duly signed by Judicial Magistrate 1st Class stating the following facts:

All documents submitted are correct, without any mismatch, scanning, duplicate or fallacious in nature. If found incorrect or in any of the above stated situation the candidature of deponent may be cancelled and shall be liable to action under law.

2. That the deponent belongs to the electoral ward and panchayat halqa for which application of Sangini/Sahavika is invited. 3. Maximum qualification is Graduation for vacancy of Anganwadi worker and Matriculation for Anganwadi

Helper and this is as per facts and onus of proving it to be true lies with the deponent. 4. The deponent has read the HR policy no. 222-JK(SWD) of 2022 dated: 30-11-2022 and is well versed with all salient features of the policy and shall be applicable to the deponent in case of selection as Anganwadi worker/

No: -CDPO/Poshar/KUP/Est/24878-90 DIPK-9172/24

Anganwadi Helper.

dated: 07-12-2024

Child Deveopment Poject Officer Poshan Project Kupwara.

Govt Hiking Tax Rates For Common Man, Giving **Concessions To Billionaires: Rahul**

Press Trust Of India

NEW DELHI: Congress leader Rahul Gandhi on Saturday said while the Narendra Modi government is hiking the rates of the income tax and other taxes for the common man, it is giving concessions to billionaires, and claimed that it is set to introduce another slab of the GST to burden people.

Gandhi said the Congress will continue to oppose this "injustice" of imposing higher tax rates on things of daily use and giving concessions to big billionaires

"See another example of con-

government is going to increase the GST on clothes priced above Rs 1,500 from 12 per cent to 18 per cent," the leader of opposition in the Lok Sabha said.

"This is a grave injustice -taxing the hard-earned money of poor and middle-class families in order to give tax breaks to billionaires and waive their massive debts," he claimed.

"Our fight is against this injustice. We will raise our voice strongly against the burden of taxes on the common people and put pressure on the government to stop this 'loot'," the Congress leader added.

He also shared a graphic that



cessions to capitalists and looting common people. "On one hand, the income tax is increasing constantly in comparison to the corporate tax. On the other hand, the Modi government is preparing to collect more money through Gabbar Singh Tax," he said in a post in Hindi on X.

"It is heard that amidst the ever-increasing collection from the GST, the government is going to introduce a new tax slab -- there is a plan to increase the GST on things of daily need.

"Just think -- the wedding season is going on, people must have been saving every penny of their money and in the meantime, the showed that the government's collection from the Goods and Services Tax (GST) has gone up from Rs 5.98 lakh crore to Rs 10.61 lakh crore from 2019 to 2024, while that from the income tax has increased from Rs 4.92 lakh crore in 2019 to Rs 11.87 lakh crore in 2024 and from the corporate tax from Rs 5.56 lakh crore to Rs 10.2 lakh crore in the last five years.

Congress general tary, communications, Jairam Ramesh also hit out at the Bharatiya Janata Party-led Centre over the state of the country's economy and cited the comments of a senior Reserve Bank of India (RBI) official.

Labour Dept, J&K Concludes 2-Day Capacity Building Programme On Labour Reforms For Officials



Observer News Service

SRINAGAR: The 2-Day Capacity-Building Programme on Labour Reforms, organized by the Labour Department, J&K successfully concluded Saturday at Gandhi Bhawan, University of Kashmir. The program aimed to enhance the understanding and implementation of Labour Laws, with a special focus on familiarizing officers and officials with the new Labour Codes.

During the concluding session, Labour Commissioner, S. Charandeep Singh thanked the participants and resource persons for their active involvement and contribution throughout the programme.

He emphasized that such initiatives are vital for ensuring that Labour Department officials are well-equipped to efficiently enforce, monitor, and implement labour laws and reforms, making them more responsive and labourfriendly. He also highlighted the importance of continuous capacity-building efforts to ensure better delivery of services to workers across Jammu and

The two-day event featured esteemed experts in the field, including Dr. Onkar Sharma, former Chief Labour Commissioner (Central) and Advisor to the V. V. Giri National Labour Institute, who led sessions on key Labour Codes, such as the Code on Wages, Occupational Safety, Health & Working Conditions Code, and the Social Security Code. Dr. Sanjay Upadhyaya, Senior Fellow at the V. V. Giri National Labour Institute, presented on 'Human Rights and Constitutional Perspectives on Labour' and the 'Industrial Relations Code'.

The interactive sessions provided participants with valuable insights into the nuances of existing Labour Laws and the new reforms, fostering a comprehensive understanding of their implications and practical application. These discussions also highlighted best practices that will aid in the successful implementation of Labour reforms in Jammu and Kashmir.

Farmers Seek Cheaper Credit, **Lower Taxes In Pre-Budget Meet With Finance Minister**



Press Trust Of India

NEW DELHI: Farmer representatives and agricultural stakeholders urged the government to provide cheaper long-term credit, implement lower taxes, and double the PM-KISAN income support during a comprehensive prebudget consultation with Finance Minister Nirmala Sitharaman on Saturday.

The two-hour meeting saw a detailed discussion of proposals, aimed at addressing multiple challenges in the agricultural sector, with key demands focusing on financial relief, market reforms, and strategic investments.

Bharat Krishak Chairman Ajay Vir Jakhar emphasised the need for targeted interventions to boost agricultural productivity and farmer welfare.

Primary demands included reducing interest rates on agricultural loans to as low as 1 per cent and increasing the annual PM-KISAN instalment from Rs 6,000 to Rs 12,000.

bodies also strongly advocated for zeropremium crop insurance for small farmers under the Pradhan Mantri Fasal Bima Yojana.

Taxation reforms were a critical component of the proposals, with stakeholders calling for GST exemptions on agricultural machinery, fertilisers, seeds, and medicines.

PHD Chambers of Commerce and Industry requested a reduction of pesticide GST from 18 per cent to 5 per cent. Jakhar proposed a targeted

investment strategy of Rs 1,000 crore annually for eight years, focusing on specific crops like chickpeas, soybean, and mustard to enhance national agricultural productivity.

This approach aims to strategically enhance crop yields, reduce import dependence, and improve national nutri-tional security, he told PTI after the meeting.

Bhartiya Kisan Union (BKU) Speaker Dharmendra Malik demanded a comprehensive review of the Minimum Support Price (MSP) mechanism, seeking calculations that include land rent, farm wages, and post-harvest expenses.

He also demanded the dis-

play of agricultural machinery prices on company websites, improvement in mandi infrastructure, widening MSP coverage beyond 23 commodities, disallowing imports below MSP levels and fixing minimum export prices only in emergencies.

PHD Chambers of Commerce and Industry Chairman (Agribusiness committee) RG Agarwal called for a reduction in GST on pesticides from 18 per cent to five per cent, while highlighting the need to curb the sale of smuggled and fake pesticides while ensuring data protection for new molecular developments.

More ambitious proposals included constitutional reforms, such as adding agriculture to the Concurrent List and establishing a central Indian Agricultural Service.

Minister of State for Finance Pankaj Chaudhary and senior officials from finance and agriculture ministries attended the meeting, which included representatives from farmer producer companies, agricultural associations, and corporate sectors.

UPI Enabled Significant Expansion Of Credit Among Underserved Borrowers: Study

Press Trust Of India

NEW DELHI: Unified Payments Interface (UPI) has brought in a significant expansion of consumer credit among the underserved borrowers who had no credit history, a study said.

Since its launch in 2016, the Unified Payments Interface (UPI) has transformed financial access in India, enabling 300 million individuals and 50 million merchants to perform seamless digital transactions.

By October 2023, 75 per cent of all retail digital payments in India were through UPI, according to a study titled Open Banking and Digital Payments:

Implications for Credit Access. UPI is a payment system built as an interoperable protocol that allows third-party vendors to build apps to provide payments as a service to all customers of participating banks.

It has enabled underserved groups, including subprime and new-to-credit borrowers, to access formal credit for the first time as transaction data was available before the lenders which enabled them to make credit decisions, it said.

UPI is the earliest implementation of an open-bankingbased payment infrastructure that is free for customers and

enables them to create verifiable digital financial footprints in real time. Importantly, customers own their data and can share their UPI transaction history across financial intermediaries, it said.

Taking advantage, it said, fintech lenders scaled rapidly, increasing their loan volumes 77 times, far outpacing traditional banks in catering to smaller, underserved borrowers.

The study noted that the affordability of digital technology played a critical role, enabling widespread UPI adoption in rural and urban areas alike.

A 10 per cent increase in UPI transactions led to a 7 per cent rise in credit availability, reflecting how digital financial histories enabled lenders to assess borrowers better, the report said.

Despite the credit surge, default rates did not rise, showing that UPI-enabled digital transaction data helped lenders expand responsibly, it said.

India's success with UPI offers a replicable model for other nations, showcasing how combining public digital infrastructure with open banking policies can reduce financial exclusion, foster innovation, and promote equitable economic growth, it suggested.

Pre-Budget Meet: MSME Stakeholders Seek Tech Upgrade, PLI Benefits, Cut In GST

Press Trust Of India

NEW DELHI: Stakeholders from the micro, small and medium enterprises (MSME) sought a reduction in GST, technology upgrade, and production-linked incentive scheme benefits for various segments in a pre-Budget meeting with Finance Minister Nirmala Sitharaman on Saturday.

The meeting aimed to seek inputs and suggestions for the Budget for 2025-26, expected to be presented on February 1.

Members from the Association of Women Entrepreneurs of Karnataka (AWAKE); Karnataka SC and ST Entrepreneurs' Association; Plant-Based Food Industry Association (PBFIA); Ambala Scientific Instruments Manufacturers' Association (ASIMA); Rajasthan Footwear Manufacturers' Association were among the participants at the meeting.

The All-India Plastics Manufacturers' Association; All India Manufacturers' Association: Guiarat Chamber of Small Industries Association; Federation of Associations of Cottage and Small Industries (based in West Bengal); Federation of Andhra Pradesh Small and Medium Association; and Laghu Udyog Bhara-



ti were also present during the interaction.

Addressing the media after the meeting, Om Prakash Gupta, All India General Secretary of Laghu Udyog Bharati said it raised the issue of gaps in technology space and skill development.

"We suggested that if the GeM portal is linked to Udyam registration. It will elicit a good response. It (GeM) has crossed annual turnover of Rs 4 lakh crore, therefore it is time now to give it a global perspective," Gupta said.

"We are hopeful that our suggestions will be considered from the deliberations held today (Saturday)," he added.

EPPC Rao, President of the Federation of Andhra Pradesh Small and Medium Industries Association, said MSMEs are the backbone of India and strengthening them is most important.

"We have sought technology upgrade and GST exemption for Industry 4.0 items. The time has come to revive the issues of MSMED Act. Bankers should follow the guidelines of the RBI for revival of sick units," Rao told

All India Plastics Manufacturers' Association Chairman Arvind Mehta said. "We have sought a technology upgrade fund for the sector on the lines of the one available for the textiles sector. We also requested exemption of GST on (plastic) recycling machines and reduction of GST on raw materials.'

Mehta further said his association has demanded a PLI scheme for the sector.

1 Bid Submission End Date

Insolvency process: RBI Dy Guv Pitches For Enforceable Code Of Conduct For CoC

Press Trust Of India

NEW DELHI: Reserve Bank Deputy Governor M Rajeshwar Rao on Saturday pitched for an enforceable code of conduct for the Committee of Creditors (CoC) under the insolvency resolution process.

While emphasising that the Insolvency and Bankruptcy Code (IBC), which was introduced in 2016, has gained sigand resolution mechanism, Rao also said significant improvements are needed with respect to the area of CoC. CoC has a key role in implementing the corporate insolvency resolution process under the IBC.

At a conference in the national capital, Rao said there have been instances where the CoC's performance has been found lacking in several aspects. "This includes dispropor-

tionate prioritisation of individual creditors' interests over the collective interests of the group, disagreements among the CoC members on approving the resolution plan due to concerns about undervaluation and perceived lack of viability, disagreement over the distribution of the proceeds," he said. Even when the resolution

plan is agreed upon, Rao said there have been instances of non-participation in the CoC meetings and a lack of effective engagement, coordination or information exchange among



the members.

According to the Reserve ernor, nominees of financial creditors in CoC are entrusted with responsibilities that far exceed their actual authority.

"It is in the larger interest of the creditors that issues related to the conduct are addressed by the members themselves without waiting for the regulatory prescription...," he said. When incentives are not

perfectly aligned, deviations from best practices become the norm, he said, adding that "we need an enforceable code of conduct for the CoC". "Ideally, IBBI (Insolvency and

Bankruptcy Board of India) should have the powers to enforce norms for the conduct of all the stakeholders under the IBC process," he said.

Rao also touched upon the role of insolvency resolution professionals who have a lot of operational responsibilities, and in many instances, he said, the resolution professionals do not enjoy the cooperation of other stakeholders to discharge their duties.

GOVERNMENT OF (U.T) JAMMU & KASHMIR

OFFICE OF THE EXECUTIVE ENGINEER JAL SHAKTI (PHE) DEPTT. GROUND WATER DIVISION SRINAGAR BAGHI-ALI-MARDAN, NOWSHARA SRINAGAR.

E-mail:-phegwd@yahoo.com, | Tel./Fax No:-0194-2411285 EXTENSION NOTICE 5TH.

1. Construction of 02 No. of Bore Wells at different spots in Block Kalaroose in Bandi, Datta in District Kupwara. This office e-NIT No.24-JS-PHE/GWDS/Mech. of 2024-25, issued vide endorsement No: JS-PHE/GWDS/24-25/ Corrs./6373-82, dated: 15-10-2024. Bearing Tender ID No. 2024_PHE_260360_3.

Due to "No Response" for the above mentioned works advertised videe-NIT No. and Tender ID No's under reference. Which was scheduled to be downloaded till 07-12-2024 Up-to 11:00 AM are extended as per the details given below:

	S.No.	Item	Fresh Date
	1.	Period of submission of bids	12-12-2024 Up-to 11:00 AM
2. Date of openin		Date of opening of tenders	13-12-2024 11:00 AM

NOTE: All other terms and conditions shall remain same as laid down in the aforesaid e-NIT issued vide above referred endstt: nos. No: -JS-PHE/GWDS/24-25/Corrs./8537-46 Sd/= Dated: 07-12-2024. **Executive Engineer**

DIPK-9207-24

Jal Shakti (PHE) Deptt. DT: 07/12/2024 Ground Water Division Srinagar.

OFFICE OF THE EXECUTIVE ENGINEER **R&B DIVISION SHOPIAN**

Email: rnbdivisonshopian@gmail.com

EXTENSION NOTICE

It is notified for the information of all concerned that due to poor tender response for the work advertised vide this office NIT No:-58/6323-32/SPN/RnB/e-tender of 2024-25 Dated: 29-11-2024 figuring at S. No. 01, the critical dates for the work are hereby:

EXTENDED AS

	1	Bid Submission End Date	10-12-2024 up to 2:00 PM
	2	The state of the print of Ride (Linling)	11-12-2024 at 11:00 A.M in the Office of the Executive Engineer R&B
4	_		Division Shopian.

INSTEAD OF

11101211201	
07-12-2024 up to 2:00 PM	

09-12-2024 at 11:00 A.M in the Office of the Executive Engineer R&B Date & time of opening of Bids (Online) Division Shopian.

No: NIT/6619-24 Sd/ Dt: 07-12-2024 **Executive Engineer** DIPK-9247-24 **R&B Division Shopian** DT: 07/12/2024

Syrian opposition activists say insurgents have reached suburbs of Damascus

ning march across Syria gained speed on Saturday with news that they had reached the suburbs of the capital and the government forced to deny rumours that President Bashar Assad had fled the country.

The move, reported by progovernment media and an opposition war monitor, was the first time that opposition forces reach the outskirts of the Syrian capital since 2018, when Syrian troops recaptured the region adjacent to the capital following a yearslong siege.

It came after the Syrian army withdrew from much of southern Syria on Saturday, leaving more areas of the country, including two provincial capitals, under the control of opposition fighters.

The rapid advances by insurgents is a stunning reversal of fortunes for Assad, who appears to be largely on his own, with his usual allies preoccupied with other conflicts.

His chief international backer, Russia, is busy with its war in Ukraine, and Lebanon's powerful Hezbollah, which at one point sent thousands of fighters to shore up his forces, has been weakened by a yearlong conflict with Israel. Iran, meanwhile, has seen its proxies across the region degraded by Israeli regular airstrikes

The UN's special envoy for Syria, Geir Pedersen, called for urgent talks in Geneva to ensure

an "orderly political transition" in Syria. Speaking to reporters at the annual Doha Forum in Qatar, he said the situation in Syria was

changing by the minute. Amid the dramatic developments, Syria's state media denied rumours flooding social media that Assad has left the country, saying he is performing his duties in the capital, Damascus.

Rami Abdurrahman, who heads the Britain-based Syrian Observatory for Human Rights, an opposition war monitor, said insurgents are now active in the Damascus suburbs of Maadamiyah, Jaramana and Daraya. He added that opposition fighters on Saturday were also marching from eastern Syria toward the Damascus sub-

urb of Harasta. A commander with the insurgents, Hassan Abdul-Ghani, posted on the Telegram messaging app that opposition forces have started carrying out the "final stage" of their offensive by encircling Damascus. He added that insurgents were headed from southern Syria toward

Syria's military, meanwhile, sent large numbers of reinforcements to defend the key central city of Homs, Syria's third largest, as insurgents approached its outskirts.

Pedersen said a date for the talks in Geneva would be announced later and would UN Resolution 2254.

The resolution adopted in 2015 called for a Syrian-led political process, starting with the establishment of a transitional governing body, followed by the drafting of a new constitution and ending with UN-supervised elections.

Pedersen said the need for an orderly political transition "has never been more urgent,"

Abdurrahman reported Saturday that Iran's military advisers have started leaving Syria. He added that Iran-backed fighters in eastern Syria, mainly from Afghanistan and Pakistan, have withdrawn into central Syria.

The shock offensive began November 27 led by the jihadi Hayat Tahrir al-Sham group, or HTS, during which gunmen captured the northern city of Aleppo, Syria's largest, and the central city of Hama, the country's fourth largest city. The group has its origins in al-Qaida and is considered a terrorist organisation by the US and the United Nations.

HTS leader Abu Mohammed al-Golani told CNN in an exclusive interview Thursday from Syria that the aim of the offensive is to overthrow Assad's government.

Britain-based Observatory said Syrian troops have withdrawn from much of the two southern provinces and are sending reinforcements to

Homs, where a battle is looming. If the insurgents capture Homs, they would cut the link between Damascus, Assad's seat of power, and the coastal region where the president enjoys wide support.

The Syrian army said in a statement Saturday that it has carried out redeployment and repositioning in Sweida and Daraa after its checkpoints came under attack by "terrorists." The army said it is setting up a "strong and coherent defensive and security belt in the area," apparently to defend Damascus from the south.

Since Syria's conflict broke out in March 2011, the Syrian government has been referring to opposition gunmen as terrorists.

In the gas-rich nation of Qatar, the foreign ministers of Iran, Russia and Turkiye were scheduled to meet to discuss the situation in Syria. Turkiye is a main backer of the rebels seeking to overthrow Assad.

Qatar's top diplomat, Sheikh Mohammed bin Abdulrahman Al Thani, criticised Assad for failing to take advantage of the lull in fighting in recent years to address the country's underlying problems. "Assad didn't seize this opportunity to start engaging and restoring his relationship with his people," he said.

Sheikh Mohammed said he was surprised by how quickly the rebels have advanced and

said there is a real threat to Syria's "territorial integrity." He said the war could "damage and destroy what is left if there is no sense of urgency" to start a political process.

After the fall of the cities of Daraa and Sweida early Saturday, Syrian government forces remain in control of five provincial capitals — Damascus, Homs and Quneitra, as well as Latakia and Tartus on the Mediterranean cost.

Tartus is home to the only Russian naval base outside the former Soviet Union while Latakia is home to a major Russian air base.

On Friday, US-backed fighters of the Kurdish-led Syrian Democratic Forces captured wide parts of the eastern province of Deir el-Zour that borders Iraq as well as the provincial capital that carries the same name.

The capture of areas in Deir el-Zour is a blow to Iran's influence in the region as the area is the gateway to the corridor linking the Mediterranean to Iran, a supply line for Iran-backed fighters, including Lebanon's Hezbollah.

With the capture of a main border crossing with Iraq by the SDF and after opposition fighters took control of the Naseeb border crossing to Jordan in southern Syria, the Syrian government's only gateway to the outside world is the Masnaa border crossing with Lebanon.

Germany, France, Poland condemn use of force against protesters in Georgia

Berlin, Dec 7: The foreign ministers of Germany, France and Poland on Saturday strongly condemned "the disproportionate use of force" against peaceful protesters and the targeting of the opposition and media representatives in

Mass protests in Georgia fuelled by the governing party's decision to suspend negotiations on joining the European Union entered a second week on Thursday, with police cracking down on demonstrators with increasing force.

In their joint statement, the three foreign ministers called for the immediate release of opposition members. They demanded that "fundamental rights, including freedom of peaceful assembly and freedom of expression, must be upheld and protected as per Georgia's constitution and international commitments."

The ruling Georgian Dream party retained control of parliament in a disputed October 26 election, a vote widely seen as a referendum on Georgia's EU aspirations.

The opposition and the pro-Western president, Salome Zourabichvili, have accused the governing party of rigging the vote with neighbouring Russia's help and have boycotted parliament sessions.

Opposition protests gained new momentum after the Georgian Dream's decision last Thursday to put the EU

accession talks on hold.

Riot police have used water cannons and tear gas to disperse the rallies and beat scores of protesters, who threw fireworks at police officers and built barricades on the Georgian capital's central boulevard. Hundreds have been detained and over 100 people have been treated for injuries since the start of the clashes.

Another 50 protesters were detained Friday night, Georgian officials said Saturday. Police chased demonstrators through the streets of Tbilisi until the early morning hours of Saturday and violently detained some of them.

The crackdown has drawn a strong condemnation from the United States. Speaking at a ministerial conference of the Organisation for Security and Cooperation in Europe, US Secretary of State Antony Blinken on Thursday denounced what he described as a brutal "repression of those calling for their country to stay on the path to closer ties with Europe.

On Saturday, Germany, France and Poland called on "Georgian Dream to deescalate tensions and open an inclusive dialogue with all political forces and representatives of civil society."

"We underscore our determination to support the democratic and European aspirations of the Georgian people,"

Trump welcomed by Macron to Paris with presidential pomp, joined by Zelenskyy in their meeting

Paris, Dec 7: French President Emmanuel Macron welcomed Donald Trump to Paris on Saturday with a full a dose of presidential pomp and they held an impromptu meeting with Ukraine's Volodymr Zelenskyy on a day that mixed pageantry with attention to pressing global problems.

Trump, the once and future American president, said when he arrived at the Elysee Palace for a faceto-face meeting with Macron — soon expanded to include Zelenskyy – that the two would be discussing a world that's gone "a little crazy."

Trump's visit to France, part of a global a celebration of the reopening of Notre Dame Cathedral five years after a devastating fire, came as Macron and other European leaders are trying to win Trump's favour and persuade him to maintain support for Ukraine in its defense against Russia's invasion.

Macron's office said that would be discussed as well as the wars in the Middle East.

dence of the French president, Macron went out of his way to project an image of close ties, posing for multiple handshakes interspersed with plenty



of back-patting.

Trump said it was "a great honour" and talked about the "great relationship" they have had. A grand red carpet was rolled in the same way the French welcome sitting American presidents.

Before they went inside, Trump said, "It certainly seems like the world is, going a little crazy right now. And we'll be talking about that."

Zelenskyy arrived at the palace about 45 minutes after Trump

Macron had planned to meet with Zelenskyy, and the French president's office said the three-way meeting was proposed by Macron and arranged

shortly before Trump's arrival.

Trump has pledged to end the war in Ukraine swiftly but has not specified how, raising concerns in Kyiv about what terms may be laid out for any future negotiations.

Macron, who has had an up-anddown relationship with Trump, has made a point of cultivating a relationship since the Republican defeated Democrat Kamala Harris last month. But Macron's office nonetheless played down the significance of the invitation, saying other politicians not now in office had been invited as well. Trump was invited as president-elect

of a "friendly nation," Macron's office said, adding, "This is in no way exceptional, we've done it before."

The red carpet treatment, however, was a sign of how eager both Macron and other European leaders are to win Trump's favour and placate him even before he takes office.

Trump is known to revel in pomp and circumstance. One of his first Paris, where Macron made him the the guest of honour at Bastille Day events. Trump later said he wanted to replithe United States.

Democratic President Joe Biden was invited as well but will not attend. White House press secretary Karine Jean-Pierre cited a scheduling conflict and said first lady Jill Biden will represent the United States.

The meeting with the French president is taking place before the Notre Dame event, as will the get-together with Prince William, who's also scheduled to meet with Iill Riden, according to the British royal palace.

In an effort to build trust with the incoming US administration, Zelenskyy's top aide Andriy Yermak

met key members of Trump's team on a two-day trip earlier this week. A senior Ukrainian official, who spoke on condition of anonymity as he was not authorized to speak publicly, described the meetings as productive,

US during Trump's first term began warmly enough but grew increasingly strained over time.

Macron was the guest of honour at

During the 2024 presidential campaign, Trump often mocked Macron,

When he accepted the invitation to

done "a wonderful job ensuring that Notre Dame has been restored to its full level of glory, and even more so. It will be a very special day for all!" A fire in 2019 nearly destroyed the 861-yearold landmark.

security agents were helping ensure Trump's safety alongside the Secret Service, according to French national police. A special French police van provided anti-drone protection for Trump's convoy.

Security was tighter than usual outside the US Embassy and other sites around Paris for the Notre Dame reopening, where dozens of international VIPs were expected.

Trump was president in 2019 when the fire engulfed Notre Dame, collapsing its spire and threatening to destroy one of the world's greatest architectural treasures, known for its mesmer-

"So horrible to watch the massive fire at Notre Dame Cathedral in Paris," he wrote on what was then Twitter, of

"Perhaps flying water tankers could

CONTD. FROM **3RD PAGE**

200 Units Free

determination to deliver on its promises while ensuring that essential services remain uninterrupted, signaling a step toward a brighter, more stable future for the people of

at the same time there is now an elected

government as well. However, he said that those speaking about tussle actually want to create problems anyway between the LG administration and the elected government. As a spokesman of NC, I want to tell you that as far as the LG administration and elected government is concerned, there has been no major problem so far. But if any internal issue is there, it will be resolved,"

The party spokesman further added that they want an end to the dual power system and since the elected government took over, there is a positive atmosphere. "Hopefully, the statehood will be restored and the dual power system will end and the redressal of public grievances will pace up," he said, adding that at present the public issues are being resolved by

Nonetheless, he was optimistic that the LG administration and the officers will understand that the statehood will be restored today or tomorrow, adding that they should listen to the elected government. "I hope the elected

Sadiq was reacting to the reports about the tussle between the elected government and LG administration in Jammu and Kashmir following the transfers of officers in the Union Territory.(KNO)

Light Rain, Snow

that the weather would remain generally dry on December 10 and 11 while there is a possi-

From December 13 to 17, the weather would

remain generally dry.

under the relevant Bharatiya Nyaya Sanhita

The helpline of the Mumbai traffic police has received hoax threat messages many times in

CM's 'Raabita'

guages, and implement social welfare programmes, the spokesperson added.

Union Cabinet

"Thanks PM Sh @narendramodi ji for giving special consideration to JammuAndKashmir. Union Cabinet approves 13 new KendriyaVidyalayas for different locations across J&K, out of which over 50% fall in Udhampur Lok Sabha constituency," he posted.

Armed Forces

occasion of Armed Forces Flag Day," the LG

Brig. Gurmeet Singh Shan (Retd.), Director, Sainik Welfare Department, J&K briefed the Lieutenant Governor on various schemes and initiatives for the welfare of Veterans, Veer Naris, dependents and serving Armed Forces personnel.

Col BS Sambyal (Retd.); Col SS Assla (Retd.); Col MS Bhau (Retd.); Wg Cdr Tirath Singh (Retd.); Subhash Chander; Suresh Kumar and veterans including Bawa Singh; Ashwani Kumar; Ashok Kumar; Janak Singh and Rajinder

No Proposal

Mohammed bin Abdulrahman. He was addressing a panel along with the Qatari Prime Minister and Norway's Foreign Minister Espen Barth Eide.

Jaishankar said that diplomats have to tell themselves, it's a messy world. "It's terrible. There are conflicts, but therefore there's all the more reason for diplomats of the world to step

when the UN Security Council or a few Western powers managed conflicts is "behind us," adding that all countries need to step forward.

"I think this, there is a greater case for more vigorous diplomacy, for more innovative diplomacy, for a more participative diplomacy, and, and I think more countries need to have

diplomat turned minister said. When the anchor asked about India's role in the Russia-Ukraine conflict, Jaishankar said, 'The needle is moving more towards the reality of negotiation than the continuation of the

going to Moscow, talking to President Vladimir Putin, going to Kyiv, engaging, President Volodymyr Zelenskyy, transparently carrying

He also said that India is articulating the sentiments and the interest of the Global South comprising 125 other countries who have found their fuel cost, their food cost, their infla-

Ukraine. So we do think that things are moving somewhere in that direction." he added.

Jaishankar also spoke about Prime Minister Narendra Modi and US president-elect Donald

He also explained how countries in BRICS don't have an identical position on the issue.

trips as president his first term was to cate the grand military parade back in

but declined to disclose details. Relations between France and the

Trump's first state dinner, and Trump travelled to France several times. But the relationship suffered after Macron criticised Trump for questioning the need for NATO and raising doubts about America's commitment to the mutual defense pact.

imitating his accent and threatening to impose steep tariffs on wine and champagne bottles shipped to the US if France tried to tax American companies.

But Macron was one of the first global leaders to congratulate Trump last month after the election.

travel to Paris, Trump said Macron had

More than 20 French government

izing stained glass.

fering his advice to the city.

be used to put it out. Must act quickly!" he wrote.

Mumbai Police

'No Tussle Between

the elected government only.

people will be listened to," he said.

bility of light snow over isolated higher reaches on December 12.

Moreover, as per the MeT's forecast, the tourists, travelers and transporters have been advised to follow administration and traffic

A First Information Report was registered

the past.

Kashmir's rich heritage, preserve local lan-

The Chief Minister listened attentively to these concerns and emphasized the need for a cohesive approach to protect the region's unique identity

Kumar were present.

forward," he said.

He also said the era of the 60s and the 70s

the boldness to bypass the West," the former

Describing how India is walking the talk, by

messages to each others, Jaishankar said India is trying to find "common threads" which can be picked up at some time.

tion, their fertiliser costs impacted by this war. "And, in the last few weeks and months, I've even seen this sentiment expressed by major European leaders, who are actually telling us, please keep engaging Russia and engaging

Referring to Trump's recent threats to BRICS about imposing 100 per cent tariff if those countries went ahead with BRICS currency, Jaishankar said, "I am not exactly sure what was the trigger for it but we've always said that India has never been for de-dollarisation. Right now, there is no proposal to have a BRICS currency."

Answering a question if India has a role to play in Russia, China, North Korea and Iran forming an anti-American, anti-westernism axis, Jaishankar said: "Every country has its interests. They agree on some, they disagree on some. Sometimes the same countries work in

"The reality is much more complicated, much

more granular," he said at the panel discussions as part of the 22nd edition of the Doha Forum on the theme 'The Innovation Imperative.' As per its website, Doha Forum is a global platform for dialogue, bringing together leaders in policy to discuss critical challenges fac-

different combinations in different issues.'

ing the world, and to build innovative and action-driven networks. Under the banner 'Diplomacy, Dialogue, Diversity', Doha Forum promotes the inter-

change of ideas and discourse towards policy making and action-oriented recommendations. "In a world where borders are porous, our challenges and solutions are also interlinked,"

it says on the home page. PTI

3 Kashmir Districts Active Case Finding (ACF) through visits to high-risk communities, raising awareness about TB symptoms, prevention, and treatment, and providing both medical and psychological support for those undergoing treatment. Itoo also called on the community, healthcare providers, local stakeholders, and the general public to unite for the success of

Health officials at the event, including Dr. Jehangir Bakshi, Director of Health Services, Kashmir, and Dr. Adhfar Yasien, State Tuberculosis Officer, Kashmir, reaffirmed their commitment to the campaign's objectives. Dr. Bakshi mentioned that the National Tuberculosis Elimination Programme in Kashmir has made significant progress, with three districts-Budgam, Anantnag, and Pulwama—declared TB-free. Furthermore. Srinagar and Kupwara districts have received Gold certification under the Sub-National Certification, and Jammu and Kashmir has been awarded a Bronze medal in the same category.

However, despite these advancements, challenges such as stigma, delayed diagnosis, and treatment dropouts persist, which the 100-day campaign seeks to address. Dr. Bakshi noted that over 15 million TB cases have been treated

since the inception of the program, significantly improving detection and recovery rates. The campaign also aims to promote collaboration between healthcare providers, public representatives, and civil society organizations. Meera Srivastava, Joint Secretary at the Ministry of Health and Family Welfare, urged all stakeholders to join forces in this battle against TB, stressing that a TB-free community will improve not only public health but also the social and economic well-being of the

At the end of the ceremony, two Ni-kshay Vahans were flagged off for the districts of Srinagar and Baramulla, marking the beginning of the campaign's active phase. These vehicles will assist health teams in reaching out to remote areas to conduct TB detection and aware-

ness activities. The event concluded with a pledge to work towards a TB-free Jammu and Kashmir, with all participants committing to support the cause

and help achieve the campaign's ambitious goals.

5-Year-Old Dies threw her in the river Jhelum, she also tried to jump off the bridge, but I caught hold of her. I called a shikarawala (local boatman), and we all got involved in rescuing the girl. The lady ran towards the shore and tried to attempt suicide again, but we stopped her. We took her, and police arrived at the scene. The lady was taken later taken into custody," the eyewitness

According to reports, the girl was initially admitted to SMHS Hospital before being transferred to the Super Specialty Hospital, where she succumbed to her injuries in the ICU. The police have filed a First Information Report (FIR) under Section 109 BNS for attempted murder, which was updated to Section 103 BNS following the girl's death. Samaira, 32, from Srinagar's Rajbagh locality, has been arrested

in connection with the incident. **High Court Upholds**

stabbing, rioting, and bovine smuggling, spreading terror among peace-loving

The High Court dismissed the petition, upholding Shakeel's preventive detention. (KNT)

I'll Stand Up For Myself: Head On **Confrontation With Siraj**

Press Trust of India

ADELAIDE: Australia batter Travis Head on Saturday said he was disappointed with his reaction for the on-field confrontation with India pacer Mohammed Siraj but added that he would always stand up for himself, as day two of the pink ball Test saw the hosts tighten their grip on the game.

Siraj gave a fiery send-off to Head, who struck his second Test century against India and eighth overall. Head made a brisk 140 off 141 balls, which put Australia in the driver's seat to level the Border-Gavaskar series.

"I actually jokingly said 'well bowled' and then he pointed me in (to go to) the shades. I had my reaction as well but I would not like to give (it) too much airtime," Head told the media after the end of play on day two.

The incident unfolded after Siraj, having dropped the local hero on 76 earlier in the day, conceded a six to him. The Hy-



leading up to it and I felt like it

derabadi responded immediately, castling Head with a low full toss and celebrating animatedly, while instructing him to

"I was surprised at the reacwas probably, a little bit far at the time," he said. tion in terms of the situation of the game and the lead up and "That's why I'm disappointed there was no confrontation

in the reaction that I gave back but I'm also going to stand up for my-

self. I'd like to think in our team that we wouldn't do that, it's not how I'd like to play the game and I'd feel like my teammates (are) the same and if I'd seen that in that circumstances, I'd probably call it out, which I did," he said. Head said Siraj's action led the home crowd to boo him.

"I think they booed him after the reaction. Do you want to raise the crowd up? You'll get the crowd."

The left-hander said he had spoken to some "individuals" regarding the confrontation but did not give any details.

"There's been conversations I've had, I'll leave those conversations that I've had with individuals around that," he said.

"Like I said, I feel, like the way I would like to play the game, I guess the respect shown for myself and I hope my teammates, I'd feel like I'd hold a high expectation of my teammates as well and the way we conduct ourselves and the way we go about things."

Shopian Athletes Felicitated For Medal Wins At Nationals



Observer News Service

SHOPIAN: Deputy Commissioner Shopian Mohammad Shahid Saleem Dar felicitated three student athletes of district Shopian at Mini Secretariat here on Saturday.

The young champions were felicitated with certificates and mementos for their outstanding achievement in recently held national championships wof Wushu, Taekwondo and Table Tennis.

Mohammad Arham Parray won a gold medal in the Wushu championship in the National School Games held at

Jammu. He became the firstever Wushu athlete from District Shopian to achieve this remarkable feat.

Ayesha Binti Aamir won the Bronze Medal at Sub Junior National Taekwondo Championship in a competition held at Panchkula Haryana. Zafeera Zahoor participated in Table tennis Nationals.

The DC congratulated the champions and expressed the hope that they have a great career ahead.

The commitment needed for achieving the remarkable feats at this young age will inspire others to pursue sports, said Shahid at the felicitation function.

DYSSO Shopian was also

3-Day Sports Activities For Children End At Bandipora

BANDIPORA: The three-day sports activities for children from Palaash and Pareesha Child Care Institutions concluded on Saturday here.

The event was organized by the District Child Protection Unit under Mission Vatsalya, to promote the overall wellbeing and development of children in care institutions.

The children participated in indoor games including chess and carrom, showcasing their skills, sportsmanship and

The event served as a plat-



form for them to engage in healthy competition and build

confidence. To encourage and motivate the young participants, the DCPU distributed trophies,

medals and certificates. Protection Officer Non-

Institutional Care (NIC), informed that these sports activities were part of the DCPU's ongoing efforts to ensure the holistic development of children in care institutions, fostering their physical, mental and social well-being.

Mohammed Shami To Play Last 2 Tests Of Australia Tour



Press Trust of India

NEW DELHI: Senior India speedster Mohammed Shami is set to compete in the last two Tests of the ongoing series against Australia with his playing kit already headed Down Under and the fitness clearance from the NCA's medical team being a "matter of formality".

While the Brisbane Test (from December 14) could be touch and go for the Bengal veteran, it is a foregone conclusion that he will be seen in Melbourne on Boxing Day (December 26) in the fourth Test.

A source close to the cricketer said that the NCA "fitness certifi-"Shami's India kit has already

been dispatched to Australia. He will complete Mushtaq Ali Trophy T20 assignment and then leave," the source told PTI. The 34-year-old Shami, who last

played for India in the ODI World Cup final in November 2023, was forced into the long layoff due to an ankle surgery that needed surgery.

Just before his much-anticipated comeback against New Zealand, Shami developed swelling in the knee delaying his return.

Since the knockout round of Syed Mushtaq Ali trophy is taking place in Bengaluru, it is expected that the NCA (National Cricket Academy) medical team head Dr Nitin Patel and Strength and Conditioning trainer Nishant Bordoloi would be assessing him after Bengal finishes its campaign in the National T20 championship. "Shami will be playing the pre-

quarter final for us against Chandigarh. He will join us in Bengaluru by tomorrow. However, I am not sure if he will be available if we qualify for quarters or go the distance. Guess he will be fit and available for last two Australia Tests," Bengal head coach Laxmi Ratan Shukla, who has had a good look at his premier bowler, told PTI.

Shukla echoed sentiments of former India head Ravi Shastri, who feels that Shami is needed as early as possible in Brisbane.

Shukla said Shami had done the right thing by deciding to play SMAT after bowling 43 overs in a Ranji Trophy game in Indore against Madhya Pradesh.

"He has already shed around six kilograms of body weight. He has played seven T20 games in 13 days. If he plays pre-quarters it will be eight games in 16 days.

"Shami himself wanted to play fair amount of domestic cricket and inform NCA how his body reacts," Shukla, a former ODI player, said.

Short TAKES

Bumrah Fine, It Was Just A Cramp: Morkel

India endured a brief injury scare on Saturday when pace spearhead Jasprit Bumrah appeared to clutch his adductor muscle while bowling but bowling coach Morne Morkel assured that it was just a cramp and the pacer is "fine."

Bumrah, who claimed an eight-wicket match haul in India's 295-run win in the series opener, showed signs of discomfort while bowling the 81st over of Australia's innings.

He was attended to by the team's physio but resumed bowling immediately, completing his over and delivering three more overs later in the

"Firstly, with Bumrah, he's fine; it was just this cramp. Yeah, even because after that, you know, he bowled and you got the wickets twice," Morkel said at the post-match press conference.

The star pacer returned with figures of 4 for 61, helping India bowl out Australia for 337.

His wickets included opener Nathan McSweeney (39), Steve Smith (2), Pat Cummins (12), and Usman Khawaja (13), the last of whom he had dismissed on

India Face Bangladesh In Under-19 Asia Cup Final Today

t will be a battle of India's formidable batting against Bangladesh's incisive bowling when the two teams clash for the ACC U19 Men's Asia Cup title at the Dubai International Cricket Stadium here on

India, the most successful team in the tournament's history with eight titles, will be keen to reclaim their crown after a three-year gap. Defending champions Bangladesh, who eliminated India in the last edition. are determined to retain their title in what will be a rematch of the 2023 semi-final.

India's batting has been spearheaded by opener Ayush Mhatre, who has amassed 175 runs, and 13-yearold sensation Vaibhav Suryavanshi, who has scored 167 runs in the tournament.

Bangladesh, on the other hand, have relied on their bowlers, with Md. Al Fahad and Md. Iqbal Hasan Emon leading the charts, bagging 10 wickets each.

India's campaign has been one of resurgence. After a shaky start with a loss to Pakistan, the team bounced back in style and ousted Sri Lanka in the semifinal, wrapping up the win with 28 overs to

Bangladesh, too, have been consistent throughout the tournament. Their only group-stage loss came against Sri Lanka, but they secured their final spot with a dominant seven-wicket win over Pakistan in the semi-final.

Match starts: 10:15 am (IST).

WPL Auction: 120 Players To Go Under Hammer On Dec 15

↑ s many as 120 players, comprising 91 Indians, 29 Overseas and three players from the Associate Nations, will go under the hammer for 19 slots during the Women's Premier League mini auction to be held here on December 15.

A total of 82 uncapped Indian players and eight uncapped overseas players have registered themselves for the auction.

Cuiarat Ciants will go into the exercise with the biggest purse of Rs 4.4 crore. They need four players, including two overseas, from the mini auction.

While UP Warriorz need to fill three slots, including one overseas player, the other three teams, Mumbai Indians, Royal Challengers Bengaluru and Delhi Capitals will have four slots each to fill. RCB have no slots left to find another overseas player.

India's Sneh Rana (base price Rs 30 lakh) could be among the key attractions during the auction which will also have West Indies' Deandra Dottin (Rs 50 lakh), who did not feature for Gujarat Giants in the first edition after being selected and went unsold in the second.

England's Heather Knight (Rs 50 lakh) will also feature in the first set after withdrawing from the second WPL auction, which was held in Bengaluru and New

Milestones Galore As England Leads New Zealand By 533 Runs In 2nd Test

Agencies

WELLINGTON: England led New Zealand by 533 runs with five second-innings wickets in hand Saturday after another day of extraordinary incidents and milestones, including a hat-trick on the second day of the second test at the Basin Reserve.

At stumps, England was 378-5 in its second innings with Joe Root 73 not out and captain Ben Stokes unbeaten on 35. Root was among the

history-makers Saturday, reaching his 100th score of 50 or more in tests. When he reached his 65th half century, which goes along with his 35 centuries, he became the fourth player after Sachin Tendulkar, Jacques Kallis and Ricky Ponting to achieve that feat.

When Stokes declares, possibly overnight, New Zealand will have to achieve highest successful fourth-innings run chase in test history to win the

match series. England won the first test by eight wickets in Christchurch. The record successful

fourth innings total currently sits at 418, achieved by the West Indies against Australia at St. John's in the

match and level the threegressed so fast and so far with 783 runs being scored and 25 wickets falling on the first two days, that three full days are still available to New Zealand reach its winning target. Most other winning fourth-innings totals in tests have had some ele-



Caribbean 21 years ago. Under any normal cir-

cumstances, Stokes probably would have been happy to declare by now, confident in his bowlers' ability to defend such a mammoth lead.

But the match has pro-

ment of a time constraint. The pitch at the Basin coming more docile.

Reserve which has been bathed in sunshine on the first two days also is be-Stokes came to the crease 30 minutes before

stumps Saturday and im-

mediately hit a four and a six in the first over he faced from Matt Henry, then another six in what seemed a tacit announcement of an impending declaration. By declaring overnight, Stokes will allow the England bowlers to rest and start fresh on the third day. The England second in-

nings also saw two batters fall in the 90s, Jacob Bethell on 96, just short of his maiden test century, and Ben Duckett on 92. Harry Brook made 55 to go with his 123 in the first innings and his 171 in the first innings of the first test.

Atkinson became the 15th English bowler and the first since Moeen Ali in 2017 to take a test hat-trick.

Surrey claimed the last three wickets of New Zealand's first innings, dismissing Nathan Smith, Matt Henry and Tim Southee with consecutive deliveries as England bowled out New Zealand for 125 to take a 155-run first-innings lead.

India Still Learning Pink-Ball Cricket: Morkel times we were touch wide.

Agencies

ADELAIDE: India bowling coach Morne Morkel on Friday admitted that the team's bowlers struggled with execution and length during the ongoing second Test against Australia, attributing it to their limited experience in pink-ball

India were struggling at 128 for 5 in their second innings, still trailing Australia by 29 runs at stumps on day two of the day-night Test.

Earlier centurion Travis Head (140) and Marnus Labuschagne (64) put the hosts in the driver's seat, helping them secure a sizeable 157-run first-innings "With the pink-ball so

far in this match there's always a little something in the wicket. If you're consistent in your area, there was the odd ball that nipped around. At the end of the day it's having the plans and executing them in partnership for long enough," Morkel said during the post-day press-conference. "I think that's what Australia has done in this Test match so far, the guys that bowled well on day one made scoring for us tough. But when a ball gets a little bit softer it can get easier to score and then you've got the night session to think and worry about. "In terms of tempo, I

think this team is still figuring out what is the best way to play pink-ball cricket because we don't have a lot of experience playing the pink-ball. So it is learning but also it's fast learning because now it's a Test

match and you're behind the game.' Reflecting on the bowl-

ing performance, Morkel said: "If I can just draw from the first Test, our lines and lengths were exceptional and that was sort of the blueprint going into this Test series, we wanted to bring the stumps into play as much as possible. "Last night with the

ball moving around a bit, we missed that, we were slightly off the mark with that in terms of finding the right sort of length and at

We allowed the guys to leave a lot of balls...that's where you can pick up your wickets. "I thought we came out

this morning again and we sort of got more balls in the right areas more consistently. I think in partnership we bowled better but from there for this young bowling group...' Morkel acknowledged

that the Indian bowlers were slow in executing their plans, allowing Head to dominate. "He's just a guy that is looking to score, as a bowler he puts you under pressure, so your execution gets tested every ball," he said. Head, 30, boasts a strong

record against India in Tests, with 955 runs in 12 matches, including two centuries and four fifties. Despite Australia's strong

position, Morkel insisted that the game hasn't yet slipped away from India.

Rishabh Pant's counterattacking 25-ball 28 not out earned praise from Morkel, who called him a "brave cricketer."

What is rock bolt technology and how is it saving Uttarakhand's roads from landslides?

The rock bolt technology is successfully treating active landslide zones in the hilly areas of Uttarakhand, an official of the Border Roads Organisation said here on Saturday.

Landslides occur almost regularly in the hill areas of the state, especially during the monsoon season, blocking roads and causing inconvenience to Chardham pilgrims, and often claiming lives, he said.

Active landslide zones on Gangotri and Yamunotri highways have been a major issue for the Chardham pilgrims as well as the local people for years, the official said.

The Australian rock bolt technology is being used at present in the treatment of active landslide zones in Raturisera and Bandarkot on Gangotri highway in Uttarkashi district, BRO Com-

mander Vivek Srivastava said. The rock bolt technology is successfully treating active land-



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ficial said. The Australian rock bolt technology is being used at present in the treatment of active landslide zones in Raturisera and Bandarkot on Gangotri highway in Uttarkashi district, BRO Commander Vivek Srivastava said.

The technology was used earlier too in the treatment of Nalupani and Chungi Badethi landslide zones which had long been active along the highway and the good results at the two points encouraged authorities to apply it elsewhere too, he said.

The technology is 90 per cent effective in preventing land-slides, the BRO official said.

In the widening work done under the Chardham road project, landslide zones active for years have been treated successfully with this technology. The same technique is now being used in Raturisera and Bandarkot, he said.

The official said that Rs 19.8 crore is being spent on this work in Raturisera and Rs 9.3 crore in Bandarkot. The target is to complete landslide treatment work at both places using the technology by March next year, he said.

This is an Australian technique that involves removing loose landslide debris by soil nailing in soil and rock bolting in bedrock, he said.

RAPE, ASSAULT ALLEGATIONS

Norway's Royal Family Rocked By 'Biggest Scandal'

Oslo, Norway: A string of rape and assault allegations against the son of Norway's future queen have plunged the royal family into its "biggest scandal" ever, wrapping up an "annus horribilis" for the monarchy.

The legal troubles surrounding Marius Borg Hoiby, the 27-yearold son born of a relationship before Crown Princess Mette-Marit's marriage to Crown Prince Haakon, have dominated the Scandinavian country's headlines since August.

The tall strapping blond with a "bad boy" look -- often photo-

graphed in tuxedos, slicked back hair, earrings and tattoos -- was arrested in Oslo on August 4 suspected of assaulting his girlfriend the previous night.

A photograph of a knife stuck in the wall of her apartment soon emerged in the media, alongside news reports that Hoiby handed over a partially destroyed cell phone with no SIM card to police.

Hoiby admitted the assault and damage a few days later, saying in a written statement to the media they were the result of a cocaineand alcohol-fuelled argument.

He said he had struggled "for a long time with substance abuse" and "mental health troubles".

Hoiby, who has friends in criminal circles according to media, was raised with his two step-siblings but has no official role in the royal family. His legal troubles have only continued to mount since August.

Two ex-girlfriends have come forward to say they were also assaulted by Hoiby.

By December, the police suspicions against him had swelled to include death threats, violation of a restraining order, two rapes and a third possible sex crime.

When the first rape allegation emerged in November, Hoiby spent a week in police custody --unprecedented for a member of the Norwegian royal family. "It's snowballing and it doesn't

seem to be able to stop," said Sigrid Hvidsten, a columnist at daily Dagbladet.

"It's the biggest scandal ever in the Norwegian royal family."

Police have yet to press any charges against Hoiby, who has so far only admitted the assault and damage during the night of August 3-4 as well as death threats against an unidentified

While still far from over, the saga is the culmination of a challenging year for Norway's royal family, its own "annus horribilis", said Hvidsten.

Mahadev app betting case: ED attaches fresh assets worth Rs 388 crore

Agenceis

The Enforcement Directorate (ED) on Saturday said it had attached fresh assets worth about Rs 388 crore in its ongoing money laundering investigation into the Mahadev online betting case, in which various high-ranking politicians and bureaucrats from Chhattisgarh were alleged to have been involved.

These include movable assets

– investment made by Mauritiusbased company Tano Investment Opportunities Fund related to Dubai-based 'hawala operator' Hari Shankar Tibrewal through FPI and FDI — and properties in Chhattisgarh, Mumbai and Madhya Pradesh in the name of promoters of multiple betting apps and websites, panel operators and associates of the promoters, the federal agency said in a statement. A

provisional order was issued under the Prevention of Money Laundering Act (PMLA) on December 5 to attach these assets with a total value of Rs 387.99 crore, the ED said.

Tibrewal is being investigated by the agency in this case. The ED has issued multiple such orders during this investigation and with the latest order, assets worth Rs 2.295.61 crore have been either frozen, attached or seized so far.





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