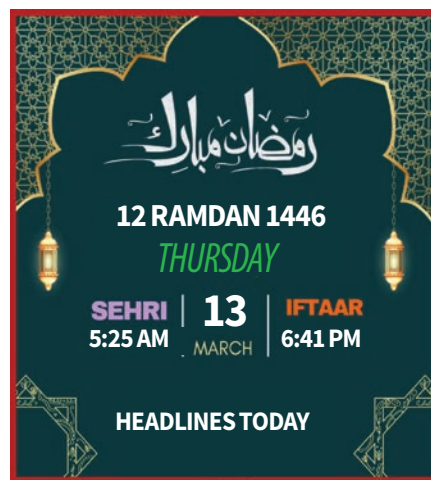




DC Kathua reviews  
arrangements for ongoing  
Ramzan, Holi, Navratri  
festivals

P|02



## Khelo India Winter Games 2025

# Changing weather patterns a challenge: CM Omar Says artificial snow will be generated to ensure early skiing at Gulmarg

■ HT News Network

**GULMARG, MARCH 12:** Chief Minister Omar Abdullah today said that he was delighted to see the 5th Edition of Khelo India Winter Games (KIWG) in Gulmarg held successfully.

Union Sports Minister Mansukh Mandaviya, who was the chief guest on the occasion, also addressed the concluding function of the Khelo India Winter Games 2025 held in Gulmarg. "Finally, the 5th Khelo India Winter Games were held smoothly," he remarked at the outset of his address while addressing a large gathering of athletes, officials and guests.

Reflecting on the challenges leading up to the event, the CM noted that persistent dry



weather in January and February had raised concerns about whether the games would take place this year.

"Over the past four years, KIWG have been conducted with great enthusiasm. However, this year, we faced an unprecedented challenge as there was very little snow accumulation."

He shared that a thorough assessment of the snow conditions was conducted by technical staff, leading to extensive discussions on whether the games should be held, postponed or cancelled. Eventually, he decided to postpone the event, hoping for snowfall.

"Then, by the grace of the Almighty, we received enough snow, and the 5th Edition of KIWG was officially announced," he said.

TURN ON.....PAGE 02

## Winter games making Gulmarg popular, says Union Sports Minister

'Developing sports infra in J&K Centre's priority'

■ HT News Network/KNO

**Gulmarg, Mar 12:** Asserting that famous ski resort Gulmarg is becoming popular across the country for winter games, Union Minister for Youth Affairs and Sports, Mansukh Mandaviya, on Wednesday said that every effort will be put to develop the sports infrastructure in Jammu and Kashmir. Talking to reporters at the sidelines of the concluding ceremony of



TURN ON.....PAGE 02

## Ban on AAC, IuM echoes in J&K Assembly



■ HT News Network/KNO

**Srinagar, Mar 12:** Peoples Democratic Party (PDP) on Wednesday raised the issue of ban on Awami Action Committee (AAC) and Ittehad-ul-Muslimeen (IuM) in the Assembly.

In a very brief intervention, Para drew the attention of the House towards the ban of Mirwaiz Umar Farooq-led AAC and Masroori Abbas Ansari.

"Awami Action Committee has been banned, Ittehad-ul-Muslimeen has been banned. It's important that we should discuss the issue first," he said.

Talking to reporters outside

the Assembly, Para said that BJP is choking political, social and religious space in Kashmir.

"It is an unfortunate order. Mirwaiz Sahab is the most moderate voice in J&K. We stand with him," Para said, adding that Government of India should revoke the ban on AAC and IuM.

NC legislator Tanvir Siddiq said that ban on AAC and IuM should be revisited.

"Mirwaiz Sahab has been talking more on social and economic issues over the last few years. He has been raising his voice against drug abuse. We don't support any anti-national activity but the government should revisit its

TURN ON.....PAGE 02

## No role of elected Govt in banning AAC led by Mirwaiz: CM Omar

■ HT News Network/KNO

**Gulmarg, Mar 12:** Reacting to the ban imposed on Mirwaiz-e-Kashmir led Awami Action Committee (AAC) under Unlawful Activities and Prevention Act (UAPA) for five years, Chief Minister Omar Abdullah on Wednesday said that these issues don't fall under the jurisdiction of the elected government.

Replying to a query whether the ban imposed on Awami Action Committee was a consequence of Mirwaiz Umar Farooq criticizing the

TURN ON.....PAGE 02

## PDP's Waheed Parra Raises Ban on AAC, JKIM in Assembly, Calls for Reversal

■ HT News Network/KNO

**Srinagar, Mar 12,** : People's Democratic Party legislator Waheed Parra on Wednesday voiced concerns in the Jammu and Kashmir Assembly over the Centre's recent ban on Awami Action Committee (AAC) and Jammu and Kashmir Ittehadul Muslimeen (JKIM), urging the House to intervene and seek its reversal.

TURN ON.....PAGE 02

## J&K government says it will take up changes in central assistance with MHA

■ HT News Network

**Srinagar, Mar 12:** The Jammu & Kashmir government on Wednesday said it will take up the issue of changes in certain components of central assistance with the Union Ministry of Home Affairs (MHA) at an appropriate stage.

In response to an unstarred question from MLA Handwara Sajad Gani Lone, the Minister-in-charge Finance, Omar Abdullah,



said the government will take up the issue of changes in component-wise provisions for the Jhelum-Tawi Flood Recovery Project (JTFRP) and hydroelectric projects

with the MHA.

"As the component-wise provision for the Jhelum-Tawi Flood Recovery Project and hydroelectric projects has changed, the matter will be taken up with the Ministry of Home Affairs at the appropriate stage," the minister said.

When asked whether there had been a reduction in central assistance, the minister clarified that overall assistance has remained steady.

TURN ON.....PAGE 02

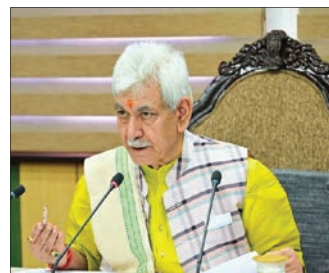
## J&K LG Orders Remission of Life Sentence for Three Jammu Convicts

■ HT News Network

**Srinagar, Mar 12,** : Jammu and Kashmir Lieutenant Governor Manoj Sinha has ordered the remission of life imprisonment for three convicts previously sentenced under Sections 302, 34, and 201 of the Ranbir Penal Code.

A notification issued by the J&K Home Department states that the remission has been granted under Section 473 of the Bharatiya Nagarik Suraksha Sanhita (BNSS), 2023, in accordance with Ministry of Home Affairs directives. The order takes immediate effect, subject to strict conditions.

As per the notification, the released individuals must maintain peace, avoid unlawful activities, and refrain from intimidating the victims' families. They are also required to report to the



police every six months and complete all legal formalities before their release. Authorities have instructed local police to monitor their activities, warning that any violation will lead to the cancellation of their remission.

The convicts, Anil Singh of Jammu's Shastri Nagar, Dev Raj of Chak Jaffray, Kana Chak, and Girdhari Lal of Mangnar, Poonch, had served over 14 to 16 years of their life sentences before being granted remission.

## J&K Excise Department rebuts news on increase in number of Liquor Vends

■ HT News Network

**JAMMU, MARCH 12:** The Jammu and Kashmir Excise Department today strongly rebutted the news being circulated on various social media platforms regarding the increase in number of vends (Wine Shops) in Jammu & Kashmir, terming it as 'fake and baseless'.

A communication issued by the department in this regard stated that "As per J&K Excise Policy for the year 2025-26 notified vide SO 38 dated 15th February, 2025, 305 number of vends (Wine Shops) were put to e-auction on 15.02.2025 and after culmination of the bidding process, 271 vends got allotted through the e-auction process (which was conducted by J&K Bank) to the successful H1 bidders and rest of 34 locations are being

TURN ON.....PAGE 02

## J&K Govt Suspends Section Officer Amid CBI Probe

■ HT News Network

**Srinagar, Mar 12,** The Jammu and Kashmir government has suspended a Section Officer in the Agriculture Production Department (Animal/Sheep Husbandry & Fisheries) in connection with an ongoing Central Bureau of Investigation (CBI) probe.

As per an official order issued by Shailendra Kumar, IAS, Principal Secretary to the Government, Asif Ahmad Bhat, serving as Section Officer in the department, has been placed under suspension with effect from March 7, 2025. The move follows the registration of an FIR (RC0042025A0002) against Bhat by the CBI's Anti-Corruption Bureau (ACB) Jammu on March 5, 2025. Authorities stated that the suspension has been enforced under the provisions of the Jammu and Kashmir Civil Services (Classification, Control, and Appeal) Rules, 1956, pending further investigation.

## Govt Serious About Regularizing Daily Wagers, Committee Formed: Deputy CM

■ HT News Network

**Srinagar, Mar 12:** Deputy Chief Minister Surinder Kumar Choudhary Wednesday assured that the government is committed to addressing the concerns of daily-wage workers across various departments, including those working on an ad-hoc or contractual basis. Speaking on the issue, he stated that the government intends to regularize these workers. However, the first step is to ascertain the exact number of daily wagers.

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## Business advisory committee to be formed in Assembly: Speaker Rahim Rather

■ HT News Network

**Jammu, Mar 12,** : Jammu and Kashmir Legislative Assembly Speaker Abdul Rahim Rather on Wednesday informed the House that a business advisory committee will be formed after some BJP members locked horns with the ruling National Conference (NC) members over not setting up the panel.

BJP's Sham Lal Sharma raised the issue of non-formation of the business advisory committee. He questioned the functioning of the House without the formation of the business advisory committee and threatened to walk out. This led to a verbal duel between him and Education Minister Sakeena Ito, with other members from both the treasury and oppositional benches joining the chorus.



NC member Mubarak Gul, who was in the Chair in the absence of Rather, managed to calm down the situation

TURN ON.....PAGE 02

## MHA Returns Incomplete Prosecution Proposal in Arms Licences Scam

■ HT News Network

**Srinagar, Mar 12,** : The Ministry of Home Affairs (MHA) has returned the prosecution proposal against three IAS officers involved in the Arms Licences Scam, citing missing documents. The officers in question—Yasha Mudgal (AGMUT: 2007), Dr. Shahid Iqbal Choudhary (AGMUT: 2009), and Niraj Kumar (AGMUT: 2010)—were under scrutiny, but the Chief Secretary of J&K has now been directed to resubmit the complete proposal within a week.

As per the MHA's directive, the revised submission must include FIR copies, wit-

ness statements, investigation reports, recovery memos, and legal department opinions, among other documents.

The General Administration Department (GAD) of J&K, in a status report submitted to the J&K and Ladakh High Court on December 27, 2024, had earlier conveyed that the UT administration's views on these three officers had been forwarded to the MHA for a final decision.

Meanwhile, the case of IAS officer PK Pole was still under review, and clarification was sought regarding the jurisdictional aspect for two other officers, Prasanna Ramaswamy G and M. Raju, who had

TURN ON.....PAGE 02

## Tarigami warns against NEP implementation

Calls it threat to poor students' right to education, Urges J&K Govt to tread with caution

■ Farooq Rather

**Srinagar, Mar 12:** CPI(M) Central Committee Member and MLA Kulgam, Mohammad Yusuf Tarigami, on Wednesday cautioned the government over the implementation of the National Education Policy (NEP) in Jammu and Kashmir, stating that the entire crux of the policy is to commercialize education and deny poor students the right to knowledge.

According to the news agency—



Correspondent, Tarigami, while participating in the ongoing discussion on the budget presented recently by Chief Minister Omar Abdullah in the legislative assembly,

said that the much-hyped NEP is fraught with dangerous consequences and that the elected government in Jammu and Kashmir must remain extremely cautious in its implementation.

"It is being claimed here that the New Education Policy will be actively implemented and strengthened in Jammu and Kashmir. When I look at the history here, you will see that when Sheikh Sahib was there, you can look at

TURN ON.....PAGE 02



# Run for fun Marathon on March 16,Traffic Police issue Advisory

## HT News Network

JAMMU, MARCH 12: The Jammu and Kashmir Police Department is going to organize “Run for Fun Jammu Marathon” on March, 16 here from Gulshan Grounds, while Traffic Police have issued a diversion plan “The general public/ motorists are hereby informed that on 16.03.2025 (Sunday) at 06:30 AM “Run for Fun Jammu Marathon” will be organized by J&K Police. In this connection diversions will be applicable on the day from 0500 Hours to till conclusion of Marathon (11:00 AM expectedly)” a public notice issued today stated.

The Marathon will start from Gulshan Ground (Starting/ Finishing Point) and pass through PHQ Main Gate – P/S Bagh-e-Bahu Crossing – Qasim Nagar – NH-44 – Forest Check Post – Environment Park – Hill View

Honda near Bajalta Crossing. As per diversion plan, All kind of traffic movement shall remain restricted on the marathon route during the movement of Marathon participants.

All kind of vehicles from City South bound for Bagh-e-Bahu/ Bawe Temple shall be diverted from Bikram Chowk towards Dogra Chowk and shall follow the route from Dogra Chowk – Fortune Rivera Cut – Maharaja Hari Singh Park – Gujjar Nagar Bridge – Bawe Temple during Jammu Marathon.

Vehicles coming from Gujjar Nagar bound for Bikram Chowk shall be diverted from Gujjar Nagar Bridge towards Dogra chowk via Vivekananda Chowk for their destination.

All PSVs bound for Bagh-e-Bahu shall be diverted from Dogra Chowk towards Fortune Rivera Cut and further towards Gujjar Nagar Bridge via



Hari Singh Park and towards their destination. However, the traffic movement from Gujjar Nagar Bridge towards Bawe Temple shall remain restricted during the movement of marathon participants.

LMVs coming from Nagrota towards Sidhra shall be diverted from

TCP Nagrota towards Manda and shall not be allowed towards Sidhra during the Jammu Marathon.

All vehicles coming from Samba/ Kathua bound for Nagrota shall be diverted towards Satwari Chowk from Kunjwani Chowk towards Nagrota via Bikram Chowk – Vigilance Rota-

ry – Manda.

All vehicles coming from Kunjwani, Greater Kailash, Chowadhi, Channi Himmat shall be diverted at Narwal towards RTO Cut/ Railway Crossing/ B.R Ambedkar Chowk.

The General Public has been requested to plan accordingly as per diversions during the Jammu Marathon.

For any traffic related assistance the General Public can contact TCU Jammu 0191-2459048, 94191-47732.

Meanwhile, the department has also issued advisory for Holi- the festival of colours being celebrated on March 14, 2025”As Holi will be celebrated with great enthusiasm in Jammu City also and keeping in view the traffic scenario, the general public especially the motorists are informed that no wrong parking/ road side parking would be allowed anywhere for the celebration of the

festival which causes unnecessary jamming and congestion,” Traffic Police Jammu handout stated.

Further, all the motorists have been informed that strict action shall be taken against Drunken driving, over-speeding, Stunt biking, reckless driving, Dangerous Driving, without Crash Helmet. “Special focus will be on Stunt biking, motorists are informed not to perform stunt biking which endangers their life as well as of other people. In addition, the event organizers of Holi festival in City Jammu have been advised to follow traffic rules and regulations during the event to maintain safe and hassle-free movement of traffic during the celebration of festival.

In case of any exigency and for any traffic related assistance people can contact Traffic Control Unit (TCU) Jammu on 0191-2459048, 94191-47732 numbers.

## DDC inspects key developmental Projects in Poonch Calls for Timeline Completion of works

### HT News Network

POONCH, MARCH 12: District Development Commissioner (DDC) Vikas Kundal on Wednesday conducted an extensive tour of the Sathra Block in Mandi Tehsil, assessing the progress of the developmental projects aimed at enhancing the socio-economic landscape of the region.

During the visit, DDC Kundal inspected the under-construction Sathra Bridge set to connect Sathra Block with Mandi Phagla Road, the construction of 100-bedded Girls Hostel at Sathra, the campus building of Government Polytechnic College Sathra, and the Water Supply Scheme at Chambra Saikloo. He issued specific directives to expedite these projects and ensure their timely completion with a focus on quality.

Inspecting the status of work on the 100-bedded Girls Hostel, DDC Kundal asked the Assistant Engineer PWD (R&B) to immediately conduct a preliminary survey for construction of the approach



road to the Hostel from the main Polytechnic Campus.

At the Chambra Saikloo Water Supply Scheme, DDC Kundal emphasized the importance of accelerating the pace of work to benefit the public at the earliest. The scheme, with a project cost of Rs. 298.94 lakhs, targets to provide 330 Functional Household Tap Connections

(FHTCs) in the area. During the visit, DDC Kundal inspected the under-construction Sathra Bridge set to connect Sathra Block with Mandi Phagla Road, the construction of 100-bedded Girls Hostel at Sathra, the campus building of Government Polytechnic College Sathra, and the Water Supply Scheme at Chambra Saikloo.

## DC Kathua reviews arrangements for ongoing Ramzan, Holi, Navratri festivals

### HT News Network

KATHUA, MARCH 12: Deputy Commissioner Kathua, Dr. Rakesh Minhas today convened a meeting with officers from different departments and representatives of religious organizations to review the arrangements for the ongoing Ramzan and upcoming Holi and Navratri festivals.

The meeting focused on ensuring smooth celebrations of these festivals, with discussions on various aspects such as security measures, provision of safe drinking water, uninterrupted power supply, medical aid services, sanitation, and availability of fire safety measures, street lighting, cleanliness and smooth transport management across the district.

To ensure the success of the festivals, the Deputy Commissioner issued directives to the heads of different departments, emphasizing



meticulous planning and execution in their respective areas of responsibility. Particular attention was given to security to mitigate any potential untoward incidents during the festive period.

The Jal Shakti department was entrusted with ensuring a consistent supply of potable water, while the Power Development

Department (PDD) was directed to ensure uninterrupted electricity supply throughout the festival duration.

Civil society's cooperation was encouraged to uphold cleanliness standards in the town.

To prevent profiteering and black marketing, the Food Safety department was directed to conduct market checks across all markets of the district to ensure essential commodities are sold at government-approved rates and meet quality standards.

The Tehsildars were directed to deploy an adequate number of personnel in areas prone to traffic congestion, ensuring smooth traffic flow during the festivities.

During the meeting, representatives of religious institutions apprised Deputy Commissioner about various issues, in response to which the DC assured their resolution on priority basis.

## CONTINUE FROM FRONT PAGE.....

### CM

As an avid skier himself, the CM shared a personal anecdote, saying he had attempted to ski earlier that day but found it difficult due to the high water content in the snow.

“If I found it challenging, I can only imagine how difficult it must have been for the athletes,” he said, appreciating their determination and resilience in overcoming the tough conditions to deliver commendable performances.

Reiterating Gulmarg's status as the Winter Sports Capital of India, CM Omar Abdullah emphasized that the promotion and development of skiing in the country originated from Gulmarg.

He then traced the evolution of Gulmarg's sports infrastructure, mentioning the development of chairlifts and the Gondola Phase 2 project.

“The initial infrastructure at Gulmarg dates back to the British era, but what we have today is still not sufficient to meet the growing demands of winter sports and tourism,” he stated.

The CM underscored the need to upgrade Gulmarg's sports facilities, citing examples of Central Asian countries like Uzbekistan, which have developed world-class skiing infrastructure that now attracts international skiers—including those who previously visited Gulmarg.

“If we wish to position ourselves as a global winter sports destination, we must invest in infrastructure enhancement,” he stressed. Speaking about the recent inauguration of the Sonamarg Tunnel by Prime Minister Narendra Modi, CM Omar Abdullah described it as a game-changer for tourism and sports in the region. “Sonamarg is now another glorious tourism and sports destination. We also plan to develop skiing facilities there,” he announced.

Looking ahead, the CM envisioned using eco-friendly artificial snow technology to ensure that the Khelo India Winter Games can be held as early as December and January, thereby expanding the winter sports season.

Referring to the assurance given by Union Sports Minister Mansukh Mandaviya to J&K Sports Minister Satish Sharma, CM Omar Abdullah expressed gratitude for any assistance the Ministry of Youth Affairs and Sports could provide.

He also emphasized that sports infrastructure should not be limited to mainstream games like cricket and football, which require spacious grounds.

“Emerging sports like Pickleball are attracting young players, and these require minimal

space. We must diversify our sports infrastructure,” he suggested.

### SPORTS MINISTER

‘Khelo India Winter Games’ 2025 here in North Kashmir, Mandaviya, according to the news agency—Kashmir News Observer (KNO), said, “The Government of India (GoI) will ensure that no stone is left unturned to develop sports sector and infrastructure in J&K.”

Mandaviya said that more than 750 athletes from the different parts of the country participated in KIWG-2025. “The spectators and the participants saw an atmosphere of enthusiasm and joy in the event,” he said, as per KNO.

Referring to Prime Minister Narendra Modi's dream of “Viksit Bharat,” Mandaviya said, “PM Modi has assured that we will see a developed India by the year 2047 when the India would be commemorating 100 years of independence.”

“To make this a developed India, the participation of every citizen of the country should be ensured,” he added.

The Minister said that the Centre will connect through Viksit Bharat Yuva “We will hold discussions with the youth in universities and colleges and invite further suggestions and recommendations for the betterment of the sports sector.”—(KNO)

### BAN

decision,” he said. The Union Home Ministry on Tuesday declared Jammu and Kashmir ‘Ittihadul Muslimeen’ and ‘Awami Action Committee’ as unlawful associations under UAPA—(KNO)

### OMAR

Gulmarg event, Omar according to the news agency—Kashmir News Observer (KNO), said, “No, you cannot say that. I am not aware of the purpose for which it (AAC) has been banned. These issues don't fall under the jurisdiction of the elected government. The reasons behind banning the organization were not shared with us.”

He said, “On principle, we are not in favour of such actions. As far as Mirwaiz is concerned, he has not said anything wrong since he has been released from house arrest. We don't know the reasons behind this ban, but we will see what to do in the future,” he said.

Replying to another query about BJP claiming that the hotel which hosted the fashion show is owned by one of his close relatives,

the Chief Minister said, “I have spoken over the issue in the Assembly. If anything that has taken place is against the law, action will be taken.”—(KNO)

### PARRA

During a brief intervention, Parra argued that banning these organisations—led by Mirwaiz Umar Farooq and Masroor Abbas Ansari, respectively—amounts to stifling political dissent. He stressed the importance of dialogue and peaceful engagement to address political issues in Jammu and Kashmir rather than resorting to prohibitions.

The Ministry of Home Affairs (MHA) recently outlawed the two groups under the Unlawful Activities (Prevention) Act, 1967 (UAPA), citing their alleged involvement in activities that threaten India's sovereignty. The ban, effective for five years, has sparked debate among political circles in the region. [KNT]

### GOVT

“The central assistance under Demand No. 58 (Transfer of Assistance to J&K) was Rs 41,751 crore in 2023-24 (Revised Estimates), Rs 41,000 crore in 2024-25 (Revised Estimates/First Supplementary), and Rs 41,000 crore in 2025-26 (Budget Estimates),” he said—(KNO)

### SPEAKER

and persuaded Sharma to sit back, informing them that the House would be informed about the rules shortly.

He extended the session by half-an-hour after consulting the House as some members from the treasury benches including minister Itoo and Javed Ahmad Dar said many members are observing Ramzan fast.

Rather returned to his chair and said the Assembly secretariat issued the provisional calendar before the commencement of the session and there was no need for setting up the business advisory committee to run the House. “The provisional calendar was prepared in consultation with the leader of the House before the session as per the rules. The business advisory committee is formed when the House is faced with some big issue,” he said.

Rather said some members have expressed concern and he finds no problem in the setting up the business advisory committee to take the suggestions of the members into account for the smooth functioning of the House.

“The business advisory committees have been formed in the past and so it should be formed again,” he said. — (PTI)

### LIQUOR

put to re-auction through Public Notice Issued on 07.03.2025 and bidding process (again to be conducted by the J&K Bank) shall be completed on 17.03.2025 for these 34 vends.”

The document further added that, “It is relevant to mention that the number of JKEL-2 vends (Wine Shops) remained unchanged i.e. 305, since FY 2023-24 and there is no increase in the number of vends, either in Jammu or in Kashmir. The break up of the vends (Wine Shops) is: Jammu-291 and Kashmir - 14.”

All details regarding the Excise Policy along with location of the vends (Wine Shops) etc is available on the official website of the Excise Department i.e. <https://jkexcise.nic.in>

### 20 VILLAGES

were trained in automotive repair, handset repair, home appliance maintenance, and electrical technician skills to boost employment opportunities, he said.

“However, the project did not include setting up Common Service Centres (CSCs) or ensuring full-scale internet connectivity in villages. Instead, existing CSCs were utilised, with internet services available at these centres,” the minister said. Vaishnav said the Department of Telecommunications is working under the Digital Bharat Nidhi (DBN) initiative to provide 4G connectivity to uncovered villages, with BharatNet aiming to deliver at least 25 Mbps broadband speed to rural households.

While the Digital Village Project was not specifically targeted at any community or gender, the government said it played a role in promoting digital inclusion, literacy, and rural entrepreneurship for all sections of society, including women and marginalised communities. With the project's completion, digital infrastructure efforts in Jammu and Kashmir and Ladakh now rely on broader national programmes like BharatNet and 4G saturation schemes, which are expected to expand connectivity across more remote areas in the coming years—(KNO)

### ARMS

served in Ladakh.

In a separate communication on February 12, 2025, the MHA instructed the Chief Secretary

of J&K to forward the CBI's prosecution sanction proposals for M. Raju (then DM Kargil) and Prasanna Ramaswamy G (then DM Leh), with the approval of the Lieutenant Governor of Ladakh.

The MHA's latest status report, submitted on March 8, 2025, reiterated the need for a complete prosecution proposal for the three IAS officers and reaffirmed that the sanction proposal for those who served in Kargil and Leh should be sent with administrative approval.

The Arms Licences Scam case is scheduled for a hearing on March 20, 2025, in the Division Bench of the J&K and Ladakh High Court. [KNT]

### DY CM

the figure was estimated to be around 60,000, but a more accurate count is needed.

To gather precise data, a committee has been constituted under the chairmanship of the Chief Secretary, with a six-month timeframe to submit its report. Once the committee presents its findings, the government will take further steps regarding the regularization process in the next budget, as assured by senior officials.

Deputy CM Choudhary reiterated that the government is fully sympathetic to the struggles of daily-wage workers and is working towards a structured resolution to their demands. (KNS)

### TARIGAMI

the manifesto of that time. What was mentioned about education and health? There was a promise of universal education at that time when there was no mention of it anywhere else in the country. We had a robust education as well as a healthcare system in place,” Tarigami said. He added that since the new education policy has been implemented, commercialization and privatization have turned education into a tool for making money, making it marketable. “Another issue is centralization. You might have heard that the UGC has issued a circular order. Now, the Vice Chancellors of every state will be selected by those in Delhi. Whether it is Jammu and Kashmir or other UTs or states, they do not have the authority to decide on education, which is a concurrent subject, a state subject. Now it is being centralized,” Tarigami said.

Tarigami urged the government to save education from becoming a market commodity. “It is not a market commodity,” he emphasized. Referring to the Education Minister, Sakina Yatoo, Tarigami urged her that even if she cannot stop the NEP, at least this new policy should not be further enhanced.



## DC Srinagar chairs District level Aadhar Monitoring Committee meeting; reviews progress of Aadhaar enrollment

**Directs making all designated Centres operational for Aadhaar saturation**

■ **HT News Network**

SRINAGAR, MARCH 12: Deputy Commissioner (DC) Srinagar, Dr Bilal Mohi-Ud-Din Bhat today reviewed the progress of Aadhaar Enrollment and its saturation in a meeting of District Level Aadhaar Monitoring Committee held here at Meeting Hall of the DC Office Complex.

At the outset, the DC was given a detailed update on the Aadhaar enrolment and progress of its saturation in the district Srinagar through a PowerPoint presentation.

The DC reviewed operation of designated Aadhaar enrollment centers, population without Aadhaar cards, registration facilities at school, Aaganwari centres, Health Institutions, age group wise enrollment and updation of Aadhaar after a gap of ten years.

On the occasion, Dr Bilal emphasized to



expedite the process of Aadhaar enrollment of the left out population of the district. He also directed for making all designated Aadhaar stations operational at Hospitals, Banks, ICDS centres and

other departments to achieve saturation targets in the district.

He sought a detailed report on all aspects of Aadhaar enrollment with main focus on enrollment of the 0 to 5 year age group.

He also reviewed the progress achieved under Aadhaar enrollment in other age groups including 05 to 18 years and 18 years above.

The DC urged the Officers to work with added zeal to achieve the desired results at the earliest to ensure enrollment of all citizens and enable them to avail benefits of different schemes. He laid stress on reaching out to the target population at their doorsteps.

Additional Deputy Commissioner, Dr Khalid Husain Malik; Chief Planning Officer, Fayaz Ahmad Dar; Assistant Commissioner Revenue, Aijaz Ahmad Shah; Chief Education Officer, Shabina; Chief Medical Officer, Dr Tahir Sajad; District Statistics and Evaluation Officer, Mohammad Ismail Bangroo; Assistant Director FCS&CA, representative from UIDAI, District Coordinator CSE-Governance and other concerned were present in the meeting.

## Hakeem Yaseen Urges PM Modi, HM Shah to reconsider ban on AAC and JKIM

■ **HT News Network**

Srinagar, March 12, 2025 – Hakeem Muhammad Yaseen, President of the Jammu and Kashmir Peoples Democratic Front (PDF) and former minister, has urged Prime Minister Narendra Modi and Home Minister Amit Shah to reconsider and lift the recently imposed ban on the Awami Action Committee (AAC) and the Jammu and Kashmir Ittihadul Muslimeen (JKIM), citing their long-standing service to Kashmir. Expressing deep concern over the Central Government's decision to impose a five-year ban on AAC, led by Mirwaiz Umar Farooq, and JKIM, headed by Masroor Abbas Ansari, under the Unlawful Activities (Prevention) Act, 1967 (UAPA), Hakeem Yaseen emphasized their significant contributions to Kashmir's socio-political and religious landscape.

"These organizations have played an important role in Kashmir's history and have served the people for decades. Given their immense contribution, the government should reconsider its decision and lift the ban," Hakeem Yaseen stated.

He appealed to the Centre to adopt a more inclusive approach that fosters dialogue and engagement rather than alienation.

"At a time when efforts should be focused on restoring peace and normalcy in Jammu and Kashmir, it is essential to involve all stakeholders in constructive discussions rather than imposing restrictions," he added.



## Div Com Kashmir chairs meeting on repair/ construction of Chanapora & Tengpora bridges

■ **HT News Network**

SRINAGAR, MARCH 12: In order to ensure smooth plying of traffic following diversion due to repair/construction of Chanapora and Tengpora bridges, the Divisional Commissioner (Div Com) Kashmir, Vijay Kumar Bidhuri today virtually chaired a meeting, here.

Among others, the meeting was attended by Chief Engineer PVW R&B Central Kashmir, SSP Traffic City Srinagar and Executive Engineer Project Div. Ist R&B Srinagar, besides concerned Officers.



The meeting discussed threadbare measures to divert traffic following repair/construction of two bridges viz. Chanapora bridge and Tengpora

bridge. It was given out that the traffic shall be diverted through two link roads, where the R&B department has been tasked to undertake barricading and install signages to ensure smooth and hassle free movement of traffic till repair/ construction work on bridges is completed.

The Div Com directed R&B and Traffic departments to work in coordination for smooth conduct of work for its timely completion, and start work right from today.

He further directed them that the bridges should be completed before the onset of Shri Amarnathji Yatra, 2025.

## Rs 41.78 cr Maitra bridge over Chenab to be completed by August 2026: Dy CM

**Men & machinery mobilized, work accelerated for timely completion**

JAMMU, MARCH 12 Deputy Chief Minister, Surinder Choudhary, today informed the House that the Rs. 41.78 crore Maitra Ramban bridge over river Chenab shall be completed by August 2026.

The Deputy Chief Minister was replying to a question raised by Arjun Singh Raju in the Legislative Assembly. He said that men and machinery is being mobilized and work has been accelerated for timely completion of the project. He informed the House that execution of bridge over river Chenab at Maitra Ramban, sanctioned under CRIF, was delayed, as NHAI did not allow intersection of this bridge with 4-lane Ramban flyover carrying fast moving motorized traffic. The Deputy Chief Minister said that the bridge has now been planned to intersect with old NH, due to which the height of the bridge is being raised by 8.5 m and span extended by 30 m to 300 m.

He added that foundation of both the abutments has been completed while as Gantry on Maitra side stands installed and casting is in progress. He said that on the Ramban side, pier headwork is under progress and work of casting of segment/deck slab has been started.

## NIT Srinagar ranked in top 1500 globally in prestigious 'The World University Rankings 2025'

■ **HT News Network**

Srinagar, Mar 12: National Institute of Technology (NIT) Srinagar has been recognized in the prestigious Times Higher Education (THE) World University Rankings 2025. NIT Srinagar has secured a ranking in the 1201-1500th category overall and 1001-1250th in the Engineering category.

The rankings are based on a comprehensive evaluation of universities across five key performance indicators: Teaching, Research Environment, Research Quality, Industry Engagement, and International Outlook.

NIT Srinagar's scores in these parameters reflect its continuous efforts toward academic and research excellence. The institute achieved a score of 26.1 in Teaching, 12.8 in Research Environment, 43 in Research Quality, 18.4 in Industry Engagement, and 25.8 in International Outlook. The Times Higher Education World University Rankings 2025 assessed from 108 countries and regions using the latest WUR 3.0 methodology, which incorporates



rates 18 calibrated performance indicators.

This year's rankings analyzed over 134 million citations from 16.5 million research publications and included survey responses from 68,402 scholars worldwide. A total of 411,789 data points were collected from 2,673 institutions that

submitted data for the rankings.

Speaking on this recognition, Director NIT Srinagar Prof. Binod Kanaujia in his message said this remarkable achievement underscores NIT Srinagar's commitment to academic excellence, research innovation, and global engagement. We are committed to further enhancing our

academic and research standards to make NIT Srinagar a globally recognized institution, he added.

Institute's Registrar Prof. Atik-ur-Rehman said this achievement reflects our sustained efforts to improve our research output and academic excellence. We will continue striving towards greater innovation and global collaborations, he added. Nodal Officer, Institute ranking Dr. Vijay Kumar and Dr. Harveer Singh Pali both appreciated the efforts and active participation of all Deans, HoDs, HoCs, faculty and non-faculty staff, and students which led to this great achievement.

He expressed their gratitude to Director NIT Srinagar; Prof. Binod Kanaujia led administration for their consistent support and encouragement. "We are confident that, in future we will improve our rankings and recognition of the Institute," he added. Institute's Registrar Prof. Atik-ur-Rehman said this achievement reflects our sustained efforts to improve our research output and academic excellence. We will continue striving towards greater innovation and global collaborations, he added.

## Budget Session 2025 Question Hour in LA

## R&B to construct approach road for mini stadium Salmeri: RDD Minister

■ **HT News Network**

JAMMU, MARCH 12: The government today said that an approach road for the mini stadium at Salmeri village in Samba district shall be constructed by the Public Works Department. Minister for Rural Development Department, Javed Ahmad Dar, on behalf of Minister for Youth Services and Sports, informed this while replying to a question raised by Chander Prakash Ganga in the Legislative Assembly. The Minister said that the Youth Services & Sports Department has constructed a mini stadium at village Salmeri, under Languishing and Capex budget at a cost of Rs. 3.00 crore. He informed that for smooth accessibility to the utility, the R&B Division would construct an approach road towards the mini stadium.

## No loss of life or property reported among migrating tribals: Dy CM

■ **HT News Network**

JAMMU, MARCH 12: The Government today informed the House that no loss of life or damage to the property of the tribal community has been reported due to heavy rains or floods during migration in the past two years (2023 and 2024) or till date in respect of Gulabgarh constituency. Deputy Chief Minister, Surinder Choudhary, stated this in response to a starred question by Er Khurshid Ahmed in the Legislative Assembly. The Deputy Chief Minister, speaking on behalf of Chief Minister, Omar Abdullah, assured the House that the government remains committed towards ensuring the safety and well-being of the migrating tribal population.

## Bids invited for DPR on Bhaderwah-Seojhdar Project: Javed Dar

■ **HT News Network**

JAMMU, MARCH 12:: The Government today informed the House that the National Highways Logistics Management Limited (NHLML) has issued a Notice Inviting Tender (NIT) for engaging eligible consultants to prepare a Detailed Project Report (DPR) for development of Bhaderwah-Seojhdar project in Doda district. Replying to a starred question raised by Daleep Singh Parihar, Minister for Rural Development Department, Javed Ahmad Dar, on behalf of Chief Minister, Omar Abdullah, informed that the NIT was issued on January 25, 2025, inviting bids for consultancy services to formulate the DPR for the project.

## Govt to conduct demarcation of Natipora- Yousmarg road project: Dy CM

■ **HT News Network**

JAMMU, MARCH 12:: Deputy Chief Minister, Surinder Choudhary, said that the government would conduct demarcation of 4-lanning of Natipora-Yousmarg road via Charar-e-Sharief through the concerned SDM office. The Deputy Chief Minister was replying to a question raised by Ali Mohammad Dar in the Legislative Assembly here today.

He said that the recommendation has been received recently from MLA Chadoora Constituency regarding preparation of DPR for 4-Lanning (Phase 1st) of Srinagar Charar-i-Sharief Yousmarg Road from Natipora to Chadoora town (length 12 Kms), which is under examination. The Deputy Chief Minister said that Chadoora to Kandijan via Charar-i-Sharief (20.80 km) road has been proposed as spur to NH-444. He said that presently the road is intermediate lane and has been proposed to be upgraded to 2-lane with paved shoulders subject to approval from MoRTH, Gol.

## Govt prioritizing scientific disposal of solid waste: Sakeena Itoo

■ **HT News Network**

JAMMU, MARCH 12:: The Government today emphasized its shift from traditional solid waste dumping to a more scientific and sustainable waste disposal approach. Responding to a question raised by Nizam ud Din Bhat on behalf of Member G.A. Mir, Minister for Health, Sakeena Itoo, informed the House that the government is implementing scientific waste management methods. This included bio-mining of legacy waste, construction of scientific waste management centers, door-to-door waste collection, bio-fencing around waste.



EDITORIAL

Act against tourism department following controversy over obscene fashion show

The obscene fashion show hosted some days back in Gulmarg came in for sharp criticism from people belonging to varied hues of political spectrum. On his part chief minister Omar Abdullah also took a dig at the organizers of the show and said that hosting such a show is against the ethos and culture of the valley. He said that such a show should not be held at any time of the year and not to talk of the holy month of Ramadan.

Omar said that the event was a private event and the union territory government had no knowledge about the same. The people as a whole welcomed the statement of the chief minister and termed it in tune with the aspirations and emotions of the valley residents. A section of the people is not ready to buy the chief minister's statement that the government was having no knowledge about the fashion show. These people say that mere condemnation would not work and the government must act.

Since Omar heads the tourism department some heads must roll following the controversy over the holding of the show. The officers manning the department in Kashmir should be accounted for their actions as how a private agency from outside came and organized the show at Gulmarg that too in the holy month of Ramadan. In case the department knew about the fashion show how did they allow the same thus bruising the sentiments of the people of Kashmir?

Action needs to be taken against the owners of the hotel where the show was organized. The higher-ups of the hotel need to be pulled up given the fact the tourism department claimed that they were having no information about the event. It was the responsibility of the management of the hotel to inform the tourism department about the show. Since the hotel management did not do so, action under rules needs to be taken against them.

Once action is taken against the hotel owner and management then the other hotels operating at Gulmarg or any other place would think twice before hosting such an event that does not go well with the society as a whole. At the same time the tourism department should come out with strict guidelines that the department should be informed about any event being hosted at any hotel. Any deficiency in this regard would attract strict action including cancellation of the license.



ABDUL QUDDIR KUNDRIA

As the crescent moon signals the beginning of Ramzan, millions of Muslims around the world embark on a journey of self-discipline, reflection, and devotion. This holy month is a time of fasting, prayer, and seeking forgiveness, but it is also an opportunity to strengthen the bonds of unity and work towards eliminating social evils that harm individuals and communities.

Fasting teaches patience, self-control, and empathy for the less fortunate. It is not merely about abstaining from food and drink but also about purifying the heart and mind. This purification should extend beyond individual worship and influence the way people treat one another. The spirit of Ramzan calls for kindness, forgiveness, and a commitment to improving society by addressing issues like drug addiction, crime, domestic violence, and community divisions.

A major challenge faced by many societies today is substance abuse. The growing prevalence of drug addiction, especially among the youth, is a matter of great concern. Drugs destroy lives, break families, and lead to criminal activities. Islam strictly forbids intoxicants, as they impair judgment and lead to destructive behavior. The Quran states: "O you who have believed, indeed, intoxicants, gambling, [sacrificing on] stone alters [to



other than Allah], and divining arrows are but defilement from the work of Satan, so avoid it that you may be successful." (5:90).

Ramzan offers a chance for those struggling with addiction to seek help, break free from destructive habits, and find strength in faith. Families and communities must come together to support individuals in need, guide them towards rehabilitation, and provide opportunities for a healthier, more fulfilling life. Mosques, community centers, and religious scholars play a crucial role in raising awareness and offering support to those affected by drug abuse.

Another pressing issue is the increasing lack of unity within families and communities. Differences in opinion, social status, or sectarianism often create unnecessary divisions, leading to hatred and animosity. Islam teaches that all believers are part of one brotherhood, and unity is essential for a strong, thriving society. The Prophet Muhammad (PBUH) said: "The believers are like one body; when one part of it suffers, the whole body responds with wakefulness and fever."

This month reminds people to let go of grudges, forgive past wrongs, and work towards peace and harmony. The practice of breaking fast together, offering charity, and praying in congregation fosters a sense of togetherness that should continue throughout the year. Small gestures of kindness, a helping hand to a neighbor, or even a simple smile can strengthen the bonds of brotherhood and friendship.

Domestic violence and the mistreatment of women and children are also issues that need urgent attention. The teachings of Islam emphasize respect, kindness, and justice within the family. The Prophet (PBUH) set the best example in how he treated his family with love and care. He said: "The best among you are those who are best to their wives." Unfortunately, many still experience abuse and oppression within their homes. Ramzan is a time for introspection—individuals must evaluate their behavior and make efforts to cultivate a home filled with love, respect, and understanding.

Charity is a fundamental aspect of Ramzan, reminding people of their duty towards the less fortunate. Poverty

and hunger continue to affect millions, and while giving Zakat (compulsory charity) and Sadaqah (voluntary charity) helps alleviate suffering, long-term solutions such as education, job opportunities, and community development programs must also be encouraged. True generosity is not just about giving material wealth but also about giving time, knowledge, and emotional support to those in need.

Another social ill that must be addressed is dishonesty and corruption. Whether in business, government, or personal dealings, integrity is a cornerstone of Islamic teachings. Lying, cheating, and exploiting others for personal gain are strictly forbidden. The Prophet (PBUH) warned against dishonesty, stating: "The signs of a hypocrite are three: when he speaks, he lies; when he makes a promise, he breaks it; and when he is entrusted with something, he betrays that trust." Ramzan is a time to reaffirm the commitment to truthfulness, fairness, and ethical behavior in all aspects of life.

The impact of social media and technology on society is another growing concern.

While these platforms provide connectivity and information, they are often misused for spreading hatred, falsehoods, and negativity. People must be mindful of how they use their words, both online and offline, as the Quran warns: "And do not pursue that of which you have no knowledge. Indeed, the hearing, the sight, and the heart - about all those [one] will be questioned." (17:36).

Ramzan is a time to reflect on how time is spent and whether it is being used productively. Instead of engaging in gossip, arguments, or unnecessary distractions, this month encourages personal growth, seeking knowledge, and engaging in positive interactions that benefit both individuals and the community.

The spirit of Ramzan is about transformation—not just for a month but for a lifetime. It is about leaving behind harmful habits, embracing goodness, and striving to be a source of benefit to others. While fasting is an individual act of worship, its essence is deeply connected to social responsibility. When people commit to being better individuals, families become stronger, communities grow more united, and society as a whole moves towards peace and prosperity.

As the month progresses, let it serve as a reminder that every action, no matter how small, contributes to the greater good. Whether it is by helping someone in need, breaking an addiction, reconciling with a long-lost friend, or simply being more mindful of one's words and actions, the lessons of Ramzan should continue long after the fasts have ended. Let this be a time of not just spiritual renewal but also social reform, where kindness, honesty, and unity become a way of life.

Sports Enthusiasm in Baramulla: A New Era of Growth and Opportunities for Youth

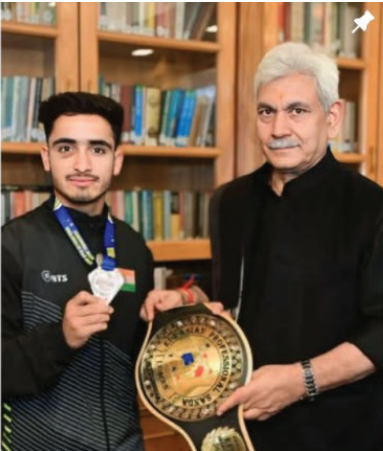
"Cricket, martial arts, football, and adventure sports are thriving, with local talent making their mark at national and international levels"



ZAHIDA PARVEEN  
Zahraparveen06@gmail.com

Baramulla, a historic district in Jammu and Kashmir, has witnessed a remarkable transformation in the field of sports in recent years. For the first time in its history, dedicated sports fields and modern equipment have been provided to the youth, igniting a newfound enthusiasm for various sports. This initiative has not only fostered a sporting culture but has also paved the way for young athletes to excel at state, national and international levels. This article explores the growth of sports in Baramulla, highlighting key developments, the rise of cricket and other sports, and the challenges that lie ahead. It also sheds light on the impact of sports on youth development and community building in the district. For decades, sports infrastructure in Baramulla remained underdeveloped, leaving aspiring athletes with limited opportunities. However, recent years have seen a remark-

able shift. The government, along with local authorities and sports organizations, has taken proactive steps to enhance sports facilities in the district. The construction of new playgrounds and the renovation of existing ones have provided much-needed space for youth to engage in various sports, including cricket, football, volleyball, and athletics. Young athletes now have access to high-quality sports gear, enabling them to practice in a professional environment. The presence of trained coaches and sports mentors has helped athletes refine their skills and prepare for competitive events. Regular sports tournaments and inter-district competitions have been organized, providing exposure to local talent and encouraging a competitive spirit among youth. The army has played a crucial role in promoting sports in Baramulla by organizing sporting events and setting up training camps. Private sponsors and NGOs have also started supporting young talent by providing financial aid and scholarships. Cricket has always been a beloved sport in Kashmir, and Baramulla is no exception. With the availability of better infrastructure, many young cricketers have emerged as promising talents. Various cricket clubs have been formed in Baramulla, nurturing young talent and offering them platforms to showcase their skills. Many Baramulla cricketers have represented Jammu



and Kashmir at different levels, proving their mettle in professional cricket. Some players from Baramulla have received opportunities to participate in prestigious cricketing leagues and have attracted the attention of national selectors. While cricket remains dominant, martial arts have also gained significant popularity in the district. One such inspiring story is that of Baramulla's 20-year-old Wushu sensation, Musharraf Qayoom, who has once again proved his mettle on the international stage. Successfully defending his European Professional Sanda (ESPL) title for the second consecutive year, Musharraf secured a commanding three-round victory over the Georgian champion, cementing his status as one of India's brightest martial arts stars. Musharraf's journey into the world of Wushu began at a young



age. Committed to rigorous training, he quickly gained a commendable reputation for his skill and determination. Over the years, he has clinched 37 gold medals in martial arts games and is a renowned national Wushu player besides being a black belt in Taekwondo. His consistent success in Wushu championships and national-level tournaments has made him a rising star in the martial arts community. Currently, he is mentoring young athletes at an academy in Baramulla, inspiring the next generation of sports enthusiasts. Beyond cricket and martial arts, other sports such as football, athletics, and adventure sports are gaining momentum in Baramulla. Several football clubs have emerged, and local leagues are being organized to identify and train young players. The establishment of synthetic

football turfs has enhanced training facilities, allowing young players to hone their skills in a professional setting. Karate, taekwondo, and other martial arts have seen a rise in participation, with many young athletes winning medals in state and national championships. The inclusion of martial arts in school curricula has encouraged students to take up the sport. Baramulla's landscape is ideal for adventure sports such as trekking, cycling, and skiing, attracting sports enthusiasts from all over the region. Winter sports, particularly skiing, have gained popularity in the region, and efforts are being made to develop professional training programs. The rise of sports in Baramulla has had a profound impact on the youth and the overall community. Sports have bridged social divides and brought people together, fostering a sense of unity among different communities. Many young athletes have found employment opportunities as professional players, coaches, or trainers. The involvement of youth in sports has contributed to a decline in substance abuse and anti-social activities. The growth of sports has led to increased business opportunities for local vendors, sports goods sellers, and event organizers. Despite the progress, several challenges remain. Many young athletes struggle to afford training and participation in major tournaments due to financial limitations.

While efforts are being made to provide coaching, the availability of trained professionals remains a concern. The harsh winters in Baramulla often limit outdoor sports activities, highlighting the need for indoor sports complexes. More efforts are needed to promote sports at the grassroots level and encourage youth participation. Female participation in sports is still relatively low, and steps need to be taken to encourage more girls to take up sports. The sports revolution in Baramulla marks a new chapter for the region's youth, offering them opportunities to excel and represent their community at higher levels. With continued support from the government, sports organizations, and the local community, Baramulla can become a hub of sporting excellence. The success stories of young athletes serve as an inspiration for the upcoming generation, proving that with the right infrastructure, training, and opportunities, Baramulla can produce national and even international-level sports stars. The journey has just begun, and the future looks promising for the young athletes who dream of making a mark in the world of sports. The need of the hour is sustained investment, greater exposure, and a collective effort from all stakeholders to nurture the immense potential that exists in Baramulla's sporting landscape.



# The Timeless Relevance Of Prophet Muhammad’s (PBUH) Life: Psychological, Social And Political Insights

FAROOQ AHMAD BAKLOO  
farooqmajeed19@gmail.com

Through his actions and policies, the Prophet Muhammad (PBUH) sought to create a society that was built on the values of justice, equality, and social responsibility—principles that continue to hold immense relevance in today’s world.

The life of Prophet Muhammad (Peace Be Upon Him) stands as an unparalleled source of wisdom, compassion, and guidance for all of humanity. His actions, teachings, and values transcend time and space, offering profound insights into how we should navigate our lives in a complex world. While his biography is often studied within religious contexts, its implications stretch far beyond the domain of faith, especially when examined through the lenses of psychology, sociology, politics, and even positive psychology. In particular, modern psychological theories like Positive Psychology’s PERMA model offer new ways of analysing how the Prophet’s life can guide personal well-being, social harmony, and ethical governance today.

This article explores the relevance of the biography of Prophet Muhammad (PBUH) through three critical lenses: psychological, sociological, and political perspectives. In doing so, it also integrates the framework of Positive Psychology, particularly the PERMA model, which includes five essential elements that contribute to human flourishing—Positive Emotion, Engagement, Relationships, Meaning, and Accomplishment. By examining how his life and teachings embody these principles, this analysis demonstrates the enduring power of the Prophet’s (PBUH) example in addressing contemporary challenges, ranging from personal well-being to societal divisions and political strife.

Psychological Perspectives: The Prophet’s (PBUH) Role in Personal Growth, Emotional Resilience, and Positive Psychology

Psychology, as a field, is constantly seeking answers to questions about mental health, personal growth, and emotional resilience. In this quest, the life of Prophet Muhammad (PBUH) offers an integrated and holistic model for emotional well-being, which aligns strikingly with modern psychological theories, especially those within Positive Psychology. The Prophet’s (PBUH) life can be examined through his teachings on self-awareness, resilience, emotional regulation, and interpersonal relationships, all of which are key aspects of psychological well-being today.

## Self-Awareness and Mindfulness

One of the foundational psychological concepts highlighted in the life of the Prophet Muhammad (PBUH) is self-awareness. This idea is fundamental in Positive Psychology, where self-reflection and mindfulness are emphasized as tools for achieving well-being. The Prophet’s (PBUH) retreat to the Cave of Hira before his prophethood represents a profound act of introspection and self-awareness. In a society driven by external social norms and pressures, the Prophet’s (PBUH) practice of solitude allowed him to reconnect with his inner self, thus enhancing his clarity of mind and spiritual direction (Al-Bukhari, Sahih al-Bukhari).

Today, self-awareness is seen as an essential aspect of emotional intelligence and mental health. It allows individuals to gain insight into their thoughts, emotions, and behaviours, thus promoting better decision-making and interpersonal relationships (Goleman, Emotional Intelligence). Mindfulness practices, which are widely recommended in modern therapeutic settings, resonate with the Prophet’s (PBUH) example, as they promote awareness of the present moment, emotional regulation, and the reduction of stress.

## Resilience and Emotional Regulation

The Prophet Muhammad’s (PBUH) life exemplifies extraordinary emotional resilience. Despite the countless hardships he endured—such as the loss of loved ones, societal rejection, and physical harm—he remained steadfast in his faith and mission. His ability to maintain inner peace and emotional balance in the face of adversity reflects what psychologists today define as resilience. Resilience is the ability to bounce back from stress and trauma, and it is one of the core pillars of positive psychology (Seligman, Flourish).

In contemporary psychology, emotional regulation is seen as the ability to manage one’s emotions, particularly in challenging situations. The Prophet (PBUH) demonstrated this in countless instances. One notable example is his response to hostility in Mecca and his measured, non-violent response to those who persecuted him. When he encountered hostility from the people of Ta’if, who threw stones at him and rejected his message, the Prophet (PBUH) responded not with anger or bitterness, but with prayer for their guidance, saying, “O Allah, guide my people, for they do not know.” (Ibn Hisham, Sirat al-Nabi). This emotional self-regulation and capacity for forgiveness are qualities that modern



psychology highly values for personal growth and conflict resolution.

## Engagement and Flow

Positive Psychology emphasizes the concept of flow, which refers to the deep sense of immersion and engagement in an activity that leads to a fulfilling experience. The Prophet Muhammad’s (PBUH) devotion to prayer (Salah) and his continuous engagement with his community demonstrate a sense of flow that is central to a meaningful life. His interactions, whether in the form of teaching, leading prayers, or engaging with his companions, were not only acts of service but also moments of deep engagement, aligning with the psychological principles of immersion and purpose-driven action.

In contemporary psychological practice, finding flow is essential for mental health. It is closely related to the concept of “engagement,” a core element of the PERMA model in Positive Psychology, which involves being fully involved in activities that bring joy, satisfaction, and meaning. Prophet Muhammad’s (PBUH) life exemplifies the integration of work and worship, offering a balanced approach where every action, no matter how mundane, is an opportunity to experience meaning and personal growth.

## Relationships and Compassion

The Prophet Muhammad’s (PBUH) relationships—both with his companions and with the broader community—highlight the importance of compassion, empathy, and mutual support. His life provides a model of positive relationships, which are a central pillar of Positive Psychology’s PERMA model. The Prophet’s interactions with others were grounded in kindness, respect, and understanding.

He encouraged strong, supportive family units and emphasized the importance of looking out for the welfare of others. The bond he shared with his wives, especially Khadijah (RA), his first wife, who was a successful

businesswoman, and his interactions with his companions such as Abu Bakr (RA) and Ali (RA), exemplify the principles of healthy, nurturing relationships.

Psychologically, relationships are considered one of the most important factors contributing to human well-being. Social support networks provide a buffer against stress and are essential for both physical and mental health. The Prophet Muhammad’s (PBUH) emphasis on community building, cooperation, and brotherhood underscores the importance of human connection and solidarity in achieving happiness and emotional well-being. His encouragement to “Love for others what you love for yourself” (Sahih Muslim) remains a powerful tool for cultivating empathy and reducing interpersonal conflicts, promoting a positive emotional climate.

## Meaning and Purpose in Life

Meaning is a central component of the PERMA model in Positive Psychology, and Prophet Muhammad’s (PBUH) life provides a profound understanding of life’s deeper purpose. He lived his life with a clear sense of purpose: to convey God’s message, promote justice, and ensure the well-being of humanity. His life was not driven by personal gain or fleeting pleasure but by the long-term goal of spiritual and moral betterment. This clarity of purpose is one of the core elements that modern psychology considers essential for human flourishing (Seligman, Flourish).

The Prophet’s (PBUH) ability to transform personal and societal hardship into an opportunity for spiritual and moral growth provides a model for finding meaning in suffering and challenges. For example, his patience during the years of persecution in Mecca and his perseverance in the face of adversity reflect a profound understanding of suffering as a catalyst for personal growth and collective purpose. His life encourages individuals to find meaning in their own struggles and to use

hardship as an opportunity for spiritual and psychological development.

## Sociological Perspectives: A Model for Social Justice, Equality, and Community

The Prophet Muhammad’s (PBUH) life was a blueprint for establishing a just, equitable, and inclusive society. His teachings and leadership strategies offer vital insights for addressing contemporary sociological challenges, such as inequality, social injustice, and the breakdown of community structures. Through his actions and policies, the Prophet Muhammad (PBUH) sought to create a society that was built on the values of justice, equality, and social responsibility—principles that continue to hold immense relevance in today’s world.

## Social Justice and Equality

Prophet Muhammad’s stance on social justice was revolutionary for his time, particularly in a society entrenched in tribalism, racism, and the oppression of marginalized groups. His declaration that “An Arab has no superiority over a non-Arab, and a non-Arab has no superiority over an Arab” (Sahih Muslim) challenged deeply held notions of racial and ethnic superiority. His advocacy for the rights of women, orphans, and slaves further advanced the cause of social justice, which is a foundational principle of modern sociological thought.

In a contemporary context, where racism, gender discrimination, and social exclusion continue to be prevalent in many parts of the world, the Prophet’s (PBUH) teachings provide a powerful antidote to these societal issues. His life was characterized by a commitment to ensuring that all people, regardless of their background, were treated with dignity and respect. For instance, the Prophet’s (PBUH) freeing of Bilal (RA), an African slave, who became one of his closest companions and the first muezzin of Islam, symbolizes the breaking of racial and social barriers (Al-Bukhari, Sahih al-Bukhari). His teachings promote the value of every human being,

regardless of their social or economic status.

## Community and Cooperation

The Prophet Muhammad’s (PBUH) efforts to build a cohesive, supportive community were central to his mission. He established a strong sense of brotherhood among his companions, which helped to forge a unified and resilient community. The Constitution of Madinah, which he drafted to govern the newly established Islamic state, is a remarkable example of how he integrated diverse ethnic and religious groups into a single, harmonious society. The principles of mutual respect, shared responsibility, and collective welfare laid down in this document are relevant today in fostering social harmony in multicultural societies (Ibn Ishaq, Sirat Rasul Allah).

In the modern context, where societies are increasingly divided along ethnic, religious, and political lines, the Prophet’s (PBUH) example of fostering cooperation and unity among diverse groups offers an invaluable model for promoting social cohesion. His leadership was inclusive, valuing the contributions of all members of society, regardless of their background or beliefs. His example of resolving conflicts through dialogue, compromise, and mutual respect continues to provide a blueprint for peaceful coexistence in today’s fractured world.

## Political Perspectives: Ethical Leadership, Governance, and Justice

The political thought embodied in the life of Prophet Muhammad (PBUH) is a crucial source of inspiration for ethical leadership and governance today. His approach to statecraft, law, and justice provides an insightful framework for political leaders striving to serve their people with integrity and fairness.

## Ethical Leadership

The Prophet Muhammad’s (PBUH) leadership was marked by humility, accountability, and service to others. He viewed himself as a servant of the people rather than as a ruler above them, a concept encapsulated in his saying: “The leader of a people is their servant.” (Sahih al-Bukhari). This servant-leader model contrasts sharply with contemporary authoritarian and self-serving political figures. The Prophet’s (PBUH) example provides a clear guide for modern leaders who wish to govern ethically and in the best interests of their people.

The Prophet’s (PBUH) leadership was also characterized by transparency, justice, and impartiality. He upheld the rule of law and ensured that justice was applied fairly,

even if it involved his family members. His famous statement, “If my own daughter were to steal, I would cut off her hand” (Sahih al-Bukhari) demonstrates his unwavering commitment to the principle of justice for all, regardless of status or position. This commitment to justice is a central tenet of good governance in both Islamic and secular political thought.

## Governance and Social Welfare

Prophet Muhammad’s (PBUH) state-building efforts were also focused on ensuring the welfare of his people. He established systems of wealth redistribution, such as zakat (charity), to address poverty and inequality, and he set up public endowments (waqf) for the provision of services to the community. These systems not only addressed immediate social needs but also contributed to the long-term stability and prosperity of the state.

In today’s context, where economic inequality and poverty continue to plague many societies, the Prophet’s (PBUH) governance model offers a powerful template for building inclusive and sustainable economies. His emphasis on economic justice and social welfare aligns with contemporary debates on universal health care, wealth redistribution, and the role of the state in ensuring the well-being of its citizens.

## Conclusion

The biography of Prophet Muhammad (PBUH) offers timeless lessons in psychology, sociology, and politics. His life is a model of personal resilience, emotional regulation, social justice, and ethical governance, all of which are highly relevant to the contemporary world. By examining his life through the lens of Positive Psychology’s PERMA model, it becomes clear that the Prophet’s (PBUH) teachings and practices embody the key principles of well-being: positive emotion, engagement, relationships, meaning, and accomplishment.

In an age marked by psychological distress, social fragmentation, and political instability, the example of Prophet Muhammad (PBUH) offers a pathway to personal flourishing, social harmony, and ethical leadership. His life provides a comprehensive framework for navigating the complexities of the modern world, offering practical and spiritual guidance for individuals and societies alike. By reflecting on his teachings and applying them to contemporary challenges, humanity can find solutions to the pressing issues of our time and build a more just, compassionate, and thriving world.

## Importance of morning assembly in schools



SAHIL MANZOOR  
sahilmanzoorbhati786@gmail.com

Education is the key to success and opens various doors for educated youth. Acquiring education is our fundamental right, and the governments of various states and union territories in our country have launched various beneficial schemes for the downtrodden

class.

In fact, the government provides education to all age groups, from three years old to higher studies like doctorate degrees, opening opportunities for those who are willing to go for research.

Education has an immense and vast field for the learners in different aspects, like providing great opportunities to become what they want. As in our nation there are a number of prestigious posts like IAS, IPS, defence, etc., youths are getting motivated through various channels and trying their luck for their future dreams.

But we have to keep in mind that we don’t need to get involved in

studying books and other relevant material for 24 hours. We need concentration; concentration is very important for acquiring a lot of knowledge in a short amount of time.

Studying for 6 hours daily with utter concentration can lead you towards your dreams and keep you relaxed. Life is countable, and we have to live it with great passion, set dreams for your family and nation, and hope for the best. While choosing your goal, always consult your elders and get counselling from the well-known and experienced ones.

In this article, I am going to explore the importance of morning assembly in educational institutes. Morning assembly is one of the most

important and plays a great role in bringing out the talent of our blooming buds and providing a platform where they perform what they accumulate.

Morning assemblies are set up to keep the physique of the student and nourish them by involving them in various activities. In educational institutes, morning assembly is crucial for the overall development of the child, as they get a chance to introduce their hidden potential, which helps teachers identify their skills and engage them.

Importance of morning assembly in educational institutes:

Covering all the students of all age groups, where they get a chance to

introduce what type of talent they have.

Helps teachers and students both to interact on different issues on a daily basis.

Important knowledge can be spread in a very short span of time among all the learners and provide them with a chance to get updated on what is happening around the corners of the world.

Moral knowledge, general knowledge, debates on various current issues, cultural shows, comedy shows, and various interesting activities are being done during the morning assemblies, and most of the students are taking part with full enthusiasm and zeal in their educa-

tional institutes.

Morning Prayer is an important part of morning assembly. All the students of different age groups loudly praise the almighty and wish for his blessing.

During morning assembly, all the teachers and students get involved in their tasks and take part dynamically.

Exercises: Exercises are very important for our physical fitness. During morning assembly, a number of exercises are done by the students, which keeps them fit and healthy throughout the day.

At the end, the hygiene of the students is checked by their teachers, who let them know about the cleanliness of students.



# 11 Decentralized Waste Water Treatment Systems proposed in Jammu Division: Javid Rana

## Rs 571.38 cr DPR for strengthening of Ravi Canal, distributaries submitted to CWC

### HT News Network

Jammu, March 12: Minister for Jal Shakti, Javed Ahmad Rana, today informed the House that several measures are being taken up to address the pollution and other environmental concerns affecting the Chenab and Ravi rivers in Jammu region.

The Minister was replying to a question raised by Davinder Kumar Manyal in the Legislative Assembly.

The Minister informed that 11 Decentralized Waste Water Treatment Systems (DEWATS) have been

proposed for various districts of Jammu Division through Rural Development Department to tackle river pollution caused by grey water discharge from the households.

He stated that, of these, 04 works have already been commenced and these systems are specifically designed to effectively mitigate pollution concerns and improve the environmental health of rivers in the region.

The Minister informed that a DPR for "Improvement and Strengthening of Main Ravi Canal and its distribution network" amounting Rs. 571.83 crore has been framed for



better management of irrigation and water resources in Ramgarh Constituency, which also includes the canal network of Ramgarh Constituency. The said DPR stands submitted to CWC for appraisal.

He also provided details about the steps being taken up for improvement/rejuvenation of canals (Jammu Chenab) in the Ramgarh Constituency. He informed that the stretch of D-9 canal from RD 32000 m to 36600 m falls under the territorial jurisdiction of Ramgarh Constituency.

He said that the stretch of 4.50 Km cater to 1259 acre of land for Irriga-

tion and the overall condition of the canal is good, however, the stretch of about 1 Km at spots requires improvement and same shall be part of the project shelf of UT Capex 2025-26.

The Minister said that timeline for the project "Improvement of Ravi Canal and its distributaries" shall be two years from the date of sanction of the project. After implementation of the project, a potential of 8861 Ha shall be increased in Ramgarh Constituency. Further, other improvement works are being executed under UT Capex Budget as per availability of funds, he added.

## Up-gradation of roads taken up as per traffic volume increase, pavement distress: Dy CM

### HT News Network

Jammu, MARCH 12: Deputy Chief Minister, Surinder Choudhary, today informed the House that the up-gradation of roads is being taken up in accordance with the increase in traffic volume and pavement distress, if noticed.

The Deputy Chief Minister was replying to a question raised by Thakur Randhir Singh in the Legislative Assembly.

He said that the PW(R&B) Department has mandate to construct various categories of roads vis, state roads, major district roads, other district roads and village roads. He informed that the PWD is also constructing National Highways entrusted by MoRTH. He said that the each category of the road is designed keeping in view the strength of the sub base strata and traffic volume projected for the future ten years, and accordingly have different load bearing capacities. "Upgradation of each category of road is being taken into consideration when the traffic volume increases and pavement distress is noticed or there is requirement for improvement of geometrics subject to availability of resources", maintained the Deputy Chief Minister.

## IUST Hosts Philosophers Meet

### HT News Network



Awantipora, March 12: The Islamic University of Science and Technology (IUST) organized a Philosophers Meet on the theme "The Present and Future of Philosophy," bringing together scholars and academicians to deliberate on philosophy's evolving role in contemporary society. The program was organized by the Department of Philosophy, during the inaugural session, Prof. Ayaz Hassan Moon, Dean Academic Affairs, IUST, highlighted the Department of Philosophy's potential to address modern challenges. Prof. Abdul Wahid Makhdoomi, Registrar, IUST, emphasized the interdisciplinary impact of philosophy, while Prof. Afroz Ahmad Bissati, Dean, School of Humanities and Social Sciences, IUST, discussed the role of Islamic philosophy in shaping intellectual thought.

Prof. Humayun Rashid, Professor of Practice at IUST chairing session on The Argument and Action of Philosophy, explored philosophy's role in environmental sustainability, governance, and ethics, urging critical analysis of societal challenges. In the session on Outreach: What Is to Be Done? Dr. Ruheela Hassan emphasized extending philosophy beyond classrooms and conferences to enhance awareness and engagement.

The event witnessed active participation from faculty members, heads of departments, and representatives from various institutions, including Prof. Tabasum (Principal, GDC Beerwah), Dr. Jaleel Ehsan (HoD GDC Boys Sopore), Dr. Saliha Shah (GDC Women Baramulla), Dr. Mudasir (GDC Women Kupwara), Dr. Mudasir Tantray (AAAM Degree College Bemina), Mr. Zahid Nabi (GDC Shopian), Mr. Fariz Gulzar (GDC Women Anantnag), and Mr. M. Iqbal (SP Higher Secondary School Srinagar). The program was coordinated by Dr. Muzaaffar Ali, Coordinator, Department of Philosophy, IUST.

## Govt identifies 5000 kanal land for establishment of Industrial estates in Kashmir: Dy CM

### Intends for 9661 kanal land submitted to Revenue deptt in Jammu

### HT News Network

JAMMU MARCH 12: Deputy Chief Minister, Surinder Choudhary, today informed the House that about 5000 kanal of land has been identified for establishment of industrial estates in different districts of Kashmir division while intends for 9661 kanal of land has been submitted to the Revenue department in Jammu division.

The Deputy Chief Minister was replying to a question raised by Rajiv Jasrotia in the Legislative Assembly. He said that the intends of 14956.15 kanal land have been placed for establishment of Industrial estates in different districts of Jammu division while 5532.19 kanal land has been transferred during the past two years in Kashmir.

The Deputy Chief Minister said that focus sectors for Jammu and Kashmir Industrial Policy 2021-30



included Manufacturing, IT and ITes, Agriculture and Food Processing, Healthcare and Pharmaceuticals, Infrastructure and Real Estate, Skill Development, Tourism and Hospitality, Film Tourism, Horticulture and Post-Harvest Management, Renewable Energy, Handloom and Handicrafts and Agriculture.

He said that package of incentives, including up to 100 per cent subsidy components, turnover incentives, entrepreneurship and skill development fund, ease of doing busi-

ness, investment promotion agency for promotion of investment and exports besides establishing industrial grievance forum are among various salient features of Jammu and Kashmir Industrial Policy 2021-30.

The Deputy Chief Minister said that several important reforms and measures are being implemented by the departments like Health & Drug Controller, Agriculture, Pollution Control Board, Public Health Engineering, Labour, Forest, Power Development Department, Fire, High

Courts, Housing & Urban Development, Industries and Commerce to ensure a smoother regulatory ecosystem. These reforms are being taken up in areas like labour, property registration, single window clearance system and central inspection framework under District level BRAP. "Various policy initiatives are being taken up by Jammu and Kashmir government to boost the industry sector and making it as investor friendly destination. These included New Central Sector Scheme, 2021, J&K Industrial Policy 2021-30, J&K Industrial Land Allotment Policy, J&K Private Industrial Estate Development Policy, Policy for Promotion of Foreign Investment in Industrial Sector in J&K 2022, J&K Single Window Rules 2021, Turnover Incentive Scheme 2021, J&K Wool Processing, Handloom and Handicraft Policy 2020, Financial Support Scheme for Cooperatives/Self Help Groups.

## PUBLIC NOTICE

This is certify that i am sakeena bano D/o Showkat Ahmad malik . My father's name is incorrect in records . Actually my father's name is Showkat hussain malik . If any body has any objection regarding this . They will contact tehsil office magam within the period of seven days . After completion of said , No objection will be accepted.

Showkat Hussain Malik  
D/o : Sakeena bano  
R/o : Sephora magam

## PUBLIC NOTICE

This is certify that i am Mehak zehra D/o Showkat Ahmad malik . My father's name is incorrect in records . Actually my father's name is Showkat hussain malik . If any body has any objection regarding this . They will contact tehsil office magam within the period of seven days . After completion of said , No objection will be accepted.

Showkat Hussain Malik  
F/o : Mehak zehra  
R/o : Sephora magam

## PUBLIC NOTICE

This is certify that i am sania Muzaffar D/o Muzaffar Hussain mir . My father's name is incorrect in records . Actually my father's name is Muzaffar Ali mir . If any body has any objection regarding this . They will contact tehsil office magam within the period of seven days . After completion of said , No objection will be accepted.

Muzaffar Ali mir  
F/o : Sania Muzaffar  
R/o : Chayara guné

## GOVERNMENT OF JAMMU & KASHMIR OFFICE OF THE EXECUTIVE ENGINEER PW(R&B) DIVISION BEMINA SRINAGAR.

Subject:- Repair/ Renovation works of Sanat Ghar Bemina Part (B).

Reference:- This Office NIT No.72/EE/R&B/BM/CS/ of 2024-25 DATED: 19.02.2025 issued under endorsement No.: 10430-38 dated: 19.02.2025.

## CORRIGENDUM

Please read condition no. 17.1 (g) as MOU with the Electric and Mechanical works contractor(s) with relevant experience certificate in the Electrical and Mechanical works respectively of similar nature as per standard experience terms of JKPWD certifying that the said Mechanical/Electrical Contractor (s) have executed similar works for atleast a minimum amount equal to the scope of work in this tender OR the bidder shall submit proof of execution of similar composite works as per BOQ, with minimum executed value matching the scope of mechanical/ electrical items in this tender, Wherever applicable.

Instead of MOU with the Electric and Mechanical works contractor(s) with relevant experience certificate in the Electrical and Mechanical works respectively of similar nature as per standard experience terms of JKPWD certifying that the said Mechanical/Electrical Contractor (s) have executed similar works for atleast a minimum amount equal to the scope of work in this tender.

The other terms and conditions of the said NIT and BOQ shall remain unaltered.

DIPK-12921/24  
Date: 12 March, 2025

Sd/  
Executive Engineer,  
R&B Division Bemina  
Srinagar.

## JKRTC operating bus services in Kathua: Javed Dar

### HT News Network

JAMMU, MARCH 12: The Government today informed the House that the Jammu and Kashmir Road Transport Corporation (JKRTC) is currently operating bus services in Kathua district. Responding to a question raised by Bharat Bhushan, Minister for RDD, Javed Ahmad Dar, while replying on behalf of Minister for Transport, Satish Sharma, stated that JKRTC is presently running two bus routes in the district including Jammu to Machedi Lohai and Jammu to Bani Lowang.

### GOVERNMENT OF JAMMU & KASHMIR OFFICE OF THE TEHSILDAR KREERI (Executive Magistrate 1st Class)

Subject: Issuance of Registration Orders in respect of delayed Birth/Death certificate.

### PUBLIC NOTICE

The Registrar Births and Deaths (Block Development Officer Wagoora)/ chokedar has submitted case file pertaining to Birth of MOHAMMAD AZAAN DAR & ABUBAKAR DAR S/O MOHAMMAD RAFIQ DAR R/O ATHOORA RESHIPOAR Tehsil KREERI Distt. Baramulla having verified the date of Birth as 15/02 /2021 & 29/12/2022 and event has been shown to be occurred at SDH KREERI for issuance of delay order .In this connection . if anyone have any objection to the issuance of delay order of Birth certificate shall present his/her claim this office within 07 days, after that no objection shall be entertained.

Executive Magistrate  
1st Class KREERI

### GOVERNMENT OF JAMMU & KASHMIR OFFICE OF THE TEHSILDAR BARAMULLA (Executive Magistrate 1st Class)

Subject: Issuance of Registration Orders in respect of delayed Birth/Death certificate.

### PUBLIC NOTICE

The Registrar Births and Deaths (EXECUTIVE OFFICER MUNICIPAL COUNCIL BARAMULLA (MCBLA) ) has submitted case file pertaining to Birth of USMAN WASEEM S/O WASEEM AHMAD BHAT R/O SHEERINABAD SHEERI Tehsil BARAMULLA Distt. Baramulla with verified the date of Birth, as 12/09/2022 and event has been to be occurred at Home .In this connection . if anyone have any objection to the issuance of said registration shall present his/her claim this office within 07 days, after that no objection shall be entertained

Executive Magistrate  
1st Class BARAMULLA

## Budget Session 2025 Sakeena Itoo tables Demand for Grants in Legislative Assembly

### HT News Network

JAMMU, MARCH 12: Minister for Health and Medical Education, Social Welfare and Education, Sakeena Itoo, today tabled the Demand for Grants before the House.

The Demands included sum not exceeding 1201489.52 lakh for School Education Department, sum not exceeding 881370.63 lakh for Health and Medical Education department, sum not exceeding 450428.15 lakh for Social Welfare Department and sum not exceeding 219340.00 lakh for Higher Education Department.

Legislators, Dr. Shafi Ahmad Wani, Pyare Lal Sharma, Devender Kumar Manyal, Irshad Rasool Kar, Mir Mohammad Fayaz, Mushtaq Ahmad Guroo, Mohammad Yousuf Tarigami, Surinder Kumar, Peerzada Feroze Ahmad, Choudhary Mohammad Akram, Dilip Singh Parihar, Er. Khursheed Ahmad, Iftikhar Ahmed, Bharat Bhushan, Shamima Firdous, Aijaz Jan, Dr. Narinder Singh and Mehraj Malik spoke during the discussion on demand for grants and raised issues with respect to these Departments and their respective constituencies.

### GOVERNMENT OF JAMMU & KASHMIR OFFICE OF THE TEHSILDAR KREERI (Executive Magistrate 1st Class)

Subject: Issuance of Registration Orders in respect of delayed Birth/Death certificate.

### PUBLIC NOTICE

The Registrar Births and Deaths (Block Development Officer Wagoora)/ chokedar has submitted case file pertaining to Birth of MOHAMMAD AMMAN S/O TARIQ AHMAD KHAN R/O THINDIMA Tehsil KREERI Distt. Baramulla having verified the date of Birth as 07/04/2020 and event has been shown to be occurred at SDH KREERI for issuance of delay order .In this connection . if anyone have any objection to the issuance of delay order of Birth certificate shall present his/her claim this office within 07 days, after that no objection shall be entertained

Executive Magistrate  
1st Class KREERI



# SKUAST-K Leads the Way in Sustainable Agriculture with Master Trainer Program on Natural Farming

■ [DR.AB QAYOOM](#)

Srinagar,Mar,12: Sher-e-Kashmir University of Agricultural Sciences and Technology of Kashmir (SKUAST-K) kick-started a three-day Master Trainer Training Program on Natural Farming, as part of the National Mission on Natural Farming (NMNF) in Jammu and Kashmir. The program, organized by the Directorate of Extension in collaboration with the National Institute of Agricultural Extension Management (MANAGE), Hyderabad, was inaugurated at the Vice-Chancellor's Conference Hall, Shalimar. Hon'ble Vice-Chancellor of SKUAST-

K, Prof. Nazir Ahmad Ganai, graced the occasion as the Chief Guest. Addressing the gathering, he emphasized the significance of natural farming as a key solution to climate change and soil health restoration. He highlighted that SKUAST-K has envisioned a "School of One Health," wherein natural farming will play a crucial role in ensuring environmental and human well-being. Prof. Ganai further underscored the importance of impact-based studies and the establishment of a sustainable value chain, including farmer organizations, bio-input centers, product certification, and market linkages. The event was attended by prominent officials,



including Director Agriculture and Farmers' Welfare Kashmir, Mr. Mohd Alyas Khateeb (also Mission Director, NMNF, J&K), Director Extension Prof. Raihana Habib Kanth, Director

Research Prof. Haroon R. Naik, Director (P&M) Prof. Shabir Ahmad Wani, and Dean Faculty of Horticulture Prof. Neelofar Bandy, among others. Dr. Mandar H. Geete, a national expert

on natural farming from MANAGE, Hyderabad, provided valuable insights into the implementation and benefits of the initiative. Speaking on the occasion, Director Extension Prof. Raihana Habib Kanth stressed that the program aligns with the Government of India's flagship mission to transition from conventional to sustainable farming practices. She highlighted that the training aims to equip 40 master trainers who will further train 306 Krishi Sakhis at district and block levels across 15 districts of J&K. Prof. Haroon R. Naik elaborated on India's commitment to reducing atmospheric CO<sub>2</sub> levels under the Kyoto Protocol and Paris Agreement,

stating that natural farming plays a vital role in achieving these goals. He called for the development of standardized natural farming practices for wider adoption by the farming community. Sheikh Imran, Nodal Officer, NMNF, J&K, provided a detailed overview of the initiative, stating that it will cover 153 clusters across 15 districts, with 15 Krishi Vigyan Kendras (KVKs) actively involved. The program marks a significant step in promoting sustainable agricultural practices in Jammu and Kashmir, aiming to enhance soil health, boost farmer productivity, and contribute to environmental conservation.

## Distt admin Kulgam holds day-long workshop on Disaster Management

■ [Farooq Rather](#)

KULGAM, MARCH 12: District Administration Kulgam in collaboration with District Disaster Management Authority (DDMA) today organized a one day workshop on Disaster Management. The workshop was presided over by the Additional Deputy Commissioner (ADC) Kulgam, Viqar Ahmed Giri, who is the Chief Executive Officer DDMA Kulgam. ASP Kulgam, Tanveer Ahmad; ACR Mushtaq Lone; all Tehsildars, Ex. Engineers of different wings, besides District/Sectoral Officers, Senior Officers from CRPF, Fire & Emergency and other stakeholders attended the workshop. Speaking on the occasion, CEO DDMA said that the aim of organizing the workshop is to know how to pool and utilize the resources from different agencies and stakeholders to tackle different kinds of disasters in the district. He said that the administration faces different adversities including flash floods, earthquake, cloud bursts, fire,



snow avalanche, etc which need coordinated and immediate effort to tackle the situation. ADC emphasized the importance of coordinated efforts among departments, volunteers, and individuals to minimize losses from unpredictable and unavoidable disasters. ASP Kulgam Tanveer Ahmad while speaking on the occasion emphasized the need for collaborative efforts from different agencies to strengthen the efforts for disaster management in the district. He said communication chan-

nels like control rooms and coordination of different departments are essential during disasters. Earlier, consultant DDMA Kulgam presented a departmental plan through a powerpoint presentation for dealing with the untoward circumstances. Later, the officials and volunteers from Aapda Mitra, provided materials like pamphlets, detailed awareness and demonstrations about various techniques to be followed while taking rescue and rehabilitation operations during disasters.

## DC Budgam visits Vasuki Nag temple site, reviews progress of revival, restoration work

■ [HT News Network](#)

BUDGAM, MARCH 12: Deputy Commissioner (DC) Budgam, Akshay Labroo today visited the ancient Vasuki Nag temple site at Wagam Chadoora to inspect the ongoing restoration and revival work.

The project, which aims to preserve the historical and heritage based significance of the temple, is progressing steadily, with work progressing at a fast pace.

During the visit, the DC assessed the progress of various components of the project, including boundary walling and chain link fencing, which is nearing completion. The steel mesh roofing and granite work for the temple are also in progress.

Additionally, the hall at the site has reached the slab level, while work on the sanitary complex, which includes the construction of three toilet units and a disposal system, is currently underway, with the brickwork of the superstructure in progress.

DC expressed satisfaction with the



pace of work and emphasized the need for timely completion.

He also interacted with officials and site engineers, directing them to expedite the remaining work.

DC said the revival of the Vasuki Nag Temple is expected to enhance cultural heritage & tourism in the region and provide better facilities for devotees.

On the occasion, he also met local delegations from Wagam Chadoora and listened to them and assured them that their genuine demands

will be taken up.

During the inspection, the DC was accompanied by CPO Budgam, SDM Chadoora, Executive Engineer REW, PMJSY, R&B, Tehsildar Chadoora and other concerned officers. He also interacted with officials and site engineers, directing them to expedite the remaining work.

DC said the revival of the Vasuki Nag Temple is expected to enhance cultural heritage & tourism in the region and provide better facilities for devotees.

## Police Organizes Debate Competition on 'Nasha Mukht Bharat Abhiyan' In Handwara

■ [HT News Network](#)

Handwara March 12: In a concerted effort to raise awareness about the dangers of drug abuse and its impact on society, Police in Handwara organized a debate competition on the theme "Nasha Mukht Bharat Abhiyan" at Government Boys Higher Secondary School, Handwara.

The event witnessed enthusiastic participation from students, who eloquently expressed their views on the growing menace of drug addiction, its adverse effects on youth, and the collective responsibility of society in eradicating this threat. The speakers emphasized the significance of education, parental guidance, and stringent law enforcement in achieving a drug-free India.

Senior police officers, school faculty, and distinguished guests attended the event, commending the students for their thought-provoking speeches. The best performers were honoured with certificates and trophies as a mark of appreciation for their efforts.

Addressing the gathering, a senior police officer reaffirmed Police's commitment to combating drug abuse and urged the youth to actively contribute to spreading awareness. He assured that such initiatives would continue to be organized to educate and empower young minds against substance abuse.

## Police Organizes Medical Health Camp in Budgam

■ [HT News Network](#)

Budgam March 12: As part of the Civic Action Programme (CAP) 2024-25, Police in Budgam organized a Medical Camp on substance abuse at Government Higher Secondary School, Surasyar, Chadoora. The camp provided free medical consultations and medicines to around 200 residents.

The camp was inaugurated by Inspector Muzamil Ahmad, along with other officers from Budgam Police. A medical team, led by Dr. Aijaz Suhaf, a psychiatrist from SMHS Srinagar, and supported by Miss Insha, In-Charge of the Drug De-Addiction Centre DPL Budgam, along with paramedical staff, examined patients from remote areas. Free medicines were distributed based on diagnoses.

The medical team emphasized the importance of physical and mental well-being, hygiene, and preventive healthcare. They also urged the youth to avoid drug abuse.

This initiative highlights Police's commitment in improving healthcare accessibility in the district.

## DC Ganderbal assesses Aadhaar Saturation in DLAMC meeting

■ [HT News Network](#)

GANDERBAL, MARCH 12: Deputy Commissioner (DC) Ganderbal, Jatin Kishore, today chaired a meeting of the District Level Aadhaar Monitoring Committee (DLAMC) to assess the progress of Aadhaar enrolment and Aadhaar seeding of beneficiaries across the district. During the meeting, the DC reviewed the status of Aadhaar Centers and was informed that 31 centers are currently operational out of the total 57. He directed the concerned departments to expedite the activation of all Aadhaar centers under their jurisdiction and emphasized the need for 100% Aadhaar coverage through efficient mobilization of enrollment



staff. The meeting also deliberated on key focus areas such as document updates and mandatory biometric updates in Aadhaar. The DC instructed stakeholders to actively encourage parents to enroll children below five years and ensure timely biometric updates after the age milestones of 5 and 15 years. To facilitate Aadhaar saturation in schools, the Chief Education

Officer (CEO) was directed to organize special enrollment camps. Furthermore, the Programme Officer (Poshan Abhiyaan) and the CEO were tasked with submitting a detailed list of pending enrollments and developing a comprehensive action plan to bridge existing gaps. Stakeholder departments were urged to launch a mission-mode enrollment drive to ensure complete Aadhaar coverage across the district. To strengthen Aadhaar-linked birth registration, the Executive Officer (EO) Municipality was instructed to ensure birth certificates are issued at the time of birth in hospitals. Additionally, the Health Department was directed to prioritize Aadhaar-linked birth registration to achieve universal coverage from the earliest stage.

## CUKashmir organises eye screening camp

■ [HT News Network](#)

Ganderbal, Mar 12: Under the theme "Uniting for a Glaucoma free world", the Health Centre and Directorate of Students Welfare (DSW), Central University of Kashmir (CUKashmir) in collaboration with Kashmir Eye Hospital, Nowgam organised a one-day eye screening camp for faculty, students, staff at varsity's Green Campus here Wednesday. Inaugurating the camp, Registrar, Prof. M Afzal Zargar, said, "the initiative highlights the importance of early detection and timely intervention in preventing vision loss due to glaucoma." Describing vision as the most precious senses, enabling individuals to perceive and engage with the world around them, Prof. Zargar said, vision-related disorders, particularly glaucoma, continue to pose a significant challenge

to eye health worldwide. He asked the Health Centre and DSW to organise more health camps for the students in near future. As many as 200 faculty members, administrative staff and students participated in the camp. Dean DSW, Prof. Irfan Aalam, said the objective of the camp was to identify individuals at risk or in the early stages of glaucoma and other eye disorders. "Awareness campaigns like this eye screening camp help debunk myths about eye diseases and emphasize the importance of routine check-ups." Medical Officer, Dr. Sheeba said, Glaucoma, often referred to as the "silent thief of sight," is an eye condition that causes irreversible damage to the optic nerve, often without noticeable symptoms until significant vision loss occurs. "Given the growing concern about eye health, organizing an eye screening camp becomes a crucial step.

# Noted filmmaker Kapil Mattoo interacts with IUST's media student, faculty

■ [HT News Network](#)

Awantipora, March 12: The Department of Journalism and Mass Communication (DJMC), Islamic University of Science and Technology (IUST), organised an interaction session with popular filmmaker and producer, Kapil Mattoo, on Wednesday. The session highlighted the intersection of fiction and non-fiction. During the interaction with students and faculty of DJMC, Mattoo underscored the strong connection between journalism and cinema, emphasising their role in storytelling, community building and authentic representation. "I believe it is our responsibility to tell stories and bring them to the screen," he stated. Encouraging students to explore story-



telling through cinema, Mattoo highlighted how journalists, with their strong narrative skills and investigative expertise, hold a unique advantage in filmmaking. He noted that several renowned journalists have successfully transitioned

into filmmaking, further reinforcing the deep connection between the two fields. Discussing industry challenges, including diminishing collaboration among actors, writers and production houses, Mattoo stressed the need to rebuild a

thriving creative ecosystem. "We must bridge this cultural disconnect, and it is our responsibility to invest in skill-building and foster a more collaborative creative space," he remarked. Mattoo also provided insights into the evolving cinema and media landscape, highlighting opportunities for aspiring filmmakers and journalists. He shared experiences from his own journey in the industry, reflecting on the challenges he faced and the lessons that shaped his career. The session commenced with a welcome address by Head, DJMC, Dr. Rabia Noor, and concluded with a vote of thanks by Assistant Professor, Dr. Heeba Din. Other faculty members of DJMC who joined the session included Dr. Ruheela Hassan, Dr. Mujeeb Liyakat, Dr. Sayar Ahmad.



## DC Gbl reviews implementation of 'Revival, Restoration, Preservation & Maintenance of Architecture and Heritage' scheme

■ HT News Network

GANDERBAL, MARCH: Deputy Commissioner (DC) Ganderbal, Jatin Kishore today chaired a meeting to discuss implementation of 'Revival Restoration, Preservation and Maintenance of Architecture and Heritage' scheme in the district.

At the outset, DC was briefed about the progress achieved so far under the scheme wherein it was revealed that the project Prayag Raj Temple is under revival at present and project report formulation of other identified sites has been submitted to Director, Archives, Archaeology and Museum.

The DC directed the concerned to identify more historical sites which need revival/restoration in the district which could be taken up with the Director Archives, Archeology and Museum, Kashmir for approval under the scheme.



While reviewing the progress under the scheme, the Superintending Engineer, PWD(R&B) informed that 85 percent work is completed on Prayag Raj Temple at Narayan bagh Shadipora besides Administrative approval has been accorded for an amount of Rs 507 lakh for historic Jamia Masjid, Haman and allied works at Malshahibagh under the scheme.

Furthermore, the DC directed Superintending Engineer, PWD(R&B),

Ganderbal to submit the DPR of remaining sites as per heritage norms in consultation with Archives, archeology and museum Department.

The meeting was attended by Additional Deputy Commissioner, Gulzar Ahmad, Chief Planning Officer, Superintending Engineer, PW(R&B) Circle Ganderbal, Chief Education Officer, Ganderbal, District Statistics and Evaluation Officer, Ganderbal and other concerned.

## DC reviews traffic management in Bandipora town

■ HT News Network

BANDIPORA, MARCH 12: Deputy Commissioner (DC) Bandipora, Manzoor Ahmad Qadri, today convened a meeting of concerned officers to discuss the traffic congestion issues in the main market and Bandipora Town.

The meeting aimed to assess the current situation and explore practical measures to ease traffic flow and decongest the town.

During the meeting, the DC emphasized the coordinated efforts to address traffic-related issues that are causing inconvenience to the public.

He urged the concerned officers to implement comprehensive solutions that



ensure smoother traffic flow and overall convenience for the general public. The meeting discussed various issues including unauthorized vehicle parking, inadequate parking signages, entry of heavy vehicles into Bandipora Town, and the importance of providing proper guid-

ance to transporters.

The DC directed the concerned officers to take immediate steps to implement measures for traffic decongestion in the main market area and its surroundings.

He instructed the Assistant Regional Transport Officer (ARTO) to initiate

an awareness campaign for transporters, focusing on better traffic management practices within the town.

The DC directed the CEO Municipal Council Bandipora to ensure that towing vehicles are available to remove vehicles parked improperly or in violation of regulations.

Additionally, Qadri emphasized the importance of regulating street vendors, urging that they occupy only designated areas without encroaching roads or footpaths.

Further as a concrete step to address congestion caused by heavy vehicles, the DC issued a circular restricting the entry of heavy vehicles into the main market area from 08:00 am to 06:00 pm.

## FSD Anantnag conducts intensive market checking, recommends 06 FBOs for compounding

■ HT News Network

ANANTNAG, MARCH 12: The Food Safety Department (FSD) Anantnag today conducted intensive market checking at different markets in the District.

The comprehensive inspections targeted FBOs dealing with manufacturing of pickle, Fruit and Vegetable shops, Mutton shops and other edible stores with a focus on making availability of safe and wholesome food to general public and to check Good Hygienic and Good Manufacturing Practices of Pickle Manufacturing Units in the district.

During the market checking enforcement samples of pickles were procured by department for detailed analysis from



NABL Accredited Laboratory. Moreover, several FBOs were found violating different provisions of Food Safety & Standards Act, 2006 and accordingly six (06) FBOs were recommended for compounding under Section 69 of Food Safety & Standards Act, 2006. Furthermore the authorities assured that

regular inspections will continue in the district to maintain the highest standards of Food Safety and ensure availability of quality food items to the consumers. Meanwhile, FBOs were sternly warned to comply with the Food Safety and Standards Act, 2006/Rules and Regulations there under.

## DC Kupwara chairs Single Window Committee meet, reviews mining issues

■ HT News Network

KUPWARA, MARCH 12: Deputy Commissioner (DC) Kupwara, Ayushi Sudan, who is chairperson, District Level Single Window Committee (DLSWC) Wednesday convened a meeting of concerned officers to discuss various issues pertaining to mining.

On the occasion, DC impressed upon the officers to remain vigilant and adopt a proactive approach in identifying any illegal activities related to mineral extraction.

She urged the officers to take immediate action against violators and ensure that appropriate legal and punitive measures are implemented.

Officers were directed to conduct regular inspections, set up surveillance mechanisms, and collaborate with law enforcement agencies to prevent illegal mining



operations.

The meeting held threadbare discussion regarding various mining related issues including issuance of NOCs for newly identified Minor Mineral Blocks, royalty clearance on government projects before billing etc.

It was given out in the meeting

that NOCs will be issued by the concerned departments after due consideration to their concerns in order to e-auction the newly minor mineral blocks.

The DMO Kupwara briefed the chair about the status of minor mineral blocks and informed that NOCs were issued for different

mining blocks in the district after joint inspection by all stakeholding departments.

The chair also reviewed the status of NOCs under Single Window Clearance of Minor Mineral Blocks.

ADC Kupwara, Mohd Rouf Rehman; ACR, DMO, Executive Engineers from different departments and other concerned officers were present in the meeting. On the occasion, DC impressed upon the officers to remain vigilant and adopt a proactive approach in identifying any illegal activities related to mineral extraction.

She urged the officers to take immediate action against violators and ensure that appropriate legal and punitive measures are implemented. Officers were directed to conduct regular inspections, set up surveillance mechanisms, and collaborate with law enforcement agencies to prevent illegal mining operations.

## Dr Darakhshan holds Public Darbar at Udhampur, chairs meeting on Eid preparedness Says public endorsement of Waqf Board's initiatives in J&K is our guiding force

■ HT News Network

UDHAMPUR, : Chairperson J&K Waqf Board, Dr Syed Darakhshan Andrabi, today convened a Public Darbar at Eidgah in Udhampur in which prominent social representatives and locals raised their issues and concerns besides suggesting measures for further streamlining of working of the Board.

Waqf Board Chief Executive Officer, Zahir Kaifi and Administrator Jammu, Abid Hussain accompanied the Chairperson.

Civil society representatives



including Sheikh Tanvir Ahmad, Surinder Singh Khalsa, Waseem Akram, Anwar Hussain and Tariq Shah also spoke on the occasion.

Besides, Ulama and Imams of Udhampur district also participated

in the event. In her address, Andrabi said that there is commendable improvement in working of Waqf Board management during the past three years. Focus is being accorded to ensure complete transparency and accountability in extending Board services in J&K. She said that the consolidation and upgradation of our assets in whole of the UT is now being done to full satisfaction of the people. "Public endorsement of initiatives of the Board in J&K is our guiding force", she maintained.

"We are committed to strengthen the Sufi centers throughout J&K", said Andrabi. She announced that a

shopping complex will be constructed by the Board in Udhampur at Waqf Land which will give work opportunities to the local youth besides generating funds for infrastructure development.

Dr Darakhshan, later, chaired a meeting to review Eid preparedness in which representatives from different government departments and Waqf Board officers participated.

ADC Udhampur Prem Singh, CEO Udhampur Municipality, Rajender Diga, Executive Engineer JKPDCL, Executive Engineer PWD, and Naib Tehsildar, among others, were present in the meeting.

## Haj-2025 Orientation/ training prog. on March 18 at GDC Women Anantnag

■ HT News Network

ANANTNAG, MARCH 12: As per Haj Committee of Jammu and Kashmir, the orientation and training programme for pilgrims of Anantnag selected for Haj-1446 (Hijri) 2025 shall be held on March 18, 2025, at 10:30 AM at the Auditorium of Government Degree College (GDC) Women Anantnag. This comprehensive training session announced under the second phase by Haj Committee of Jammu and Kashmir aims to equip the pilgrims with essential knowledge about Manasik-e-Hajj (rituals of Hajj) and other critical logistical aspects to ensure a smooth and well-prepared pilgrimage. All selected pilgrims from Anantnag district have been requested to attend the session.

The district administration, in collaboration with the Haj Committee, is conduct-

ing this programme as part of a broader initiative to provide thorough guidance and assistance to the pilgrims.

The Executive Officer of the Haj Committee has emphasized the importance of these district-level training sessions to ensure that all pilgrims are well-prepared for their spiritual journey.

All pilgrims are urged to participate in this important orientation session to receive vital information and guidance for a successful and smooth Haj pilgrimage. The Executive Officer of the Haj Committee has emphasized the importance of these district-level training sessions to ensure that all pilgrims are well-prepared for their spiritual journey.

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# DC Shopian inspects ongoing dev. works Emphasises on creating durable assets in rural areas

■ HT News Network

SHOPIAN, MARCH 12: Deputy Commissioner (DC) Shopian, Shishir Gupta today visited various villages of the district to take stock of progress of MGNREGA and Capex works.

The DC inspected various works of rural development including construction of drainage networks, pathways and PMAY Housing units, among others.

He also inspected Anganwadi centres, CSCs and playfields and reviewed their working besides progress during the

ensuing year. DC passed directions to RDD officers and officials to execute the works in an efficient and more transparent way. He also emphasised on creation of durable assets in rural areas. Gupta stressed for upkeep of proper sanitation and hygiene in rural areas. Different public delegations also met him on the spot and apprised him of various issues of development and public welfare. He listened to them patiently and assured for redressal and appropriate action for genuine issues.

The DC was accompanied by ADC Shopian, Zakir Hussain; ACD, Shopian, BDO Shopian and



other officers and officials accompanied, mean while District Election Officer (DEO)

Shopian, Shishir Gupta today convened a meeting here to discuss issues aimed at

strengthening the electoral process. Various issues including appointment of BLAs for polling

stations, Roll discrepancies, details of party offices, promoting ethical voting, rationalisation of polling stations were discussed. DEO advised all the recognised political parties to identify and appoint BLAs in all polling stations to assist the BLOs in receiving claims/objections during summary revision of electoral rolls so that no voter can be left behind.

The representatives of political parties were also informed that any discrepancies of Electoral Roll should be brought into the notice of concerned EROs, AEROs and BLOs. The meeting was attended by ADC, Dr. Zakir

Hussain Faaz; Dy. DEO, Jahangir Ahmed; ERO-37 Shopian (ACR), Shakoor Ahmad Dar, representatives of various political parties. Different public delegations also met him on the spot and apprised him of various issues of development and public welfare. He listened to them patiently and assured for redressal and appropriate action for genuine issues.

The DC was accompanied by ADC Shopian, Zakir Hussain; ACD, Shopian, BDO Shopian and other officers and officials accompanied, mean while District Election Officer (DEO) Shopian.



# Performance of Banks reviewed in Kishtwar DC seeks priority support for agriculture, allied sector programs, small businesses

■ HT News Network

KISHTWAR, MARCH 12: A District Level Committee (DLC)/District Level Review Committee (DLRC) meeting was convened today by the District Development Commissioner (DC) Rajesh Kumar Shavan to review the performance of the banks and line departments for the quarter ending December 2024.

The meeting focused on assessing the progress of financial inclusion initiatives and other developmental programs in the district.

The review covered key areas such as credit flow under government schemes, banking sector achievements and targets, as well as the progress of financial literacy programs across the district.

The DC expressed concerns over the poor performance of the private sector banks, including IndusInd Bank, Punjab



National Bank, ICICI Bank, particularly in the Non-Priority Sector.

Additionally, he voiced dissatisfaction with the performance of certain banks in key areas such as agriculture, exports,

Kisan Credit Cards (KCC), and the Pradhan Mantri Jan Dhan Yojana (PMJDY). The DC instructed both public and private banks to intensify efforts to meet the set targets within the specified timelines.

The Deputy Commissioner also directed banks to prioritize credit linkage schemes supporting agriculture, horticulture and allied sectors, small businesses, and women entrepreneurs. He further urged officials to identify and address any obstacles that could hinder the smooth execution of projects and ensure the timely and effective implementation of development schemes in Kishtwar.

The DC placed special emphasis on promoting Key targets including Renewable Energy, Social Infrastructure, and the Pradhan Mantri Surya Ghar Muft Bijli Yojana.

He also directed that targeted outreach programs be conducted to engage farmers and unemployed youth, with the aim of improving the socio-economic conditions of the district and bridging the gap between the public and financial institutions.

## District Hospital Kishtwar gets Colour Doppler Ultrasound Systemh

■ HT News Network

KISHTWAR, MARCH 12: In a significant step towards enhancing healthcare services in the district, Deputy Commissioner Rajesh Kumar Shavan today inaugurated a newly installed Colour Doppler Ultrasound system at the Outpatient Department (OPD) of District Hospital Kishtwar.

The hi-tech diagnostic facility costing Rs 16 lakh has been funded under the Pakal Dul Hydroelectric Power Project (HEP) Rehabilitation and Resettlement (RR) Plan for 2024-25.



Meanwhile, the DC also e-inaugurated a Patient Monitor, Defibrillator, 12-Channel ECG Machine, and other critical devices at PHC Chatroo provided under the same Plan.

Terming the facility a major upgrade in diagnostic services, the DC emphasized the administration's commitment to improve medical infrastructure and ensure quality healthcare for the residents of Kishtwar and

## Doda admin chalks out plan to reinforce Traffic Management, Road Safety

■ HT News Network

DODA, MARCH 12: A crucial meeting to discuss traffic management plan was today chaired by District Magistrate Harvinder Singh here in the meeting Hall of his office.

The meeting was attended by SSP Sandeep Kumar Mehta; SSP Traffic (National Highway Ramban-Doda-Kishtwar) Rohit Basgotra; ACR Sunil Bhutyal; DySP Traffic Sarabjeet Singh; ARTO Sheetal Sharma; Executive Engineers from NHIDCL and PWD (R&B), General Manager NHIDCL, Executive Officers from Doda, Bhaderwah, and Thathri, along with representatives from transport and market associations.

The discussions primarily focused on easing traffic congestion, ensuring smooth vehicular move-



ment, and addressing critical road safety concerns across the district.

The bottlenecks in traffic management were identified, including illegal parking, unregulated movement of auto-rickshaws and electric rickshaws, and non-compliance with prescribed fares by public transport operators. The DC directed the ARTO and transport authorities to ensure that all passenger

vehicles prominently display details about the driver and permit information within a week. It was also decided that a proper schedule chart for passenger vehicles would be displayed at key locations for public awareness. Additionally, the SSP Traffic emphasized the need for strict enforcement of road safety measures and urged the transport associations to follow scheduled move-

ment guidelines. The DC instructed the Executive Officers of municipal committees to coordinate with market associations for designated parking spaces to prevent encroachments, while the SDMs of Assar and Gandoh were tasked with implementing similar measures in their respective areas. A major concern raised during the meeting was traffic congestion in the downtown area, exacerbated by the dumping of construction and waste materials. The DC directed the Executive Officer Municipal Committee to ensure that no unauthorized dumping occurs in the town and to identify suitable dumping locations outside congested areas. Additionally, the ARTO and DySP Traffic were instructed to enforce strict differentiation between state and contract vehicles.

## Weekly Block Diwas: DC listens to people's issues at Chack Bulanda- Kathua

■ HT News Network

KATHUA, MARCH 12: Commissioner Kathua, Deputy Dr. Rakesh Minhas today led the Block Diwas proceedings at Chack Bulanda, Panchayat Sallan, Block Dinga Amb, engaging with local residents and officials to address their grievances and concerns.

The event was attended by CPO Kathua Ranjit Thakur, Chief Agriculture Officer Kathua, CMO Kathua, XEN PHE, XEN REW, CEO Kathua, Assistant Commissioner Panchayat, Tehsildar Dinga Amb, and various district and sectoral officers.

The local representatives highlighted several pressing demands, including flood protection infrastructure, repairing of roads, fencing of graveyards, compensation for flood-affected people and provision of drinking water sup-



ply in uncovered areas.

The DC gave a patient hearing to the public grievances and assured timely redressal. Addressing the gathering, the DC said the objective of holding Public Redressal Camps is to reach out to the people, listen to their grievances and extend arrays of services and knowledge about different government schemes at their doorsteps.

Responding to the demands of the people, the DC passed on-spot instructions to the concerned departments for time-bound resolution of all the issues. He stressed upon the officers to prioritize the grievances and ensure their timely resolution.

Later, the DC Kathua inspected the development works at Government Primary School Dhalta being executed under CAPEX.

## DC hands over keys of tractors to HADP beneficiaries at Kishtwar

■ HT News Network

KISHTWAR, MARCH 12: Deputy Commissioner (DC) Rajesh Kumar Shavan on Wednesday handed over tractors to two farmers under the Farm Mechanization and Automation Scheme of the Holistic Agriculture Development Programme (HADP) for the year 2024-25.

Farmers Dev Raj of Poochal and Fareed Ahmed of Marwah farmers were provided a 50% subsidy, with a maximum limit of 5 lakh, to facilitate modern farming practices in remote areas.

The DC interacted with the beneficiaries, gathering insights on how the tractors would be utilized to improve agricultural productivity in the region. Earlier about two months back, 2 other farmers were provided the Tractors under the same scheme.

The Agriculture Department is extending subsidies ranging from 50% to 90% under various HADP initiatives to support farmers across the district. The farmers of the district are being encouraged to take advantage of the scheme for farm mechanization, which will enhance agricultural efficiency, reduce labor efforts, and improve crop production and productivity in an economical and time-effective manner.

The event was attended by Chief Agriculture Officer (CAO) Amjad Hussain Malik; SMS DL Jamshed Ahmed Dev; Sub-Divisional Agriculture Officer (SDAO) Marwah Manzoor Ahmed Zargar and other staff of the Agriculture department.

## Handicrafts Department organises awareness program for artisans at Poochal- Kishtwar

■ HT News Network

KISHTWAR, MARCH 12: The Department of Handicrafts organized an Interaction cum awareness Programme here at Poochal with the aim to reach out and register maximum number of artisans with the department to enable them to avail various credit link schemes.

The program was led by Assistant Director Handicrafts Pardeep Shan. He highlighted different training programs and the departmental schemes, including the Credit Card Scheme, financial support opportunities for artisans and the educational scholarship for their children.

During the program, informational pamphlets outlining the departmental schemes and opportunities for artisans were distributed among all participants, ensuring that they were well-informed about the support available to them.

This event was a part of the ongoing efforts by the Department of Handicrafts Kishtwar to promote the region's handicrafts and provide valuable support to local artisans in the area.

The event was also attended by Supervisor INDUSCO, Abid, Instructor of Crewel Center, Farooq G, and the President of Chinara Crewel Industrial Cooperative Society Nirmala Devi.

## Samagra Shiksha Abhiyan Exposure visit hosted for special children at Ramban

■ HT News Network

RAMBAN, MARCH 12: The Education Department, with the support of the District Administration Ramban and under the guidance of Deputy Commissioner Baseer-Ul-Haq Chaudhary, today organized an exposure visit for Children with Special Needs (CWSN) under the Samagra Shiksha Abhiyan.

Additional District Development Commissioner (ADDC) Roshan Lal, in the presence of Chief Education Officer, S. Bikram Singh, flagged off the visit to Industrial Training Institute Ramban. The initiative aimed to provide the children with firsthand exposure to vocational training and skill development opportunities available at ITI.

Interacting with the children, ADDC Roshan Lal emphasized the importance of inclusive education and skill-building for their empowerment.

The children and their parents expressed gratitude to the District Administration and the Education Department for organizing the visit. They appreciated the efforts being made to integrate CWSN into mainstream educational and vocational programs, fostering their independence and self-reliance.

## Khelo India Winter Games- 2025 Female athletes of CRPF secured 2nd position and bagged a silver medal in ski-mountaineering

■ HT News Network

Gulmarg, The 5th Edition of Khelo India Winter Games- 2025 conducted at Gulmarg, Srinagar concluded today on 12 Mar, 2025. It is a matter of immense pride that the female athletes of CRPF secured 2nd position and bagged a silver medal in ski-mountaineering. The CRPF contingent of 14 males and 04 females athletes had participated in Nordic, Alpine, Snowboarding, and ski-mountaineering. CRPF is always striving for women empowerment and Women in CRPF are not only performing the duties in hazardous terrain of J&K and North East but they are also bringing laurels in the field of sports. The Khelo India Winter Games continue to highlight the talent and potential of winter sports athletes from across the country. The outstanding performance of the CRPF Women team in Gulmarg serves as an inspiration to other aspiring athletes and reinforces the growing prominence of winter sports in India.



## Soil Health Cards for J&K Forests on anvil

■ HT News Network

JAMMU, MARCH 12: Indian Council of Forestry Research & Education (ICFRE), Dehradun under Ministry of Environment, Forests & Climate Change has launched a project to prepare Forest Soil Health Cards in the country.

The exercise in J&K has been taken up by Himalayan Forest Research Institute Shimla under the aegis of ICFRE. Under the project, samples of soils were collected from different territorial forest divisions. The samples were analyzed and data obtained has been shared with the J&K Forest Department for inputs.

In this regard, a consultative meet-



ing on FOREST SOIL HEALTH CARDS (FSHCs) of Jammu and Kashmir was organized at Forest Resources Management Centre Jammu today.

The meeting was chaired by Principal Chief Conservator & HoFF Jammu and Kashmir Suresh Kr. Gupta. All the senior officers of forest department and Divisional Forest Officers attended the meeting.

Director Himalayan Forest Research Institute Shimla Dr. Sandeep Sharma; National Project Coordinator (NPC) from ICFRE Dr. V.P. Panwar; Scientist-G and Principal Investigator, Himalayan Forest Research Institute (HFRI), Shimla Dr. R.K. Verma, along with a team of scientists and officers coordinated and participated in the meeting.





# India, Mauritius ink eight MoUs, India to help build new Parliament Building in Mauritius

## AGENCIES

PORT LOUIS/NEW DELHI

India and Mauritius inked eight MoUs, including on the use of local currencies for trade, and on sharing of White Shipping information between their navies, following talks between PM Modi and his Mauritius counterpart Navin Ramgoolam in Port Louis.

Prime Minister Modi also announced India's support for setting up of a new Parliament Building in Mauritius, and Phase-II of High Impact Community Development projects to further enhance the development partnership.

The agreements inked today are:

1. Agreement between Reserve Bank of India and the Bank of Mauritius for the Establishment of a Framework to Promote the Use of Local Currencies (INR or MUR) for Cross-border Transactions. The objective of this Agreement is to promote use of local currencies for current account and capital account transactions, encourage direct exchange rate quotation, encourage setting up INR clearing centre in Mauritius Automated and Clearing System, extend INR clearing centre to COMESA - Common Market for Eastern and Southern Africa -countries. This will enhance trade between two countries using local currencies.

2. Credit facility agreement between Mauritius (as borrower) and State Bank of India (as lending bank). Through this credit facility arrangement, SBI (lending bank) shall be extending a Line of Credit to the tune of INR 487.6 crore to the Borrower for the purpose of financing the 'Water Pipeline Replacement Project' in Mauritius.

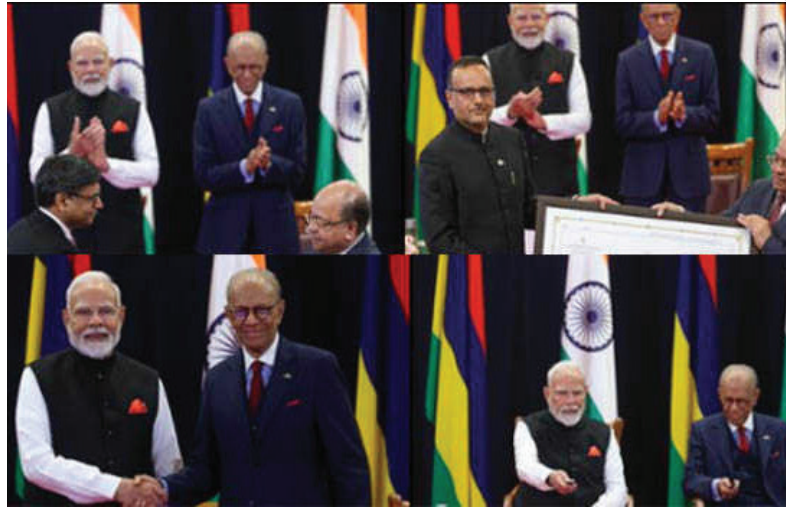
3. MoU between the Ministry of

Industry, SME and Cooperatives (SME division) of Mauritius and the Ministry of Micro, Small and Medium Enterprises of India on cooperation in the field of micro, small and medium enterprises. This aims to strengthen cooperation, inter alia, in capacity building, exchange of experts, and organizing exhibition in MSME sector. The MoU will also aim to carry out surveys and feasibility studies to identify thrust areas and opportunities for development of SMEs. It will also provide a framework for training, exchanging business missions and technical assistance to organisations.

4. MoU Between the Sushma Swaraj Institute of Foreign Service, Ministry Of External Affairs, India, And Ministry Of Foreign Affairs, Regional Integration & International Trade, Mauritius. To augment capacity building of Mauritian diplomats at SSIFS. It also envisages to promote contacts and exchange of diplomats, faculty members and experts.

5. MoU between Ministry of Public Service and Administrative Reforms (MPSAR), Mauritius and National Centre for Good Governance (NCGG), Department of Administrative Reforms and Public Grievances, India. Undertake training of 500 Mauritian Civil Servants over five years at the National Centre for Good Governance (NCGG). Training will focus on Senior leadership, middle management and technical officers from Mauritius.

6. Technical Agreement on sharing of White Shipping Information between Indian Navy and Government of Mauritius. This MOU will enhance Mauritius' maritime security, trade safety, and regional cooperation by enabling real-time



sharing of data, preventing illegal activities, and improving Maritime domain awareness in the region. The MoU establishes policies for the conduct of information sharing and reciprocal protection of information, relating to white shipping, between the Mauritius Police Force and the Indian Navy (IN).

7. MoU between Indian National Centre for Ocean Information Services (INCOIS), Ministry of Earth Sciences, GoI and Prime Minister's Office (PMO), Department of Continental Shelf, Maritime Zones Administration and Exploration (CSMZAE), Mauritius. This MoU establishes a comprehensive framework for cooperation on ocean observation, research, and information management, enhancing maritime zone management in Mauritius through ocean modelling, capacity building, and training initiatives. Areas of cooperation will also include providing access to latest technologies, collaborating on best practices, capacity building in ocean services including data management, remote sensing, ocean

modelling, collaboration in field of ocean observations among others.

8. Memorandum of Understanding between Directorate of Enforcement (ED) and Financial Crimes Commission of the Republic of Mauritius (FCC). This aims at providing intelligence and technical assistance cooperation on anti-corruption and anti-money laundering activities. It will also help in identifying emerging trends, knowledge exchange and adapting to evolving methodologies.

The Projects handed over:

Inauguration of Atal Bihari Vajpayee Institute of Public Service and Innovation, Mauritius Area Health Centre at Cap Malheureux and 20 High Impact Community Development Projects .

Atal Bihari Vajpayee Institute of Public Service and Innovation: Funded through a grant of USD 4.74 mn under a 2017 MoU, the state-of-the-art facility will cater to the training needs of Mauritian civil servants across ministries, public offices, parastatal bodies, and government enterprises. Beyond training, the institution aims to serve as a center

of excellence in public administration, fostering research and governance studies.

Area Health Centre at Cap Malheureux: The facility will augment the primary health care services around the region and enhance the well-being of the people of Mauritius.

High Impact Community Development Projects: GOI is implementing a total of around 96 community development projects all across Mauritius under grant assistance of MUR 400 million (approx INR 75 crore). These projects which include mini-soccer playgrounds, Volleyball pitches, jogging tracks, a children's garden etc aim to create community-level infrastructure in education, healthcare, public amenities, and sports.

Twenty such projects were inaugurated by both PMs today.

Handover :

1. Handover of a Navigational Chart on St Brandon Island prepared following hydrography survey by Indian Naval Ship.

Announcements:

During the visit Prime Minister Modi also announced India's support for setting up of a new Parliament Building in Mauritius, and Phase-II of High Impact Community Development projects to further enhance the development partnership.

LIST OF PROJECTS INAUGURATED

1. Construction of Health Track and Children's Garden at Morcellement St. André inclusive of low-level fencing
2. Construction of new Children's playground at Batimarais
3. Repainting handrails at NHDC, Camp Levieux
4. Upgrading of children's play-

ground at Stanley pre-primary school

5. Upgrading of children's playground at Camp Levieux - Centre de l'Unité

6. Upgrading of children's playground at Plaisance pre-primary school

7. Renovation of the children's playground next to the Plaisance mini soccer pitch

8. Upgrading of children's playground at Lois Levieux pre-primary school, Camp Levieux

9. Upgrading of children's playground at Stanley mini soccer pitch

10. Upgrading of cemetery, janaza platform at L'Escalier

11. Upgrading of Existing Children's Garden and Greenspace at EDC, Camp Diable

12. Upgrading of football pitch at Trèfles into a synthetic football pitch

13. Construction of a Mini Soccer Pitch at Morcellement Ilois,

14. Fencing and Painting SILWF, Gris Gris (Souillac)

15. Construction of Mini Soccer Pitch at Mont Ida

16. Upgrading of Village Hall at La Flora

17. Fencing of Children's playing garden (50 x75 ft) (St Aubin)

18. Upgrading of market fair (Riviere des Anguilles)

19. Upgrading of existing Green Space to foot-five and kids amenities and outdoor gym with lights (Cemetery Road, Trois Bras, Surinam)

20. Upgrading/ Uplifting of Community Centres and Refugee Centres - (Disaster Risk Reduction) Prime Minister's Office (Rodrigues, Outer Islands and Territorial Integrity Division)

Total value of projects MUR 35.2 mn/ INR 6.63 crore.

## The Immigration and Foreigners Bill 2025 introduced in LS; Opposition calls it “violation” of constitutional provisions

## AGENCIES

NEW DELHI, MAR 12 (UNI)

Union Home Minister of State Nityanand Rai on Wednesday introduced The Immigration and Foreigners Bill 2025 in Lok Sabha.

He presented the bill on behalf of Union Home Minister Amit Shah, which aims to modernize and consolidate India's immigration laws.

Speaking in the Lok Sabha, Union MoS Nityanand Rai said, "On behalf of Amit Shah, I propose that the requirement of passport or travel document be settled in respect of persons entering and exiting India, certain powers be granted to the Central Government and to regulate matters relat-



ed to foreigners including requirement of visa and registration and permission be given to establish a bill dealing with matters connected or incidental to them."

The opposite however, calling it a "violation" of constitutional provisions and demanding the Bill to be referred to a Joint Parliamentary Committee.

Congress MP Manish Tewari from Chandigarh opposed the bill, claiming that it violates the "multiple fundamental rights" under the Constitution of India.

"I rise to oppose the Immigration and Foreigners Bill under Rule 72(2) of the Lok Sabha rules of business. This bill is unconstitutional on mul-

tiiple counts and infringes upon fundamental rights," Tewari said in the house.

TMC MP Sougata Roy also voiced his opposition, stating that existing laws already govern the entry and exit of foreigners. "There are already four laws in place for this purpose. This bill is unnecessary," he said.

The Bill seeks to streamline various services related to immigration and foreigners, including their entry, exit and stay in the country. Union Home Minister Amit Shah is expected to introduce the new bill, which will grant the Centre certain powers to provide for the requirement of passports or other travel documents in respect of persons entering into and exiting from India.

## AGENCIES

NEW DELHI, MAR 12 (UNI)

Chief of Air Staff (CAS) Air Chief Marshal AP Singh has underscored the need for rapid capability enhancements to counter emerging security challenges in the evolving geo-strategic landscape.

He was addressing student officers from the Indian Armed Forces undergoing the 80th Staff Course, along with the permanent faculty at the Defence Services Staff College (DSSC), Wellington, a Defence Ministry statement said here on Wednesday.

The Air Chief Marshal urged course officers to embrace change, critically assess evolving threats, and design adaptive strat-



egies for future conflicts. Stressing the importance of jointmanship, he emphasised the need for integrated training and operational synergy among the three services to enhance combat effectiveness.

In his address, the CAS

also provided a strategic perspective on the Indian Air Force (IAF), its ongoing capability development initiatives, and the importance of unified operations in modern warfare.

He highlighted the accomplishments, resil-

ience, and unwavering commitment of IAF personnel in safeguarding India's national interests.

During his visit on March 11-12, the CAS was also briefed on the DSSC's training activities and its emphasis on fostering jointmanship among the Armed Forces, a key aspect of modern military preparedness.

He commended the institution's role in shaping future military leaders through rigorous academic and professional training.

The visit reaffirmed the IAF's commitment to enhancing joint operational capabilities and strengthening inter-service cooperation, ensuring a well-prepared leadership for the challenges of tomorrow.

## Nitish, and Rabri have heated arguments over law and order, women's issues and development

## AGENCIES

PATNA, MAR 12 (UNI)

Bihar Chief Minister Nitish Kumar and leader of opposition in Bihar Legislative Council Rabri Devi had a heated exchange on the issues of law and order, women and development in the legislative council during the pre lunch sitting on Wednesday.

The opposition while raising the issue of rising crime and deteriorating law and order created bedlam in the state legislative council.

Intervening in the

ruckus, Chief Minister Nitish Kumar said that whatever development was visible it was done by his government. They did nothing when they were in power, Kumar said pointing towards the opposition and especially Rabri Devi accusing her of being unaware of the work taken up by him.

Kumar said that it was he who initiated several measures for education of women and their empowerment. In addition to this Kumar said his government introduced several schemes for welfare of



Muslims. He further said that his government concentrated on the development of every section of the society.

Speaking in detail about the development of infrastructure in various sectors, Kumar said that the work done during his

tenure since he resumed power on November 24, 2005 and the achievements of the previous government should be publicised so that the people should know everything

Earlier Rabri Devi had a heated exchange of words with Kumar when

the latter said no work was done by his previous government. Following this, the opposition led by Rabri Devi staged a noisy walkout.

Later while talking to the news persons in the Council premises Rabri Devi accused Nitish Kumar of humiliating women. She alleged it seems Kumar attends the house consuming "hemp" and speaks irrelevant about women under its influence.

She also blamed Kumar for humiliating her by making personal comments.

## Leave granted to Amritpal Singh by Lok Sabha: Centre to HC

## AGENCIES

CHANDIGARH, MAR 12 (UNI)

The Union government on Wednesday told Punjab and Haryana High Court that MP Amritpal Singh, detained under NSA and currently lodged at Dibrugarh jail, has been granted leave of 54 days from attending the Parliament.

A bench of Chief Justice Sheel Nagu and Justice Sumit Goel was informed by ASG Satypal Jain that Amritpal's leave application has been allowed by the Parliament. Khadoor Sahib MP had, in his peti-



tion, said that being in preventive detention, he was unable to attend the Parliament proceedings and according to Article

101(4) if a member is absent from the proceedings for a period of 60 days, the Lok Sabha has the powers to declare his/her seat vacant.



# Spring Beauty: The foods that make you beautiful



SHAHNAZ HUSSAIN

The beautiful season of spring has arrived. Flowers start to bloom, it's getting a bit warmer, and the sun stays up a little longer. Most of us are ready for some warm weather and sunshine. The transitional phase that braces us for summers makes our body go through many changes that affect us internally and externally. Some foods, more than others, are particularly suitable for invigorating the skin after the dull winter. Foods that are abundant in spring are refreshing, regenerating, and detoxifying. A spring-special diet can spring up your health and help you wade through the season while flaunting a healthy and glowing skin. Spring brings an array of colorful and tasty foods that are not

only pleasing to the palate but also provide immense benefits to the skin. The season's fresh produce, such as asparagus, strawberries, and leafy greens, are packed with essential nutrients like vitamins, minerals, and antioxidants that promote healthy, glowing skin. **Here are the best foods for your body before summer hits.**

## 1-Strawberries-----

Strawberries are the quintessential spring fruit, bursting with juicy sweetness and bright colour and one of the most popular berry fruits in the world. As one of the first fruits to ripen after winter, there are more than 10 species of *Fragaria* that differ in flavour, size and texture, yet they all have the same characteristic heart shape and red seeded flesh.

Bright and juicy strawberries are rich in vitamin C, folic acid, potassium and fiber. They are healthy, delicious and bite-sized, and make a great snack. These berries can also be used to make salads, sandwiches, smoothies, preserves, fruit skewers, or try them sliced and served with yogurt or ice cream.

Strawberries are low in calo-

ries, yet sweet tasting, so they work well as a healthy alternative to treats and puddings.

Strawberries are a rich source of polyphenols and fibre, both of which have prebiotic properties which means they provide a fuel source for the beneficial bacteria that live in your gut.

Totally versatile, throw strawberries on top of oatmeal, yogurt, into a smoothie, or pair with a dollop of whipped cream for a sweet, healthy dessert.

Strawberries contain salicylic acid which help fight acne. If incorporated into a regular skincare regime, strawberries unclogs pores which help rid of dead skin cells, dirt, and impurities, leading to clean and clear skin. It tightens the skin pores to help prevent future acne breakouts. Regular intake of strawberries nourish and hydrate dry and chapped lips.

## 2- Spring onions

Spring onions, also known as scallions or green onions, contain phosphorus, Sulphur, magnesium, folate, calcium, vitamin A, k, c, and vitamin B2, and a fair amount of fibre. These are also very

low in carbs, fats, and calories. They are rich in antioxidants, quercetin, and sulfur-rich compounds. Other nutrients in green onions are chromium, copper, and thymine.

Scallions are very young onions that get plucked before their bulb swells out. Scallion is a variety of young onions with whitish roots and hollow green stems.

Spring onion, also known as salad onions or green onions, belongs to the "Allium" family and is closely related to garlic, shallots, and onions. Green onions have also attracted various kitchens across the globe, especially the continental and Chinese. These spring onions make stir-fry and salads look unique and delicious. You can find it in sauces, dips, salsa, siz-zlers, etc.

The vitamin C, found in spring onions, helps in the suppleness of the skin. It gives the skin the required smoothness and aids in the prevention of wrinkles.

Being very low in fats and calories, spring onion or green onion are considered weight-loss vegetables. Also, the fibre in them gives you the feeling of fullness, due to which you do

not eat much, and it promotes weight loss.

Sulphur strengthens the skin and hair by building collagen and boosting keratin which gives the manes its strength and elasticity. Moreover, the anti-bacterial and anti-viral properties of sulphur can help in preventing scalp related infections and ward off anything that can be detrimental to hair health.

Green onions can be used in salads to add a fresh, crunchy texture, Green chutneys for an extra zing, dishes like fried rice, noodles, and manchurian, Sautéed with tomatoes, garlic, and ginger to form the base for various curries, Bhajis and Pakoras and added to South Indian soups like rasam for added flavor

## 3-Blueberries

Talk about the latest trends in skincare, and blueberries should be topping the charts.

Blueberries are often regarded as one of the most beneficial fruits due to their rich nutritional profile and health benefits

Berries are high in antioxidants that help fight free radicals and protect skin cells. Blueberries are an exfoliat-

ing agent, and vitamins E and C help fade blemishes, hyperpigmentation, sun spots, and dark spots. They also even out the complexion and brighten the skin, removing dullness.

They contain a plethora of essential minerals and vitamins, giving many benefits for your skin, including reducing signs of aging, hydrating skin, and evening skin tone.

Blueberries are high in anthocyanin, which may support collagen synthesis.

Vitamin C and E present in Blueberries helps to remove dead skin cells, and helps to regenerate new cells, keeping your skin smooth and bright all day, every day.

Blueberries are rich in anthocyanins, a chemical required for collagen synthesis in your skin.

It is a great ingredient to remove toxins from your skin, maintain its pH, as well as tightening your pores giving you the nourishment and hydration you need.

## 4- Spring Greens

Simple greens can pack a big health punch.

Every season yields its own array of delicious vegetables, and springtime is no excep-

tion. They're in season during the spring and summer and are at their peak from April to June.

Spring is the season when nutrient-rich

leafy greens are at their best, and you can put a spring in your step by making sure you get some in your diet every day.

Spring greens like spinach, asparagus, and arugula can help your skin glow and promote overall health.

From anti-aging to replenishment, springtime super foods are an ideal way to kick start the season with snacks and meals that help achieve beautiful skin.

Leafy greens contain Nutrients like vitamin K, folate, lutein, beta carotene, etc.. Spring greens have the most nutrients when they're eaten fresh. Spring greens can be steamed or blanched in boiling water. They don't need to be chopped or shredded and can be cooked whole. Spring greens tend to have a sweet, fresh flavour, and a silky texture.

**The author is international fame beauty expert and is called herbal queen of India**

## Childhood abuse may double risk of poor health later: Study

### AGENCIES

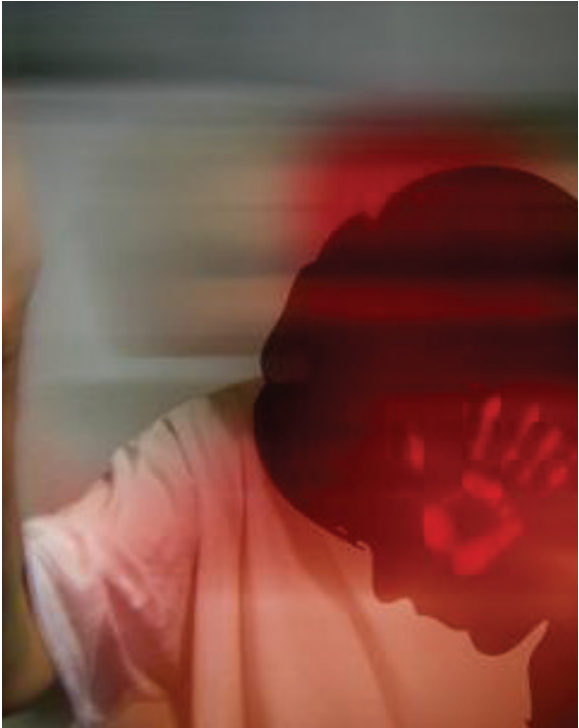
NEW DELHI

Children who experience physical and sexual abuse are twice as likely to suffer from physical and mental health conditions, including angina, arthritis, asthma, COPD, heart attack, depression, and disability in adulthood, according to a study.

The study, published in the journal *Child Maltreatment*, found that children with sexual abuse were 55 per cent to 90 per cent more likely to experience these health outcomes compared to their peers who had not experienced any abuse.

Facing only physical abuse also had significantly elevated odds of these health outcomes from 20 per cent to 50 per cent.

The presence of a protective adult in the home was associated with better outcomes in the wake of physical and sexual abuse,



providing promising insights for intervention efforts, said the researchers from the University of Toronto, in Canada.

"People don't typically

think about the impact early adversities can have on health outcomes later in life," said Shannon Halls, a Research Coordinator at the varsity's Insti-

tute for Life Course and Aging.

"Our research underscores the harmful associations between early adversities, such as sexual and/or physical abuse, and a wide range of health issues in adulthood," Halls added.

Notably, children without a protective adult in their home, irrespective of childhood abuse status, were 20 per cent to 40 per cent more likely to experience adverse physical health outcomes and twice as likely to suffer from depression in adulthood. The study is based on an analysis of data from over 80,000 adult US respondents between 2021 and 2022.

The findings show "the importance of positive relationships between children and the adults in their lives" said Halls, while urging policymakers to create effective programmes to support kids.

## 25 mn young people in US now living with a chronic condition: Study

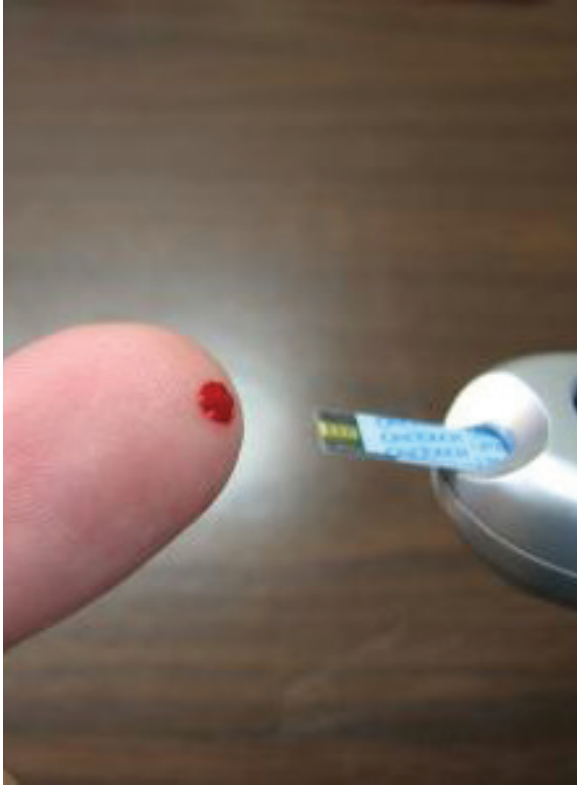
### AGENCIES

NEW DELHI

The prevalence of chronic conditions such as attention deficit hyperactivity disorder (ADHD), autism, asthma, prediabetes, and depression or anxiety, has risen to unprecedented levels -- 30 per cent -- over the past twenty years in the US, according to a study. The study showed that nearly one-in-three young people or about 25 million young people ages 5 to 25 are estimated to now be living with these conditions that began in childhood. It is significantly affecting and limiting their lives.

"The prevalence of childhood conditions is currently higher than previous estimates suggest," said lead author Lauren Wisk, an assistant professor of medicine at the University of California-Los Angeles, US.

"Youth who are subject to socioeconomic vulner-



ability such as having less education, lower income, are on public insurance, or unemployed are all more likely to live with a chronic

condition than youth with socioeconomic advantages," Wisk added.

For the study, published in the peer-reviewed jour-

nal *Academic Pediatrics*, the researchers analysed data of about 236,500 participants in the US aged from 5 to 25 years.

They found that the frequency among children ages 5 to 17 years rose from about 23 per cent in 1999/2000 to more than 30 per cent by 2017/2018. This amounts to an estimated 130,000 additional children per year.

Among young adults ages 18 to 25 years, the prevalence increased from 18.5 per cent to 29 per cent over the same period, for about an additional 80,000 young adults each year.

Nearly all of the conditions are treatable with access to high-quality healthcare, Wisk said.

The researcher urged for greater investments in assisting these youth in engaging appropriately with healthcare across their lifespan to protect their health and well-being.

## Indian women's unlimited capabilities, potential established globally: Annapurna Devi at UN

### AGENCIES

NEW DELHI

Indian women have established their unlimited capabilities, and potential globally, said Annapurna Devi, Union Minister, Women and Child Development (WCD), at the UN Headquarters in New York.

Devi said this while participating in the 69th session of the Commission on the Status of Women at the UN and delivering India's statement at the Ministerial Forum. She also highlighted global progress and challenges in the achievement of gender equality and the empowerment of women and the full realisation of the 2030 Agenda for Sustainable Development.

"Today I feel proud to represent India at the @UNHeadquarters and to proclaim the power of



women in the country and their progress. Under the able leadership of Prime Minister Narendra Modi, the women of India have established their unlimited capabilities and potential to the entire world," Devi shared in a post on social media platform X.

During the session, the Minister outlined the progress of India on gender

equality addressing the 12 critical areas of concern.

The government flagship schemes "have significantly contributed to improving health, nutrition, education, and economic opportunities for women and children," in India, said Devi.

The Minister also reaffirmed the Government of India's unwavering com-

mitment to the empowerment, protection, and holistic development of women and children across the nation.

The government aims "to ensure that every woman and girl has access to their rights and entitlements," Devi said, adding that "the welfare of women and children is at the core of our nation's progress".

"Through a multi-pronged approach, we are working towards a future where every woman is empowered and every child is nurtured in a safe and supportive environment," the Minister noted.

The session witnessed large-scale participation from all UN member states, intergovernmental organisations, the private sector, philanthropists, academia, civil society, women's collectives, and UN agencies.

## Flexible health insurance surges by 300 pc in last 5 years in India: Report

### AGENCIES

NEW DELHI

Flexible health insurance plans have seen an upsurge of almost 300 per cent in the last five years in India, said a report on Tuesday.

The report by Mercer Marsh Benefits (MMB) showed that even as the workforce in the country is evolving, organisations are reinventing benefits to meet diverse employee needs. Beyond statutory provisions, companies are increasingly introducing innovative solutions like flexible health insurance plans.

The inclusive coverage options focus on parents, cover, siblings cover and wellness programme, and financial planning tools. These forward-thinking approaches not only enhance employee well-being but also help attract and retain top talent in a competitive landscape, the report said.

"Employee benefits in



India are no longer just about healthcare coverage; they are evolving into holistic well-being solutions. There is a significant shift towards flexible, inclusive, and future-ready benefits," said Prawal Kalita, Managing Director, Mercer Marsh Benefits India Leader.

"The adoption of flexible health insurance has surged by 300 per cent in the last five years. Employers are recognising the value of offering comprehensive support -- from parental insur-

ance to mental health programmes -- to meet the diverse needs of their workforce," Kalita added.

The report highlighted the transformative changes in India's employee benefits landscape including employer sponsorship for parental insurance which increased from 35 per cent in 2019 to 53 per cent in 2024. The provision is a key benefit for employee retention and well-being.

Organisations and insurers are also promoting cashless hospitalisation,

leading to higher payout ratios and a reduction in the average hospital stay from 5.9 to 5.3 days.

Further, understanding the workforce needs employers are increasingly expanding coverage to include fertility treatments, surrogacy, and adoption benefits. Employees are also demanding greater autonomy in choosing benefits, leading to increased adoption of customisable insurance and wellness programmes.

Organisations are prioritising preventive healthcare measures, including early diagnosis, screenings, and wellness programmes, to reduce long-term medical expenses, the report said.

"As businesses compete for talent, benefits strategies must go beyond statutory provisions and embrace innovation, ensuring they remain relevant, cost-effective, and impactful for employees across all life stages," Kalita said.





# Gill & King win ICC Player of Month awards for February

## AGENCIES

DUBAI, MAR 12 (UNI)

The International Cricket Council (ICC) on Wednesday revealed the ICC Men's and Women's Players of the Month for February 2025 as Shubman Gill of India and Alana King of Australia.

Fresh from India's ICC Men's Champions Trophy triumph, Gill claims the ICC Men's Player of the Month award after a string of superb performances with the bat in his side's ODI series sweep over England and a stellar century in the opening victory over Bangladesh in Dubai.

Spin maestro King meanwhile becomes the third successive Australian to be named the ICC Women's Player of the Month after inspiring their win with prolific bowling spells in the standalone Ashes Test match victory over rivals England in Melbourne.

Both players were crowned following a vote conducted among global fans registered at [icc-cricket.com](http://icc-cricket.com) and a specialist panel comprising ICC Hall of Famers, former international players, and media representatives.

Gill wins his third ICC Men's Player of the Month accolade, overcoming fellow ICC Men's Champions Trophy



finalist Glenn Phillips of New Zealand, and Australia's Steve Smith.

King wins her first ICC Women's Player of the Month award after seeing off compatriot

Annabel Sutherland and Thailand's Thipatcha Putthawong to February's prize.

With 406 runs during the calendar month and an average of over 100, Gill returned to the summit of the ICC Men's ODI Batter Rankings thanks to his runscoring feats throughout February.

The 25-year-old began the month with three fruitful ODI contests against England, striking 87 and 60 in the two opening ODI matches before a sublime 112 in Ahmedabad sealed a commanding set of performances and the series sweep.

With confidence high, his form continued as the ICC Men's Champions Trophy commenced, hitting a crucial and stylish

101 not out against a spirited Bangladesh under the lights in Dubai to chase down 229 for victory and set India on course for silverware.

ICC Men's Player of the Month for February, Shubman Gill, said: "I am elated to win the ICC Men's Player of the Month award for February. Nothing gives me more motivation than performing with the bat and winning matches for my country."

"The lead up to the Champions Trophy 2025 was very crucial and I am glad I was able to make the most out of it. It has been a phenomenal start to the year individually as well as for us as a unit. I am looking forward to an action-packed cricketing year ahead and hope to win many more matches for India," he added.

ICC Women's Player of the Month, King produced a series of destructive bowling displays throughout the Ashes series down

under, and concluded with a starring role as the home side won impressively in the standalone Test match in Melbourne.

Having won the toss and opting to bowl, King made inroads into the English middle order, denting any opposition momentum with the key scalps of Sciver-Brunt, Dunkley and Wyatt-Hodge as she recorded figures of four for 45.

Then, in the second inning, with England chasing a sizeable 270 just to avoid an innings defeat, King yet again took control, removing the dangerous Tammy Beaumont before ripping through the rest of the order to register a career-best Test return of five for 53 and etch her name onto the feted honours board at the Melbourne Cricket Ground.

ICC Women's Player of the Month for February, Alana King said: "It's been a big summer for the girls and we're obviously really pleased to have retained the Ashes the way we did."

"I was proud to have played a role in that success and will remember that series, in particular the Test match for a long time. There's no bigger stage than an Ashes Test on the MCG and I'm so grateful to have been a part of it," King said.

# Hardik banishes 2017 ghosts with CT win in 2025

## AGENCIES

NEW DELHI, MAR 12 (UNI)

In 2017, a young Hardik Pandya lit up the Champions Trophy final with a blistering 76 off 43 balls, a lone warrior in India's crushing 180-run defeat to Pakistan.

His valiant effort was in vain, leaving an unfinished chapter in his career.

Eight years later, on the same grand stage, Pandya ensured there would be no repeat of that heartbreak. Now a senior figure in the Indian squad, he played a crucial role in the closing stages, scoring a composed 18 off 18 balls to guide India to a triumphant Champions Trophy victory in 2025.

"2017, the work was left. You know I could not finish the job back then," Pandya reflected after the win. "And I am very, very glad that tonight is the night where I can say that, you know what, I am a Champions Trophy winner as well."

With India securing back-to-back ICC titles, including last year's T20 World Cup, Pandya is



eager to keep adding to his growing list of achievements.

"For me, it has always been about winning as many championships as I can," he said. "I did say when we won in 2024 that this is not done. I still need five or six more trophies. I am very happy that one more is added."

The victory, he emphasized, was a true team effort, with every player stepping up when it mattered most.

"It's very satisfying, very calming, a very happy moment for me. Every time I step on the field, even if I don't confirm the win, I think that's the most beautiful feeling I have," he said.

"Everyone came out there and showed their

class, the belief they have."

With the Champions Trophy secured, Pandya has already turned his focus to the next major challenge—the ICC Men's T20 World Cup 2026, which will be held in India. The tournament on home soil presents an opportunity for India to continue its dominance and defend its title in familiar conditions.

"I love wins like this where everyone puts their heart out," he said. "This was for India, this was for Bharat. The Champions Trophy is done—next goal, ICC T20 World Cup in India, lifting the cup."

With a relentless hunger for success, Pandya's redemption arc is complete—but his journey is far from over.

## Zheng Qinwen of China into Indian Wells quarterfinals

## AGENCIES

CALIFORNIA, MAR 12 (UNI)

China's Zheng Qinwen stormed into her first WTA 1000 Indian Wells quarterfinal with a decisive 6-3, 6-2 victory over Ukraine's Marta Kostyuk in Monday's fourth-round clash, marking her seventh career appearance in the last eight at this tournament tier.

The eighth-seeded Chinese star needed just 80 minutes to dispatch the 18th-seeded Kostyuk. "I needed to balance controlled aggression today," Zheng analyzed post-match.

"Kostyuk was more aggressive but she also had more unforced errors. I wasn't playing at my best level but it was enough for me to advance."

The breakthrough follows a turbulent start to the season for Zheng, who navigated injury concerns and coaching adjustments before reuniting with Spanish mentor Pere Riba.

# Harmanpreet told me he will try to win match to make it memorable for me: Arshdeep

## AGENCIES

NEW DELHI, MAR 12 (UNI)

The 20-year-old forward Arshdeep Singh has recently been in the spotlight for his consistent performances, earning him his senior India debut at the FIH Hockey Pro League 2024/25 (Men) in Bhubaneswar.

The federation has also recognised his talent and hard work as he has been nominated for the Hockey India Jugraj Singh Award for Upcoming Player of the Year (Men - Under 21).

Arshdeep has been nominated alongside his junior squad teammates, Amir Ali, Shardanand Tiwari and Arajjeet Singh Hundal.

Talking about the awards, he said, "I didn't expect to be nominated for such a prestigious award. I am honoured and grateful to Hockey India. Even if I don't win the award, this has highly motivated me to do better and work harder on my game."

About his debut, Arshdeep said, "My debut experience was very good. I got to play two matches and

I learned a lot, especially how structured the top teams in the world are. Playing with the senior players has boosted my confidence and has motivated me to improve my game."

Arshdeep first made headlines during the 2024 Men's Junior Asia Cup in December last year as he scored six goals in the tournament and was impressive with the stick.

"It was a very good



tournament for me and I scored some good goals. Especially winning against Pakistan in the final was a special moment for me. I thought I would get a chance to play for the seniors after the Junior World Cup later this year, but I didn't expect to make it into the senior squad so early," he commented.

Although he did catch eyes during the Junior Asia Cup, Arshdeep Singh's breakout tournament was the Hockey India League (HIL) earlier this year, where he was named the Upcoming Player of the tournament. He was one of the first names in the Hyderabad Toofans team sheet and scored three goals to help his side reach the final.

Talking about his HIL experience, Arshdeep shared, "The atmosphere in my team, Hyderabad Toofans, was very positive, which is why I could play so freely and thrive in the tournament."

"I was with the team when I got to know that I

have been selected in the national team. I called my mom first because it was truly a proud moment for me," he added.

Although it was a big day for Arshdeep when his name was in the lineup against Spain, he was more excited than nervous since the senior players in the squad helped him cope with the pre-match blues.

"I was excited because I wanted to make the most of this chance. The Senior players really helped me. Sukhjeet advised me to play freely and not think about the mistakes I make. He told me the way

I react after making mistakes is more important."

"Captain Harmanpreet Singh told me he will try his best to win the match to make it memorable for me and told me to try my hardest to score a debut goal." Arshdeep has now joined the junior squad camp in Bengaluru and is preparing for the Men's Junior Hockey World Cup, set to happen in December.

## Top seed Shi Yuqi cruises into second round at Badminton All England

## AGENCIES

LONDON, MAR 12 (UNI)

China's top seed Shi Yuqi cruised into the second round of the men's singles event at the All England Badminton Championships by sweeping Chico Aura Dwi Wardoyo of Indonesia 21-13, 21-8 in Birmingham here.

Shi, 29, led the head-to-head 4-0 against Dwi Wardoyo ahead of Tuesday's match and needed only 34 minutes to defeat the 26-year-old world No. 34.

The current world No. 1 Shi will face Chou Tien-Chen of Chinese Taipei in the last 16 round after the world No. 9 outplayed Frenchman Christo Popov 21-10, 21-12.

Shi's compatriot Li Shifeng, who was crowned champion at the All England two years ago, overcame Canadian Brian Yang 21-11, 18-21, 21-16 to set up a second-round clash against Toma Junior Popov.

In the men's doubles, top seeds Kim Astrup and Anders Skaarup Rasmussen suffered an early exit as the Danish duo lost to Indonesian pair Muhammad Shohibul Fikri and Daniel Marthin 22-20, 21-18.

The women's top two seeds, An Se-young from South Korea and Wang Zhiyi of China, will both play in the opening round on Wednesday, while the third seed, Akane Yamaguchi of Japan, started her campaign by defeating Vietnamese Nguyen Thuy Linh 21-19, 21-12.

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