



# Govt notifies "The Jammu and Kashmir Road Safety Policy 2025"

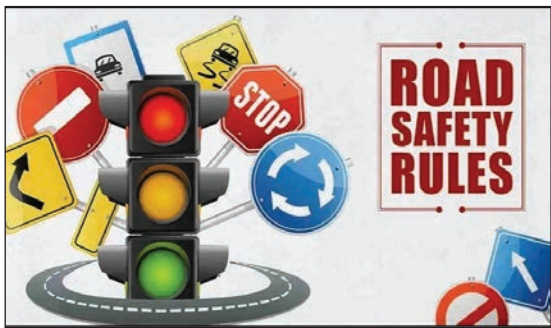
## Commits to reduce road accidents, fatalities by 50% by 2030

■ HT News Network

JAMMU, MARCH 14: Aiming prevention of accidents and fatalities on roads, the Government of Jammu and Kashmir, notified "The Jammu and Kashmir Road Safety Policy -2025".

In an official notification issued in this regard, it was stated that the road transport is the most effective mode of transportation in J&K and the government recognises that the road safety demands an integrated and holistic approach to tackle road safety issues in the UT.

Highlighting the need to frame new Road Safety Policy, the notification briefed that there were over 22.66 lakh registered vehicles in J&K. During the year



2022, 6092 road accidents were reported in the UT in which 805 people lost their lives whereas in year

2023, 6298 accidents were reported and 893 people lost their lives.

As per data, 40% of all the accidents have occurred in districts of Jammu, Udhampur, Samba and Kathua. Accidental data analysis shows that number of accidents and fatality rate needs to be brought down making it imperative to promote preventive strategy for road safety.

Keeping in view the above data, the government with a vision to achieve the goal of reduction in road accidents as well as fatalities by 50% by 2030, reiterates its commitment to bring significant reduction in road accidents in J&K in coordination with all stakeholders and

TURN ON.....PAGE 02

## Mehbooba Mufti Criticizes Attempts to Create Fear Among Minorities During Holi

■ HT News Network

SRINAGAR, MAR 14, : People's Democratic Party (PDP) chief Mehbooba Mufti on Friday accused certain elements of turning Holi celebrations into a source of fear for minorities, allegedly with the tacit approval of those in power.

TURN ON.....PAGE 02



## 'Yellow Alert': Rains, snow lash J&K for 3rd straight day

MeT predicts improvement from Mar 16, water level increases in Jhelum, streams

■ HT News Network

SRINAGAR, MAR 14: While the rains and snowfall continued to lash Jammu and Kashmir for the third consecutive day today, the weatherman predicted that precipitation would continue for the next 24 hours.

According to the details

available with the news agency—the upper reaches of Kashmir including Gulmarg, Sonamarg, Peer Ki Gali, Zojila Pass, Sadhna Top and other areas continued to receive snowfall while the intermittent rains lashed plains including Srinagar on Friday.

The Meteorological (MeT) department issued a 'yellow

alert' for Saturday stating that intermittent spells of light to moderate rain are expected at most places and snow in higher reaches as well.

Director MeT, Dr Mukhtar Ahmad said that the intermittent brief spell of light rain and snow is expected at few places towards morning and

TURN ON.....PAGE 02

## India Rejects Pakistan's 'Baseless' Charges; Calls It 'Epicentre' Of Global Terrorism

■ HT News Network

NEW DELHI, MAR 14:

India on Friday trashed Pakistan's allegations of backing terrorism against that country following the Balochistan train attack and said Islamabad should look inwards before shifting the blame on others for its "failures".

India also said the whole world knows "where the epicentre of global terrorism lies".

On Thursday, Pakistan accused India of "sponsoring terrorism" without directly implicating it in the Balochistan train attack that killed 21 passengers.

"We strongly reject the baseless allegations made by Pakistan," External Affairs Ministry spokesperson Randhir Jaiswal said, responding to media queries on Islamabad's allegations.

He also said, "The whole world knows where the epicentre of global terrorism lies."

"Pakistan should look inwards instead of pointing fingers and shifting the blame for its own internal problems and failures on others," he added.

Pakistan Foreign Office spokesperson Shafqat Ali Khan, at a weekly press briefing, was asked several questions about the deadly attack on Tuesday, which led to a hostage situation lasting for more than 24 hours.

Terrorists were in direct communications with Afghanistan-based planners throughout the incident, he said, adding Islamabad has repeatedly asked Afghanistan to deny the use of its soil for terrorist groups like the Balochistan

TURN ON.....PAGE 02



## NEWS BRIEF

### 5.2 magnitude earthquake strikes Kargil.

SRINAGAR, MARCH 14, : An earthquake of magnitude 5.2 jolted Ladakh's Kargil early today, according to the National Center for Seismology, with tremors felt in Jammu and Kashmir. According to News Service, Associated News Bureau, ANB, the earthquake occurred at 2.50 am at a depth of 15km. There have been no reports of any damage or casualties. Ladakh lies in the Seismic Zone-IV of the country, which means they are at a very high risk in terms of vulnerability to earthquakes.

TURN ON.....PAGE 02

### Theft case solved in Gbl, stolen gold worth lakhs recovered: Police

SRINAGAR, MAR 14: In a significant breakthrough, Police in Ganderbal on Friday have successfully solved a theft case, apprehending five individuals and recovering stolen gold valued at lakhs of rupees.

On 12/09/2024, Police Station Lar received a written complaint from Abdul Rehman Shah resident of Check Yangoora stating there in that during the intervening night of 11-12/09/2024, unknown persons had entered his home and made off with gold and cash,

TURN ON.....PAGE 02

### In JK, non-tax power tariff revenue increases by 11% since 2022

Sales tax decreases by 8 percent

SRINAGAR, MAR 14: In Jammu and Kashmir, power tariff share in non-tax revenue has increased by 11 percent in four years.

An official informed the news agency—said, "Power tariff's share in non-tax revenue grew from 56 percent to 67 percent since Financial Year-22."

It further states that the power is a critical driver of economic development in Jammu and Kashmir, with the government focusing on optimizing power generation and enhancing infrastructure to ensure a reliable

TURN ON.....PAGE 02

### In 2 years, J&K exports 508.29 MTs of fruit, generates Rs 2806.22 crore

■ HT News Network



SRINAGAR, MAR 14: In two years Jammu and Kashmir has exported 508.29 thousand metric tonnes (MTs) of fruits, generating a revenue of Rs 2,806.22 crore.

According to the data of the Agriculture Production Department (Horticulture), accessed by the news agency—, Baramulla district emerged as the largest contributor, with 'Sopore Mandi' alone exporting 184.52 thousand MTs of fruits, accounting for Rs 992 crore. Another 'Kanispore Mandi' in Baramulla district exported 0.96 thousand MTs, with a turnover of Rs 3.51 crore.

TURN ON.....PAGE 02

## Revenue generation by SFD dips from Rs 480 lakh to Rs 124 lakh in 2 years: Data

'Massive stock of fallen trees in J&K, no auction conducted in two years'

■ HT News Network

SRINAGAR, MAR 14: With a large number of fallen trees remaining unutilized across Jammu and Kashmir, the revenue generated from the timber auctions over the past two years has seen a steep decline, dropping from Rs 480 lakh to just Rs 124 lakh.

According to the data accessed by the news agency—Kashmir News Observer (KNO), it states that the multiple divisions in Kashmir have reported a substantial number



of fallen trees, with the highest count recorded in Anantnag 2,150 trees & 3,573 logs, fol-

lowed by Kupwara with 816 trees.

TURN ON.....PAGE 02

## On 2nd Friday of Ramadan thousands of devotees offer prayers across Kashmir

Despite rain, Jamia Masjid, Hazratbal witness huge congregations

■ HT News Network

SRINAGAR, MAR 14, On the second Friday of Ramadan, thousands of devotees offered congregation prayers at various mosques and shrines across Kashmir.

As per the details obtained by the news agency—, despite rain and chill since morning, Jamia Masjid in old city and the revered Hazratbal shrine witnessed huge congregations.



"We prayed for the well-being of the people of Kashmir and asked Almighty Allah to

make the Kashmir Valley peaceful and harmonious,"

TURN ON.....PAGE 02

## Forests cover 47.52% of land in Doda, 1.88% in Srinagar

■ HT News Network

SRINAGAR, MARCH 14: There is a stark contrast in forest distribution in Jammu and Kashmir, Doda has the highest green cover while Srinagar has the least. According to the 2023-24 report accessed by the news agency—Doda district has 5,555 sq. km of forest cover, accounting for 27.51% of J&K's total land under forest. The district's forest area makes up 47.52% of its total geographical area, making it the most heavily forested district in terms of absolute land coverage. In contrast, Srinagar has the lowest forest area,

TURN ON.....PAGE 02

## Mission Vatsalya: J&K Govt provides financial aid to 5000 children

20 Juvenile Justice Boards, 20 Child Welfare Committees upgraded

■ HT News Network

SRINAGAR, MAR 14: Under the Mission Vatsalya Programme the Jammu and Kashmir Government provided Rs 4000 per month to 5,000 vulnerable children living with extended families or biological relatives, reveals a document accessed by the news agency—.

It states that the financial assistance was provided to these children to support their education,



nutrition, and health needs.

As part of the initiative, the 20 Juvenile Justice Boards (JJBs) and 20 Child Welfare Committees (CWCs) in J&K have been

upgraded to child-friendly spaces, keeping in mind child psychology principles, it reads, as per News agency. The document further

TURN ON.....PAGE 02

## SOTTO J&K Delivers Organ Donation Awareness for Senior Citizens

■ HT News Network

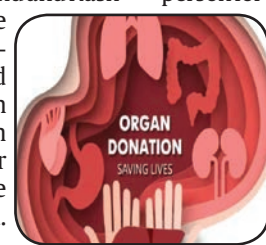
SRINAGAR, MAR 14: Jammu and Kashmir State Organ and Tissue Transplant Organization (SOTTO J&K) on Thursday organised an awareness lecture on Organ Donation and Transplantation for senior citizens at the Senior Citizen Rejuvenation Centre (SCRC), Trikuta Nagar, Jammu.

As per the news agency—, President SCRC, Kuldeep Singh Samyal, welcomed and introduced Dr Sanjeev Puri,

Joint Director, SOTTO J&K, as the resource person for Organ Donation to the members.

Dr Puri elaborated on the process of human organ donation and highlighted its necessity for saving the lives of patients with end-stage organ failure. He discussed the concept of brain stem death and the family's consent for organ donation under the National Organ Transplant Programme (NOTP) and the

TURN ON.....PAGE 02





# CEO ERA reviews progress on World Bank funded JTFRP Bid evaluation process for additional Gynae block at L.D. Hospital to conclude soon

HT News Network

SRINAGAR, MARCH 14: Chief Executive Officer, J&KERA/JTFRP, Muhammad Aijaz Asad, has asked the Project Implementation Unit to expedite the bid evaluation process for construction of additional Gynae block at Lal Ded hospital, Srinagar, being constructed under the World Bank funded Jhelum Tawi Flood Recovery Project (JTFRP). The CEO was chairing a meeting held at civil secretariat to review the progress on World Bank funded Jhelum Tawi Flood Recovery Project. He was informed that 200 sub-projects out of the total of 213 sub-projects taken up for execution under JTFRP have been completed till date with an overall expenditure of Rs 1527 crore. Sajad Nageeb, Chief Engineer PWD (R&B Central), while giving details about the progress on construction of additional Gynae/Infertility/Oncology block at Lal Ded Hospital, being constructed under JTFRP, said that the evaluation of technical bids is under process and is expected to be completed shortly for submitting to World Bank for approval. The CEO asked the Chief Engineer to expedite the bid evaluation process for the prestigious health sector



project. Susheel Kumar, Director Technical JTFRP/Chief Engineer, PWD (R&B North), informed that work on 4 bridges in North Kashmir, namely Wahdina, Waza Mohalla, Wagoora and Shrakwara has been allotted and contractor has already started procurement of material on Wahdina bridge. He added that work on all the 4 bridges is expected to be completed by December,

2025. He also informed that work on construction of Trikonalab bridge in Pattan is underway and work on the sub-project is expected to be completed by April, 2025. Giving details about progress on construction of Emergency Operations Centre at Ompura, being constructed by J&KERA under JTFRP, it was informed that work on Dormitory building has been completed and the contractor has initiated process for procurement of various electromechanical equipments. The CEO directed that contractor be asked to submit the procurement status of equipment. He asked the engineers to devise a strategy for expediting pace of work on the sub-project to ensure its completion at an earliest. Vinod Kumar, Chief Engineer, PWD (R&B South), while giving details of progress on construction of Trenz bridge, informed that work on the 3 spans has already been completed while work on other spans is in process. The work on the bridge will be completed by June, 2025, he added. Sajad Kawoosa, Superintendent Engineer, Srinagar Municipal Corporation, informed that work on upgradation of 45 Dewatering stations in Srinagar city has been completed and made functional along with installation of SCADA system.

## Anjuman Auqaf Jama Masjid Condemns House Arrest of Mirwaiz Umar Farooq

HT News Network

Srinagar, March 14, 2025: Anjuman Auqaf Jama Masjid Srinagar expresses deep disappointment and regret that its president and the esteemed Mirwaiz-e-Kashmir, Molvi Umar Farooq, has once again been placed under house arrest, preventing him from delivering the Friday sermon and offering congregational prayers at the historic Jama Masjid Srinagar today. This arbitrary and unjustified move by the authorities comes at a time when the holy month of Ramzan is going on - a month of immense spiritual significance for Muslims worldwide. Jama Masjid is the central place of worship where thousands gather for Friday prayers, seeking guidance, blessings, and connection with the Almighty. However, barring the Mirwaiz-e-Kashmir from fulfilling his religious duties and preventing the faithful from benefiting from his sermons deeply hurts the religious sentiments of the people. The Anjuman said that it is distressing and disappointing for the people who come from far and wide to listen to his guidance. Such restrictions, especially during the sacred month of Ramzan, are completely uncalled for and go against the principles of religious freedom. The Anjuman Auqaf demands that Mirwaiz Umar Farooq be immediately released from house detention so that he can carry on with his religious obligations as the Mirwaiz and guide the people, as has been the long-standing tradition of Mirwaizeen in Kashmir. The Anjuman also urges the people to continue their prayers and supplications in this holy month, seeking Allah's mercy and guidance, and prays for relief from such unjustified curbs.

# Srinagar admin organizes awareness programmes on Drug de-addiction at Fakir Gujri

HT News Network

SRINAGAR, MARCH 14: On the directions of Deputy Commissioner (DC) Srinagar, Dr. Bilal Mohi-Ud-Din Bhat, a series of awareness programmes on drug de-addiction was organized by District Administration Srinagar in collaboration with District Social Welfare Office at Fakir Gujri-A and Fakir Gujri-B here today. During the programme, the Resource persons highlighted the harmful effects of drugs on individuals, families, and society at large. They urged the public to raise awareness about the detrimental impacts of drugs and remain vigilant against those involved in illegal drug trade. The participants unanimously called for widespread awareness efforts, emphasizing the need to be cautious of individuals engaged in such illegal activities. On the occasion, the measures needed to be undertaken for the eradication of drug menace from the society were also underlined. The special focus was laid on saving youth, the most vulnerable age group with regard to drug



menace from the harmful effects of its use. Other Speakers on the occasion said that drug addiction is an issue of grave concern, especially among the younger generation and has very ill effects not only on the individual concerned but on the society as a whole. The programme was attended by Officers of Social Welfare, Police, Education and other Departments. On the occasion, the measures needed to be undertaken for the eradication of drug menace from the society were also underlined. The special focus was laid on saving youth, the most vulnerable age group with regard to drug menace from the harmful effects of its use.

# NIT Srinagar faculty secures prestigious ISRO RESPOND project funding

HT News Network

Srinagar, Mar 14: Dr. Majid Hussain, Assistant Professor at Department of Civil Engineering, National Institute of Technology (NIT) Srinagar has secured funding from the prestigious RESPOND Programme of the Indian Space Research Organisation (ISRO) for his research project titled "Modelling or experimental work related to interplanetary/planetary dust." The project, approved by the Chairman of ISRO and the Secretary of the Department of Space (DOS), has received funding for a duration of two years. The research is expected to make significant contributions to the understanding of planetary and interplanetary dust dynamics, with potential applications in space exploration and planetary sciences. As per the official communication from ISRO, the Department of Space will release the sanctioned funds annually through the Central Nodal Agency (CNA) Scheme. In an official letter dated March 11, 2025, addressed to Dr. Majid, ISRO confirmed the approval of the project and outlined the necessary administrative procedures for fund disbursement. The letter was signed by M.A. Paul on behalf of ISRO's RESPOND Programme, headquartered at Antariksh Bhavan, New BEL Road, Bengaluru.



Expressing his gratitude, Dr. Majid Hussain said that this project will contribute to scientific advancements in planetary dust modeling, benefiting both fundamental research and space missions. "I am thankful to ISRO for recognizing and supporting our work," adding that both the Department of Civil Engineering and faculty community at NIT Srinagar are

committed to advancing knowledge in planetary science and space technology. The project will focus on the interaction between the rowler/lander and lunar & martian regolith. In her message, Prof. Roohie Naaz, Incharge-Director NIT Srinagar congratulated Dr. Hussain on this remarkable achievement, emphasizing that this recognition underscores NIT Srinagar's commitment to cutting-edge research and its growing collaboration with premier national institutions. "We take immense pride in Dr. Hussain's accomplishment and look forward to further strengthening our research capabilities in space sciences," he said. Institute's Registrar Prof. Atikur Rehman extended his congratulations to Dr. Majid Hussain and stated that it is a proud moment for the institute as well as the research community at NIT Srinagar. "We are confident that this project will make valuable contributions to the field of space science and planetary research," Prof. Rehman added. "We take immense pride in Dr. Hussain's accomplishment and look forward to further strengthening our research capabilities in space sciences," he said. Institute's Registrar Prof. Atikur Rehman extended his congratulations to Dr. Majid Hussain and stated that it is a proud moment for the institute as well as the research community at NIT Srinagar.

## Power Shutdown of Bemina- Barbarshah TRC Tap line, Pampore Khanda Tap line

HT News Network

SRINAGAR, MARCH 14: According to the Chief Engineer, Distribution, KPDCL, in order to carry out maintenance works of 33 KV Bemina-Barbarshah TRC Tap line, the shutdown shall be observed from 10:00 AM to 05:00 PM on 18 March, 2025. However no Receiving Station and areas shall be affected as 33 KV Bemina-Barbarshah-TRC Tap line is a backup line to 33 KV Cheshmashahi-TRC Nedous Line. Similarly, to facilitate cutting down of Poplar Trees, the shutdown of 33KV Pampore Khanda Tap line shall be observed due to which 33/11KV Receiving Station at Khanda shall remain off while power supply to the Khanda, Wagoora, Gowherpora, Wagoora, Wadipora, Kultreh and adjoining areas will be affected from 10:00 AM to 02:00 on 17 March, 2025.

## Power Shutdown of Delina- Amargarh Transmission Line Ckt-2nd

HT News Network

SRINAGAR, MARCH 14: According to the Chief Engineer JKPTCL, Kashmir, in order to carry out Relocation of 132 KV CT's and LA's of 132 KV D/C Delina-Amargarh Transmission Line Circuit-2nd Bay at Grid Station Delina, the shutdown of 132 KV D/C Delina-Amargarh Transmission Line Ckt-2nd shall be observed due to which power supply to Sopore, Amargarh, Baramulla, Watergam and adjoining areas will be affected from 09:00 AM to 05:00 PM on 17 March, 2025.

## Power Shutdown

HT News Network

SRINAGAR, MARCH 14: According to the Chief Engineer JKPTCL, Kashmir, in order to carry out commissioning of the Bus Bar protection at 320 MVA, 220/132 KV, 160 MVA, the Transformer Bank-I, of Grid Station Alusteng, 33KV Wussan, Safapora, Kangan, USHP-I & II, Lal Bazar, BAMK, Hazratbal, Ellahibagh, Lar-Tullmulla, Ajar, Aloosa, Gurez, Zakura, Power House and Nagbal Feeders falling under 220/132 KV Grid Station Alusteng element shall be affected due to which power supply to Wussan, Safapora, Kangan, Lal Bazar, BAMK, Hazratbal, Ellahibagh, Lar-Tullmulla, Ajar, Aloosa, Gurez, Zakura, Nagbal and adjoining areas shall remain off from 09:00 AM to 01:00 PM on 20 March, 2025. Also in this connection, Wussan, Safapora, Kangan, USHP-I & II, Lal Bazar, BAMK, Hazratbal, Ellahibagh, Lar-Tullmulla, Ajar, Aloosa, Gurez, Zakura, Power House, Nagbal Feeders falling under 220/132 KV, 160 MVA, Transformer Bank-II, of Grid Station Alusteng element shall be affected due to which power supply to Wussan, Safapora, Kangan, Lal Bazar, BAMK, Hazratbal, Ellahibagh, Lar-Tullmulla, Ajar, Aloosa, Gurez, Zakura, Nagbal and adjoining areas shall remain off from 01:00 PM to 05:00 PM on 20 March, 2025. Similarly, in order to carry out replacement of existing wooden damaged poles by new ST poles, the shutdown of 33KV Pattan-Amargarh line shall be observed due to which 33/11KV Receiving Stations at Pattan, Palhalan and Hamray shall remain off while power supply to Pattan, Zangam, Burn, Nihalpora, Pattan Hospital, Palhalan, Hamray warinam, and adjoining areas will be affected from 10:30 AM to 03:00 PM on 17 & 19 March, 2025. Also in this connection, the shutdown of 33KV HMT line shall be observed due to which 33/11KV Receiving Stations at HMT Singhpora, Nihalpora, Mirgund and Shadipora shall remain off while power supply to Singhpora, Mirgund Diver, Skuast, SSM College, and adjoining areas will be affected from 10:30 AM to 03:00 PM on 18 & 20 March, 2025. Similarly, to carry out erection of 11 Mtr ST pole, the shutdown of 33KV Bandipora line shall be observed due to which 33/11KV Receiving Stations at Waltab, Tuijar and Dooru shall remain off while power supply to the Waltab, Tuijar, Dooru and adjoining areas will be affected from 10:30 AM to 03:00 on 17 & 19 March, 2025. Also due to the same reason, the shutdown of 33KV Arampora line shall be observed due to which 33/11KV Receiving Stations at Arampora, Panzipora, Sheer Colony and Bugoo shall remain off while power supply to Arampora, Panzipora, Sheer Colony, Bugoo and adjoining areas will be affected from 10:30 AM to 03:00 PM on 19 March, 2025. Further, to carry out erection of 13 Mtr ST pole and installation of 11KV Isolator, the shutdown of 33KV Achabal-Nowpora tap line shall be observed due to which 33/11KV Receiving Station at Achabal shall remain off while power supply to Achabal and adjoining areas will be affected from 10:30 AM to 03:00 PM on 24 March, 2025. Moreover, to carry out erection of ST poles for stabilization of line, the shutdown of 33KV Dolipora line shall be observed due to which 33/11KV Receiving Stations at Tarathpora, Dolipora and Magam shall remain off while power supply to Tarathpora, Kalsoona, Vilgam, Magam, Neelipora, Geeripora, Dolipora, and adjoining areas will be affected from 10:30 AM to 03:00 PM on 17 & 18 March, 2025.

# News Kashmir organises landmark event on Women's Month and World Women's Day

## HT News Network

Srinagar, March 14: News Kashmir Weekly hosted a grand event on March 13, 2025, at Hotel DOWNTOWN, Little Persia Srinagar, to commemorate World Women's Day and Women's Month. The event was made possible by Jammu and Kashmir Bank, the exclusive banking sponsor, and Fortis Hospital Mohali. Rameez Makhdoomi, Content Editor of News Kashmir, and Farzana Mumtaz, Editor-in-Chief of News Kashmir, moderated the event. The theme "Accelerating Action for Gender Parity" was discussed at length

by participants, who spoke about the importance of women's empowerment and gender equality. Well known Advocate Sana Khan ensured smooth deliberations of the entire programme. Renowned personalities from various fields attended the event, including Dr. GN Qasba, former SMC Commissioner and eminent social personality; Professor Shabnam Ara, National Award winner and Dean of Students' Welfare at Cluster University; Bilquis Mir, world-famous water sports athlete; and Ambreena Anjum, Executive Engineer at Water Works Jal Shakti Division, Srinagar. Mantasha Binti Rashid, Deputy Director Rural Sanitation, were present as a guest of honor.



Other notable attendees included Saika Rashid, Engineer and well-known Calligraphy artist; Zehra Shafi, renowned Journalist working with PTI; Munazah Kanwal, Eminent Journalist; Mir Sabeen Gulrez, Budding Journalist;

Sabhat Mir, eminent social rights personality; Ambreen Nawaz, prominent Entrepreneur; Ishrat Tanki, well-known educationist; and Eliza Izhar, educationist shared their vibrant thoughts. Bilal Bashir Bhat, Editor-in-Chief of Daily Srinagar Jang; Rizwan Geelani, prominent Journalist working with Greater Kashmir; Imran Naiku, well-known journalist working with Gulistan News; Khursheed Qureshi, Veteran Journalist; Imran Ali, healthcare professional; Badrunissa Bhat, well-known research scholar and Sufi artist; and Advocate Sharif, well-known lawyer, also participated in the event and

shared their thoughts. All the participants were felicitated for their contributions towards women's empowerment. Academic Expert Sheikh Sameer and eminent oncologist Dr. Shabnam Bashir also shared their valuable insight. Territory Head J&K, Policy Advocacy Research Centre (PARC), Ruchita Rane, also attended the event and shared her expertise. The event concluded with a vibrant discussion on women's rights and ensuring safe working environments. A gender-just Jammu and Kashmir was resolved upon unanimously by all participants.

## International Day of Mathematics Celebrated at IUST

### HT News Network

Awantipora, Mar. 14: The Department of Mathematical Sciences, IUST, celebrated the International Day of Mathematics today, highlighting its significance in various fields. This year's theme, Mathematics, Art, and Creativity, explored the subject's

interdisciplinary connections. During the program, Dr. Peer Bilal Ahmad, Head of the Department, emphasized mathematics' role in scientific advancements and everyday problem-solving. Prof. Fozia Qazi, Former Head, delivered a lecture on Mathematics and Art, illustrating how mathematical concepts like

symmetry, proportions, and patterns influence artistic expression. She also demonstrated how mathematical concepts such as symmetry, proportions, and patterns influence various art forms in our day-to-day life. A Mathematics Quiz Competition was held for university and Higher Secondary School students.

## OFFICE OF THE EXECUTIVE ENGINEER IRRIGATION DIVISION KULGAM NOTICE INVITING e-TENDERS NIT No: 13/IDK/2024-25 (Slage Contract

For & on behalf of the Lieutenant Governor J&K U.T, e-tenders are invited (in single cover system) "on Percentage Rate basis" Stage contract for the year 2025-26 from registered Contractors whose registration cards are valid in terms of standing rules for the following work:-

S.No	Name of work Advt.	Advt. Cost (Rs.In lacs)	Earnest Money (Amt. in Rs)	Class of Contract	Time for Completion	Cost of tender Document	MH of Account	Tender Receiving authority
1	Providing men, machinery and materials for execution of emergent works at site as per requirement due to breaches/ floods/ calamities etc for the year 2025-26 of sub Division	5.00	10000	AII	For the Financial year 2025-26	300/-	2702	Executive Engineer Irrigation Division Kulgam
2	Providing men, machinery and materials for execution of emergent works at site as per requirement due to breaches/ floods/ calamities etc for the year 2025-26 of sub Division DH Pora (Stage contract)	5.00	10000	AII	For the Financial year 2025-26	300/-	2702	Executive Engineer Irrigation Division Kulgam
3	Providing men, machinery and materials for execution of emergent works at site as per requirement due to breaches/ floods/ calamities etc for the year 2025-26 of sub Division Banimulla (Stage contract)	2.50	10000	AII	For the Financial year 2025-26	300/-	2702	Executive Engineer Irrigation Division Kulgam
4	Providing men, machinery and materials for execution of emergent works at site as per requirement due to breaches/ floods/ calamity etc for irrigation canals of Sub Division Kulgam for the year 2025-26 (Stage contract).	5.00	5000	AII	For the Financial year 2025-26	300/-	2701	Executive Engineer Irrigation Division Kulgam
5	Providing men, machinery and materials for execution of emergent works at site as per requirement due to breaches/ floods/ calamity etc during irrigation season 2025-26 for irrigation canals of Hyd Sub Division Mirbazar (Stage contract).	5.00	10000	AII	For the Financial year 2025-26	300/-	2701	Executive Engineer Irrigation Division Kulgam

Position offunds : Budgetary provision  
Position of AA : Accorded vide SE's Order No. 80 & 81 DB of 2025 dated 04/03/2025 respectively.  
The bidding document and other details can be downloaded from the website:  
<http://iktenders.gov.in>  
The bidding documents consisting of qualifying information, eligibility criteria, specifications, Drawings (if any), bill of quantities (B00), set of terms and conditions of contract and other details can be seen/downloaded from the website:  
[www.iktenders.gov.in](http://iktenders.gov.in)  
2. Bids must be accompanied by bid security and cost of tender document as specified in the table above and pledged in favour of the Executive Engineer Irrigation Division Kulgam. Bid security will have to be in any one of the forms as specified in the bidding documents and shall be valid for six months after the opening of the bid. Bids will be opened in the office of the Executive Engineer Irrigation Division Kulgam on 29/03/2025 at 11: 00 AM. If the office happens to be closed on the date of opening of the bids as specified, the bids will be opened on the next working day at the same time and venue in presence of the bidders who may wish to be present.  
3. Bidders must ensure to upload scanned copies of all necessary documents like Earnest Money in the form of CDR/FDR/treasury challan (MH-0702) GSTIN /Registration card duly renewed and the successful bidder is L1 must submit the valid CDR/FDR// Treasury Receipt, (in original) in the office of tender receiving authority after opening and declaration of successful bidder. Further the bidder must upload the contact details viz valid Phone No/ email ID.

DIPK-13029/24  
Date: Mar 14 2025

Executive Engineer  
Irrigation Division Kulgam

## GOVERNMENT OF JAMMU & KASHMIR

### OFFICE OF THE EXECUTIVE ENGINEER PUBLIC WORKS(R&B) DIVISION AWANTIPORA

NO:T-1/EEA/11001-05

Dated:13/03/2025

## Extension Corrigendum

Subject

S.No.	Name of Work
1	Installation of height barrier to restrict commercial vehicles on Sangam to Awantipora route via Reshipora to Awantipora.

Reference:

This office E-NIT No.152/EEA/RNB of 2024-25/10806-16 DATED 07/03/2025.  
It is notified for the information of all concerned that zero bidder had participated for above said work in subject for S.No. (1 ). Hence the above-mentioned work/Tender is hereby extended/modified and fixed as under:  
All other terms & Conditions shall remain same as per above mentioned NITs

1	Bid Submission End Date	17-03-2025 up to 3.00 PM
2	Date & time of opening of Technical Bids (Online)	18-03-2025 at 12.00 PM

DIPK-13058/24  
Date: 14 March, 2025

Sd/  
Executive Engineer  
R&B Division Awantipora

## اطلاع عام

ہر خاص و عام کو اطلاع دی جاتی ہے کہ میرے بنک اکاؤنٹ زیر نمبر 01220408000111642 برائے پھلگام مین میرانام رضا جان اندراج ہوئی ہے جب کہ میرا اصل نام مطابق ادھار کاڈ Razia Akther ہے اب اس کی دستگی کرانی مطلوب ہے کسی کو کوئی عذر ہو تو وہ سات یوم کے اندر اندر جے کے بنک پھلگام کے دفتر می پیش کرے بعد از معاد کوئی عذر قبول نہیں ہوگا

المستہتر

RAZIA Akther

D/O Gh Mohammad Gorse

R/O:-Idroo pahlagam

GOVERNMENT OF JAMMU & KASHMIR

OFFICE OF THE TEHSILDARK 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 NAZIA NASEER & UMRAH JAAN S/O NASEER AHMAD DAR R/O ATHOORA RESHIPORA Tehsil KREERI Distt. Baramulla having verified the date of Birth as 03/07/2020 & 17/06/2022 and event has been shown to be occurred at ... 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

## PUBLIC NOTICE

I want to change the name of my son from Mohammad Ishaq Parrray S/o Mohammad Abass Parrray Mothers Name: Hajra to Uzair Ali Parrray S/o Mohammad Abass Parrray Mother's Name: Hajra who is Promoted in class 9th, Admission No. 360 D.O.B: 25.04.2010. In this regard, if anybody having any objection then he/she may contact Govt. Girls Middle School Gund Hassi Bhat Srinagar Kashmir within a period of 07 days from the date of publication of this notice. After that no objection shall be entertained.

Mohammad Abass Parrray  
F/o Uzair Ali Parrray  
Mother's Name: Hajra

## PUBLIC NOTICE

My parentage name of my daughter has been wrongly mentioned in the school record as MOHAMMAD RAFIQUE while as her actual parentage name is MOHD RAFIQUE Now i want to be correct the same in this regard if any body has any objection he/ she may file the same in the office of GRAND DUBAI SCHOOL LAWAYPORA HMT SRINAGAR within the period of 07 days from the publication of this notice .After that no objection shall be entertained

Name. MOHD RAFIQUE LONE  
F/O HOORAIN RAFIQUE  
R/O ...MAMOOSA PATTAN

GOVERNMENT OF JAMMU & KASHMIR

OFFICE OF THE TEHSILDARK WAGOORA  
(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 RAHIL HILAL MIR & SAHIL HILAL MIR S/O HILAL AHMAD MIR R/O MURANTANGWARI Tehsil WAGOORA Distt. Baramulla having verified the date of Birth as 15/10/2009 & 08/01/2011 and event has been shown to be occurred at HOME for issuance of delay order .In this connection . if anyone have any objection to the issuance of delay order of death certificate shall present his/her claim this office within 07 days, after that no objection shall be entertained

Executive Magistrate  
1st Class WAGOORA

## PUBLIC NOTICE

Chairman  
Kirmani Yateem Foundation

Movera

Subject: Resignation Letter

Chairman Ali Mohd Khan

We are writing to formally resign from our positions at Kirmani Yateem Foundation due to my engagement in our personal businesses. Our resignation will be effective from 9 March 2025.

We also confirm that I have cleared all the amounts that were with us, and we have attached a detailed list of the received funds and expenditures with this letter for transparency.

Additionally, we request you to remove our contact number's 7006317668 and 7006579440 from all receipt books and official records.

If anyone contacts us regarding the trust, our response will be that we have resigned and we are no longer a part of the organization.

Regards

1. Mohammad Ashraf Shah

2.Shakir Ahmad Ahmad Lone

GOVERNMENT OF JAMMU & KASHMIR

OFFICE OF THE TEHSILDARK 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 ASRAR WASEEM BHAT D/O MOHAMMAD WASEEM BHAR R/O ATHOORA RESHIPORA Tehsil KREERI Distt. Baramulla having verified the date of Birth as 02/08/2022 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

## PUBLIC NOTICE

This is for information of general public that the (Electric bill ) power connection is registered on the name MOHAMMAD RAFIQ BHAT S/O GHULAM MOHAMMAD BHAT R/O DARBAGH HARWAN SRINAGAR ..Now this Connection bearing Consumer ID NO 0201030005591 wants to be registered on my name FAROOQ AMIN S/O MOHAMMAD AMIN CHADINOO R/O DARBAGH HARWAN SRINAGAR..If anybody have any objection in this regard He/She may file his/her objection in the concerned PDD office within seven days from the date of publication of this notice after that no objection will be entertained

Name...FAROOQ AHMAD CHADINOO  
S/O ...MOHAMMAD AMIN CHADINOO  
R/O DARBAGH HARWAN DISTT..... SRINAGAR

GOVERNMENT OF JAMMU & KASHMIR

OFFICE OF THE TEHSILDARK ANANTNAG  
(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 ANANTNAG ( MC ) has submitted case file pertaining to Birth of AAMINA ISHAQ S/O MOHD ISHAQ NAZKOO R/O KAWARIGAM Tehsil ANANTNAG Distt.PAHALGAM with verified the date of Birth, as 13/03/2025 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 ANANTNAG

GOVERNMENT OF JAMMU & KASHMIR

OFFICE OF THE TEHSILDARK 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 ROZIYA FAYAZ D/O FAYAZ AHMAD KHAN R/O SHERKHANPETI KOHLINA Tehsil KREERI Distt. Baramulla having verified the date of Birth as 05/09/3013 and event has been shown to be occurred at .HOME .. 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



# Chief Justice visits DCC Ganderbal, assesses measures concerning court management, infrastructure

## ■ HT News Network

GANDERBAL, MARCH 14: Chief Justice High Court of Jammu & Kashmir and Ladakh and Patron-in-Chief, J&K Legal Services Authority, Tashi Rabstan, today visited the District Court Complex, Ganderbal to take stock of measures concerning court management and infrastructure.

Present on the occasion were Abdul Nasir, Principal District & Session Judge (Chairman District Legal Services Authority) Ganderbal, Jatin Kishore, Deputy Commissioner, Ganderbal, Judicial Officers from the District Headquarter Ganderbal,

Ragav S, Senior Superintendent of Police, Ganderbal, Public Prosecutors and District Bar Association, Ganderbal.

During the visit, the Chief Justice was accompanied by Mohinder Kumar Sharma, Principal Secretary to the Chief Justice and Jahangir Ahmad Bakshi, Joint Registrar (Judicial) Srinagar.

A ceremonial guard of honour was accorded to the Chief Justice by the District Police Ganderbal.

The Chief Justice inaugurated the office of Legal Aid Defense Counsel at the District Court Ganderbal, marking a significant milestone in enhancing



access to justice for the people of Ganderbal. The initiative was a part of the Legal Aid Defense Counsel

(LADC) system, adopted by the National Legal Services Authority (NALSA) to provide free and compe-

tent legal aid especially in criminal matters.

During his visit, the Chief Justice inspected the court complex, reviewed the functioning of e-Sewa Kendra, Judicial infrastructure of various courts and also took stock of court functioning.

The Chief Justice directed all the judicial officers to work hard for the cause of justice and dispose of the old and targeted cases especially which are more than 10 years old on priority, up keeping the faith of general public in court's functioning. He also emphasized that the facility of e-Seva Kendra be made fully functional and

its benefits must reach to the litigants of Ganderbal for filling of their cases through e-mode.

The Chief Justice also held interactive meetings with the judicial officers and Bar members, where the paucity of space for judicial infrastructure and chambers for advocates was raised.

In response, Deputy Commissioner apprised the Chief Justice that 45 kanal of land has already been identified for construction of new Court complex, Ganderbal for which DPR has been prepared and submitted to the higher authorities.

## DC inaugurates RRR Centre at MC Kupwara

### ■ HT News Network

KUPWARA, MARCH 14: The Deputy Commissioner (DC) Kupwara, Ayushi Sudan today inaugurated the much-awaited Reduce, Reuse, Recycle (RRR) Centre at the Municipal Council Office Kupwara.

The inauguration marks a significant step towards promoting environmental sustainability and waste management in the district. DDC Member Sogam, Executive Officer MC Kupwara, President Traders Federation Kupwara, President Transport Asso-



ciation Kupwara and large number of employees of Municipality were present on the occasion.

RRR Centre is aimed to promote the act of kindness where people will

deposit their used clothes, discarded household items and other charitable things which will help other people especially poor and destitute. The aim is to reduce the wastage of

resources by the people by recycling the used things for the people in need.

Speaking at the occasion, DC appreciated the initiative of the Municipal Committee and said that it is a noble and eco-friendly concept aimed to help the poor people by donating used items which will be recycled.

She appealed the people to make the initiative vibrant by donating their surplus things including used clothes, household items and other discarded stuff to the RRR Centre which will be useful for the people in need.

## Safeguarding Legal Rights: DLSA Budgam organizes awareness programme at Central Jail Srinagar

### ■ HT News Network

BUDGAM, MARCH 14: In a significant move, as part of Calendar of activities, District Legal Services Authority (DLSA) Budgam, under the aegis of J&K Legal Services Authority today organized an awareness programme on Bail & Legal aid for under trial Convicted and other prisoners at Central Jail Srinagar.

The programme was also held in consonance with the judgment dated: 18-02-2025 passed by the Hon'ble Supreme Court of India in Suo Motu writ petition number 04 of 2021 titled IN RE: Delay in release of convicts after granting of bail with SLP (crl) No.529 of 2021

The awareness session, organised under the guidance of Hon'ble Justice Atul Sreedharan Executive Chairman J&K Legal Ser-



vices authority and Shazia Tabassum, Member Secretary of J&K Legal Services authority was held under the chairmanship of O.P.Bhagat, Chairman DLSA (Pr.Dist.& Sessions Judge) Budgam and supervision of Nusrat Ali Hakak, Secretary DLSA Budgam, who attended and monitored the said programme personally. On the occasion Legal aid defense counsels

of DLSA Budgam Shahrooq Bhat and Ab Rouf Parry spoke on the subject and apprised the under trial prisoners, convicts, jail inmates etc, about ways and means of obtaining free and competent Legal aid from Legal Services institutions for defending their cases at various Levels free of cost. They also threw light on S.432 crpc and section 473 of BNSS

etc. They also deliberated upon the different types of bails pertaining to different categories/nature of cases and raised awareness among the inmates regarding the benefits that can be availed in light of the said Supreme Court judgment.

On the occasion, Secretary DLSA Budgam gave a presidential address in which she briefed the inmates about the services and schemes of DLSA meant for them and also imparted a wide range of awareness amongst them regarding the legal provisions etc, which they can get help from.

The programme witnessed the active participation of Incharge Superintendent Central Jail Srinagar, Shahbaz Hussain; officials of Prison Legal aid Clinic and PLVs existing at Central jail Srinagar, police personnel, jail inmates, PLVs of DLSA Budgam etc.

## Fervor, gaiety mark Holi celebration in Poonch

### ■ HT News Network

POONCH, MARCH 14: Deputy Commissioner Vikas Kundal and SSP Shafkat Hussain Bhat today greeted people during their visit to the Sanatan Dharam Sabha amid a vibrant celebration of Holi.

The event brought together residents and members of the Management Committee, fostering a spirit of harmony and togetherness. The Deputy Commissioner emphasized the significance of unity and joy that Holi represents. He encouraged everyone to celebrate the festival in a manner that reinforces communal values and strengthens bonds among individuals.

## Hakeem Yaseen extends warm greetings on the occasion of Holi

### ■ HT News Network

Srinagar, Mar 14: Hakeem Muhammad Yaseen, President of the Jammu and Kashmir Peoples Democratic Front (PDF) and former minister, has extended warm greetings to the people on the joyous occasion of Holi. In his message, Hakeem Muhammad Yaseen said that Holi, the festival of colors, symbolizes the spirit of unity, harmony, and brotherhood. He emphasized that this vibrant festival is an opportunity to strengthen the bonds of love and togetherness among people of different communities. "Holi is a celebration of joy, happiness, and the victory of good over evil. It reminds us of our rich cultural heritage and the need to uphold the values of peace, amity, and mutual respect," he said.

## Police Solves Theft Case in Ganderbal, Recover Stolen Gold Worth Lakhs the occasion of Holi

### ■ HT News Network

Ganderbal March 14: In a significant breakthrough, Police in Ganderbal have successfully solved a theft case, apprehending five individuals and recovering stolen gold valued at lakhs of rupees. On 12/09/2024, Police Station Lar received a written complaint from Abdul Rehman Shah resident of Check Yangoora stating there in that during the intervening night of 11-12/09/2024, unknown persons had entered his home and made off with gold and cash. Accordingly, a case vide FIR No. 42/2024 was registered and an investigation was initiated. Through meticulous investigation, police identified and summoned several suspects for questioning, including Imtiyaz Ahmad Gooru from Authkhroo Rabitar (currently residing in Parimpora), Hilal Ahmad Dar from Gund Roshan Rabitar.

## PUBLIC NOTICE

It is hereby notified that my name and my father's name have been incorrectly recorded as Iftikhar Hussain and Ghulam Ali Akhon in my Passport. However, my correct name is Iftikhar Hussain Sheikh, and my father's correct name is Ghulam Ali Sheikh. I am applying for the necessary correction accordingly. Any person having any objection to this correction may submit their objection to the Office of the Regional Passport office Srinagar/Leh, within seven (7) days from the date of publication of this notice. After this period, no objections shall be entertained.

Iftikhar Hussain Sheikh  
S/o Ghulam Ali Sheikh  
R/o Poyen Kargil

## Parents, Locals Protest in Pattan Over Unsafe School Building, Demand Immediate Action

### ■ HT News Network

Baramulla, Mar 14, KNT: Locals of Hanjivera in north Kashmir's Pattan staged a protest on Friday against the Education Department for failing to provide a safe and structurally sound building for Government High School Hanjivera. The protesters, including parents of students, expressed anger over the prolonged delay in constructing a new school building, despite official assurances.

According to locals, the existing school structure was declared unsafe back in 2008, and since then, students have been forced to attend classes in a primary school building with inadequate facilities. They accused authorities of neglect, stating that multiple appeals for the construction of a proper school building have gone unheard.

The parents urged the administration to expedite the construction of a new 10-room, two-story building to accommodate students from primary to high school levels. They emphasized that the current three-room structure, deemed unfit for use by an official order in 2022, poses a serious risk to students.



In addition to infrastructure concerns, the protesters demanded the immediate appointment of a headmaster, a position that has remained vacant for over a year. They argued that the absence of a school head has led to administrative inefficiencies and internal conflicts among the teaching staff, ultimately affecting students' education.

Furthermore, locals called for the transfer of long-serving teachers to introduce fresh teaching methodologies and improve the overall academic standards of the institution.

The aggrieved residents appealed to the concerned authorities to address their grievances on a priority basis, warning that continued neglect could severely impact the education of children from marginalized communities in the area. [KNT]

## Mehjoor Nagar Footbridge Work at Snail's Pace, Locals Demand Answers

### ■ HT News Network

Srinagar, Mar 14, KNT: The long-overdue Mehjoor Nagar pedestrian bridge remains incomplete, leaving residents fuming over the administration's failure to deliver on its promises. Initiated in August 2022, the bridge was supposed to be completed within a year. However, repeated delays and a sluggish pace of work have pushed the project far beyond its initial deadline, forcing locals to take detours and endure daily hardships.

With an approved budget of Rs 4.95 crore, the 106-meter-long bridge was expected to improve connectivity between Mehjoor Nagar and Jawahar Nagar. Despite high expectations, the project has been marred by slow execution,



with work coming to a standstill for months at a time. Locals have urged Commissioner SMC to intervene and expedite its completion.

Locals argue that such delays expose the lack of accountability within government agencies, leaving the public to bear the brunt of inefficiency. "We were promised that the bridge would be ready in a year. Now, it looks like we will have to wait indefinitely. The authorities simply don't care," said a disgruntled local. [KNT]

## J&K Students Association Congratulates Prof. Mahtab Alam Rizvi on His Appointment as Full-time Registrar of Jamia Millia Islamia

### ■ HT News Network

Srinagar MARCH 14: The Jammu and Kashmir Students Association (JKSA) on Friday congratulated Prof. Mohamad Mahtab Alam Rizvi on his appointment as the full-time, regular Registrar of Jamia Millia Islamia (JMI), New Delhi. The Association stated that Prof. Rizvi, a distinguished academic and currently the Director of the Nelson Mandela Centre for Peace and Conflict Resolution, brings a wealth of experience to his new role.

Congratulating him, the National Convenor of the Association, Nasir Khuehami, expressed confidence that Prof. Rizvi would excel in his responsibilities, leveraging his extensive experience to lead the university to new heights and restore its past glory. Khuehami remarked, "There are fundamental issues that require immediate and focused attention to transform Jamia into a world-class institution and a premier seat of learning."



Khuehami emphasized the importance of fostering a student-friendly environment at the university. He stated, "We urge and hope that Prof. Rizvi will prioritize creating a positive atmosphere on campus, addressing issues such as nepotism and hostel problems with fair-

ness and merit."

"With his academic and administrative expertise, wisdom, and action-orientated approach, we believe that Jamia Millia Islamia will make significant strides in education, research, and improving the quality of student life," Khuehami added.

Describing Prof. Rizvi as a dedicated academician and researcher, Khuehami assured that the Association would extend its full cooperation in achieving the nation's aspirations for one of India's most prestigious universities.

He asserted that the entire Association looks forward to collaborating closely with Prof. Rizvi to strengthen the institution. The JKSA has high expectations for his leadership and anticipates a transformative and progressive tenure at Jamia Millia Islamia.

Khuehami reaffirmed the Association's commitment to supporting Prof. Rizvi in advancing the university's growth and development. The Association expressed optimism that his appointment would greatly benefit both the university and its students.





# Gender And Spirituality: Role of men and women in Ramadan



By: Mahmudul Hasan

Women are generally considered more religious than men. But do women get equal opportunities to develop their spiritual selves, get closer to God, or improve their devotional practices? In this essay, I address this question from the perspective of how Ramadan is observed in Muslim societies.

To foreground my discussion, I describe below some stereotypical notions about men and women.

For a long time in the West, men and women were presented as binary opposites. Women were associated with the body, fleshliness, emotion, etc and men with the soul, spirituality, and reason. Women's roles and responsibilities were determined by their relations with men, not with God. As Swiss-French philosopher Jean-Jacques Rousseau (1712-78) put it:

"[Women's] education must be wholly directed to their relations with men. To give them pleasure, to be useful to them, to win their love and esteem, to train them in their childhood, to care for them when they grow up, to give them counsel and consolation, to make life sweet and agreeable for them: these are the tasks of women at all times for which they should be trained from childhood."

Rousseau's Emilius and Sophia (1763) contains many such ideas. In Britain, an entire genre of conduct books was devoted to inculcating such beliefs and values among women. They include James Fordyce's Sermons for the Young Women (1766), Hester Chapone's Letters on the Improvement of the Mind (1773), John Gregory's A Father's Legacy to His Daughters (1774), Thomas Gisborne's An Inquiry Into the Duty of the Female Sex (1797), and Jane West's Letters to a Young Lady (1811).

Mary Wollstonecraft's A Vindication of the Rights of Woman (1792) presented a detailed critique of such sexist ideas of Rousseau, Fordyce, Gregory and other philosophers.

Women's subservience to and their need to tailor their life to satisfy the needs of men were embedded in the Victorian psyche. European colonists spread such ideas in colonies and shaped indigenous gender



ideologies and practices. Thus, many Victorian notions of women's status and roles entered Muslim societies and even gained a quasi-religious colouring.

In Islam, men's and women's roles and responsibilities are determined by their relation with God, not with the opposite gender. Obedience to humans is conditional to obedience to God. God has set certain boundaries which all believers are obligated to maintain and not to transgress.

Moreover, in Islam, basic responsibilities of men and women are largely the same, and both genders are complementary to each other in leading a righteous life. The Qur'an (9:71) states, "The believing men and believing women are allies of one another. They enjoin what is right and forbid what is wrong and establish prayer and give zakah and obey God and His Messenger. Those—God will have mercy upon them. Indeed, God is Exalted in Might and Wise."

The Qur'an (33:35) contains a long list of attributes of believing men and women, including "men who fast and women who fast." That is to say, the command

to fast in the month of Ramadan is identical for Muslim men and women. Verse 2:183 says, "O you who have attained to faith! Fasting is ordained for you as it was ordained for those before you, so that you might remain conscious of God."

But do men and women get equal opportunities to make the best of the fasting month?

One key aspect of fasting is that believers are required to abstain from food and drink from dawn to dusk. According to Muhammad Asad (1900-92), among the reasons why God has prescribed the fast is "to make everyone realise, through his or her own experience, how it feels to be hungry and thirsty, and thus to gain a true appreciation of the needs of the poor." Muslims are supposed to consume less food in the month of Ramadan. But the reality is far from this ideal scenario. Most Muslims have deviated from the true teachings of Ramadan by turning the practice of fasting into feasting. The price hike of food items in Muslim countries during Ramadan is an incontrovertible proof that, instead of consuming less, Muslims

consume more food in the holy month.

In her essay "Roshona Puja (Worship of the Tongue)," Begum Rokeya says, "Regrettably, in Ramadan the food frenzy among Muslims reaches the highest point. Instead of abstaining from the worldly activities and devoting oneself to heartfelt worship, the whole day is spent preparing for iftar [the evening meal for breaking the fast]. As a result, food intake [in Ramadan] increases instead of Muslims exercising restraint."

Muslims' food habit in Ramadan contradicts the spirit that should characterise the holy month. There is a tendency to prepare sumptuous and abundant food for iftar and sehri (pre-dawn meal). This results in a lavish gastronomic extravaganza, which in turn leads to food waste. Consequently, in most Muslim countries, the amount of food waste in Ramadan is much higher than it is outside the fasting month.

The food frenzy in Ramadan has gender implications because, in domestic life, women are expected to cook. Even though it is common knowledge that Prophet Muhammad (PBUH) performed household chores, not many Muslim men are eager to follow his example. Men expect women to prepare food and put it on the table for them.

In fact, like Muslim men, Muslim women need to get closer to God through increasing their devotional practices in Ramadan. However, if they have to spend long hours in the kitchen to fulfil the illogical culinary demands of family members, how can they engage in prayerful activities and devote more time to reading the Qur'an and performing other righteous deeds?

By expecting Muslim women to shoulder the full burden of household chores, caregiving and other domestic responsibilities, Muslim men are turning away from the Prophet's teachings. By the way, if preparing iftar and sehri is a virtuous act, it is so for both Muslim men and women.

Transforming Ramadan from a month of fasting into one of feasting and then forcing women to cook extravagant iftar and sehri meals ruins the purpose of the holy month. During Ramadan and beyond, Muslims should organise family life in such a way that both men and women have equal opportunities to engage in devotional activities and achieve God consciousness.

**Dr Md Mahmudul Hasan is professor in the Department of English Language and Literature at the International Islamic University Malaysia. He can be reached at mmhasan@iiu.edu.my.**

## Ramadan: A Spiritual Journey Of Fasting And Self-Discovery



Mudasir Mushtaq Khan

Fasting serves not only as a physical discipline but also as a profound transformative practice that strengthens the soul, calms the mind and creates a deeper connection with Allah

The Arabic term Ramadan connotes intense heat. It indicates that in pre-Islamic Arabia, Ramadan was the name of a scorching hot summer month. In the Islamic calendar, however, the timing of Ramadan varies from year to year.

Ramadan not only teaches us perseverance but has numerous benefits for our spiritual being. The Quran states that fasting was prescribed for believers so that they may be conscious of God (Allah). Ramadan is a period of fasting and spiritual growth and is one of the five "pillars of Islam" – the others being the declaration of faith, daily prayer, alms-giving and the pilgrimage to Mecca. Able-bodied Muslims are expected to abstain from eating, drinking and sexual relations from dawn to sunset each day of the month. Many practising Muslims also perform additional prayers like Taraweeh, especially at night, and attempt to recite the entire Quran. Besides some believers observe Atikaf- a meritorious voluntary act to stay in the mosque, especially on the last ten days of Ramadan and engage in God's worship and win His blessings. Ramadan is having a profound impact on our spirituality, particularly given the physical hardships that it entails. The most distinct feature of Ramadan is that it requires the able Muslims to fast the entire month. The fact that this distinct feature correlates with the auspiciousness of the month is perhaps a testament to how important and beneficial fasting is. Indeed, the activity entails immense spiritual benefits that lay the foundations for the spiritual uplift we witness during the month. Since we are often unaware of these benefits, this article aims to briefly introduce how, ironically, fasting is food for

the soul.

### ■ It weakens your NAFS (SELF)

According to the Sufi philosophies, the "NAFS" in its unrefined state is "the ego", which they consider to be the lowest dimension of a person's inward existence—his animal and satanic nature.



The "NAFS" is the component of an individual that compels them towards their animalistic desires. Each individual is responsible for controlling and overcoming these desires. Imam Ghazali writes that physical easements are the source of strength for the Nafs, including food and drink. The logical conclusion, therefore, is that depriving the physical body of food and drink would weaken the Nafs, and hence its ability to invite the individual towards evil and sin.

Since good deeds enhance one's spirituality and bring them closer to Allah (SWT), it is quite understandable that fasting entails a great degree of spiritual benefit, particularly with regards to weakening your ability to sin.

### ■ It strengthens your "SOUL"

Keeping up with the first point, weakening the Nafs would naturally mean strengthening the soul, since it is the vehicle through which an individual is inclined towards good deeds and hence towards developing a stronger relationship with Allah (SWT). This is why you feel that heightened sense of closeness to Allah (SWT) during Ramadan; your soul no longer

has to battle your nafs in the desire to do good, and it is empowered by the fast, hence the increased willingness to do good.

### ■ It brings you closer to your "THOUGHTS" and "EMOTIONS"

You have probably felt an overarching sense of calm and serenity during Ramadan. Quite often, even though the raging hunger of a long fast bothers us, we are calmed down by an overbearing sense of peace. These emotions are the direct impact of a closer connection to Allah (SWT). This calmness also allows us to be better attuned to our own thoughts and emotions, since we slowly drift away from the hurry and fuzz of worldly desires.

### ■ It relieves you of worldly "DESIREs"

It is quite often the case that individuals refrain from all things that invite them towards sin during their fast. The natural response is that if one is making an effort to please Allah (SWT), one best not infect that effort by engaging in activities that breed evil and sin. We try to refrain from anger and from expressing our base instincts during Ramadan for this very reason, the natural result of which is a sort of deviation from the traditional chase of our worldly desires and aspirations. Fasting allows us to be more cognizant of ourselves and our actions, which in turn makes us more aware of the unnecessary pursuit of material and inconsequential gains. In conclusion, while there are immense, visible physical benefits of fasting, the spiritual side of the activity often goes unnoticed. Imam Ghazali and others have spent a great deal of time and effort in outlining these benefits for the Ummah, which just goes on to show how the soul is often neglected in our conception of the world. Let this Ramadan be a portal for a great cognizance of the soul and its role in developing our connection with the Almighty.

**The writer is a former Attorney at Law at the High Court of Jammu & Kashmir and Ladakh. He is currently pursuing an MA in Political Science through IGNOU**

## Silent Struggle Understanding Endometriosis

BY: MEHAK ALI

Endometriosis is a chronic and often debilitating condition that affects millions of women and individuals assigned female at birth worldwide. Despite its widespread impact, it remains one of the most misunderstood and under-diagnosed diseases in medical history. This lack of awareness and research has left countless individuals suffering in silence, waiting years sometimes even a decade—for a proper diagnosis.

### ■ What is Endometriosis?

Endometriosis occurs when tissue similar to the lining of the uterus grows outside the womb. This tissue can attach to the ovaries, fallopian tubes, and other organs, leading to severe pain, inflammation, and even infertility. The most common symptoms include:

- Intense pelvic pain, especially during menstruation
- Chronic fatigue
- Pain during or after intercourse
- Gastrointestinal issues such as bloating, nausea, or constipation
- Difficulty conceiving

Yet, despite the severity of these symptoms, many people with endometriosis are dismissed, misdiagnosed, or told that their pain is "just part of being a woman."

### ■ The Reality of Living with Endometriosis

Imagine being a young girl, experiencing unbearable pain each month, missing school, and struggling to explain something even doctors fail to recognize. Imagine being a working woman who has to push through agonizing cramps while being labeled as 'overdramatic.' This is the reality for millions.

One such individual, Aisha (a fictionalized character based on real experiences), struggled for years with crippling pain. Doctors repeatedly told her that her symptoms were normal or that it was just stress. By the time she was diagnosed, her condition had worsened, making daily life an ongoing battle.

Despite affecting over 190 million people globally, there is still no cure for endometriosis. Treatment options include pain management, hormonal therapy, and surgery, but none offer a permanent solution. The lack of research funding and awareness means that those suffering from endometriosis often feel neglected and unheard.

### ■ Why Awareness Matters

Endometriosis is not just 'bad period pain.' It is a serious disease that affects physical health, mental well-being, and overall quality of life. Raising awareness can lead to:

- Faster diagnosis and early intervention
- More funding for research to find better treatments and, eventually, a cure
- Greater empathy and support for those suffering

### ■ A Call to Action

It's time to break the silence around endometriosis. We need to educate ourselves and others, support those affected, and push for more research. No one should have to suffer in silence.

"A disease that affects millions should not remain invisible."

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7

## Labour Commissioner interacts with Trade Unions; Urges for timely submission of Annual Returns

■ HT News Network

JAMMU, MARCH 14: Labour Commissioner Jammu & Kashmir, Charandeep Singh chaired an interactive meeting with the representatives of trade unions of the Jammu division at Shram Bhawan, here today.

The meeting focused on addressing the concerns of trade unions, gathering feedback for strengthening the institution, enhancing labour welfare initiatives and emphasis on compliances. During the meeting, the trade union representatives projected their issues and sought the intervention of the Labour Commissioner for redressal of the same. The interactive session provided a platform for constructive dialogue between the authorities and union representatives.

Taking a firm stance on inactive trade unions, the Labour Commissioner emphasized that registration of non-compliant unions, including those failing to submit Annual Returns, would be cancelled, and



notices would be issued to such entities. He urged all trade unions to maintain proper records, adhere strictly to their by-laws, protect the rights of their union members, and conduct timely elections under intimation to the Labour Department. These measures aim to make trade unions more structured and efficient.

As the Registrar of Trade Unions in J&K under the Trade Unions Act, 1926, the Labour Commissioner highlighted the legal requirement for trade

unions to submit their Annual Returns under Section 28 of the Act. He reiterated that these returns for a calendar year 1st Jan to 31st December must be submitted to the Registrar by the 31st day July in each year in Form D. Ensuring compliance with this provision is essential for maintaining transparency, accountability, and the legal standing of trade unions.

Some representatives of trade unions raised concerns about hardships faced while submitting online Annual Returns on the Single Window JK platform. The Labour Commissioner assured them that their genuine issues would be addressed, and workshop sessions would be conducted to enhance their awareness of online services. The trade union representatives expressed their gratitude to the Labour Commissioner for organizing this first-of-its-kind interactive session, which provided them with an opportunity to voice their concerns and collaborate for the betterment of labour welfare in Jammu & Kashmir.

## DC Poonch reviews arrangements for upcoming festivals

■ HT News Network

POONCH MARCH 14: Deputy Commissioner Vikas Kundal convened a meeting with officers from different departments, civil society members and religious heads to review the arrangements for the upcoming Eid & Navratra festivals.

The meeting focused provision of safe drinking water, uninterrupted power supply, medical aid services, sanitation, and fire safety measures, street lighting, cleanliness and smooth transport management across the district.

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.

Civil society's cooperation was encouraged to uphold the successful celebration of all the festivals

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

The Deputy Commissioner emphasized the importance of maintaining peace, harmony and brotherhood during the festivals and appealed.

to the people to cooperate with the administration in ensuring smooth celebrations.

The meeting was attended by ADC Poonch, ASP, ACR, SDM Mendhar/Surankote, Tehsildar and other concerned stakeholders. Civil society's cooperation was encouraged to uphold the successful celebration of all the festivals in the town. The representatives of religious institutions apprised the Deputy Commissioner about various issues, in response to which the DC assured their resolution on priority basis.

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## DC, SSP join civil society in Holi celebration at Rajouri

■ HT News Network

RAJOURI, MARCH 14: Deputy Commissioner Abhishek Sharma and SSP Gaurav Sikarwar celebrated Holi with the civil society of the District Rajouri at Town Hall today. Civil Society representatives, including MLA Rajouri were present, marking a historic moment for the region.

Keeping the traditions, the district administration, religious leaders, and civil society came together to celebrate the festival of colors in a spirit of unity and brotherhood.

Adding to the festive spirit, the grand Jhanki of Bhairon Baba, being taken over the past eight days, concluded smoothly last evening. The seamless conduct of the event highlighted the collaborative efforts of the administration and the local community in ensuring a peaceful and joyous atmosphere.



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Speaking on the occasion, DC Abhishek Sharma extended his warm greetings to the people, emphasizing the importance of inclusive celebrations in fostering social bonds. SSP

Rajouri Gaurav Sikarwar commended the collective efforts of all stakeholders in ensuring a secure and vibrant Holi celebration.

The event concluded on a positive note, with attendees appreciating the initiative and expressing hope for more such celebrations that promote unity and brotherhood in Rajouri.

## DC reviews performance of Banks in Doda Calls for sustained credit flow to priority sector

■ HT News Network

DODA, MARCH 14: A meeting of the District Level Review Committee (DLRC) and District Consultative Committee (DCC) was held at the DC Office Doda the other day to review performance of banks for the quarter ending December 2024.

The meeting was chaired by Deputy Commissioner (DC) Harvinder Singh and attended by the Chief Planning Officer (CPO), ACD, Lead District Manager (LDM), representatives from the Reserve Bank of India (RBI), and officials from different financial institutions and government departments. The meeting was convened by the Lead Bank Office, State Bank of India (SBI).

The focus of the meeting was to review banking performance, financial inclusion, and credit dis-



bursement in the district. Officials presented the progress of banks under the Annual Credit Plan for 2024-25 including deposit growth, advances and the Credit-Deposit (CD) ratio. The DC directed banks to increase credit flow, especially to priority sectors and weaker sec-

tions of society.

A significant focus was on the status of loan disbursement to beneficiaries under self-employment and entrepreneurship schemes, including Mission Youth.

The DC reviewed the implementation of government-sponsored

self-employment schemes, such as PMEGP, Kisan Credit Card (KCC) for farmers, Stand-Up India, PMFME, Mudra loans, and financial support to Self-Help Groups (SHGs). He asked financial institutions to speed up loan disbursements to Business, agriculture and allied sectors to push economic growth.

The DC instructed the LDM to set up a help desk at the Chief Education Office to assist students with the education loan.

The meeting also discussed housing loan disbursements and the chair asked banks to make the process easier for people to access financial assistance. The availability of the loan under the PM Muft Biji Vojana was also discussed with JK Bank, SBI, and Punjab National Bank (PNB). The status of gold loan disbursements was reviewed, and banks were urged to improve their lending performance in all areas.

## Security Forces Celebrate Holi In Kashmir

■ HT News Network

Srinagar, Mar 14: Security forces deployed in Kashmir celebrated Holi, the festival of colors, with great enthusiasm and joy on Friday.

Border Security Force (BSF) personnel marked the occasion in the forward areas on the snow-covered Line of Control (LoC), embracing the festive spirit despite harsh weather conditions.

The border guards extended their greetings to the people by inscribing 'Happy Holi' in vibrant colours on the snow, symbolizing unity and celebration.

The Central Reserve Police Force (CRPF) personnel celebrated the Holi festival at Ashajipora camp in south Kashmir's Anantnag district with



great enthusiasm.

The troops hugged each other, danced in joy and sprinkle colours on each other amid inclement weather.

Talking to the media, CRPF person-

nel said, "Despite away from home the joyous occasion of the festival of colours is being celebrated with great fun and traditional enthusiasm with companions of the force".

The personnel of CRPF also cele-

brated Holi with the Kashmiri Pandits at Vesu transit camp. They exchanged pleasantries and threw colours on each other with humour and joy on the occasion.

Reports of similar functions held by the Army's Chinara Corps headquarters at BB Cantonment in Srinagar, Sashastra Seema Bal (SSB) at Batmaloo, CRPF camp Kulgam and STC BSF Humhama and other force camps of the valley. The troops hugged each other, danced in joy and sprinkle colours on each other amid inclement weather.

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## Civil, Police admin Poonch commemorates 23rd Martyrdom anniversary of DySP S. Manjit Singh

■ HT News Network

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the same. The interactive session provided a platform for constructive dialogue between the authorities and union representatives.

Taking a firm stance on inactive trade unions, the Labour Commissioner emphasized that registration of non-compliant unions, including those failing to submit Annual Returns, would be cancelled, and notices would be issued to such entities. He urged all trade unions to maintain proper records, adhere strictly to their by-laws, protect the rights of their union members, and conduct timely elections under intimation to the Labour Department. These measures aim to make trade unions more structured and efficient.

## India Revels In Holi Festivities, Friday Prayers Held Peacefully

■ HT News Network

NEW DELHI, Mar 14: Holi was celebrated with pomp and splendour around India on Friday, with people soaking in the festivities by smearing 'gulaal' on each other and exchanging greetings and sweets.

Homes and streets wore a colourful look as the revellers splashed colours and feasted on traditional delicacies. Public transport did not ply in the morning in most major cities while metro services started functioning from noon.

As Holi coincided with the second Friday prayers during the holy Islamic month of Ramadan, security — including increased patrolling and picketing — was beefed up in several states.

In Delhi, more than 25,000 security personnel were deployed. Police closely monitored about 300 sensitive

areas with CCTV cameras and drones. Traffic and city police personnel set up joint pickets and special teams were deployed at major intersections to check drunk driving and traffic violations.

In Uttar Pradesh's Sambhal, which has been tense since riots broke out on November 24 following a survey of the Mughal-era Shahi Jama Masjid, the celebrations passed off peacefully amid tight security.

The traditional 'chaupai kaa juloos (procession)' was also taken out in Sambhal city on Holi, officials said. Friday prayers were held at the mosque at 2:30 pm.

The police and the district administration had made a three-tier security arrangement. Rapid Action Force (RAF) battalions conducted flag marches in the city.

Prime Minister Narendra Modi had on Thursday greeted people on Holi eve, wishing the festival further deep-



ened the colour of unity among the citizens. President Droupadi Murmu also conveyed her greetings on Holi eve, saying the festival of colours nurtured the spirit of unity and brotherhood and reflected the values of unity in diversity.

Political leaders cutting across party lines also greeted people, with Uttar Pradesh Chief Minister Yogi

Adityanath on Friday describing Holi as a "messenger of unity".

In a post in Hindi on X, he said, "... The festival of Holi is the messenger of unity, which inspires us to walk on the path of 'sadbhaav (amiability)' with love and 'sauhaard (harmony)'."

Later, addressing the traditional Narsingh Shobhayatra in Gorakhpur, he said no country and religion had such a rich tradition of festivals as Sanatan Dharma and asserted that India moved forward through festivals.

Adityanath, the Gorakshpeethadhiswar, started the celebrations at the Gorakhnath temple. He visited the temple's mela ground where Holika (demon king's sister) was burnt, worshipped the 'bhasm (ashes)', and performed 'aarti'. From there, he visited the Shrinathji temple and offered the ashes to the deity.

Bahujan Samaj Party (BSP) chief Mayawati urged people to celebrate

Holi "traditionally with full enthusiasm, peace, mutual brotherhood and harmony".

In West Bengal, where people celebrated Doljatra, Chief Minister Mamata Banerjee prayed for the bond of love among citizens to grow stronger.

She quoted Rabindranath Tagore invoking the advent of spring and said, "... May the lives of every person in Bengal be coloured with the colours of peace, harmony and love, and may the bond of love between people in Bengal be even stronger — this is my prayer on this auspicious day." Adityanath, the Gorakshpeethadhiswar, started the celebrations at the Gorakhnath temple. He visited the temple's mela ground where Holika (demon king's sister) was burnt, worshipped the 'bhasm (ashes)', and performed 'aarti'. From there, he visited the Shrinathji temple and offered the ashes to the deity.x



# “Festival Of Joy Will Infuse Enthusiasm, Deepen Colours Of Unity”: PM Modi Greets Nation On Holi

■ HT News Network

New Delhi, Mar 14: As the country begins to mark the festival of color and celebrate the occasion in harmony and joy, Prime Minister Narendra Modi extended greetings for the festival and prayed for joy and happiness in the lives of the countrymen.

“I wish you all a very Happy Holi. This festival filled with joy and happiness will infuse new enthusiasm and energy in everyone’s life and will also deepen the colours of unity among the countrymen,” posted PM on X.

President Droupadi Murmu also greeted everybody on the auspicious occasion of Holi on Friday.

“Heartiest greetings to all countrymen on the auspicious occasion of Holi, the festival of colours. This festival of joy gives the message of unity, love and harmony. This festival is also a symbol of India’s precious cultural heritage. On this auspicious occasion, let us all together pledge to fill the lives of all the children of Mother India with the colours of continuous progress, prosperity and



happiness,” posted President Murmu on X.

Meanwhile, Defence Minister Rajnath Singh also extended his greetings on the vibrant occasion of Holi on Friday and prayed for the happiness and health of the

public.

“Heartiest greetings to all of you on the auspicious festival of Holi. This festival, a symbol of joy, happiness and new energy, may fill your life with the colours of happiness and good health, this is my wish. May your Holi be joyful and safe!

Best wishes to you on the vibrant festival of Holi! May the colors of joy, enthusiasm and new energy fill your life with happiness and health. Have a wonderful and safe Holi!” posted Rajnath Singh on X.

Uttar Pradesh Chief Minister Yogi Adityanath applied gulaal to calves and cows at Goraknath temple on Friday on the occasion of Holi.

Additionally, people have begun enthusiastically celebrating the vibrant festival of Holi by applying gulaal (colored powder) on each other and dancing joyously.

Holi, also known as the festival of colors, is a time when people come together to celebrate the arrival of spring, the triumph of good over evil, and the joy of life. (AGENCIES)

## No religion has such rich tradition of festivals as Sanatan Dharma: Adityanath

■ HT News Network

GORAKHPUR (UP), Mar 14: No country and religion has such a rich tradition of festivals as Sanatan Dharma, Uttar Pradesh Chief Minister Yogi Adityanath said on Friday on the occasion of Holi and asserted that India moves ahead through festivals. Addressing the traditional “Narsingh Shobhayatra” in Gorakhpur, he stressed that Holi gives out the message of maintaining an “akhand” (intact) country through unity. “The vision of ‘Ek Bharat, Shreshth Bharat’ will be fulfilled,” he stressed. “No country in the world, no caste, no religion has such a rich tradition of festivals as Sanatan Dharma. We have faith in Sanatan Dharma and the faith is the soul of festivals. India moves ahead through festivals,” Adityanath said. “You have seen that those who oppose Sanatan Dharma have seen the ability (‘saamarth’) of Sanatan Dharma as well as that of India through the Maha Kumbh in Prayagraj. Over 66 crore devotees came together and got blessings in the mega bathing rituals at Sangam. There was no discrimination based on caste or region,” the Uttar Pradesh chief minister told the gathering. Posing a rhetorical question to the audience, Adityanath said, “Who are the people who want to divide us? It is those who opposed the Ram temple, those involved in cow smuggling, and used to encourage the cow killers and make them a partner in power.” “These are those people who used to say that ‘Bharat’ can never be a ‘viksit Bharat’. Their intention towards the country and Sanatan Dharma is well known.

## India, Mauritius ink pact during PM’s visit to combat money laundering, corruption

■ HT News Network

NEW DELHI, Mar 14 : During the recent visit of Prime Minister Narendra Modi, India and Mauritius signed an agreement to enhance cooperation in combating money laundering, corruption, fraud, asset recovery and the financing of illicit activities, the ED said Thursday.

The collaboration between Enforcement Directorate (ED) and the Financial Crimes Commission (FCC) of Mauritius will “bolster” financial enforcement capabilities and will also contribute to broader economic and security cooperation between the two nations, the federal probe agency said in a statement.

The Memorandum of Understanding (MoU) was



exchanged in the presence of Modi and Prime Minister of Mauritius Navinchandra Ramgoolam.

During the discussions leading to the MoU, the ED and the FCC explored the possibilities of “joint operations” to detect, investigate and prosecute cross-border money laundering offences, according to the ED.

They also underlined the significance of exchange programmes, experience

financial crime investigations, its “high” conviction rate in money laundering trials, and its “successful” track record in asset tracing, confiscation, and recovery. The ED Director also underscored the legal mechanisms available under the Prevention of Money Laundering Act (PMLA) to safeguard the interests of victims by enabling asset restitution even during the pendency of trials. “He (Navin) highlighted how ED has successfully restituted assets to the tune of INR 2.6 billion (Rs 226 crore) to the victims,” it said. The collaboration between ED and FCC will not only bolster financial enforcement capabilities but will also contribute to broader economic and security cooperation between India and Mauritius, the statement said.

## SC To Hear On Mar 18 Plea To Debar Poll Candidates Charged For Serious Offences

■ HT News Network

New Delhi, Mar 14: The Supreme Court is scheduled to hear on March 18 a plea seeking to debar from polls, candidates charged with serious offences.

A bench of Justices Surya Kant and N Kotiswar Singh would likely hear the matter.

The apex court in September 2022 sought responses from the Centre and the Election Commission of India (ECI) on the plea filed by advocate Ashwini Kumar Upadhyay.

Aside from seeking to debar persons against whom charges were framed in criminal cases, the plea also sought directions to the Centre and the ECI to restrain such candidates put on



trial for serious offences.

The plea, filed through advocate Ashwani Kumar Dubey, alleged that despite recommendations of the Law Commission of India and court’s previous directions, the Centre and the ECI did not act.

The plea said of the 539 winners of the 2019 Lok Sabha election, about 233 or 43 per cent, declared facing criminal cases.

Referring to data from

a report of NGO Association for Democratic Reforms, the petition said there was a 109 per cent increase in the number of MPs with declared serious criminal cases since 2009, with one MP declaring 204 criminal cases against him, including culpable homicide, house trespass, robbery, criminal intimidation, etc. The plea claimed the political parties were competing with each

other in a race to the bottom as they couldn’t afford to leave their competitors free to recruit persons with criminal antecedents.

The injury caused to the people was large owing to the criminalisation of politics and parties were still setting up candidates with serious criminal antecedents, it added. The apex court in September 2022 sought responses from the Centre and the Election Commission of India (ECI) on the plea filed by advocate Ashwini Kumar Upadhyay.

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## Students From Ladakh Visit Delhi Assembly, Interact With Speaker On Digital Governance

■ HT News Network

New Delhi, Mar 13: A group of students from Ladakh visited the Delhi Assembly on Thursday as part of a cultural exchange and leadership development programme for young learners.

The group of 42 students from Leh engaged in an interactive session with Speaker Vijender Gupta who spoke about digitalising operations in the assembly. The visit organised as part of the Students’ Experience in Regional Understanding (SERU) programme provided the students an opportunity to explore the history and functioning of the Delhi Vidhan Sabha, a statement said. The SERU programme, launched in 1991 by the Akhil Bharatiya Vidyarthi Parishad (ABVP), has been facilitating such exchanges “to foster national unity and cultural understanding”, it said. During his address to the students, Gupta spoke about the assembly’s transition to a paperless model and highlighted the National e-Vidhan Application (NeVA) — a digital initiative designed to streamline legislative processes. “The shift to digital operations is not just about reducing paper use. It’s about creating a more accessible, transparent, and responsive legislative system,” Gupta said. During their two-day visit to the capital, the students will participate in educational tours, cultural activities and leadership sessions, the statement said. (AGENCIES)



## HC allows painting, lighting of Sambhal’s mosque

■ HT News Network

PRAYAGRAJ: The Allahabad High Court on Wednesday approved white washing and painting in outer walls of Sambhal’s Jama Masjid.

The Archaeological Survey of India (ASI) has been given a week’s time to complete the work. The High Court has ordered the ASI to paint the mosque and put up lights.

The court said, “The Masjid Committee can do white washing and painting on the outer walls of the mosque. During Ramadan, the mosque could be decorated with lighting, but during this time, there should be no harm or any kind of damage to the structure.” The single bench of Justice Rohit Ranjan Aggarwal pronounced the order on Wednesday. On February 25, the lawyer of the Jama Masjid Committee, Zahuh Asghar, filed a petition in the High Court for white washing of the mosque. The petition said that the mosque gets white washed and painted before Ramadan every year. But this time the authorities are not giving permission for this. However, the Hindu side opposed white washing and painting of the mosque. They said that the evidence of the temple can be erased by white washing and painting and therefore permission should not be given. Earlier in compliance with the court order, the ASI filed an inquiry report. In the report, the Archaeological Survey of India said there is no need for white washing and painting of the mosque. During the investigation, dirt and bushes have been found to grow in the mosque. Its photographs were also filed by ASI in the court. The court had directed ASI to clean the mosque and bushes. Agencies

## Govt asks Recruiting Agents to promote safe & legal migration

■ HT News Network

NEW DELHI: The government on Wednesday asked Recruiting Agents (RAs) to do more to promote the safe and legal mobility of migrant workers abroad. Addressing a one-day RAs’ Conclave in New Delhi, Minister of State for External Affairs Kirti Vardhan Singh acknowledged the important role played by the RAs in the emigration process and highlighted various initiatives, including skill-building human resources and using cutting-edge information technology to streamline emigration.

The conclave, organised by the Overseas Employment and Protector General of Emigrants (OE & PGE) Division in the Ministry of External Affairs, was attended by representatives from 14 RA associations, 13 State-run RAs, 16 Protector of Emigrants, senior officers from the Ministry of Labour and Employment (MoLE), Ministry of Skill Development and Entrepreneurship (MSDE), Ministry of External Affairs, Resident Commissioners of State Governments/UTs and media personnel.

As part of the MEA’s efforts to generate awareness about safe and legal migration, the minister also launched a Pravasi Bharatiya Sahayata Kendra WhatsApp Channel, which will be used to disseminate information about legal and safe mobility in a form and content easily understood by the masses. The Conclave was organised with an objective to forge greater synergies with the RA fraternity for effective implementation of the Emigration Act 1983 and minimise the space for illegal recruitment. It also provided an opportunity to discuss and deliberate upon various facets of the emigration process, upcoming opportunities, and work process-related challenges on the e-Migrate portal. Agencies

## Centre not imposing any language anywhere: Pradhan

■ HT News Network

New Delhi: Describing the opposition to the three-language formula a “political stand”, Education Minister Dharmendra Pradhan on Monday said the Centre is open to discussing the issue despite Tamil Nadu taking a U-turn just before signing a MoU for the PM Schools for Rising India (PM SHRI) scheme. Speaking in the Lok Sabha, he also rejected apprehensions that the Centre is trying to impose any language anywhere, including in Tamil Nadu. “Tamil will remain the medium of instruction up to the eighth standard. In Tamil Nadu or any state, nobody is imposing any language on anyone,” he told reporters after protesting DMK MPs forced the adjournment of the House. Earlier, responding to a question in the House, Mr Pradhan accused the DMK-led Tamil Nadu government of going back on its promise of implementing the PM SHRI scheme in the state.

## ED detects ‘unaccounted’ cash deals worth Rs 1,000 crore in TASMAC operations in Tamil Nadu

■ HT News Network

NEW DELHI, Mar 1: The Enforcement Directorate Thursday said it has found “multiple irregularities” in the operations of TASMAC that has monopoly over liquor trade in Tamil Nadu, including “manipulation” in the tender processes and “unaccounted” cash transactions worth Rs 1,000 crore through distillery companies. The federal agency

claimed in a statement that it got “evidence” suggesting these corrupt practices after it raided the employees, corporate offices of distilleries and plants of the Tamil Nadu State Marketing Corporation Limited (TASMAC) on March 6. ED sources, on the day of the raids, had said the searches were also conducted against “key associates” linked to prohibition and excise department minister Senthil Balaji. The ED said it found “incriminating” data related to transfer postings, transport



and bar licence tenders, indent orders “favouring” few distillery companies, excess charge of Rs 10-30 per bottle by TASMAC outlets, with the “involvement” of TASMAC officials, during the searches. It said this data shows “manipulation” in TASMAC’s transport tender allocations where a “glaring” issue was the “mismatch” between the KYC details of the applicant and the demand draft (DD), suggesting that the final successful bidder did not even obtain the requisite DD before the

application deadline.

Tenders were awarded despite having only a single applicant in the final bid. TASMAC paid over Rs 100 crore annually to transporters, as per the ED. In the case of allocation of bar licence tenders by TASMAC, “evidence” related to “manipulation” of tender conditions was found including a “glaring” issue of applicants without any GST/PAN numbers and KYC documentation being allotted the final tenders, it said.





# All will lose: UN chief warns amidst growing global trade war

■ HT News Network

UNITED NATIONS, Mar 14: UN Secretary General Antonio Guterres has warned that "all will lose" when countries get into trade wars, against the backdrop of tariff wars unleashed by the Trump administration. "I think we live in a global economy. Everything is interlinked. And obviously, one of the great advantages of having a situation of free trade is to create the conditions for all countries to benefit. When we enter into a trade war, I believe all will lose," Guterres said here on Wednesday.

He was responding to a question on the growing global trade war. US President Donald Trump, in his second term in the White House, has said America will impose reciprocal tariffs on nations that charge high levies on US goods.

The Trump administration's global tariffs on steel and aluminum have come into effect, prompting the European Union (EU) and Canada to also announce levies on US products. The administration has also announced tariff on imports from Canada, Mexico and China. In a retaliation



action, these countries have also announced tariffs on goods imported from the United States.

Trump has said America is "going to take in hundreds of billions of dollars in tariffs", and "we are going to become so

rich, you are not going to know where to spend all that money. I am telling you, you just watch. We are going to have jobs. We are going to have open factories. It is going to be great".

Trump has repeatedly called out India

for the high tariffs that it imposes on American products. Last week, he criticised the high tariffs charged by India and other countries, terming them "very unfair", and announced that reciprocal tariffs will kick in next month on nations that impose levies on American goods. Trump has said America has been "ripped off" for decades by nearly every country on earth, and "we will not let that happen any longer".

"If you do not make your product in America, however, under the Trump administration, you will pay a tariff and in some cases, a rather large one. Other countries have used tariffs against us for decades and now, it is our turn to start using them against those other countries. On average, the European Union, China, Brazil, India, Mexico and Canada. ... And countless other nations charge us tremendously higher tariffs than we charge them," Trump has said.

"It is very unfair. India charges us auto tariffs higher than 100 per cent. China's average tariff on our products is twice what we charge them. And South Korea's average tariff is four times higher. ... This is happening by friend and foe," the US president has said. (PTI)

## India's recent remarks on Bangladesh 'unwarranted': Foreign Ministry

■ HT News Network

DHAKA, Mar 13: Bangladesh on Thursday termed the recent remarks by the Ministry of the External Affairs on the country as "unwarranted" and amounting to "interference" in another country's domestic affairs.

Last week, India voiced concern over Bangladesh releasing certain "violent extremists" and underlined that it is the responsibility of the interim government in Dhaka to protect Hindus and other minorities as well as their religious institutions.

Foreign Ministry spokesperson Mohammad Rafiqul Alam said Dhaka took note of the MEA's comments concerning Bangladesh's elections, law and order situation and matters related to minorities.

"Bangladesh firmly believes these issues are entirely its internal affairs, and such remarks are unwarranted and tantamount to interference in another country's domestic matters," he said in his weekly media briefing.

Alam, who also serves as the ministry's public diplomacy wing director, said New Delhi's comments were misleading as well as those did not "reflect the reality on the ground".

External Affairs Ministry spokesperson Randhir Jaiswal had said India supports a "stable, peaceful, inclusive and progressive Bangladesh" in which all issues are resolved through democratic means and by holding inclusive and participatory elections.

"We remain concerned about the deteriorating law and order situation, further exacerbated by the release of violent extremists, who were sentenced for serious crimes," he said.

India has repeatedly underlined that it is the responsibility of the interim government to protect the Hindus and other minorities, as well as their properties and religious institutions.

The foreign office spokesman said Bangladesh upholds the principles of respecting every nation's sovereignty, territorial integrity, and non-interference in internal affairs. It remains committed to fostering friendly and constructive relations with India based on mutual respect, trust, and understanding, he said.

The relations nosedived dramatically after the interim government headed by Muhammad Yunus failed to contain attacks on minorities, especially Hindus, in that country. (PTI)

## European countries want 30-day ceasefire in Ukraine to become permanent: Pistorius

■ HT News Network

KYIV, Mar 14 : The defence ministers of Germany, France, the United Kingdom, Italy, and Poland welcome the idea of a 30-day ceasefire in Ukraine and want it to be used to establish a permanent ceasefire, German Defence Minister Boris Pistorius said.

"We welcome it if it comes to a ceasefire for a month. That would be important. However, we want these 30 days to be used to make a long-term ceasefire possible," Pistorius said at a joint press conference on Wednesday.

On Tuesday, a meeting between the US and Ukrainian delegations took place in Saudi Arabia. Ukrainian President Volodymyr Zelenskyy's office published a joint statement following the talks, according to which Kiev is ready for the US proposal for a 30-day ceasefire with Russia, with the possibility of extending it by mutual agreement. The document also said that the US would immediately resume aid to Ukraine and lift the pause in intelligence sharing. US President Donald Trump later expressed hope that Russia would agree to a ceasefire in Ukraine. Trump also said that he planned to speak with Russian President Vladimir Putin this week to discuss the issue. On Tuesday, a meeting between the US and Ukrainian delegations took place in Saudi Arabia. Ukrainian President Volodymyr Zelenskyy's office published a joint statement following the talks, according to which Kiev is ready for the US proposal for a 30-day ceasefire with Russia, with the possibility of extending it by mutual agreement. The document also said that the US would immediately resume aid to Ukraine and lift the pause in intelligence sharing.

## Putin says he agrees in principle with US proposal for 30-day ceasefire in Ukraine

■ HT News Network

MOSCOW, Mar 14: Russian President Vladimir Putin said Thursday that he agrees in principle with a US proposal for a 30-day ceasefire in Ukraine, but the terms need to be worked out, and he emphasised that it should pave the way to lasting peace.

"So the idea itself is correct, and we certainly support it," Putin told a news conference in Moscow. "But there are issues that we need to discuss, and I think that we need to discuss it with our American colleagues and partners."

He noted the need to develop a mechanism to control possible breaches of the truce. Another issue, he said, is whether Ukraine could use the 30-day ceasefire to continue mobilization and rearmament.

"We agree with the proposals to halt the fighting, but we proceed from the assumption that the ceasefire should lead to lasting peace and remove the root causes of the crisis," Putin said.

Putin noted that while it appeared that the US persuaded Ukraine to accept a ceasefire, Ukraine is interested in that because of the battlefield situation, noting that Ukrainian troops that launched an



incursion into Russia's Kursk region would be fully blocked in the coming days.

"In these conditions, I believe it would be good for the Ukrainian side to secure a ceasefire for at least 30 days," he said.

Referring to the Ukrainian troops in Kursk, he said: "Will all those who are there come out without a fight?"

Putin thanked US President Donald Trump "for paying so much attention to the settlement in Ukraine."

He also thanked the leaders of China, India, Brazil and South Africa for their "noble mission to end the fighting to casualties," a statement that signalled those countries' potential involvement in a ceasefire deal.

## India gifts urgently-needed medicine to Sri Lanka

■ HT News Network

COLOMBO, Mar 14: India has donated urgently-needed medicines to Sri Lanka responding to an urgent request from Colombo, the Indian High Commission said here on Thursday.

India gifted 50,000 ampoules of Furosemide injection 20mg/2ml to cater to its shortage in Sri Lankan hospitals in the immediate term. These were handed over by Santosh Jha, the High Commissioner of India to Sri Lanka, to the Minister of Health and Mass Media Nalinda Jayatissa.

"India has been a reliable friend and first responder for Sri Lanka during times of difficulties and shortages, including in the health sector," a release from the Indian High Commission said.

During the Covid-19 pandemic, India supplied over 25 tonnes of medicines on a special aircraft to Sri Lanka in May 2020; gifted 5,00,000 doses of Covishield vaccine in January 2021; and 1 lakh Rapid Antigen Test kits in February 2022, it said.

In the wake of the economic crisis in Sri Lanka, in February 2022, a USD 1 billion credit facility for supply of essential items, including medicines, was extended in March 2022 for a period of one year. It was subsequently extended until March 2024



on the request of the Sri Lankan government. "Over 26 tonnes of drugs and other medical supplies were provided to Peradeniya University Hospital, Jaffna Teaching Hospital, Hambantota General Hospital, among others, in April-May 2022 to meet the acute shortage of medicines", the release said. The health sector has also been an important focus area for India's development cooperation initiatives in Sri Lanka. Notable initiatives include the island-wide '1990 Suwa Seriya' ambulance service; construction of 150-bed multi-specialty hospital at Dickoya; construction of a new surgical unit at Teaching Hospital, Batticaloa; infrastructure creation and up-gradation, as well as equipment supply, at Jaffna Teaching Hospital, District Hospitals at Kilinochchi and Mullaitivu; among others, the release added. (PTI)

## China is taking issue with Trump's move to link tariffs to fentanyl

■ HT News Network

BEIJING, Mar 14: US President Donald Trump threw a curve ball at China by linking the fentanyl issue to his tariffs on imports. The Chinese government is swinging back. First it issued a report detailing its efforts to control the illegal

trade in fentanyl, specifically the ingredients for the opioid that are made in China. Then, the Chinese foreign minister blasted the US for responding to Beijing's goodwill with tariffs. And this week, Chinese officials expressed their indignation at a rare background briefing with journalists.



"In the spirit of humanity, China assisted the US in various ways," Foreign Minister Wang Yi told journalists last week in an annual appearance before the media. "The US should not meet good with evil or even impose arbitrary tariffs. No responsible major country should do that."

Trump cited the fentanyl issue as the reason for imposing a 10% tariff on all Chinese imports in early February, on top of any existing duties. He doubled that to 20% earlier this month. He also has cited fentanyl, along with other reasons, for imposing tariffs on Canada and Mexico.

# Stability not possible until govt based on public trust is established in Pakistan: Imran Khan

■ HT News Network

LAHORE, Mar 14: Pakistan's jailed former prime minister Imran Khan has said that stability will not be possible until a Government based on public trust is established across the country, including in Balochistan.

"Military operations are never the solution to problems. Even major wars have been resolved through negotiations and efforts for peace and stability," he said, expressing concern over the situation in Balochistan and Khyber-Pakhtunkhwa provinces.

In Balochistan, the militants hijacked a train carrying 440 passengers from Quetta to Peshawar on Tuesday. The militants killed 21 passengers and four paramilitary soldiers before the Army eliminated all 33 terrorists at the scene on Wednesday.

In a post on X on Wednesday, Khan said Pakistan's foreign policy is being handled in the worst possible manner, just like its internal affairs.

"Our border with Afghanistan is extensive, and matters with them should be resolved through dialogue. Peace in the country will remain elusive unless our foreign policy with neighbouring countries is independent and sovereign," he said.

The 72-year-old Pakistan Tehreek-e-Insaf founder further said that terrorism has once again taken root in the country.

"During our tenure, Pakistan had successfully curbed terrorism and was progressing towards promoting tourism. Our ranking in the Global Terrorism Index had improved by four places. However, the regime change reversed this progress, and unfortunately, Pakistan has once



again become the second worst-affected country in the Global Terrorism Index," said Khan, who ruled Pakistan from August 2018 to April 2022.

Khan said the primary role of intel-

ligence agencies is to protect borders and counter-terrorism.

"If they remain occupied with political engineering and attempting to dismantle Pakistan Tehreek-e-Insaf then who will safeguard the borders?"

he asked and lambasted bad governance in Pakistan.

"Governance across the country is in a dire state because, instead of genuine public representatives, those who were imposed through Form 47 (stolen mandate) are in control. At present, Pakistan is being run in accordance with the law of 'might is right'," he added.

He also talked about the poor conditions in jail he is facing.

"Adiala Jail Rawalpindi currently operates above the law. Despite court orders, I have not been permitted to speak with my children for the past two weeks," he said.

"I was allowed to speak with them only four times in the last four months. Even my books are not being delivered to me. All of this constitutes a grave violation of basic human rights, legal norms, and the jail manual," he added.

Khan has been in jail since August 2023 in multiple cases. "Governance across the country is in a dire state because, instead of genuine public representatives, those who were imposed through Form 47 (stolen mandate) are in control. At present, Pakistan is being run in accordance with the law of 'might is right'," he added. He also talked about the poor conditions in jail he is facing.

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# Address Basic Needs of Children With Disabilities



By Mohammad Hanief

Despite improvement in the health care system in the country, the situation of specially-abled children or children with disabilities remains deplorable, particularly in rural areas and among the lower socio-economic population. Specially-abled children in India are subject to multiple deprivations and limited opportunities in several dimensions of their lives. Some of these include, not being enrolled to schools, lower employment rates, limited awareness of entitlements and services available and lack of social welfare support.

Due to stigma associated with disabilities, families become victims of discrimination and human rights abuse. When poverty, physical neglect and social marginalization intersect, the impact on the disabled can be devastating. Specially abled children are kept hidden away at their home, denied basic rights of mobility, education and employment.

The community-based rehabilitation (CBR) is a dynamic program globally for supporting specially abled children to lead better quality of life and lead life with dignity, wherein their rights are respected and guarded within their own communities and it creates platform for addressing the discriminatory practices in the community.

Such discrimination in some cases starts from the family members and spreads right up to the policy makers and state authorities. As a result of such discrimination the Specially-abled children face chronic ill health, socio-economic burden and destitution. Sometimes it is so difficult to define the marginalization – they are outside the margin or within the community meaning, locked in the rooms, institutionalized, families isolating themselves, enrolling in special schools, not admitting that they have children with disabilities (CWDs), in the hospitals, etc.

J&K Govt To Raise Specially-Abled Pension To Rs 3000 From Rs 1000: Minister Sakina Itoo

Social attitudes and stigma play an important role in limiting the opportunities of disabled people for full participation in social and economic life, often even within their own families.



thereby family members lose the status or acceptance they enjoy in the community. This denial becomes a hurdle for early identification and treatment. Such persons would be hidden somewhere and they expect, unrealistically, to overcome the situation without realizing the long term consequences of such self-imposed denial.

It is preventing of CWDs participating in any social events. Even the family members of the disabled often tend to avoid such social gatherings in shame or fear that someone would

ask about their family member with disability. Specially-abled children are not exposed to any social gathering nor does our community recognize the need for children participation. CWDs are not been given opportunities in the areas of education, training and employment. Under these circumstances it is natural that the CWDs feel rejected or unwanted in the society.

Due to differential gender-based role expectations, education is not considered a priority for disabled girls. Dropout rates for disabled girls are higher than for disabled boys. There is an over-representation of disabled boys in education, both in special and mainstream schools. Parents become more protective and restrictive, especially after a disabled girl reaches puberty. Travelling to school is a huge problem, since, besides transport difficulties, the danger of sexual abuse and violation looms large. Persons with disabilities comprise at least 4 to 8 percent of the Indian population. Children with disabilities in India are subject to multiple deprivations and limited opportunities in several dimensions of their lives. Their families and caregivers also go through lot of stress

and challenges in having a person with disability at home which ultimately leads to grave discriminatory practices towards these children.

The case studies describes the various ugly forms of the discriminatory practices seen in the community towards Specially-abled children, same been categorized as denial of disability, physical restraints, social boycott, denial of property rights, decreased marital life prospects due to disabled member in family, implications on sexuality of people with disability, women with disability, discrepancies in state welfare programs, and problems in measuring disabilities. Worldwide it is accepted to use International Classification of Functioning (ICF), disability and health, known more commonly as ICF, as measurement for quantifying disability, classification of health and health-related domains. These domains are classified from body, individual and societal perspectives by means of two lists: A list of body functions and structure, and a list of domains of activity and participation. Since an individual's functioning and disability occurs in a context, the ICF also includes a list of environmental factors.

## Plant-Based Diet: 6 Common Myths Busted

A plant-based diet focuses on the consumption of foods primarily from plants. From foods and vegetables to nuts and seeds, there are plenty of plant-based food options to choose from. Following a plant-based diet can offer many health benefits. It can help you lose weight, lower blood sugar levels, reduce the risk of heart disease and improve kidney functions. However, plant-based diets are often misunderstood. Here are top myths about plant-based diets that you must stop believing.

### 1. It is not nutritious

It is commonly believed that plant-based diets are not nutritionally rich due to food restrictions. However, planning meals correctly will not only prevent nutritional deficiencies but also help you consume a well-balanced diet.

### 2. It is boring

If you believe that plant-based



meals are bland and boring, you are wrong. Those who follow a plant-based diet have plenty of options to choose from. A large variety of foods allows you to experiment and try different variations. This helps you eat healthy and get all the essential nutrients.

### 3. It guarantees weight loss

You might lose weight when fol-

lowing a plant-based diet, however, it depends on various factors. Your total calorie intake, food choices, levels of physical activity and meal timings affect the amount of weight you lose.

### 4. It lacks protein

Contrary to popular belief, vegetarian or vegan diets can also help ensure optimal protein intake. Sev-

eral vegetarian and dairy products are naturally loaded with protein. Some vegetables too contain protein.

### 5. Your bones will become weak

Just like protein, it is believed that plant-based diets lack calcium. However, several plant-based foods contain more calcium than milk. Some of the best plant-based sources of calcium include sesame seeds, soy foods, nuts, whole grains, broccoli and more.

### 6. All plant-based foods are healthy

A plant-based diet can be very healthy. But not every plant-based food is healthy. It is important to check the nutritional composition of food items. Foods high in salt, sugar and fats must be avoided.

If you are following a plant-based diet, focus on consuming well-balanced meals to prevent nutritional deficiencies.

## Everything You Need To Know If You Want To Maintain Your Current Weight

The desire to maintain your current weight is often referred to as weight maintenance. This involves balancing the calories you consume through food and drinks with the calories you burn through daily activities and exercise. Weight maintenance focuses on sustaining a stable weight rather than gaining or losing pounds. It can be achieved by adopting sustainable habits like eating a well-balanced diet, staying physically active, and managing stress levels. With consistency, these habits help regulate metabolism, maintain muscle mass, and prevent unwanted weight fluctuations. Read on as we list a couple of things to keep in mind when trying to maintain your current weight.

To maintain your current weight, ensure that your caloric intake matches your daily energy expenditure. This is called being in a state of energy balance. Eating too many calories leads to weight gain, while too few can cause weight loss. Using tools like calorie trackers or consulting a dietitian can help you determine your daily caloric needs based on your age, activity level, and metabolism.

Consuming a diet rich in whole foods is crucial for weight maintenance. Focus on a mix of lean proteins, healthy fats, whole grains, and plenty of fruits and vegetables. Avoid excess processed foods, sugary snacks, and high-calorie drinks, as these can easily push your calorie intake beyond the limit. Eating mindfully, controlling portion sizes, and staying hydrated also support healthy eating habits.



## Foods That May Weaken Your Immune System



Your immune system protects the body from germs and other invaders. It is a complex network of cells, organs, proteins and tissues that prevents and limits infections. Several factors affect the functioning and health of your immune system. One of these is diet. Your diet affects your body functions in more ways than one. While a nutrient-dense diet supports your immune system, a diet that's low in nutrients and high in ultra-processed foods impairs immune function. By now, you must be aware of foods that can boost immunity. Here, we have a list of foods that you must avoid to ensure proper functioning of your immune system.

### 1. Too much salt and sugar

Limiting the consumption of added sugar promotes overall health and immune function. A diet loaded with added sugar can raise blood sugar levels. Research has also highlighted the link between high blood sugars and impaired immune function. Similarly, high salt intake inhibits healthy immune function. Too much salt increases inflammation and risk of autoimmune diseases.

### 2. Ultra-processed foods

Ultra-processed foods are nutritionally

deprived. They also contain artificial colours, preservatives, thickeners and many other ingredients that can contribute to poor immunity.

### 3. Fast and fried foods

A well-balanced diet supports immune health. On the other hand, a diet loaded with fast and fried food is associated with immune dysfunction. A diet high in fast and fried food is loaded with unhealthy calories and lacks nutrition.

### 4. Refined carbs

Consuming highly refined carbohydrates too often may harm the immune system. Refined carbohydrates may contribute to a blood sugar spike and increase inflammation. Therefore, choose healthy carbs that are less processed.

### 5. Soda

Soda contains empty calories with zero or no nutritional benefits. Additionally, they are loaded with added sugar and caffeine.

### Foods to eat for strong immunity:

Citrus fruits, broccoli, garlic, ginger, almonds, spinach, protein-rich foods and vitamin D sources.

## NEWS

## 09 Health Benefits Of Gudhal Oil

Gudhal oil, commonly known as hibiscus oil, is extracted from the hibiscus plant's flowers and leaves. This natural oil is rich in antioxidants, vitamins (like A and C), essential fatty acids, and amino acids, making it highly beneficial for hair, skin, and overall health. Gudhal oil is often used in Ayurvedic and holistic practices due to its anti-inflammatory, antimicrobial, and nourishing properties. It is especially popular in hair care for promoting growth and reducing hair fall, and its skin benefits include hydration and anti-aging effects. Read on as we share a list of ways in which using hibiscus oil can be beneficial for your health.

### 1. Promotes hair growth

Gudhal oil stimulates dormant hair follicles, encouraging new growth and reducing hair thinning. It is rich in amino acids, which produce keratin, the building block of hair. Regular use can result in thicker and healthier hair over time.

### 2. Reduces hair fall

The oil strengthens the roots by improving scalp health. Its vitamin C content boosts collagen production, which helps maintain the hair's elasticity and prevents breakage. Additionally, its antifungal properties reduce dandruff, a common cause of hair fall.

### 3. Prevents premature greying

Gudhal oil is known to slow down the greying process by promoting melanin production in hair follicles. The antioxidants in the oil combat oxidative stress, which is a major factor in premature aging.

### 4. Hydrates and conditions hair

Packed with natural fatty acids, Gudhal oil acts as an excellent conditioner, locking in moisture and leaving hair soft and manageable. It prevents dryness and frizz, making it a great choice for those with curly or damaged hair.

### 5. Soothes scalp inflammation

The anti-inflammatory properties of Gudhal oil help calm irritated or itchy scalps. It reduces redness and swelling caused by conditions like seborrheic dermatitis or psoriasis, providing soothing relief.

### 6. Boosts skin hydration

Gudhal oil is an excellent natural moisturiser for the skin. Its ability to retain moisture makes it ideal for dry or flaky skin. Regular use can enhance skin texture, leaving it soft and supple.

### 7. Fights signs of ageing

Rich in antioxidants like anthocyanins, Gudhal oil combats free radicals that cause wrinkles and fine lines. It also improves skin elasticity and promotes collagen production, reducing the appearance of ageing.

### 8. Helps treat acne

The antimicrobial properties of Gudhal oil make it effective in fighting acne-causing bacteria. It also soothes inflammation, reduces redness, and prevents clogged pores, promoting clearer skin.

### 9. Strengthens nails

Massaging Gudhal oil into nails can prevent brittleness and splitting. Its nutrients nourish the nail bed and cuticles, encouraging stronger and healthier nail growth over time.





# Despite Champions Trophy 2025 Win, Rohit Sharma-Led India Served Big Warning: "Be Worried About..."

## HT News Network

**NEW DELHI MAR 14:** The Indian cricket team, fresh from their historic Champions Trophy triumph, head into a break from international cricket. With the 18th season of the Indian Premier League (IPL) set to start in nine days time, the Rohit Sharma-led side will now be seen in action during the upcoming England tour, slated to get underway in June. However, former India batter Navjot Singh Sidhu has advised the team to start preparing for the tour as early as possible, pointing out Rohit and his men's recent struggles in red-ball cricket.

While speaking to Sports Tak, Sidhu shed light on the challenges awaiting India during the five-match Test series. The thing to be worried about is that the IPL is now coming up next. No one is ready to sit out the IPL. They will play the league and then all of a sudden comes the England tour. Conditions will shift from North Pole to South Pole. Completely different. Moreover, India's last Test series in England had started on August 4. This time, it is ending on August 2. The matches are in June and July. There will be grass and moisture and the air will be so heavy that the ball will gain ample movement. And



then it will move more off the seam," said Sidhu.

India failed to qualify for the World Test Championship

(WTC) final after a heavy loss to Australia in the Border-

Gavaskar Trophy in January earlier this year. Sidhu warned that India need to find solid replacements for all-rounders and white-ball specialists Hardik Pandya and Axar Patel in the middle order. "England are sitting ready at home in their conditions and they are like wounded tigers. They have been beaten and defeated. India's biggest problem is that in the middle order there are no all-rounders the way you see in white ball cricket. Is there a Ravindra Jadeja, or Hardik Pandya or Axar Patel? There is only Jadeja among these three and even he will be limited there. Will he take 4-5 wickets in an

innings there? No," he added. The cricketer-turned-commentator also pointed out that India would need to pick their bowlers without compromising on batting depth. "For that you have to depend on someone like Jasprit Bumrah, Mohammed Shami, maybe Arshdeep Singh. You will have to bring a mystery spinner with all of them, that is England's weakness. But India won't expose Varun Chakravathy. Or else they will play Kuldeep. So if these are your four bowlers, none of them bat. Then there is the problem of how to strengthen the batting order. These are the questions standing in front of India.

## Yuzvendra Chahal Arrives For IPL Camp, Gets 'Kabhi Khushi Kabhi Gham' Welcome On Holi

### HT News Network

**Mumbai Mar 14:** Fast-bowling spearhead Jasprit Bumrah is set to miss the initial IPL 2025 matches for five-time champions Mumbai Indians due to his ongoing recovery from a back injury which has kept him out of action since the Sydney Test in January. Bumrah has been recovering from a stress-related injury in his lower back, which he suffered during day two of the final Border-Gavaskar Trophy Test in Sydney and didn't bowl in the second innings as Australia won the series 3-1.



Player of the Series award in Australia for his 32 scalps, was subsequently ruled out of India's Champions Trophy winning campaign after being named in the provisional squad. As of now, Bumrah, who underwent a back surgery in 2023, has been

undergoing his rehab process at the BCCI Centre of Excellence (CoE) in Bengaluru.

As per a report in ESPNcricinfo on Friday, Bumrah is expected to join the MI squad by early April, subject to clearance from the medical team at BCCI CoE. At the same time, the report added, "It could not be confirmed exactly how many matches Bumrah would miss and if there was a definite date of return." MI's first two IPL 2025 will be played away from home - against Chennai against Chennai Super Kings (CSK) on March 23 in Chennai.

## District Ganderbal Ball Badminton C'ship from Mar 17

### HT News Network

**GANDERBAL, Mar 14:** The District Ganderbal Ball Badminton Association, in collaboration with the J&K Ball Badminton Association, is set to organize the District Ganderbal Ball Badminton Championship for Boys & Girls 2024-25. Sponsored by the J&K Sports Council, the two-day event will be held at Siddiq Memorial Educational Institute, Ganderbal, from March 17 to 18. The tournament will adhere to the official rules of the Ball Badminton Federation of India (BBFI).

Organisers said entries are open to affiliated clubs, schools, colleges and institutes in Ganderbal. Participants must submit their entries via WhatsApp/SMS to 6005427657 by March 17 and also bring a photocopy of their Aadhaar card along with two passport-size photographs. No on-spot entries will be accepted. Top performers will be selected for the UT-level Ball Badminton Championship. For more details, contact 6005427657.

## Dinesh Karthik's Blunt Take On Rohit Sharma's No-Retirement Announcement: "Very

### HT News Network

**NEW DELHI, Mar 14:** Rohit Sharma is not going anywhere. After much speculation, that had the rumours mills running overtime, Rohit Sharma confirmed that he is not retiring from ODIs. "I am not going to retire from this format. Just to make sure no rumours are spread moving forward. Koi future plan hai nahi, jo chal raha hai chalega (there is no future plan, whatever is going on will continue as it is)," he said. Rohit Sharma's reaction was appreciated by Dinesh Karthik.

"It pretty much sums up Rohit Sharma as a person. Very humorous about it but at the same time sending the message across: 'Don't be in a hurry to ask for my retirement. I'll do



it when I feel like it," Karthik said on Cricbuzz.

He also praised Virat Kohli. "They just know what it takes to do well in big matches. In the lead-up to a game, there are so many thoughts going on. But the way they channel those thoughts and use that energy on the field is what makes them special," Karthik said.

## Jasprit Bumrah Shocker For Mumbai Indians In IPL 2025, Due To 'Stress-Related Injury' Star Set To Miss...

### HT News Network

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MI's first two IPL 2025 will be played away from home - against Chennai against Chennai Super Kings (CSK) on March 23 in Chennai, before traveling to Ahmedabad to face-off against Gujarat Titans (GT) on March 29.

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MI's first home match at the Wankhede Stadium will be against Kolkata Knight Riders (KKR) on March 31, before traveling to Lucknow for facing Lucknow Super Giants (LSG) on April 4 and then coming back to home to host Royal Challengers Bengaluru (RCB) on April 7.

MI's other fast-bowling options include Trent Boult, Deepak Chahar, Reece Topley, Corbin Bosch, Arjun Tendulkar, Satyanarayana Raju, Ashwani Kumar, as well as all-rounders - captain Hardik Pandya, and Raj Angad Bawa.

## J&K U-23 Men's Basketball team flagged off for National C'ship

### HT News Network

**JAMMU, Mar 14:** The Jammu and Kashmir U-23 Men's Basketball Team is all set to participate in the National Level Championship in Guwahati from March 18 to 24. In preparation, the Jammu and Kashmir Basketball Association (JKBA) organized a screening and flagging-off ceremony today. The team screening was conducted at MA Stadium by members of the Sports Council, with prominent figures in attendance, including Suraj Bhan, Manager of Indoor Stadium; Dr. Jagandeep Singh, Physiotherapist; Dr. Vikram Handa, President of JKBA; Aman Sharma, Secretary of JKBA; Ashok Singh Jamwal, and Sachin



Dogra. The selected team members include Aryan Sharma, Aniket Singh, Pranshu Thakur, Satyam Yadav, Ashish Yadav, Raghav Sharma, Faheed, Shubham, Kartik, Arif, Milan Sharma and Manish Yadav. The Jammu and Kashmir U-23 Men's Basketball Team

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