



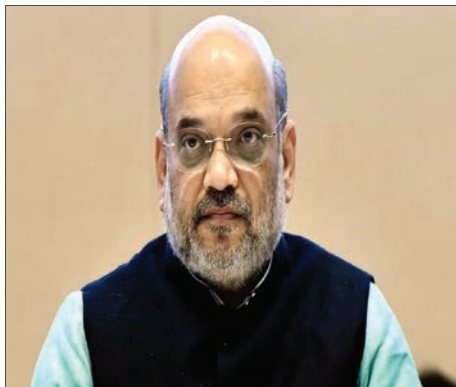
Home Minister Will be in Jammu Today for 3-Day J&K Visit

Will chair Unified Headquarters meeting, visit frontier areas; inaugurate development projects

■ [HT News Network](#)

JAMMU, APR 05: Union Home Minister Amit Shah would arrive in Jammu on Sunday for a three-day J&K visit aimed at assessing the region's security landscape and inaugurating key development projects.

The visit, originally scheduled for April 7, has been advanced by a day, reflecting the urgency of addressing the evolving security situation in the Union Territory. MLA Bahu, Vikram Randhawa told the news agency—that the Union Home Minister would arrive



in the afternoon and would chair two high-level security review meetings and also a meeting of BJP leaders.

"The Home Minister is likely to chair a Unified Headquarters meeting, to evaluate counter-terrorism operations, border security, and infiltration challenges," sources said.

The security review meetings will be attended by Lieutenant Governor Manoj Sinha, top officials from the Ministry of Home Affairs, the Army, paramilitary forces, Jammu and Kashmir Police, intelligence agencies, and senior civil administration officers.

TURN ON.....PAGE 02

Ahead of Amit Shah's Visit, IGP Kashmir VK Birdi, Reviews Security in Srinagar

■ [HT News Network](#)

SRINAGAR, APR 05: Inspector General of Police (IGP) Kashmir, V.K. Birdi, chaired a joint security meeting at PCR Kashmir, joined by senior officials from various security forces, including the Police, Army, BSF, CRPF, ITBP, and intelligence agencies.

The purpose of the meeting was to assess and enhance security measures in prepa-



ration for the upcoming VVIP visit to Jammu and Kashmir, a police spokesman said in a statement issued to the news agency—The meeting was

attended in person by the IG BSF, IG CRPF (KOS), IG CRPF Srinagar, DIG CKR Srinagar, DIG ITBP, SSP PCR Kashmir, SSP Srinagar, SSP Budgam, Col GS (IS) 15 Corps, SSP Traffic Rural, SSP Traffic City Srinagar, SSP Security Kashmir, SP CIK CID, SP APCR Kashmir, SP PC Srinagar, SP Telecommunication, and other officials. Additionally, the DIG NKR, DIG SKR, all other SSSP of the Kashmir

TURN ON.....PAGE 02

PM Modi to flag-off first Vande Bharat Express to Kashmir from Katra on April 19, says BJP MLA

■ [HT News Network](#)



JAMMU, APR 05: Bharatiya Janata Party (BJP) MLA, Ranbir Singh Pathania, on Saturday said that Prime Minister Narendra Modi will flag-off the first Vande Bharat Express to Kashmir from Katra on April 19. Pathania, who is also MLA from Udhampur East, according to the news agency—said, "History will be written in the political, social, and economic landscape of Kashmir. Kashmir is ours, and it was a dream to connect Kashmir with rail lines. We will warmly welcome

TURN ON.....PAGE 02

LG Manoj Sinha Greet People on Ram Navami

■ [HT News Network](#)

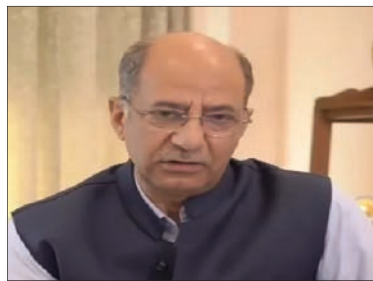
JAMMU, APRIL 05: Lieutenant Governor Shri Manoj Sinha has greeted the people on the auspicious occasion of Ram Navami, which will be celebrated on Sunday, April 06, 2025. In a message, the Lieutenant Governor has said: "On the auspicious occasion of Ram Navami, I extend my greetings and good wishes to all.

TURN ON.....PAGE 02

"Know our jurisdiction": CM's Advisor after LG's remark on transfer row

■ [HT News Network](#)

SRINAGAR, APR 06: Jammu and Kashmir Chief Minister's advisor Nasir Aslam Wani Saturday said that the government wants that business rules and limitations under the Jammu and Kashmir Reorganization Act 2019 should be followed.



He made the remarks after Lt Governor Manoj Sinha Friday said that he acted responsibly and entirely within the domain defined by Reorganization Act over transfer of 48 JKAS officers recently.

Nasir Aslam while speaking with reporters, as per news agency—said that the government also knows its

TURN ON.....PAGE 02

CS launches IEC campaign, Inspire Podcast, Web Portal to combat drug abuse in J&K

■ [HT News Network](#)

SRINAGAR, APR 05: Chief Secretary, Atal Dulloo, today formally launched a massive five month long Information, Education and Communication (IEC) campaign under the Nasha Mukt Jammu Kashmir Abhiyan.

According to news ser-



vice, Associated News Bureau, ANB, he reaffirmed the UT government's resolve to combat the drug menace through sustained awareness, rehabilitation and coordination at all administrative levels.

The Chief Secretary stated, "Nasha Mukt Jammu Kashmir is not just a campaign, it is a mission

TURN ON.....PAGE 02

Reservation a sensitive issue, sub-committee will submit report within six months, says Minister Itoo

Accuses Sajad Lone of playing politics; says fresh affidavit may be filed

■ [HT News Network](#)

ANANTNAG, APR 05: Minister for Social Welfare, Sakina Itoo said on Saturday that reservation is a sensitive issue and the government is taking it very seriously. She said the cabinet- sub-committee tasked with it will submit its report within the six-month timeline.

Addressing a press conference, as per news agency—, Itoo said, "if Omar Abdullah government had not been serious about



this issue, they would not have formed a subcommittee or set a timeframe for submitting a report."

She said the sub- committee is sharing details of its work regularly with the CM.

The minister added that the committee would examine all representations submitted to it to ensure that its recommendations are implemented effectively.

Without naming Peoples Conference president Sajad Gani Lone, she said a person

TURN ON.....PAGE 02

Sajad Lone slams government stand on reservation policy in HC

■ [HT News Network](#)

SRINAGAR, APR 05: Peoples Conference president Sajad Gani Lone on Saturday slammed the government's stand on reservation policy in High Court. In a post on X, Lone, as per news agency—said that the Government has sought outright dismissal of petition challenging reservation policy.

"In an affidavit filed before the J & K High Court yesterday by J&K Government in the case of Zahoor Ahmed Bhat and others vs UT of J&K, pertaining to RESERVATIONS, J&K government

TURN ON.....PAGE 02

J&K received Rs 10.42 crore under Mission Shakti in last two years

HT NEWS NETWORK



SRINAGAR APRIL 05: A total of 22 empowerment hubs for women are functional across Jammu and Kashmir and Ladakh under the Government of India's Mission Shakti scheme, official data from the Ministry of Women and Child Development shows.

According to the data, accessed by the news agency—, Jammu and Kashmir currently has one State Hub for Empowerment of Women (SHEW) and 20 District Hubs for Empowerment of Women (DHEW), while Ladakh has one SHEW and two DHEWs operational across its districts.

The ministry confirmed that all existing SHEWs and DHEWs across the country are required to have two gender specialists each as per Mission Shakti guidelines.

TURN ON.....PAGE 02

Waqf Amendment Bill opposed by both Muslims, non-Muslims: MP Mian Altaf

■ [HT News Network](#)

KANGAN, APR 05: Member of Parliament and senior National Conference (NC) leader, Mian Altaf Ahmad Larvi Saturday reiterated his position on the Waqf Amendment Bill during a public interaction in Mamer Kangan.

After inaugurating a shop, the Member of Parliament told reporters that he had already explained his views in Parliament. "Whatever needs to be said on this issue, I have expressed it in the appropriate forum—Parliament. The people have witnessed my statements, and there is no further justification to elaborate here," he said as per the news agency—

Speaking about the ongoing opposition to the bill, Ahmad said the concerns were not limited to any one community. "This is not just about Muslims. Every citizen—thinkers, intellectuals, and individuals from different regions and religions—has raised concerns," he said.

He added that Muslims were raising their



voices, but others had also expressed objections.

The Member of Parliament said the issue remained active and that public discussion would continue. "We will continue to engage with the people, share updates, and respond as events unfold. The future will reveal the outcome, but rest assured, we remain vigilant," he said.

The Waqf Amendment Bill proposes changes to how Waqf properties are managed. The bill has led to protests and debates across several regions. Critics say it could

TURN ON.....PAGE 02

Govt committed to ensure robust healthcare system for pilgrims: Secy Health

■ [HT News Network](#)

SRINAGAR, APR 05: The Department of Health & Medical Education, Jammu & Kashmir, in collaboration with the Ministry of Health & Family Welfare (MoHFW), Government of India, successfully conducted the National Review Meeting for Shri Amarnath Ji Yatra (SANJY) 2025 at the Banquet Hall in Srinagar.

The meeting brought together key stakeholders, senior officials, and experts to review past experiences, discuss preparedness, and enhance the coordination framework for medical services during the forthcoming Shri Amarnath Ji Yatra, a statement issued to the news agency said.

Dr. Syed Abid Rashid Shah (IAS), Secretary, Health & Medical Education (H&ME), J&K, who was the Chief Guest, delivered a keynote address highlighting the government's commitment to ensuring a robust healthcare system for pilgrims.

He emphasized the need for streamlining the process of issuance of Compulsory Health



Certificates by the States and putting in efforts to ensure that the certificates that are issued are done after thoroughly accessing the health status of the intended pilgrim.

This measure will help in curbing the morbidity and mortality and save lives. He also appreciated the states for deputing specialists and medical officers for Shri Amarnath Ji Yatra duties over the years and expressed hope that the states and the Government of India institutions depute the staff as per the requisitioned numbers for the forthcoming

TURN ON.....PAGE 02

Dy CM meets Radha Soami Satsang Beas Chief in Jammu

HT NEWS NETWORK

JAMMU, APRIL 5: Deputy Chief Minister, Surinder Choudhary, today met Baba Gurinder Singh Dhillon, the revered head of Radha Soami Satsang Beas (RSSB), today at Thandi Khui, Vijaypur.

The Deputy Chief Minister interacted with Baba Gurinder Singh Dhillon and sought his blessings for overall peace and prosperity of Jammu and Kashmir.

Speaking on the significance of the meeting, Choudhary remarked, "Sants and great men have always played an incomparable role in removing the evils prevalent in society. The continuous efforts of RSSB in the service of humanity and fostering social harmony are truly amazing and inspiring."

He further expressed his hope that the blessings of such spiritual leaders

TURN ON.....PAGE 02



Tourism Department Organised Mela Bahu Fort 2025 to Celebrate Chaitra Navratri

Promoting religious tourism government's top agenda: Satish Sharma

HT News Network

JAMMU, APRIL 5, 2025: As part of its annual calendar of events, Tourism Department organised Mela Bahu Fort on the auspicious occasion of Chaitra Navratri. The historic Bahu Fort, home to the revered Bawe Wali Mata Temple, came alive with vibrant hues of devotion and cultural splendour, drawing an overwhelming gathering of devotees, artists, and visitors to celebrate the region's rich spiritual and cultural legacy.

Minister for FCS & CA, Transport Youth, Services and Sports, Satish Sharma was the Chief Guest on the event where as MLA Bahu, Vikram Randhawa, Director Tourism, Jammu Vikas Gupta, Joint Director Tourism, Aijaz Qaiser and others officers of concerned departments, Rajeev Charak, President of the Bahu Fort Development Com-

mittee and other stakeholders were also present during the event.

While speaking on the occasion, Satish Sharma extended heartfelt Navratri greetings to the people of Jammu & Kashmir and prayed for lasting peace, harmony, and prosperity in the region. He lauded the dedicated efforts of the Tourism Department in creating meaningful platforms that not only showcase the region's rich cultural heritage but also elevate pilgrimage tourism as a cornerstone of the J&K's tourism profile.

The Minister asserted that promoting J&K tourism especially religious, adventure, winter sports and water ways is one of government's top agenda.

He further emphasized the importance of preserving sacred sites like Bawe Wali Mata Temple, which continue to serve as enduring symbols of collec-



tive faith and shared heritage.

The Minister commended the department for its steadfast commitment to celebrating local traditions. He described the Bawe Wali Mata Temple and Bahu Fort as timeless icons of the Dogra community's spiritual devotion and cultural pride, noting that such festivals deepen the intrinsic bond

between the people and their heritage.

The event featured soulful devotional performances by acclaimed artists from the Information Department and Jammu & Kashmir Academy of Art, Culture and Languages (JKAACL). Their music and dance, steeped in bhakti rasa, added spiritual richness to the

celebrations.

A total of 21 students from Government Higher Secondary School, Bahu enthusiastically participated across junior and senior categories, presenting performances that reflected the spirit of Navratri. They winners were present mementoes and certificates of appreciation. While speaking on the occasion,

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CONTINUE FROM FRONT PAGE.....

MISSION SHAKTI

Regarding funding, Jammu & Kashmir received Rs 7.25 crore in 2023-24 and Rs 3.17 crore in 2024-25, amounting to a total of Rs 10.42 crore over the past two years. Ladakh received Rs 45.75 lakh each in 2022-23 and 2023-24, and Rs 59.25 lakh in 2024-25, bringing its total allocation to Rs 1.50 crore over three years.

Mission Shakti is a centrally-sponsored scheme aimed at strengthening institutional mechanisms for women's safety, support and empowerment at the district and state levels—

SHAH

A key focus will be on strengthening strategies to ensure "zero infiltration" along the Line of Control (LoC) and International Border (IB), a directive Shah has consistently emphasized in past reviews. "The Home Minister has been regularly reviewing the operations in J&K and has directed that the aim should be that of 'zero infiltration' at the Line of Control and International Border, while dismantling the network of overground workers who support infiltrated terrorists and the narco-network which funds their acts," said an official.

Shah's itinerary, as per KNO, includes a tour of forward areas along the International Border in Jammu to assess security arrangements firsthand and boost the morale of troops stationed there.

He is also expected to meet the families of police martyrs, paying tribute to their sacrifices amid recent encounters, such as the Kathua operation where four police personnel lost their lives combating infiltrating terrorists.

In addition to security-focused engagements, the Home Minister will virtually inaugurate and lay foundation stones for several major development projects across the Union Territory.

He will also meet with BJP MLAs and senior party leaders on April 6 to discuss the ongoing Assembly Budget Session, resuming on April 7 after a 12-day break, and review the party's performance and the political situation in J&K, sources added.

Dr Jitendra Singh, Minister of State in the Prime Minister's Office, is expected to join these discussions.

According to the sources on April 7, Shah will remain in Jammu till afternoon before proceeding to Srinagar, where he will stay overnight and chair additional meetings. He is scheduled to return to New Delhi on April 8.

The visit comes ahead of Prime Minister Narendra Modi's anticipated trip to J&K on April 19 to flag off the first train to Kashmir from Katra, underscoring the need for heightened security measures to protect critical infrastructure.

The Ministry of Home Affairs and the Jammu and Kashmir administration have assured robust arrangements to facilitate this high-profile visit, with a multi-tier security cover in place across Jammu and Srinagar. "We are determined to root out terrorism from Jammu and Kashmir," Shah has reiterated during previous review meetings—

IGP

APCR Kashmir, SPCC Srinagar, SP Telecom, and other officials. Additionally, the DIG NKR, DIG SKR, all other SSSP of the Kashmir Zone, and other senior officers participated virtually.

During the meeting, officers presented detailed security strategies for the VVIP visit. IGP Kashmir emphasized the need for

heightened alertness, to counter potential terrorist threats.

He stressed the importance of improving intelligence gathering, reinforcing security at vulnerable locations, and ensuring effective area and night domination. Focus was laid on securing critical infrastructure and vulnerable areas, with specific measures to protect vital assets and ensure safety. The deployment of CI QRTs was discussed to ensure rapid responses to emerging threats.

The IGP issued directives to strengthen security in both urban and rural areas of the valley, with round-the-clock patrolling and increased presence at key entry and exit points. He also emphasized the importance of briefing personnel on standard operating procedures (SOPs) and closely monitoring vulnerable areas to take swift action against suspicious activities.

At the end of the meeting, all the participating officers reaffirmed their commitment to implementing the outlined security measures with precision and coordination. IGP Kashmir concluded by reiterating the collective responsibility of the forces to maintain a secure environment, ensuring the safety of the VVIP, residents, and visitors alike—

WANI

jurisdiction. "We also want that the business rules and limitations defined under the Jammu and Kashmir Reorganization Act 2019 should be followed," he said—

ITOO

asked a question about reservation but remained absent when it was listed. She accused Lone of twisting facts for political gains.

She clarified that the current affidavit does not reflect the final stance of the government and that a revised one may be submitted if necessary—

SAJAD

has submitted that the petition is frivolous and and sought its outright dismissal," Lone said.

He also slammed the government for not apprising the High Court about formation of cabinet subcommittee on reservation.

"Nowhere has the government mentioned the formation of a subcommittee on reservations. This is a legal mystery. Seems the government is not taking its own committee serious enough to merit a mention in its legal affidavit," he said—

DYCM

would usher in happiness and prosperity for the people of Jammu and Kashmir.

The meeting underscored the importance of spiritual guidance and community service in promoting peace and well-being across the region.

MAIN ALTAF

increase control by authorities over religious properties—

PM

PM Modi on April 19."

Earlier, Union Minister Jitendra Singh confirmed that Prime Minister Modi will flag off the first Vande Bharat Express to Kashmir from Katra on April 19. "The train services for the inaugural Vande Bharat would start from Katra temporarily since the Jammu railway station remains under construction," he added.

Pertinently, in the last week of January this year Indian Railways had conducted the trial run of the first Vande Bharat train from the Shri Mata Vaishno Devi Katra (SVDK) railway station to the Srinagar railway station.

The train to Kashmir will chug through Anji Khad Bridge, which is India's first cablestayed railway bridge and Chenab Bridge, which is the highest railway bridge in the world. This train has been designed keeping in mind the cold climate conditions of Kashmir.

The completion of the Udhampur-Srinagar Baramulla Rail Link (USBRL) project will significantly reduce travel time between Katra and Srinagar.

The new Vande Bharat Express will cut down the travel time from the current 6-7 hours by road to just 3 hours.

At present, train services run between Srinagar and Sangaldan in the Valley—

CS

to protect the youth and secure our future. We must address the roots of drug abuse while ensuring that affected individuals receive timely counselling, support and rehabilitation."

As part of the formal launch, the Chief Secretary unveiled several key initiatives including the official web portal of the campaign www.nashamuktjk.org, providing a centralised interface for awareness activities and real-time updates.

The Chief Secret also inaugurated the INSPIRE Podcast Series of the Department of Information and Public Relations, which will feature weekly discussions with experts, field officers and individuals sharing real-life experiences. The initiative will engage the youth in conversations on drug de-addiction. Additionally, a dedicated web banner and an official campaign logo was also launched on the occasion.

Chairing a high level review meeting following the launch, the Chief Secretary assessed preparedness of the departments for the extensive campaign to be rolled out in every panchayat, Urban Local Body (ULB), educational institutions and major public spaces across the Union Territory.

The campaign is set to include 6,776 planned events for which a pool of 5,923 trained resource persons from the Social Welfare, Health, Police, Education and JK RLM departments has been developed through 51 training sessions across the 20 districts.

The Chief Secretary directed the district administrations to ensure inclusive public participation, stressing that the quality of content and delivery must be of the highest standards.

He added, "this effort requires sincerity, empathy and innovation. Districts may deploy mobile IEC vans, send personalised messages to the participants and create immersive awareness models that resonate with the local population."

He instructed the senior district functionaries including ADDCs, ADCs and others to remain actively involved in field level activities, ensuring consistent momentum throughout the five month campaign.

The Chief Secretary emphasised that awareness is only the beginning and rehabilitation and counselling must follow as essential support pillars.

In a detailed discussion with Secretary Health, Dr. Abid Rasheed Shah, the need for confidential counselling, creation of doctor pools and institutional frameworks for long-term de-addiction efforts was reiterated.

The Chief Secretary stated, "it is essential to guide the individuals not only away from drugs but towards new paths of purpose, be it through education, skill training or self-employment."

Issues regarding helpline numbers at the district level were also discussed with the Chief Secretary, underscoring the need for a multi-layered support system that ensures that no recovering individual feels isolated or neglected.

The Health Department was tasked with leading inter-sectoral coordination with the Deputy Commissioners and line departments to ensure unified implementation.

The Divisional Commissioners and DCs provided status reports on resource calendars, session planning and logistics.

The DIPR was directed to undertake an aggressive publicity strategy using print, electronic, social and outdoor media to reach the citizens of all age groups and backgrounds.

The meeting was attended by Additional Chief Secretary Education, Shantmanu; Principal Secretary Home, Chandrakar Bharti; Additional Director General of Police, Manish Sinha; Commissioner Secretary Social Welfare, Sanjeev Verma; Commissioner Secretary General Administration and Information, M. Raju and Director Information, Nitish Rajora, along with other senior officers in person and through virtual mode

LG

In a message, the Lieutenant Governor has said: "On the auspicious occasion of Ram Navami, I extend my greetings and good wishes to all.

Maryada Purushottam Shri Ram is the embodiment of righteousness, justice, compassion, sacrifice and humility. May the festive occasion inspire us to follow his ideals and life values. I pray to Prabhu Shri Ram to shower his blessings on one and all for years to come".

SEC HEALTH

Yatra 2025.

He especially focused on the requirements of Cardiologists, Respiratory Physicians and Anesthetists. This was followed by the unveiling of the Yatra Booklet and the distribution of certificates of appreciation to States and MoHFW.

The States/MoHFW Institutions that participated included Delhi, Punjab, Andhra Pradesh, Gujarat, Rajasthan, Telangana, Maharashtra, Bihar, Uttar Pradesh, Madhya Pradesh, Haryana and West Bengal.

Prominent national level institutions who participated included AIIMS (New Delhi, Raipur, Jodhpur, Bhubaneswar Patna, Bhopal, Rishikesh), PGIMER Chandigarh, JIPMER Puducherry as well as Banaras Hindu University Medical College, RML Hospital, LHMC, Safdergung Hospitals, New Delhi, and Aligarh Muslim University Medical College.

Additionally SKIMS Medical College and Government Medical Colleges of Jammu, Srinagar, Anantnag participated in the meet.

The meeting featured a comprehensive overview of Emergency Medical Response (EMR) activities presented by Dr. L Swasticharan, Additional DDG & Director EMR, MoHFW, outlining emergency response strategies and best practices. Dr. Sujata Chaudhary, Additional Director General Health Services, MoHFW, further elaborated on national-level coordination efforts to enhance medical response mechanisms for SANJY—Yatra 2025.

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Waqf Amendment Bill: MMU reschedules meeting due to HM Amit Shah's J&K visit

Srinagar, Apr 05: The Muttahida Majlis-e-Ulema (MMU) has rescheduled its meeting due to Union Home Minister Amit Shah's visit and said that the meeting will now be held on Wednesday (April 9).

A statement issued to the news agency—Kashmir News Observer (KNO) reads that the meeting of Muttahida Majlis-e-Ulema (MMU), which was scheduled to be held on Monday, April 7, 2025 at Mirwaiz Manzil, Nigeen, to deliberate on the Waqf Amendment Bill, has been postponed to Wednesday, April 9, 2025.

"The decision to reschedule the meeting was taken in view of the visit of the Union Home Minister to Kashmir on the same day, due to which there is a possibility that the authorities may not permit the meeting to take place," the statement reads.

It added that all members of the MMU are requested to kindly ensure their presence and participate in the important meeting—

2 drug peddlers arrested in Anantnag: Police

Srinagar, Apr 05: Continuing its efforts to eradicate the drug menace from the society, Police in Anantnag on Saturday said to have arrested two drug peddlers and recovered contraband substances from their possession.

A police team of Police Station Sirgufwara, at a checkpoint established at Chenar Crossing, Sirhama, intercepted a suspicious motorcyclist bearing registration number JK11C-0712, a police spokesman said in a statement issued to the news agency—

During the search, 300 grams of illicit cannabis powder, concealed under the seat of the motorcycle, was recovered. He was identified as Faizan Ahmad Bhat, son of Gh. Hassan Bhat, resident of Marhama. Vehicle used in the commission of crime has been seized, police said. Meanwhile, a police team of Police Station Uttersoo at a checkpoint established at Padderpora, Chittergul intercepted a suspicious person. "During the search, approximately 250 grams of charas powder concealed in a polythene bag was recovered from his possession. The accused was identified as Gulzar Ahmad Hajam, son of Nund Hajam, resident of Padderpora, Chittergul." All the accused have been arrested. Accordingly, police said that cases under relevant sections of law have been registered at respective police stations.



Javed Rana reviews functioning of Gujjar & Bakerwal hostels in Kashmir

HT News Network

SRINAGAR, APRIL 05: Minister for Tribal Affairs, Javed Ahmed Rana, today chaired an exclusive meeting of Tribal Affairs department to review the functioning of Gujjar & Bakerwal hostels across Kashmir division. The meeting was attended by Divisional Commissioner Kashmir, Deputy Commissioner Srinagar, Director Tribal Affairs and other officers. The Minister had a detailed assessment of working of the hostels with emphasis on completion of infra-structural projects, facilities for students, pre and post-matric scholarship and land acquisition among other issues. While addressing the meeting, Javed Rana instructed the Divisional Commissioner, Kashmir and Deputy Commissioner Srinagar to resolve all land acquisition issues for fast-tracking completion of infrastructure projects related to welfare of tribal students. He underscored the importance of coordinated efforts among all stake-



holders for effective implementation of government schemes, stressing that the intended benefits must reach the most marginalized sections of the tribal community. Emphasizing on the importance of holistic development for students, the Minister directed the Director Tribal Affairs to ensure all necessary facilities are provided in hostels to foster academic and personal growth of students.

Rana took first hand appraisal about implementation of various schemes being executed for welfare of tribal students. He also reviewed the pre and post-matric scholarship for SC/ST students and said that no student should be left behind in availing the benefits of the government schemes. Javed Rana also sought details about the repair and renovation works being carried out in the hostels. He

directed the concerned to closely monitor the progress of works for maintaining quality standards and completion within the set timelines. While addressing the meeting, Javed Rana instructed the Divisional Commissioner, Kashmir and Deputy Commissioner Srinagar to resolve all land acquisition issues for fast-tracking completion of infrastructure projects related to welfare of tribal students. He underscored the importance of coordinated efforts among all stakeholders for effective implementation of government schemes, stressing that the intended benefits must reach the most marginalized sections of the tribal community. Emphasizing on the importance of holistic development for students, the Minister directed the Director Tribal Affairs to ensure all necessary facilities are provided in hostels to foster academic and personal growth of students. Rana took first hand appraisal about implementation of various schemes being executed for welfare of tribal students.

Congress MLA Nizamuddin reaffirms full support for CM, says 'disgruntled elements' defaming party

HT News Network

Srinagar, Apr 05: Senior Congress leader and MLA Bandipora, Nizamuddin Bhat on Saturday reaffirmed the party's full support to Chief Minister Omar Abdullah and the decisions taken during a recent high-level meeting. Bhat, however, sharply criticised certain "disgruntled and extraneous elements", alleging that they were attempting to defame the Congress at both state and national levels. Addressing media persons at the Jammu and Kashmir Pradesh Congress Committee (JKPCC) headquarters here, Bhat, as per the news agency—Kashmir News Observer (KNO), said the party stands united behind the Chief Minister. "The decisions taken yesterday through unanimity shall stand. The party is fully committed to them," he said. He added that Congress would continue to support the Chief Minister in whatever course of action he deemed appropriate. "He is the leader of the House, and our party



stands firmly behind him," Bhat added. Highlighting Congress's role at the national level, the MLA described it as a party that has not only governed the country for decades but also played a foundational role in nation-building. "Congress is not a regional force; it is the largest national opposition and the voice of the people," he said. Bhat also praised the party's reorganisation in Jammu and Kashmir in 2024, during which Tariq Hameed Karra assumed charge as JKPCC President. "Since then, a new team has taken shape with a blend of senior and new members. I myself joined because of this leadership. Their dedication to strengthening the organisation is unmatched," he said.

Intruder shot dead, infiltration bid foiled in R S Pura

HT News Network

Jammu, Apr 05: Border Security Force (BSF) on Saturday said that it foiled an infiltration bid by killing an intruder along the International Border (IB) in R S Pura sector last night. BSF spokesperson, according to the news agency—Kashmir News Observer (KNO), said, "On the intervening night of April 4 and 5, the alert BSF troops saw suspicious movement along the Jammu border area and an intruder was seen crossing the IB." He said the intruder was challenged by the troops but he paid no heed and kept moving. "The BSF troops, sensing a threat, neutralised the intruder. The identity and motive of the slain are being ascertained," he added. After foiling the infiltration bid, the spokesperson said that the BSF lodged a strong protest with the Pakistan Rangers following the incident in the border outpost in Abdullahian area. "This afternoon the BSF conducted a short-duration flag meeting with the Pakistan Rangers near the incident spot. A strong protest was lodged with the Pakistani side over the infiltration attempt. The Pakistani side refused to accept the body of the intruder during the meeting," sources said, as per After foiling the infiltration bid, the spokesperson said that the BSF lodged a strong protest with the Pakistan Rangers following the incident in the border outpost in Abdullahian area. "This afternoon the BSF conducted a short-duration flag meeting with the Pakistan Rangers near the incident spot. A strong protest was lodged with the Pakistani side.

Kashmir apple growers experience promising season as demand surges 'Demand likely to go up as 60% cold storage chains cleared'

HT News Network

Pulwama, Apr 05: Apple growers across Kashmir are witnessing a welcome turnaround this season, as demand for this fruit stored in Controlled Atmosphere (CA) units continues to rise, bringing handsome returns to orchardists. This season, the demand for the apple produce kept in cold storage units was good and many growers started releasing their produce earlier than usual to take advantage of favourable market prices. Typically, apples from cold storage begin reaching markets by mid-February, but this year the dispatch began as early as January. Speaking to the news agency—Kashmir News Observer (KNO), growers said there has been a noticeable uptick in demand this season. "We're getting good prices, which has encouraged many of us to clear stock sooner than planned," said Mehraj Ahmad, an apple grower from south Kashmir's Shopian district. According to Mehraj, the standard 10-kg apple boxes are currently selling for Rs 1200, while premium 16-kg



boxes are fetching between Rs 1,500 or more excluding charges for cold storage units. Cold storage units in Pulwama and Shopian were packed to capacity by October last year, with growers pinning hopes on better prices after a tough previous season. In 2023, about 20% of apples stored in cold units went unsold for over nine months, primarily due to stiff competition from imported apples. "This year looks more promising as everyone who had kept his produce in cold storage units fetched handsome returns," the growers said, adding that the demand is expected to increase further as the majority of cold storage chains have been cleared. They credit the cold storage units for

providing the flexibility to wait for the right market conditions. "Cold storages have become essential for our survival," said Shahid Ahmad, a manager at one such facility. "They allow growers to control supply and avoid distress selling." Ahmad also called for the need to upgrade packaging and grading standards to compete with imported apples. "Our apples are the best in taste, but customers often go for imported ones because of better presentation. We must improve our packaging to match international standards," he said. Shahid said that around 60 percent of cold storage chains have been cleared already while the rest can be cleared within days as demand is surging with each passing day. Currently, Kashmir has around 50 CA storage units, mostly located in the SIDCO Lassipora industrial estate. The region produces an average of over 20 lakh metric tonnes of apples annually, with production peaking at 25 lakh metric tonnes in bumper years. Nearly 3 lakh metric tonnes are stored in cold storage facilities across the valley each year—(KNO)

Nayvug Tunnel Qazigund accident: Injured SPO succumbs at SKIMS, toll 3

HT News Network

Qazigund, Apr 05: The death toll in the tragic accident at the Banihal-Qazigund tunnel has risen to three after a Special Police Officer (SPO), injured in the accident, succumbed to his injuries at SKIMS Soura on Saturday. The SPO, identified as Showkat Ahmad, a resident of Larkipora Anantnag, was critically injured when a speeding Hector vehicle (JK01AL-0707) lost control and rammed into a road divider, also hitting the officer on duty at the tunnel's right exit point. As per the news agency—the accident, which took place on the evening of April 2, had already claimed the lives of Zubair Ahmad Wani and Mushtaq Ahmad Dalal, both residents of Shopian. Three others were injured in the incident, including Irshad Ahmad Mir and Umar Bashir Najar, who were initially treated at Qazigund Hospital and later shifted to GMC Anantnag. Officials said that SPO Showkat Ahmad was shifted to SKIMS Soura for advanced treatment, where he breathed his last after battling for three days—

'4,435 children in conflict with law supported in J&K, Ladakh in 5 years'

HT News Network



Srinagar, Apr 05: A total of 4,435 children in conflict with law (CCL) in the Union Territories of Jammu & Kashmir and Ladakh have received non-institutional care support under the Government of India's Mission Vatsalya scheme over the last five years, according to official data. An official said that the Mission Vatsalya scheme—implemented through the State and UT governments—aims to deliver services for children in need of care and protection as well as children in conflict with law. The services include institutional and non-institutional care, such as sponsorship, foster care, adoption, and aftercare, he said. According to data, J&K accounted for 7,901 children receiving support between 2019 and 2024, of whom a significant number are understood to be children in conflict with law. The yearly breakdown for J&K is 521 in 2019–20, 979 in 2020–21, 979 in 2021–22, 1,398 in 2022–23 and 4,024 in 2023–24. Ladakh, which became a separate Union Territory in October 2019, reported no children supported under the scheme in the first three years. The figures rose to 29 in 2022–23 and 411 in 2023–24, totalling 440 children over the five-year period. The government cited the Juvenile Justice (Care and Protection of Children) Act, 2015 as the principal legislation guiding the care and rehabilitation of children in conflict with law.

GCOE Srinagar kick-starts Fit India Movement-2025 Director Colleges, Nodal Principal Kashmir Division Colleges flag-off the run

HT News Network

SRINAGAR, APRIL 05: Government College of Education (IASE) M. A. Road, Srinagar Saturday kick-started the Fit India Movement (Men/Women) 2025 with an inspiring event promoting physical fitness and wellness across the campus. The run was officially flagged-off by Director Colleges Higher Education Department (HED), Prof. (Dr.) Sheikh Ajaz Bashir, along with Dr. Seema Naz, Nodal Principal Kashmir Division Colleges. As many as 100 students of various colleges of the city participated in the event. The run commenced from the main gate of the host college, passed through M. A. Road, Dalgate and culminated at Nehru Park Srinagar. On the occasion, participants were encouraged to engage in physical exercises and wellness discussions to enhance their understanding of holistic health. Students from both male and female categories participated actively in the event, reflecting the institution's commitment to promoting fitness among all sections of the community.



This event was a great step towards fostering a culture of fitness and healthy living in academic institutions, with both Director Colleges Higher Education and Nodal Principal Kashmir Division Colleges playing pivotal roles in driving this message forward.

On the occasion, Prof. (Dr.) Sheikh Ajaz said that the initiative is aligned with the goals of the Fit India Movement, aiming to encourage citizens, especially the younger generation, to incorporate physical activity into their daily lives. By focusing on both male and female participants,

the event emphasizes fitness as an inclusive, essential aspect of life, breaking down gender barriers in physical wellness activities. The event saw enthusiastic participation from both male and female students, as well as faculty and staff members, reflecting the institution's commitment to fostering a culture of health and wellness, he added. Prof. (Dr.) Seema said that this initiative aligns with the broader objectives of the Fit India Movement, aiming to inspire individuals to prioritize their health and lead active lifestyles. GCOE's active involvement serves as a model for educational institutions, highlighting the role of academia in national health campaigns. Dr. Seema also emphasized the importance of staying fit and maintaining a healthy lifestyle, urging participants to continue with their fitness journeys beyond the event. The Fit India Movement event at GCOE, with its widespread participation and strong leadership, served as an inspiration for all attendees to prioritize their health and fitness.

EDITORIAL

Limit development of tulip gardens across the union territory

The tulip garden in Srinagar has turned out to be a hit among the locals and tourists visiting the Kashmir valley. As the life of the tulips is very less the garden witnesses huge rush during the period it remains open. This year the garden was thrown open on March 26 and so far more than two lakh people have visited it and enjoyed the beauty of the garden.

As the garden was thrown open in the holy month of Ramadan the rush of people was less during the initial days. The rush picked up after the Eid-ul-Fitr and one can hope that more and more people will visit the garden in the coming days. As the tulip garden is located adjacent to the banks of world famous Dal Lake the visitors are mesmerized by the beauty of the different colours of tulips and also by the surroundings.

Since tulip garden is unique to Srinagar it is important that innovation and improvisation takes place at the garden. Over the past few days some of the reports have emanated that tulip gardens have come up in different districts of the union territory of Jammu & Kashmir. Tulip gardens have come up at Sagam-Kokernag, Bonura-Pulwama and Sanasar. However, the importance and significance of the tulip garden at Srinagar is more important as compared to the other tulip gardens spread across the length and breadth of the union territory.

As the tulip garden in Srinagar attracts tourists from across the country it is important that more and more varieties of tulips are introduced at this garden. Instead of developing tulip gardens at different places the administration should develop the other places according to the importance attached to them. This will give a new dimension to the tourism in Kashmir and spring tourism will get the much needed boost. Spring tourism is the latest buzzword in Kashmir tourism and the same needs to be given a major fillip.

It is important that the people at helm identify more vistas of the spring tourism in Kashmir so that more and more people including tourists get attached to it. This would give a new meaning to the tourism in Kashmir and more and more people would be attached to this important sector of Kashmir. At the end of the day the Kashmir economy will grow and there would be all round progress and development in the Kashmir valley.

Revolutionizing Education in Kupwara
The Impact Of Smart Classrooms And Robotic Labs

SHAHID TARIQ LONE

Kupwara, an aspirational border district in Jammu and Kashmir, has embarked on a transformative journey in its education sector with the introduction of Smart Classrooms and Robotic labs in government schools. This forward-thinking initiative, implemented in 259 schools, has been spearheaded by the District Administration under the leadership of District Development Commissioner Ms. Ayushi Sudan (IAS). With a significant investment of Rs 4.5 crore, the project spanning over 330 smart boards and five robotics labs aims to modernize teaching methodologies, improve student engagement, and bridge the educational divide between rural and urban areas.

Recognizing education as a critical factor for overall development, Ms Ayushi Sudan envisioned Smart Classrooms as a means to provide students, especially in rural areas, with a more interactive and technology-driven learning experience. The project introduced digital boards, projectors, and internet-enabled platforms to government schools, ensuring that students have access to global knowledge resources and innovative learning tools.

The Chief Education Officer Kupwara and his team played a pivotal role in the initiative's execution. Through meticulous planning and coordination, they ensured that schools were equipped with modern teaching aids, enabling teachers to integrate digital content into their curriculum. The project also included the establishment of robotic labs, offering students exposure to advanced technological concepts and fostering a culture of scientific inquiry.

Challenges in Implementation

While the Smart Classroom initiative has brought significant improve-



ments, its implementation was not without challenges. Several key hurdles had to be addressed to ensure its success:

Infrastructure Constraints: Many government schools in remote areas lacked basic infrastructure such as stable electricity, proper classrooms, and reliable internet connectivity, making the adoption of smart technology difficult.

Teacher Training and Adaptation: Not all teachers were initially comfortable using digital tools in their teaching methods. Extensive training sessions were conducted to familiarize them with the new technology.

Technical Maintenance and Support: Ensuring the smooth functioning of digital boards, projectors, and internet services in far-flung areas required ongoing technical assistance.

Digital Divide and Accessibility: While smart classrooms introduced a modern learning experience, some students from economically weaker backgrounds faced challenges in accessing digital devices at home for continued learning.

Positive Impact on Education

Despite these challenges, the introduction of Smart Classrooms has brought a wave of positive change across Kupwara's educational landscape.

Increased Enrollment and Retention

The integration of technology into education has made learning more engaging and enjoyable for students. This will encourage parents to enroll their children in government schools, leading to a noticeable rise in student enrollment for the forthcoming academic session. Additionally, retention rates are expected to be improved as students now find the classroom experience more interactive and stimulating.

Improved Academic Performance

Students who previously struggled with conventional rote-learning methods now benefit from visual aids, digital simulations, and interactive content. These tools will enhance conceptual clarity, improve comprehension, and result in better academic performance and higher pass percentages in examinations.

Digital Literacy and Career Readiness

With Information and Communication Technology (ICT) tools becoming an integral part of daily lessons, students have developed essential digital

literacy skills. This exposure not only enhances their academic experience but also equips them with the technical know-how needed for future career opportunities in an increasingly digital world.

Empowered and Tech-Savvy Teachers:

Teachers have undergone training to effectively use smart classroom technology, making them more confident and adaptable to modern teaching techniques. By incorporating audio-visual content, animated lessons, and interactive sessions, they are able to make learning more engaging and effective.

Equal Educational Opportunities for Rural Students

One of the most significant outcomes of this initiative is the empowerment of rural students. With access to online resources, virtual labs, and global educational platforms, students from remote villages are now learning in ways that were previously unimaginable. This will help to bridge the gap between urban and rural education, ensuring that no student is left behind.

The introduction of the Smart Classrooms and Robotic Lab initiative in Kupwara is a testament to the power of technology in transforming education. With continuous support from the district administration and education department, this initiative is set to expand further, benefiting even more students across the region.

By embracing modern teaching techniques and fostering a culture of interactive learning, Kupwara has taken a significant step towards shaping a more knowledgeable and skilled generation. The impact of this initiative goes beyond just improving classrooms, it is redefining aspirations, empowering students, and paving the way for a future where education in Kupwara matches global standards.

The writer is an academician and a columnist

The future is not an accident—it is an effect of today's causes

DR REYAZ AHMAD

The law of cause and effect is an undeniable universal principle that governs everything, from scientific progress to historical events, human behavior, and environmental shifts. However, this law does not end with a single reaction—it extends indefinitely, shaping future outcomes in ways that may not be immediately visible.

This article will explore how the continuation of cause and effect influences different domains with real-world case studies from India and the global stage. These cases will demonstrate that actions taken in the past continue to shape the present, and today's decisions will define the future.

Scientific and Technological Progress: The Chain of Discovery

Every technological advancement is a result of previous innovations and, in turn, sets the stage for future discoveries.

Case Study: India - ISRO's Space Missions

In 1969, India established the Indian Space Research Organisation (ISRO) with the aim of self-reliance in space technology.

This led to Aryabhata (1975), India's first satellite, marking a milestone in space exploration.

Decades later, this continuous progress resulted in Chandrayaan-3 (2023) successfully landing near the Moon's south pole, making India the first country to achieve this feat.

The continued effects of these missions will drive future Mars and Venus explo-

rations, advancements in satellite communications, and global scientific collaborations.

Case Study: Global - The Development of Artificial Intelligence

The foundation of AI was laid in the 1950s with Alan Turing's work on computational intelligence.

This led to machine learning and neural networks in the 1990s, which paved the way for modern AI applications like ChatGPT, self-driving cars, and medical AI diagnostics.

AI is now reshaping industries, and its long-term effects will influence employment, ethics, warfare, and decision-making processes in future generations.

Conclusion: Scientific advancements never occur in isolation—every breakthrough is both an effect of the past and a cause for the future.

Historical and Societal Transformations: The Ripple Effect

History is a continuous chain of causes and effects, where past decisions and events shape societies for centuries.

Case Study: India - The Green Revolution and Its Long-Term Impact

In the 1960s, India faced severe food shortages, leading to widespread hunger and dependence on food imports.

The government, under Dr M.S. Swaminathan, initiated the Green Revolution, introducing high-yield crops, irrigation techniques, and modern farming practices.

This caused a sharp rise



in food production, making India self-sufficient in grains.

However, the unintended long-term effects included:

Soil degradation due to excessive chemical fertilizers.

Water scarcity from intensive irrigation.

Farmer debt crises due to the high costs of modern farming.

Case Study: Global - The Fall of the Berlin Wall and Its Aftermath

The Berlin Wall fell in 1989, signaling the collapse of communist regimes in Eastern Europe.

This led to the unification of Germany and economic growth in former Soviet-controlled nations.

However, the continued effect of this shift is seen today in geopolitical tensions, the expansion of NATO, and Russia's ongoing conflicts with the West.

Conclusion: Political and economic decisions create long-lasting ripple effects, influencing future generations in unforeseen ways.

Individual Choices and Their Lifelong Impact

Small decisions in life often trigger a sequence of consequences, shaping an individual's future and even affecting society.

Case Study: India - Dhirubhai Ambani's Visionary Decision

In the 1950s, Dhirubhai Ambani, a small trader, took a bold decision to enter the textiles and petrochemical industries.

This move led to the creation of Reliance Industries, which later expanded into telecom, energy, and digital technology.

Today, Reliance drives India's economy, creating

millions of jobs and influencing national policy in multiple sectors.

Case Study: Global - Malala Yousafzai's Stand for Education

In 2012, Malala Yousafzai, a Pakistani girl, was shot by the Taliban for advocating girls' education.

Surviving the attack, she became a global symbol for education rights.

Her actions have since inspired policy changes, increased global funding for girls' education, and awareness campaigns on gender equality.

Conclusion: Individual decisions, whether in business, activism, or leadership, often influence millions of lives in the long run.

Environmental Impact: The Long-Term Consequences of Human Actions

The environment reacts to human actions, and the effects of industrialization and resource exploitation continue to unfold over centuries.

Case Study: India - The Ganga River Pollution Crisis

Over the years, industrial waste, religious offerings, and untreated sewage have caused extreme pollution in the Ganges River, affecting over 400 million people.

This has led to:

Rising health issues (water-borne diseases).

Declining aquatic life due to toxic pollutants.

Massive cleanup costs for the government.

The government's Namami Gange Project aims to reverse the damage, but its long-term success depends on sustained efforts over decades.

Case Study: Global - The Effects of Climate Change

The Industrial Revolution (1760-1840) marked the beginning of mass coal and fossil fuel usage.

Today, the effect of centuries of carbon emissions is evident in:

Rising global temperatures.

Melting ice caps and rising sea levels.

Increased natural disasters like hurricanes, floods, and wildfires.

The actions taken today—such as switching to renewable energy and reducing carbon footprints—will determine whether future generations face a livable or hostile planet.

Conclusion: The environment does not respond instantly, but every action

taken today will determine the state of the planet for centuries to come.

Breaking Negative Cycles: A Call to Action

The continuation of cause and effect is not just an observation—it is a responsibility. By recognizing how past actions shape the present, we can take conscious steps to break negative cycles and create positive ones:

Actions for a Better Future:

Sustainable Development: India's focus on solar energy today will reduce dependency on fossil fuels in the future.

Educational Reforms: Investing in education today will reduce poverty and unemployment for future generations.

Mental and Physical Well-being: Developing healthy habits today ensures a longer, more fulfilling life.

The power to shape the future rests in our present choices.

Conclusion: The Future Is Not an Accident—It Is an Effect of Today's Causes

The law of cause and effect is an unstoppable force that continues beyond a single reaction, shaping the world for generations. Whether in science, history, personal life, or the environment, today's actions will determine the future.

The question is: Are we ready to take responsibility for the causes we create today, knowing their effects will shape tomorrow?

The answer is in our hands.

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Children learn a lot from their mothers in their childhood



VIJAY GARG

Human life is full of the treasure of priceless gifts of nature. A grown-up human being first develops in the womb of his mother. After birth, the child starts learning the taste of life from his surroundings. Through this, he becomes civilized. This process is very important in childhood. Until he becomes a civilized and mature human being, the child has to go through three stages of life - childhood, youth and old age. Out of these, childhood is the most precious stage of human life. The child starts completing this stage at home from the warmth received from his mother's lap and the swings taken on the shoulders of his father. In this way, the child's culture starts from home. He has to learn the first letters and lessons of culture from home itself.

Royal childhood

In the childhood stage, the child is the king. Innocence and carefreeness, tenderness, fun, smiling faces, freedom, unique stubbornness, small cries and laughter, naivety of anger, etc. are the beauty of childhood. Scholar Patrick Rothfuss writes, 'When we are children, we rarely think about our future. This naivety frees us to enjoy ourselves, but when we start worrying about the future, we leave our childhood behind.'

Life-like book

Human life is a kind of book, the first lesson of which is childhood. Childhood is also called the rule of the book of life. If the rule of childhood is civilized and full of manners, then the book of life will also be beautiful. The question is, who and how guided the child in these years of childhood? What kind of cultural and moral values were given to him? Then what kind of person did he become when he grew up? To what extent was his mother tongue, heritage and legacy, i.e., culture, connected with his love? In this way, childhood and culture are inter-related. After birth, the first sound of a child's cry, cooing, smile and first response give him the finger of his mother tongue and culture. He learns the entire cultural life style like sitting-standing, speaking-walking, eating-drinking, dressing, folk games, folk tales, folk stories, folk songs, folk customs, festivals etc. from his home, surroundings and social system. Our concern is to connect today's children with Punjabi culture and Punjabi heritage and cultural values, so that our children can become the bearers of a civilized and healthy human life in today's digital age of technology and computerization. Learning mother tongue from mother

The child learns his mother tongue from his mother. Through this, he grows up and gets connected to his cultural phenomena. Culture is called the learned part of human behavior. The regulated character of human life is called culture. These rules and principles are accepted by the group of people. According to TS Eliot, culture is the way of living life.

Cute, well-behaved children

Culture both shapes and adorns



a child's behavior. Children with civilized behavior and good manners are loved by everyone. Every parent wants their child to be talented, eloquent, sweet-spoken, hardworking, admired by people, and their good behavior to be an example for society. This can only happen if the parents themselves lead the way. It is now commonly said that today's children are becoming alienated from Punjabi culture. They are forgetting their cultural values. Childhood is getting entangled in today's dazzling lifestyle. To some extent, this is also true. There are many reasons for this? Today, with the convenience of technology, human needs and desires have also changed with increasing growth. Today's childhood has shrunk in computer and mobile games. Parents are not giving their children full time. Parents themselves are also

engrossed in TV serials and mobile screens. Grandmas and grandpas, aunts and uncles, grandfathers and grandfathers, uncles and uncles, who recite folk songs and music, stories, stories, idioms, all human relationships have been reduced to the English word uncle and aunty. Today, there is no one to recite stories to children.

Parents should lead.

Parents have an important role in connecting children with Punjabi culture. The way parents behave, children will also learn it. The first school of a child's learning process is home. Parents are the teachers of children at home. Parents have to keep the children's attention while playing games on mobile. Instead of beating the child, he should be made aware of the good and bad effects of mobile by explaining it psychologically. Information about

folk tales and literature should be given. The big role of schools

Schools have a very big role in the cultural development of children. Schools should become carriers of culture. The cultural art of children can be improved in the morning assembly. The Punjabi folk songs and music and sports competitions organized in the educational competitions of schools are undoubtedly connecting children with culture. There is still a need to make more efforts to connect primary level students with sports. Teachers should motivate children to listen to old folk tales, stories, sayings and idioms from their elders and write them in their scrapbooks. These should also be published in the children's magazine published by the school.

Mobile is making noise

Academic and cultural competitions held every year in schools can make a significant contribution in developing the artistic talent of children. Children's poetry writing and poetry recitation competitions, Bhangra-Giddha competitions and the recently added Gatka competitions to the martial arts are good examples of this. The 'Khedan Watan Punjab Diyan' campaign launched by the Punjab Education Department has done a commendable job of reviving the heritage games of Punjab. Mobile has become a toy for children, which is making them irritable. The main reason for this is the disconnection from heritage games and literature. Villages of heritage games of children

There should be competitions from the district level to the state level. Punjab's heritage games should be included in the school curriculum and held regularly.

Let's respect our mother tongue.

Language is the mother of culture. If language lives, culture also lives. World-famous Russian author Rasul Hamzatov writes in his book My Dagestan that if you want to curse someone, tell him, 'Go, you will forget your mother tongue.' Only people who are ignorant of their mother tongue are ignorant of their culture. Children should be passionate about their mother tongue. Of course, learn other languages, but they should be proud of speaking, reading and writing Punjabi. Parents should speak Punjabi at home. They should also have a Punjabi newspaper or children's magazine in their homes. With this, children will definitely be interested in reading the newspaper or magazine at home instead of mobile games.

Be a friend to children.

Children are our wealth. Their smiling faces warm the hearts. Every parent wants their child to grow up to be a successful human being. They should become a good human being by fitting into the mold of a proper life path. This can happen only if we try to preserve the childhood of our children. Let us spend as much time as possible with innocent children. Let us laugh, play and talk with them. Let us protect them from bad company. Let us keep information about their friends. Let us parents ourselves become friends of our children. Let us become their ideal role models. Then the soul of the child will blossom, the childhood will blossom. Our domestic and socio-cultural fabric will automatically connect the color of his life with culture.

Vijay Garg Retired Principal
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Time to protect our planet for future generations

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As the world faces mounting environmental challenges, it has never been more crucial to understand the urgent need for collective action. Climate change, pollution, deforestation, and the loss of biodiversity are just a few of the pressing issues that threaten the future of our planet. But with the right efforts and policies, it's still possible to turn the tide and create a more sustainable future.

The Climate Crisis: A Global Emergency

One of the most significant environmental concerns today is climate change. Global temperatures have risen by approximately 1.1°C above pre-industrial levels, and the effects are being felt around the globe. From increasingly severe wildfires in California and Australia to devastating floods in Pakistan and Bangladesh, the impacts of a warming planet are already evident.

The scientific community agrees that urgent action is needed to limit global warming to 1.5°C, as outlined in the Paris Agreement. To achieve this, governments and industries must commit to reducing carbon emissions by transitioning to renewable energy sources, promoting energy efficiency, and supporting green technologies.

Plastic Pollution: A Growing Crisis

Another major issue that continues to plague the environment is plastic pollution. Every year, millions of tons of plastic waste enter our oceans, harming marine life and polluting coastal ecosystems.



tems. Scientists estimate that by 2050, there could be more plastic in the ocean than fish if current trends continue.

Efforts to reduce plastic waste have gained momentum in recent years, with bans on single-use plastics and increased recycling initiatives. However, much more needs to be done. Encouraging sustainable packaging, reducing consumption, and investing in biodegradable alternatives are all necessary steps to mitigate this growing crisis.

Deforestation: The Fight to Save Our Forests

Deforestation remains a critical issue, particularly in tropical rainforests like the Amazon, which are often referred to as the "lungs of the Earth." These forests play an essential role in absorbing carbon dioxide and maintaining global biodiversity. However, they are being cleared at an alarming rate to make way for agriculture, logging, and urban expansion.

Efforts to halt deforestation

tion must include stronger regulations, support for indigenous communities who protect these forests, and incentives for sustainable land management practices. Additionally, promoting reforestation and afforestation projects is key to reversing some of the damage.

Biodiversity Loss: A Silent Crisis

The rapid loss of biodiversity poses a silent threat to ecosystems that we rely on for food, clean water, and even medicine. Species are disappearing at an unprecedented rate, with over 1 million species currently at risk of extinction. Habitat destruction, overhunting, and climate change are the primary drivers of this crisis.

Protecting biodiversity requires comprehensive strategies, including establishing more protected areas, reducing habitat destruction, and curbing the illegal wildlife trade. The preservation of ecosystems, such as coral

reefs and wetlands, is also essential for maintaining the balance of nature.

The Role of Individuals in Environmental Protection

While government action and corporate responsibility are essential in tackling environmental issues, individuals can also make a significant impact. Simple actions like reducing energy consumption, adopting a plant-based diet, supporting sustainable businesses, and reducing waste can all contribute to a greener planet.

Educating the public about environmental issues and encouraging sustainable behaviours will help foster a culture of environmental stewardship.

Looking Ahead: Hope for the Future

Despite the daunting challenges ahead, there is hope. Across the globe, communities, organizations, and governments are coming together to push for change. Renewable energy adoption is growing, the use of electric vehicles is on the rise, and innovative solutions to tackle plastic waste are emerging.

The fight for a healthier planet is far from over, but with continued innovation, policy change, and collective will, there is still time to safeguard the environment for future generations.

As citizens of Earth, it is our responsibility to protect and preserve the natural world. The time to act is now—because a sustainable future begins with the actions we take today.

The writer is an environmental researcher. He holds a BSc in Chemistry, Zoology, Botany and Environmental Science, and an MSc in Green Chemistry.

A sign of global warming: The rise of early forest fires



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Rising global temperatures have led to reduced snowpack and earlier snowmelt, causing forests to dry out sooner – increasing the risk of forest fires.

In recent years, forest fires have become an increasingly frequent occurrence, with some igniting as early as April. Traditionally, wildfire seasons peak in the summer when high temperatures and dry conditions contribute to the rapid spread of flames. However, the growing number of early-season wildfires suggests that climate change is altering the natural cycle of fire activity, making April blazes a new norm.

Several factors point to global warming as a key driver of earlier and more intense wildfires. Rising global temperatures have led to reduced snowpack and earlier snowmelt, causing forests to dry out sooner.

This creates highly flammable conditions well before the typical wildfire season. Additionally, prolonged droughts and erratic precipitation patterns leave forests parched and vulnerable to ignition.

Data from environmental agencies indicate a worrying trend: wildfires are not only starting earlier but also growing more intense. Warmer temperatures, combined with stronger winds and lower humidity levels, have contributed to the rapid spread of these fires, devastating ecosystems and human communities alike.

The impact of these early wildfires is vast. Forests serve as carbon sinks, but when they burn, they release massive amounts of carbon dioxide into the atmosphere, exacerbating climate change. Wildlife habitats are destroyed, leading to biodiversity loss. Moreover, smoke from wildfires poses severe health risks, affecting air quality and increasing respiratory issues among

vulnerable populations.

The increasing occurrence of forest fires in April is a stark reminder of the impact of global warming. Addressing the root causes of early wildfires requires global efforts to combat climate change. Reducing greenhouse gas emissions, implementing sustainable forest management practices, and investing in wildfire prevention strategies are essential steps. Policymakers, scientists, and communities must work together to develop adaptive strategies that protect both ecosystems and human lives.

Conclusion

The increasing occurrence of forest fires in April is a stark reminder of the impact of global warming. As climate change accelerates, wildfire seasons will likely continue to expand, bringing more destruction and challenges. Urgent action is necessary to mitigate these effects and safeguard the planet's future.

The time to act is now.



Javed Rana reviews I&FC measures Emphasises efficient water management for agricultural prosperity

HT News Network

SRINAGAR, APRIL 05: Minister for Jal Shakti, Javed Ahmed Rana, today emphasised the critical need for timely completion of irrigation projects to ensure efficient water management and enhanced support to the agricultural activities.

He made these remarks while chairing a meeting of Irrigation and Flood Control Department in Kashmir.

Speaking on the occasion, the Minister said that an effective irrigation management is crucial for agricultural prosperity.

The Minister took stock of the progress made under various

schemes, including the Flood Management & Border Areas Programme, Prime Minister's Development Package (PMDP), NABARD funded projects, UT CAPEX and other key initiatives.

The Minister enquired in detail about the implementation of these schemes and directed the concerned officers to ensure that all ongoing works are completed within the stipulated timeframe. He stressed the importance of close and continuous monitoring to avoid delays and ensure quality execution.

He further said transparency, accountability and efficiency in project execution should be the cornerstone of



the department's functioning to ensure that projects achieve desired benefits.

During the meeting, he reviewed the physical and financial progress on FMBAP

scheme and issued necessary instructions for its effective implementation for flood man-

agement and erosion control. He also reviewed the sector wise physical and financial status of projects under NABARD, UT CAPEX, PMDP and other schemes.

During the meeting, the Minister reviewed the measures taken by the department to deal with flood preparedness during 2025-26. He stressed on increasing the carrying capacity of the River Jhelum and Flood Spill Channel. He directed the concerned officers to take measures in advance to meet any eventuality.

During the meeting, the Minister also took stock of the measures undertaken to address the encroachments along the water bodies and

irrigation canals. He stressed the need for strict action against encroachments to safeguard water bodies and irrigation channels. During the meeting, the Minister reviewed the measures taken by the department to deal with flood preparedness during 2025-26. He stressed on increasing the carrying capacity of the River Jhelum and Flood Spill Channel. He directed the concerned officers to take measures in advance to meet any eventuality.

During the meeting, the Minister also took stock of the measures undertaken to address the encroachments along the water bodies and irrigation canals.

Mushtaq Tantary Represents Bandipora at Landmark Congress Leadership Meet in New Delhi

HT News Network

New Delhi, April 5 :A landmark meeting of District Congress Committee (DCC) Presidents was held at the AICC headquarters, Indira Bhawan, New Delhi, in the presence of Congress President Mr. Mallikarjun Kharge, Leader of Opposition Mr. Rahul Gandhi and other senior party leaders.

During the session, Mr. Mallikarjun Kharge and Mr. Rahul Gandhi addressed the gathering and stressed the importance of strengthening the Congress organization at the district level. They emphasized that a robust and active grassroots structure is crucial for the party's future success and public outreach.

In a separate consultative session, the Jammu & Kashmir Congress leadership, including all DCC Presidents, met with AICC J&K Incharge General Secretary Mr. Nasir, JKPC President Mr. Tariq Hameed Karra, senior leader and former JKPC President Mr. Ghulam Ahmad Mir and other key office bearers. The meeting was seen as a pivotal step



toward party reorganization in the Union Territory.

Discussions focused on the current political scenario in J&K, strategies for strengthening the party at the grassroots, addressing public issues, and outlining a roadmap for the future.

A major decision during the meetings was to grant greater autonomy to District Presidents in appointing and reshuffling local office bearers. This move is part of a wider decentralization initiative aimed at revitalizing the party's grassroots leadership. District Congress Committee Pres-

ident Bandipora, Mr. Mushtaq Tantary, who actively participated in the meetings, expressed gratitude for being part of the important deliberations. "This historic gathering will certainly infuse a new spirit of dedication and hard work among all of us. It's an honor to be part of this new chapter in the Congress party's journey," he said.

The Congress leadership reaffirmed its commitment to enhancing the party's presence and performance across Jammu & Kashmir through collective vision, strategic planning and grassroots empowerment.

Police Organizes Drug De-addiction Awareness Program in Baramulla

HT News Network

Baramulla April 05: To strengthen awareness and community engagement, Police in Baramulla, under the supervision of SDPO Pattan Shri Shahjahan Choudhary-JKPS, organized a Drug De-addiction Awareness Program at Govt Higher Secondary School Goshbugh. The event aimed to educate students about various social evils prevailing in society, especially the harmful effects of drug abuse. Prominent speakers at the event including SHO Police Station Pattan, Principal GHSS Goshbugh, Shri Gh Nabi Bhat, Sh Mohd Ashraf and Ms. Uzma Qureshi of PDDC Baramulla. They addressed the gathering and highlighted the ill effects of drugs and the importance of responsible citizenship. They urged students to remain vigilant and play an active role in spreading awareness about the menace of drug abuse within their communities. Police remains committed to its mission of eradicating drug addiction and safeguarding the future of young people through continuous awareness campaigns.

Police Organize Awareness Programme on Drug Abuse in Handwara

HT News Network

Handwara April 05: An awareness program on drug abuse and its prevention was organized today at Panchayat Ghar Qalamabad under the banner of Nasha Mukta Abhiyan 2024-2025. The initiative was aimed at sensitizing the public, especially the youth, about the harmful effects of drug addiction and promoting collective community action against this growing menace.

The event was attended by police officials, members of civil society, religious leaders (Molvis), and enthusiastic youth from the area. The program was graced by SHO Police Station Qalamabad, Insp. Mohd Ashraf, who emphasized the importance of community policing and collective responsibility in addressing drug-related issues. A medical team from Qalamabad, headed by Dr. Sheikh Ayub, also participated in the event. Dr. Ayub highlighted the severe physical and mental health implications of drug use and urged the youth to lead a healthy and productive life.

PUBLIC NOTICE

I have last my passport at somewhere bearing passport no R3978185 Now I am applying for its duplicate if anybody having any objection in this regard he / she may file his/her objection in the passport office srinagar within seven days from the publication of this notice after that no objection will be entertained

Name.....SYED TAHIR BUKHARI
S/OSYED SIRAJ UD DIN BUKHARI
R/OKREERI
DISTT..... BARAMULLA

PUBLIC NOTICE

It is inform to all general public notice that I Batoola is born on 06-04-2005 and Hadeesa bano 10-02-1997 both daughters of mohammad jaffar dar r/o gund ibrahim now I want to obtain dob certificate if anybody have any objection regarding issuance of dob certificate he/she should contact of bdo singpora within in period of seven days

PUBLIC NOTICE

This is for information of general public that the (Electric bill) power connection is registered on the name MOHD AKRAM DAR S/O GH QADIR DAR .. Now this Connection bearing Consumer ID NO 0206050006626 wants to be registered on the name Mohammad Akbar Dar S/O GH QADIR DAR .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...Mohammad AKBAR DAR
S/O ...GH QADIR DAR
R/O: Gariend khured Budgam

ADC Handwara takes review of Revenue matters

HT News Network

KUPWARA, APRIL 05: Additional Deputy Commissioner (ADC) Handwara, Javaid Naseem Masoodi today chaired his maiden meeting with Tehsildars of the Handwara Sub-Division to review various revenue-related matters.

He emphasized upon the officers to adhere to the guidelines of Public Services Guarantee Act (PSGA) and prioritize timely disposal of all applications within the stipulated timeframe.

In addition, Tehsildars were instructed to expedite the completion of geo-referencing tasks with close supervision to ensure efficiency and accuracy.

The meeting also addressed several land acquisition matters, with detailed discussions on the ongoing processes and necessary actions.

The ADC reiterated the need for prompt and efficient action on these critical issues to ensure smooth functioning and better public service delivery. He emphasized upon the officers to adhere to the guidelines of Public Services Guarantee Act (PSGA) and prioritize timely disposal of all applications within the stipulated timeframe.

In addition, Tehsildars were instructed to expedite the completion of geo-referencing tasks with close supervision to ensure efficiency and accuracy.

Subject: Grant of registration of the proposed travel unit under the name and style "Khan tour and travels." Prop FAROOQ AHMAD KHAN Situated at Siada kadal chowk Srinagar.

PUBLIC NOTICE

Where I Farooq Ahmad Khan S/O Ghulam HASSAN KHAN R/O Siada kadal chowk Srinagar.

Intends to apply in the Department of Tourism for registration of my proposed travel unit under Name and style "Khan tour and travels". Prop farooq ahmad khan " Situated at Saida-kadal Chowk Srinagar under Tourist trade Act 1978/82/2011-12.

Whereas I will, submit State Subject/Domicile Certificate, Qualification Certificate, Pan Card, Experience Certificate (Minimum of 5 years), Character Certificate (Police Department) Bank Statement (Minimum Balance 10,000), Site plan, Affidavit, Rent deed duly attested by Sub-Registrar, Printing Material (Letter Head/visiting Card), photographs of the unit (Indoor and Outdoor) and Two passport size photograph to the Department of Tourism as per prescribed checklist prior to Registration of my unit as an Excursion Agency.

Now as per J&K Registration of Tourism Trade Act 1978/82/2011-12, before my case is processed for registration by the competent Authority the matter is nearby notified for information of the General public/Financial Institutions Bank/ Organization, etc for objection, if any and the same should reach to the Deputy Director Tourism Registration (email id: ddtreg123@gmail.com) within a period of 7 days from the publication of this Notice in leading local newspaper of the valley. No objection beyond a period of 7 days shall be entertained.

M.No:- 9419564137

PUBLIC NOTICE

I have lost my registration certificate (RC) of My vehicle (Santro) bearing registration no JK05C- 4601 Model 2011 .while travelling from Lal chowk to Qamarwari Srinagar. Now I am applying for its duplicate if anybody have any objection in this regard He/She contact with ARTO Baramulla Head-quarter Spore within seven days from the publication of this notice after that no objection will be entertained .

NAME : LATIEF AHMED WANI
S/O : GHULAM MUHAMMAD WANI
ADDRESS: HARDUSHIVA SOPORE BARAMULLA
CELL. NO 8825075508 9419678899

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

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

PUBLIC NOTICE

The Registrar Births and Deaths (Block Development Officer Wagoora)/chokedar has submitted case file pertaining to Birth of MOHAMMAD KALEEM LONE & AREEBA HASSAN S/O GHULAM HASSAN LONE R/O SACHIPORA Tehsil KREERI Distt. Baramulla having verified the date of Birth as 10/03/2017 & 10/06/2019 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

In the court of Collector/ Addl. Deputy Commissioner Budgam

In the case of:
No: DCB/ADC/Reader/24/F-553/423
Dated: 04/04/2025

Ali Mohammad Baba Son in law of Hassan Mir R/o Bemina Tehsil & District Budgam.

Vs

Tanveer Ahmad Bhat S/o Nazir Ahmad Bhat R/o Bemina Tehsil & District Budgam.
In the matter of: Appeal against mutation order No 1267/1 dated 14-08-2015 of estate Bemina Tehsil & District Budgam.

Notice

The above titled Appeal is under adjudication before this court, the respondent has been summoned a number of times, but he failed to appear before this court on the scheduled date of hearings. Now through the medium of this public notice, the respondent is informed to attend this court on the 03-05-2025 at 10:30 am, failing which ex-parte proceedings shall be initiated against him without further intimation.

DIPK-110/25
Date: Apr 5 2025

Collectory
Addl. Deputy Commissioner
Budgam





DC Kulgam launches Mega IEC campaign under Nasha Mukht JK Abhiyan Says initiative to focus on awareness, rehabilitation & long-term support to

■ **Farooq Rather**

KULGAM, APRIL 05: As part of the Nasha Mukht Jammu and Kashmir Abhiyan, the District Administration Kulgam today launched a mega Information, Education, and Communication (IEC) campaign. The campaign was formally inaugurated by Deputy Commissioner Kulgam, Athar Aamir Khan, during an event held at the Mini Secretariat, here. Addressing the occasion, DC emphasized the need for a united and sustained effort to eliminate drug abuse from society. He said the Nasha Mukht Jammu Kashmir initiative extends beyond awareness generation and

focuses strongly on rehabilitation and long-term support for those affected by substance abuse. Beyond sensitization, administration is prioritizing rehabilitation of those who are victimized of drug abuse, he added. "That is the real battle against this social evil, and we must work with dedication and compassion to eliminate it," Khan said. DC further highlighted that a range of measures have already been implemented to tackle the drug menace in the district. He strongly advocated not stigmatizing victims of drug abuse, instead supporting them with empathy and aid their rehabilitation.



It was informed that the week-long IEC campaign will include awareness rallies, cultural events, community engagements, and interactive sessions across various panchayats, Municipalities and educational institutions. The initiative will bring together students, civil society and other stakeholders of the society to build a united front against drug abuse. Meanwhile the district administration today organized a sensitization and orientation programme for Resource Persons here at the new conference hall of mini-secretariat which was presided over by the Deputy Commissioner Kulgam. During the programme, their role was highlighted in ensuring a focused

and result-oriented campaign. IEC material was distributed among participants to aid in spreading awareness at the grassroots level. A short film showcasing the harmful effects of drug abuse was also screened to educate attendees and reinforce the campaign's message. The initiative will bring together students, civil society and other stakeholders of the society to build a united front against drug abuse. Meanwhile the district administration today organized a sensitization and orientation programme for Resource Persons here at the new conference hall of mini-secretariat which was presided over by the Deputy Commissioner Kulgam.

Ayush Shopian organises Anti Drug Awareness camp at Chitragam

■ **HT News Network**

SHOPIAN, APRIL 05: In order to aware the adolescent students about the dangers of Drug Abuse, the Department of Ayush Shopian today organised an awareness camp on Drug Addiction with the theme, 'Be High on Dreams, Not on Drugs, Choose Life, Not Drugs' at Govt. High School, Chitragam. The Camp was inaugurated by Member of Legislative Assembly (MLA) Zainapora, Showkat Hussain Ganie and was attended by SDM, Zainapora, Bilal Ahmad, CMO, Dr. Arshad, DIO, Showkat Ganie, BMO Zainapora and other officials of Ayush, Health and locals. MLA Zainapora, emphasised the role of parents, terming it essential to tackle the menace along with the engagement of youth in



positive and productive activities. He sought cooperation of all to fight the war against the Drug Addiction, and appealed to teachers and parents to keep vigil on their students and wards. On the occasion, speakers of Ayush, Health, Education and student speakers highlighted the role of stakeholders especially parents, educational institutions along with the government departments in tackling the

menace of drug abuse. District Nodal Officer Ayush, Dr. Javid vied for promoting Ayush and its health and wellness benefits through physical exercises, yogic practice and sports activities. SDM Zainapora called for engaging youth towards career development early in their ages by inspiring and counselling them and channelling and honing their latent and vast energies for societal good.

DC Shopian reviews operation of medical establishments & shops

■ **HT News Network**

SHOPIAN, APRIL 05: To ensure strict enforcement of norms and guidelines from all categories of medical establishments, Deputy Commissioner (DC) Shopian, Shishir Gupta today chaired a meeting of Health, Revenue and Drug Control officers. DC reviewed the tehsil wise operations of medical shops, clinics and clinical laboratories and their compliance to the norms and guidelines, deliberated upon the deficiencies and future course of action was decided. Registration of establishments, installation of CCTVs, operation of Computerised Billing System and stock maintenance was stressed upon to ensure compliance across



the district. DC called for the cent percent Computerised Billing System and operation of CCTVs along with strict crackdown on medical shops operating in violations of norms. He instructed for heightened inspections of medical shops and initiating strict action including suspensions, closures of medical establishments for violations. The meeting was attended by ADDC, Dr. Nasir Ahmad Lone; ADC,

Dr. Zakir Hussain Faaz; CMO, Tehsildars, DIO, Asst. Drug Controller, DNO Ayush and Drug Inspectors. Registration of establishments, installation of CCTVs, operation of Computerised Billing System and stock maintenance was stressed upon to ensure compliance across the district. DC called for the cent percent Computerised Billing System and operation of CCTVs along with strict crackdown.

Impact of US Reciprocal Tariffs Tit for Tariff: India's stake in the trade spat

■ **HT News Network**

Srinagar: Sakshi Gupta, Principal Economist, HDFC Bank in her analysis about the tariff imposed by US has said that India's economy may be headed for turbulent waters as the United States' latest wave of across-the-board reciprocal tariffs sends shockwaves across global trade, posing both threats and opportunities for New Delhi. According to a recent research note by a leading financial institution, the severity of the new tariffs surpasses earlier projections and could drag India's GDP growth by up to 30 basis points, bringing the FY26 forecast down to 6.6%. With the US facing a rising risk of recession—now estimated at 40%—the spillover could significantly dent Indian exports, not just in goods but also in services. For every 1% drop in global growth, India's GDP could fall by 0.3 to 0.4 percentage points, the report warned. The threat is compounded by a potential influx of cheaper Chinese goods into India, as Beijing redirects oversupply from high-tariff US markets to others like India, putting local manufacturing at risk. Despite the gloom, India could see limited gains in sectors such as textiles and electronics, as it faces lower tariffs than major Asian peers like China (54%), Vietnam (42%), and Thailand (37%). The report estimates a potential boost of USD 16 billion in Indian exports to the US—roughly 3.7% of total goods exports—primarily by capturing the market share lost by Chinese.

DC Shopian visits Mughal Road; inspects ongoing snow clearance operations

■ **HT News Network**

SHOPIAN, APRIL 05: Deputy Commissioner (DC) Shopian, Shishir Gupta today visited various stretches of historical Mughal Road enroute Per Ki Gali to take stock of the snow clearance operations for reopening of the vital link connecting Kashmir valley with Pir Panjal region. During the visit, DC assessed the pace of the ongoing work being undertaken by the Mechanical Engineering Department, Shopian. It was informed that more men and machinery have been pressed into service for early snow clearance. Emphasizing the importance of the arterial road, DC directed AEE to expedite the clearance process and ensure the road is made traffic-worthy at the earliest. He also stressed on maintaining safety protocols and deploying adequate machinery to speed up the work. The reopening of the Mughal Road is eagerly awaited as it plays a crucial role in regional connectivity, especially during the summer months.

Power Shutdown

■ **HT News Network**

SRINAGAR, APRIL 05: According to the Chief Engineer, Distribution, KPDCL, for construction widening/strengthening of 02 lane by BEACON, the shutdown of 33KV Amargarh Watergarn line shall be observed due to which 33/11KV Receiving Stations at Ganapora, Hachipora, Watergarn, Hadipora and Safalpora shall remain off while power supply to Ganapora, Hachipora, Watergarn, Hadipora, Safalpora and adjoining areas will be affected from 09:30 AM to 03:30 PM on 15 April, 2025. Similarly, to carry out shifting of utilities by BEACON on Kupwara Chowkibal near Bypass, the shutdown of 33KV Handwara-HOT line shall be observed due to which 33/11KV Receiving Stations at Handwara, Chogul and Pohrupeth shall remain off while power supply to the Handwara, Chogul, Pohrupeth and adjoining areas will be affected from 09:30 AM to 03:30 PM on 14 April, 2025. Further, shutdown for R/stn to install new 6.3 MVA Power Transformer, the shutdown of 33KV Bandipora line shall be observed due to which 33/11KV Receiving Station at Tujjar shall remain off while power supply to Harwan, Tujjar Shrine and adjoining areas will be affected from 09:30 AM to 03:30 PM on 08 April, 2025. Also, to carry out replacement/ repair of 1500 mm Nominal Dia rising and corridor for lift irrigation Rafiaband, the shutdown of 33KV SIDCO line shall be observed due to which 33/11KV Receiving Station at Rohama Chakloo shall remain off while power supply to Rohama Chakloo and adjoining areas will be affected from 09:30 AM to 03:30 PM on 10 April, 2025.

EJAC Vice President Farooq Khan Demands Immediate Action On Regularization Of Daily Wagers

■ **HT News Network**

Srinagar, 05 April, 2025: Veteran trade union leader J&K EJAC Vice President and Chairman of the Mechanical Irrigation and Flood Control Employees Federation (MI&FCEF), Farooq Ahmad Khan, has reiterated his full support for J&K Chief Minister Omar Abdullah's recent initiative to address the regularization of daily wagers, ad hoc workers, and casual laborers in Jammu and Kashmir. While appreciating the formation of a high-powered committee led by Chief Secretary Atal Dulloo, Khan emphasized the urgent need to fast-track the process to alleviate the prolonged suf-



fering of these employees. "The daily wagers, casual laborers and seasonal employees have been toiling for years without any job security," Khan stated. "While we welcome the Chief Minister's assurance, we urge the committee to function with urgen-

cy and deliver concrete results. Thousands of families are waiting for justice." He pointed out that many of these workers have rendered decades of dedicated service across departments, contributing significantly to public welfare and regional development. Khan expressed high expectations from the Omar Abdullah-led government, urging prompt action to grant these employees the job security and stability they deserve. Farooq Khan also appeals to Jal Shakti Minister to play a proactive role in facilitating the process within the Irrigation and Flood Control Department.

SANJY 2025-26: Action Plan reviewed at Anantnag

■ **HT News Network**

ANANTNAG, APRIL 05: District Development Commissioner (DDC) Anantnag, Syeed Fakhrudin Hamid, chaired a meeting today to review the comprehensive action plan for the upcoming Shri Amarnath Ji Yatra (SANJY) 2025-26. The meeting reviewed and refined the Capex and Revex budgets, ensuring meticulous preparations for the upcoming pilgrimage. Critical components such as infrastructure, security, medical services, sanitation and logistics essential for the Yatra's success were discussed. The meeting focused on aligning preparations with budgetary allo-

cations, with detailed presentations from various departments. Engineering departments presented plans for roads and track, shelters, and resting areas to facilitate seamless pilgrim movement. The Medical Departments detailed medical and emergency response strategies including by AYUSH to ensure comprehensive healthcare. Meanwhile, Rural Development and Panchayats Department and Municipal Councils presented a thorough sanitation and waste management framework to maintain cleanliness and provide adequate public amenities throughout the pilgrimage.

Parents Urge Authorities to Grant Weekend Break for Tiny Tots, Kindergarten Kids Need Rest, Not Rigid Routines

■ **HT News Network**

Srinagar, Apr 5: Parents from various parts of Kashmir have urged the Education Department to consider implementing a full weekend break—Saturday and Sunday—for children enrolled in pre-nursery, nursery, LKG, and UKG classes. They say the current schedule, particularly the early school timings, is taking a visible toll on the physical and emotional health of their little ones. Parents say their children, some as young as three years old, are being woken up before sunrise to get ready for school. "It's heartbreaking to see my three-year-old barely open her eyes as we dress her up for school," said Bilal Ahmad, a parent from Baramulla. "We are not against education, but authorities must realize that this is not a corporate race—it's childhood." Many parents stress that this stage of life should be filled with joy, play, and creativity—not rigid schedules. "How can a child who hasn't slept properly absorb anything in class?" questioned Irfana Bano, a mother from Srinagar. "These kids are not preparing for civil services. They need more time to play, rest, and simply be kids." The demand is straightforward: just two days off for tiny kids each week. "We aren't asking for a month-long vacation," said Javaid Qureshi, another parent. "We are



simply requesting the government to show a little empathy. Pre-nursery and LKG kids should not be attending school six days a week." Parents warned that the current routine risks leading to long-term aversion to schooling. "By pushing them so hard so early, we are only making school a burden," said Nighat Rasool, a teacher and mother. "Let them breathe. Let them fall in love with learning at their own pace."

The parents have collectively appealed to the Education Minister of Jammu and Kashmir to intervene and direct schools, both private and government-run, to give weekends off for kindergarten and pre-primary students. "Please listen to our plea. We trust that the government will take a child-centric view on this issue," said a joint representation made by a group of parents in Srinagar. [KNT]





DC Jammu distributes nutrition kits at CD Hospital under TB MukT Bharat Abhiyan

■ HT News Network



JAMMU, APRIL 5: A nutrition kit distribution programme was held at Chest Disease Hospital, Government Medical College Jammu today. Deputy Commissioner Jammu, Sachin Kumar Vaishya, was the chief guest at the event.

Chief Medical Officer Dr. Harbaksh Singh was also present.

Speaking on the occasion, the DC encouraged patients to adopt a healthy lifestyle and practice regular exercise. He emphasised that the message of the TB MukT Bharat Abhiyan should reach everyone and added that the disease is curable and there should be no stigma attached to it.

The event was organised as part of a Corporate Social Responsibility (CSR) initiative by J&K Bank.

The DC later inspected the upcoming infrastructure projects in the hospital complex.

Echoes of Eternity: Radio Udhampur 89.2 FM "Dil Ki Awaaz" starts broadcast

■ HT News Network

UDHAMPUR, APRIL 05: In a landmark moment for Udhampur district, Deputy Commissioner Saloni Rai, alongside DIG Udhampur-Reasi Range, Rayees Mohammad Bhat, inaugurated the Community Radio Station Udhampur 89.2 FM "Dil Ki Awaaz" here today.

While briefing the media, the Deputy Commissioner extended her heartfelt congratulations to the people of Udhampur, stating that it is a proud and historic moment for the district. She expressed her optimism about the station's future and its role in strengthening community ties.

The DC added that this community radio station will serve as a platform to celebrate the rich local heritage, amplify the voices of the people and bring to light inspiring stories from local artists, storytellers said the DC.

She emphasized that the station will not only entertain but also inform, educate, and empower the local populace by providing them with a vibrant and inclusive medium of expression. She further urged the citizens of Udhampur to make the most of this valuable platform by sharing their stories, dreams and aspirations.

Inter-House drawing competition held at GGHSS Pul Doda to promote Nasha MukT Abhiyan

■ HT News Network

DODA, APRIL 5: An Inter-House Drawing Competition was successfully organized at Government Girls High School Pul Doda here today. The event was conducted under the guidance of I/C Headmistress Zubeda Bano.

The theme of the competition was "Nasha MukT J&K Abhiyan", aiming to create awareness among students about the harmful effects of drug abuse and the importance of leading a healthy, addiction-free life. A total of 08 students representing different houses participated enthusiastically in the competition, showcasing their creativity and understanding of the theme through art. Seerat Tabassum of Class 9th from Wisdom House was judged 1st in the event. Insha Anjum of Class 6th from Eco House secured the 2nd position, while Afooz Anjum of Class 10th from Eco House stood 3rd in the said event.

Beti Bachao Beti Padhao Zonal Level Girls Kho-Kho Tournament held at Assar, Gundna

■ HT News Network

DODA, APRIL 5: The Department of Youth Services and Sports, in collaboration with the Social Welfare Department today organised a Zonal Level Girls Kho-Kho Tournament under the 'Beti Bachao Beti Padhao' program in Assar and Gundna Zones. The event was conducted under the guidance of Deputy Commissioner Harvinder Singh to promote girls' participation in sports and foster empowerment through physical activity. In Zone Assar, the tournament was held at Higher Secondary School Khaleni by DYSSO Pritam Singh, and the host school Principal Nazia Munshi. Meanwhile, at Zone Gundna, the tournament was declared open at Higher Secondary School Mohalla by Principal Kuldeep Singh and ZPEO Gundna Shashikant Manhas.

DSEJ reviews implementation of intervention schemes in Jammu Division Schools

■ HT News Network

JAMMU, APRIL 5: Director School Education Jammu Dr. Naseem Javaid Chowdhary today chaired the maiden meeting with the officials of Jammu Division to review the implementation of intervention schemes and components across the districts.

The Director stressed to ensure the academic excellence in Government Schools and called for effective implementation of the recommendations of NEP2020 in the stipulated time frame. He also highlighted the importance of experiential and inquiry-based learning and the role of technology in improving education.

The discussions encompassed the issues related to Human Resource Management with special focus on RETs, Contingent Paid Workers, Timely conduct of DPCs and one time exemption to officials who acquired higher qualification without



permission. Directions were issued for timely action/ resolution on all these matters.

The Director directed the CEO to ensure the availability of all the Basic facilities like Drinking Water & Toilet, Electricity and other facilities in schools in their respective districts.

Other significant issues/points like teacher training, student performance, Court Cases, and the development of kindergar-

tens were also discussed.

The DSEJ stressed the need to improve academic standards and ensure quality education for all students. The Chief Education Officers provided updates about their districts, discussed the current status of schools, teachers and students, along with challenges being faced by them in the district.

The Director appreciated their efforts and encouraged them to continue working

hard to strengthen the education system in Jammu Division.

"We are committed to providing a strong foundation for the students and ensuring access to quality education," said the Director. "All functionaries of SED must work diligently to ensure the effective delivery of services and good governance to the public. He added

The meeting was attended by Ms Subah Mehta (Joint Director SED), Mr. Dhirender Sharma (Joint Director SED) Ms. Manisha (Personal Officer) Ms. Monika Bhandari (CAO DSEJ) Mr. DP Chibber (Sr Law Officer DSEJ) Deputy Director Mr. Anjum Aga along with all CEOs of Jammu Division. The Director directed the CEO to ensure the availability of all the Basic facilities like Drinking Water & Toilet, Electricity and other facilities in schools in their respective districts. Other significant issues/points like teacher training, student performance, Court Cases, and the development of kindergartens were also discussed.

DC Rajouri reviews arrangements for Ramnavmi Emphasizes cleanliness, security & effective crowd management

■ HT News Network

RAJOURI, APRIL 5: Deputy Commissioner Rajouri Abhishek Sharma today chaired a meeting of district officers to review and finalise the arrangements for the smooth and peaceful celebration of Ramnavmi in the district.

The Deputy Commissioner took a comprehensive review of sanitation, security, water and power supply, traffic and crowd management, and fire safety measures to ensure that the festivities are conducted in a safe and organized manner.

The DC directed the Executive Officer MC to ensure proper sanitation in the town, particularly around temples and congregation sites. He emphasized the



importance of cleanliness during the religious festivities. To ensure public safety, the DC instructed the concerned authorities to deploy adequate security personnel at key locations. He also reviewed the arrangements for uninterrupted water and electricity supply during the festi-

val and called for the deployment of water tankers wherever necessary. Directions were also issued for proper traffic and crowd management to avoid congestion, especially near temples and market areas. The Fire & Emergency Services Department was asked to conduct fire emer-

gency drills and ensure the availability of fire tenders at vulnerable spots.

The Deputy Commissioner specifically reviewed the arrangements at prominent religious sites including Mangla Mata and Mangla Devi temples. He stressed upon the need for vigilance and preparedness at all locations where large gatherings are expected.

To regulate prices and maintain quality, the DC directed the concerned officials to conduct market inspections and keep a check on overpricing and sale of substandard items. Further, the DC instructed the ADCs to monitor and ensure timely execution of all arrangements falling under the jurisdiction of their respective departments.

Sakeena Itoo greets people on auspicious occasion of Ramnavmi

■ HT News Network

SRINAGAR, APR 5: Minister for Health and Medical Education, Social Welfare and Education, Sakeena Itoo today extended her heartfelt greetings to the people of Jammu and Kashmir on the auspicious occasion of Ramnavmi.

In her greetings, Sakeena Itoo emphasized on the importance of Ramnavmi as a celebration of triumph of good over evil. She added that this occasion reminds us of the values of justice, compassion and devotion.

"May this festival bring peace, prosperity and harmony to all, enhance spirit of brotherhood and strengthen bonds of togetherness," she prayed.

Sakeena also prayed for peace, progress and prosperity of entire Jammu and Kashmir. In her greetings, Sakeena Itoo emphasized on the importance of Ramnavmi as a celebration of triumph of good over evil. She added that this occasion reminds us of the values of justice, compassion and devotion.

"May this festival bring peace, prosperity and harmony to all, enhance spirit of brotherhood and strengthen bonds of togetherness," she prayed.

Sakeena also prayed for peace, progress and prosperity of entire Jammu and Kashmir.

Floriculture Deptt. Kashmir launches Capacity Building Program for Growers

■ HT News Network

SRINAGAR, APRIL 05: In a significant initiative to empower floriculture growers and entrepreneurs, the Directorate of Floriculture, Kashmir launched a comprehensive Training, Exposure, and Interaction Program for the year 2025-26.

The program is aimed at equipping stakeholders across Kashmir with advanced skills, fostering innovation, and promoting sustainable practices in the floriculture sector. The initiative includes a series of expert-led workshops, interactive sessions, and exposure visits.

Some of the major components include Advanced Cultivation Training, Pest and Disease Management, Water Use Efficiency, Best Cultural Practices, Market Connectivity, New Varieties Exposure and Network-

ing Opportunities. The initiative aims to improve livelihoods and boost floriculture as a sustainable industry, promote eco-friendly cultivation methods, enhance the competitiveness of Kashmir's floriculture sector in both domestic and international markets and encourage entrepreneurship and innovation. The training programs and exposure visits will be held monthly at the Directorate and district levels, following a detailed calendar to be released by the Directorate. Growers and entrepreneurs are encouraged to actively participate as per the schedule. This initiative reflects the Floriculture department's commitment to supporting the floriculture community with modern techniques, resilience-building, and market readiness. For registration or further information, contact, the Directorate of Floriculture, Kashmir can be reached at (Email: kashflori@rediffmail.com)

CEO SSCL reviews City Traffic Scenario, prioritizes free-flow of traffic at Karanagar

■ HT News Network

SRINAGAR, APRIL 05: The CEO, SSCL Dr. Owais Ahmed today chaired a detailed review of the Intelligent Traffic Management System (ITMS), with particular focus on the Karanagar stretch—a busy road feeding prominent Hospitals; SMHS and SKIMS Soura.

The meeting was attended by the SSP Srinagar (Traffic), Addl. CEO SSCL, JC Planning, Secretary SMC, FA/CAO SMC, CE SSCL and other senior officials from SMC and SSCL.

The review meeting highlighted key strategies to deliver free vehicular and pedestrian movement through deployment of smart technology and real-time traffic solutions.

CEO SSCL said, "Our goal is to achieve free-flow of vehicular as well as pedestrian movement through intelligent, responsive systems that not only manage traffic effi-



ciently but also enhance the overall commuting experience for citizens."

As part of the ongoing efforts under the Smart City project, the ITMS is designed to bring a data-driven approach to traffic regulation. The CEO said several critical initiatives aimed at improving mobility across Srinagar, including; Real-Time Monitoring; High-definition CCTV cameras and traffic sensors have been installed at major intersections to monitor live traffic flow and detect violations.

Chief Justice inaugurates new Court Building at District Court Complex, Kathua

■ HT News Network

KATHUA, APRIL 05: Chief Justice, High Court of Jammu & Kashmir and Ladakh, Tashi Rabstan, today inaugurated the newly constructed Court Building at the District Court Complex, Kathua.

Justice Sanjeev Kumar, Judge, High Court of Jammu & Kashmir and Ladakh and Justice Rajnesh Oswal, Administrative Judge for District Kathua were present on the occasion.

Principal Secretary to Chief Justice, M.K. Sharma, Registrar Vigilance, Rajeev Gupta and the Judicial Officers posted at District Headquarters, Kathua, were also present on the occasion.

The Chief Justice emphasized the importance of well equipped court infrastructure in ensuring effective judicial functioning



and enhancing access to justice. He stressed the timely completion of other ongoing infrastructure projects in Kathua, observing that these would significantly benefit

all the stakeholders and facilitate smooth and speedy dispensation of justice. Justice Sanjeev Kumar, who was also former Administrative Judge of District Kath-

ua, reiterated that improvement of judicial infrastructure, particularly in District Kathua, has always remained a priority for him.

Justice Rajnesh Oswal also expressed satisfaction with the inauguration of the new Court Building. He commended the tireless efforts and initiative of the Chief Justice in materialising this important project.

In his address, Principal District and Sessions Judge, Kathua, Jatinder Singh Jambwal, welcomed the Chief Justice, Justice Sanjeev Kumar, Administrative Judge and other dignitaries, including officers from the High Court Registry, Deputy Commissioner, Kathua and DIG, JKS Range. He noted that this new court complex is a dream come true for the judicial officers, court staff and advocates, ultimately benefiting the litigant public.





Drive Launched to boost enrollments in Government Schools of Poonch District

HT News Network

POONCH, APRIL 5: In a decisive effort to enhance enrollment in government schools for the academic session 2025-26, an intensive drive was today launched across the Poonch district. The initiative is being carried out under the visionary guidance of Chief Education Officer (CEO) Iftikhar Ali Shah Kazmi, with active participation from school teachers, students and local communities. The drive aims to raise awareness among parents and guardians about the improved facilities, quality education, and child-friendly environment offered in government schools. Special focus is being given to remote and underprivileged areas to ensure equitable access to education for all children. In the Kanuyian Zone, Zonal Education Officer (ZEO) Maqbool Hussain has been monitoring the enrollment activities. A noteworthy initiative was undertaken by



the staff and students of Government Middle School Dhant, located in one of the remotest villages of the zone. The school organized a community outreach rally, where students and teachers walked through various hamlets of the Dhant

village, distributing pamphlets and engaging with villagers to spread awareness about the benefits of government schooling. During the campaign, emphasis was laid on the various student-centric initiatives

introduced in government schools, such as the availability of dedicated Aayas in pre-primary sections to care for kindergarten children, provision of free textbooks, uniforms, nutritious mid-day meals, scholarships, and a safe and inclusive learning environment. These measures have significantly improved enrollment and retention rates, especially in early childhood education. The Chief Education officer highlighted that the appointment of Aayas in schools with pre-primary classes has proven to be a transformative step, encouraging parents to enroll their young children with confidence. "We are committed to creating an enabling learning atmosphere and will continue to upgrade infrastructure and support services to attract and retain students," he said. He further urged all headmasters, teachers, and educational stakeholders to actively participate in the enrollment drive and ensure no child is left out of the schooling system.

DC Poonch inspects Patient Care facilities at SDH Mendhar

HT News Network



MENDHAR (POONCH), APRIL 05 – Deputy Commissioner Poonch, Vikas Kundal on Saturday inspected the healthcare facilities and infrastructure at the Sub District Hospital (SDH) Mendhar. During the visit, the Deputy Commissioner reviewed achievements under various Health Sector Schemes and assessed the functioning of the health institution. He inspected key sections, including the Emergency Ward, OPD, IPD, Registration Counter, Jan Aushadi Kendra, and the Laboratory section.

DC Kundal engaged with hospital staff to gain firsthand insights into operations and the healthcare services offered to patients. He emphasized the importance of upgrading infrastructure, including improving seating arrangements for patients and their attendants during waiting times, as well as procuring necessary machinery. He requested department heads to submit detailed requirements to address any issues promptly. Additionally, the Deputy Commissioner interacted with patients to gather feedback on the healthcare services provided. He visited the Jan Aushadi Kendra to assess medicine availability and instructed staff to increase stock levels to ensure optimal patient care. Kundal urged healthcare functionaries to meet patients' expectations by focusing on quality assurance and providing accessible, affordable healthcare services. During his visit, the Deputy Commissioner was accompanied by several key officials, including SDM Mendhar, Imran Kataria, CMO Poonch Dr. Parvaiz Ahmed Khan, Tehsildar Mendhar, Rahul Basotra and other officers.

Beti Bachao Beti Padhao' Abhiyan Chenab Valley Girls Sports Competition culminates at GDC Doda with grand closing ceremony

HT News Network

DODA, APRIL 5: The Chenab Valley Girls Sports Competition, organised under the aegis of 'Beti Bachao Beti Padhao' Abhiyan, concluded with great enthusiasm and spirit on the Government Degree College (GDC) Doda grounds.

The event celebrated the empowerment of young female athletes from the region through competitive sports. Organised by the District Administration Doda in collaboration with Dronacharya Chenab Sports Academy and Green Model Higher Secondary School Doda, the multi-sports event featured competitions in Basketball, Rifle Shooting, Archery, Boxing, and Cricket. The athletes displayed exceptional talent, discipline, and sportsmanship throughout the tournament. The grand finale saw the final



cricket match played between GMHSS and DCSA on the GDC Doda grounds. Deputy Commissioner Harvinder Singh was the Chief Guest, while the College Principal Dr. Javed Iqbal Zargar was the Guest of Honour. Others present were Chairman Dronacharya Chenab Sports Academy Bharat Bhushan; Principal GMHSS O.P. Chandail; DYSSO Pritam Singh and TSWO Babu Ram.

In his address, the Deputy Commissioner applauded the participating athletes for their enthusiasm and discipline. He emphasized the vital role sports play in building the spirit of teamwork, resilience, and leadership among youth.

As part of the closing ceremony, winners from all sporting events were felicitated with medals and trophies, recognizing their

outstanding performances and inspiring other young girls to pursue excellence in sports. The event was meticulously coordinated by Dr. Arjun Singh (Physical Education Director, GDC Kashtigarh), Om Parkash and Vinod Bandral. The competitions were officially conducted by DYSS officials Anil Singh, Kamashevar Chandail, Bandana Kotwal, Ifroz Ahmed, Khalid Hussain, and Ashok Sharma.

Additionally, the Social Welfare Department conducted Nasha Mukti Abhiyan activities during the event, spreading awareness with the powerful message "Say No to Drugs, Yes to Life" through various engaging sports-based initiatives. The formal vote of thanks was presented by Dr. Jaswant Singh, Physical Education Director, GDC Doda, marking the successful conclusion of the empowering and inspiring sports festival.

SBI RSETI Ramban hosts "Soft Toys Maker & Seller" Training Programme at Dhalwas

HT News Network

RAMBAN, APRIL 5: State Bank of India's Rural Self Employment Training Institute (SBI RSETI) Ramban continues its mission to empower rural communities by organising a Soft Toys Maker & Seller training Programme at Heman Karma (Dhalwas) village. The inauguration ceremony was held with great enthusiasm and amid participation from local trainees and community members. The event commenced with the lighting of traditional lamp by Director SBI RSETI Ramban Harvinder Singh. In his inaugural address, the Director emphasized the importance of skill-based training in today's competitive world and encouraged the trainees, especially women, to take full advantage of the opportunity provided by RSETI. The Director highlighted how SBI RSETI continues to support self-reliance by offering free training, boarding, and lodging facilities. He also elaborated on post-training



handholding support and assistance in accessing bank credit for those interested in starting their ventures. The ceremony concluded with a heartfelt vote of thanks and the signature RSETI Claps, led by Faculty Member Sh. Rakesh Kumar, symbolizing unity, energy, and collective motivation of the group. The 10-day training program aims to equip local participants with practical skills in designing, stitching, and marketing soft toys. Participants will also be guided on entrepreneurship fundamentals, pricing, branding, and linking with local markets or exhibitions for product sales. The ceremony concluded with a heartfelt vote of thanks and the signature RSETI Claps, led by Faculty Member Sh. Rakesh Kumar, symbolizing unity, energy, and collective motivation.

Intramural Competitions held in schools at Kishtwar

HT News Network

KISHTWAR, APRIL 05: In a remarkable effort to promote physical fitness, mental well-being, and the spirit of healthy competition, the District Youth Services & Sports Department today organized Intramural Competitions for Higher Secondary School Boys, High School Bandrena, and Middle School Indiranagar.

The competitions featured three dynamic disciplines—Volleyball, Chess, and Yoga—with enthusiastic participation from students across all academic levels. This initiative is part of the department's ongoing commitment to fostering holistic development through active youth engagement in co-curricular activities. The Volleyball matches showcased thrilling performances, with teams from all three schools demonstrating exceptional skills, teamwork, and strategic coordination. In the Chess tournaments, students exhibited sharp intellect and strategic prowess, highlighting the importance of mental agility alongside physical sports. The Yoga sessions emphasized flexibility, mindfulness, and stress management, reinforcing the significance of mental health and holistic well-being among young minds. The events were conducted under the vigilant supervision of trained physical education instructors and sports officials, ensuring strict adherence to sportsmanship and competition rules. The organizing committee ensured all necessary arrangements, including safety protocols, sports equipment, and refreshments, for a seamless experience.

DC Poonch inaugurates International Delhi Public School at Mendhar

HT News Network

POONCH, APRIL 5: Deputy Commissioner Vikas Kundal today inaugurated a new branch of International Delhi Public School (IDPS) here at Mendhar, marking the opening of the first upper primary CBSE-affiliated school in Tehsil.

The inauguration ceremony was held in a grand manner, with Deputy Commissioner Kundal serving as the chief guest.

The event commenced with the recitation of the National Anthem, followed by the lamp lighting ceremony, symbolizing the illumination of knowledge and the start of a new educational journey for the community.

In his address, Deputy Commissioner Vikas Kundal extended his best wishes to the institution, expressing optimism about its future. He stated, "I wish the Delhi Public School Mendhar becomes a beacon of education and excellence for future generations. It is our shared responsibility to nurture and guide our children as they embark on their educational journeys."

DC assess civic amenities at RamKund Temple in Village Chajjila- Poonch

HT News Network

POONCH, APRIL 5: Deputy Commissioner Vikas Kundal, today visited the revered Ram Kund Temple located in the Chajjila village of the Mendhar sub-division.

During the visit, DC was accompanied by SDM Mendhar, Imran Kataria; CMO Poonch, Dr. Parvaiz Ahmed Khan; Tehsildars Rahul Basotra and Maroof along with other officials.

During the visit, Deputy Commissioner Kundal paid his respects at the temple, offering prayers and extending his wishes for peace and prosperity in the region.

The Deputy Commissioner interacted with the temple management committee, which presented various demands, seeking road improvements and basic civic facilities. In response, he directed the concerned to prioritize the resolution of these issues to enhance the experience for devotees and preserve the cultural heritage of the area.

This visit highlights the administration's commitment to improving facilities at the temple, ensuring a better experience for both devotees and visitors.

The Deputy Commissioner also inspected the tourist facilities enroute to assess the feasibility of developing the area as a tourist circuit.

J&K Congress Workers Protest Outside Party Headquarters in Delhi, Demand Ouster of Karra and Mir

HT News Network

New Delhi, Apr 5, : Scores of Congress workers from Jammu and Kashmir staged a protest outside the All India Congress Committee (AICC) headquarters in New Delhi, demanding the immediate removal of J&K Pradesh Congress Committee (JKPCC) President Tariq Hameed Karra and senior leader Ghulam Ahmad Mir.

The agitating workers shouted slogans against the two leaders, accusing them of weakening the party's roots in the Jammu and Kashmir. "These two are responsible for the downfall of Congress in Jammu and Kashmir," said one of the protesters. "Congress was once a strong force here, but their leadership has turned it into a sinking ship."

The protesters recalled how ordinary Congress workers risked their lives to keep the party flag flying during the most difficult years of militancy in Kashmir. "We stood by the party when even stepping out with a Congress flag meant risking death," said a senior Congress worker from South Kashmir. "But now the real threat comes from within, not from outside." Protesters held placards and chanted slogans such as "Remove Karra, Save Congress" and "Congress Workers Betrayed by Mir & Karra." The demonstration saw participation from long-time party workers who claimed they had no personal agenda—only a desire to save the party from further collapse in the region.

The protesting members have appealed to the Congress high command to take immediate corrective measures. "If the party leadership wants Congress to survive in Jammu and Kashmir, then the first step is removing Karra and Mir," said another protester. "Bring in someone who respects workers and rebuilds trust." [KNT]

DC Samba directs for strict implementation of PCPNDT Act

HT News Network

SAMBA, APRIL 05: In a significant move to strengthen regulatory oversight of ultrasound clinics and prevent sex determination procedures, Deputy Commissioner Rajesh Sharma today chaired a crucial review meeting of the District Advisory Committee (DAC) on the Pre-Con-

ception and Pre-Natal Diagnostic Techniques (PCPNDT) Act here at the DC Office Complex. The meeting commenced with Chief Medical Officer Dr. Vidhi Bhatial presenting detailed insights on regulatory measures adopted by the Health Department to ensure compliance with the Act across registered ultrasound facilities in the district.



Deputy Commissioner Sharma emphasized that preventing sex-selective practices remains a top priority for the district administration. "Regular and random inspections of ultrasound clinics must be conducted to ensure strict adherence to all provisions of the PCPNDT Act," directed the DC, who also serves as Chairman of the District Advisory

Committee. In a strategic approach to enhance grassroots vigilance, the DC proposed that future DAC meetings be conducted in areas identified as vulnerable to violations. He also recommended developing more effective awareness tools and increasing community participation through active involvement of Committee members.





India, Sri Lanka ink MoU on defence cooperation, as PM Modi, President Anura Dissanayaka hold talks

AGENCIES

COLOMBO/NEW DELHI, APR 5 (UNI)

India and Sri Lanka inked their first ever MoU on defence cooperation today following bilateral talks between Prime Minister Narendra Modi and Sri Lankan President Anura Kumara Disسانayaka in Colombo today.

The two sides have also inked a tripartite agreement, along with the UAE, for development of Trincomalee as an energy hub.

Assuaging concerns in Sri Lanka regarding the Defence MoU, Sri Lankan Defence Secretary Sampath Thuyacontha said that any cooperation activities undertaken under the MoU "will be in accordance with international best practices and will not conflict with the domestic laws and national policies of either Sri Lanka or India".

He said that Sri Lanka and India have had cordial defence relations for decades, engaging in defence dialogues, joint military and naval exercises, training, workshops, etc, the Daily Mirror said. Annually, India pro-



vides training for approximately 750 military personnel from Sri Lanka. The India-Sri Lanka defence partnership has been, and continues to be, an invaluable asset for Sri Lanka, he said.

During the Defence Dialogue held in 2023, both sides agreed to further strengthen defence relations through a formal Memorandum of Understanding (MoU) on Defence Cooperation with a view to continuing the defence partnership and engagements more efficiently and in a structured manner, he added on Friday.

The MoU was "meticulously scrutinized, reviewed, and relevant negotiations were con-

ducted in terms of circular instructions issued by the Secretary to the President in January this year concerning interactions with foreign governments". The approval of the Cabinet of Ministers was duly obtained prior to signature, he added.

"When carrying out cooperation activities under this MoU, the Parties commit themselves to respect the national and military laws and regulations of the Parties and the relevant principles and purposes of the Charter of the United Nations, which include the sovereign equality of States, territorial integrity and inviolability, and non-intervention in the internal affairs of the Parties.

Through the solid base for defence relations provided by the signing of this MoU, the exchange of tri-service officers, training, staff talks between the forces, exchange of information, cooperation in the defence industry, and in the field of defence technology and research with measures to ensure relevant intellectual property rights, will be carried out in a professional manner.

The MoU will be in force for five years, with the rights reserved for the parties to terminate the agreement with three months' advance notice, and continuation for three years thereafter, subject to a review of progress and termination, if so inclined, with similar prior notice," he said.

Prime Minister Modi and Sri Lankan President Disسانayaka also unveiled the plaques virtually for the ground breaking of the Sampur solar energy project, being undertaken by India, and the inauguration of the temperature controlled warehouse in Dambulla and rooftop solar panels at 5,000 religious institutions across the country.

Charges framed in Prajwal Revanna maid rape case

AGENCIES

BENGALURU, APR 5 (UNI)

In a significant development, a Bengaluru trial court has rejected the plea filed by suspended Janata Dal (Secular) leader Prajwal Revanna seeking discharge from a rape case involving a former domestic worker, thereby paving the way for a full-fledged criminal trial.

The order, passed on April 3 by Additional City Civil and Sessions Judge Santhosh Gajanan Bhat, held that there existed sufficient prima facie material to frame charges against Revanna, who stands accused of repeatedly raping his maid and recording videos of the acts.

The Court framed charges against Prajwal under several sections of the Indian Penal Code, including Section 376(2) (k) for rape by a person in a position of dominance, Section 376(2) (n) for repeated rape, Section 354A for sexual harassment, Section 354B for assault with intent to disrobe, Section 354C for voyeurism, Section 506 for criminal intimidation, and Section 201 for causing the disappearance of evidence.

In addition, the court invoked Section 66E of the Information Technology Act, 2008, which deals with violation of privacy through the circulation of private images.

The case pertains to allegations by a woman who worked at a Revanna family farmhouse during the COVID-19 lockdown in 2021. The complain-



ant has accused Revanna of sexually assaulting her on multiple occasions, stating that she remained silent out of fear after he allegedly filmed the acts and threatened her with exposure. She filed the complaint after similar videos surfaced online last year.

Subsequently, four FIRs were registered against Revanna, with the Special Investigation Team (SIT) filing a detailed chargesheet in August 2024. Amid growing public outrage, Revanna had left the country soon after the Lok Sabha elections, but was arrested upon his return from Germany on May 31, 2024. He has remained in judicial custody since.

Senior Advocate Aruna Shyam and Advocate Arun G, appearing for Revanna, argued that the accusations lacked merit and were aimed at maligning his image. They also questioned the delay in filing the complaint and the admissibility of evidence.

The SIT, however, contended that the investigation had uncovered over 2,900 videos of sexual assault involving multiple women, and forensic analysis confirmed their authenticity. The prosecu-

tion argued that the delay in reporting and the inability to recover the original device used to record the acts were matters to be assessed during trial.

Dismissing the discharge application, the Court stated that the victim's testimony appeared credible and emphasised that issues raised by the defence would be appropriately addressed during trial. "It is to be presumed in ordinary prudence that no woman would come before the court to make statement about her own chastity which is considered to be much more important than being alive in normal Indian traditional society," the Court observed.

Revanna's counsel had further challenged the validity of the chargesheet filed by the SIT, contending that it did not qualify as a police station under the CrPC. The Court, however, clarified that the SIT, being constituted from CID personnel, operated under the CID umbrella, which was officially designated as a police station through a government notification in January 2024. The matter is now scheduled for hearing on April 9.

Waqf Bill will prevent looting and illegal occupation of land: Yogi

AGENCIES

MAHARAJGANJ (UP), APR 5 (UNI)

Uttar Pradesh Chief Minister Yogi Adityanath on Saturday said that The Waqf Board Amendment Bill passed by the Parliament, will end looting and illegal occupation of the government land, which would now be used for public welfare. The CM visited Maharajganj for a one-day trip on Saturday, where he inaugurated and laid the foundation stone for 629 development projects worth Rs 654 crore, including the inauguration of the Rohin Barrage.

During the public meeting organised for the occasion, he highlighted the achievements of both the central and state governments and made a commitment to eradicate poverty from UP in the next three years and to make the state the number one in the country.

Yogi said, "The Waqf Board Amendment Bill was recently passed in Parliament, which will put an end to the looting and illegal occupation of land under the name of Waqf. No one will be able to occupy the land designated for public purposes."

He said, "The government property will now be used for public welfare, such as schools, hospitals, colleges, medical colleges, barrages and housing projects."

The CM expressed his gratitude to Prime Minister Narendra Modi and Home Minister Amit Shah for their support in this regard. He also shared that in UP, lakhs of acres of land had been illegally occupied in the name of the Waqf Board, preventing the proper welfare of the poor. "However, with the new law, such exploitation will now be curbed," he said.



On the occasion of Ashtami during Vasantik Navratri, Yogi paid his respects to Maa Banailiya Devi and highlighted the privilege of inaugurating the Rohin River barrage in the Nautanwa assembly constituency. "This barrage will benefit 16,000 farmers and irrigate over 5,400 hectares of land," he said.

He announced that the barrage will be named after Maa Banailiya Devi, stating that the water of the Rohin River, which flows from Nepal to Gorakhpur, is sweet and will serve the farmers for many years.

He explained that while this barrage had been in demand for 25 years, previous governments were preoccupied with personal gains and land looting. "Now, this barrage will provide water for irrigation and flood protection, while also creating new employment opportunities through the development of water bodies, tourism, boating, and restaurants," he said.

Highlighting the significant progress UP has made in the past eight years, the CM said, "In 2017, UP was the seventh largest economy in the country, but today it is the second largest."

He mentioned the inclusion of villages from tribes like Musahar, Vantangiya and Tharu in various

public welfare schemes.

Referring to key developments like the Kashi Vishwanath Dham, the Ram Temple in Ayodhya and the Maha Kumbh, Yogi highlighted the unique blend of development and heritage in the state. He recalled the Saryu Canal Project, stating that although it was initiated in 1972, it took 49 years to complete and only finished under the leadership of the Bharatiya Janata Party (BJP) government.

He highlighted the progress made in infrastructure development, stating that a network of four-lane roads has been established across the state. "Key roads, including the Gorakhpur-Nautanwa, Sonauli road and Farenda-Nautanwa road, are being converted into four-lane highways. Village roads, previously 3 meters wide, are now being expanded to 7 to 10 meters," he said.

He said, "In the area of irrigation, millions of hectares of land have benefited from the Arjun Sahayak, Bansagar, and Saryu Canal projects. Over the last eight years, 23 lakh hectares of land have received irrigation facilities and 14 lakh farmers have been provided with free tube-well connections."

The CM mentioned the establishment of Atal Residential Schools for the children of workers and CM Composite Schools in

every development block. "During the era of previous governments, it was a time of 'one district, one mafia'; now we are providing 'one district, one medical college,'" he said.

He said that before 2017, festivals were marked by fear, but now the rioters have stopped. He emphasised the ongoing work for farmers' development, youth employment, women's safety and self-reliance, alongside the control of diseases like encephalitis, dengue, and malaria.

Yogi said that Maharajganj leads the state in the Mukhyamantri Yuva Udyami Yojana, with 1,000 youth receiving interest-free loans. He pointed out that the district administration will focus on promoting Kala Namak rice, Shrianna, natural farming, dairy, and fisheries.

He stressed that this is a new India, where development work is carried out without discrimination. "Under the leadership of PM Modi, the country is witnessing the emergence of a new India," he said.

He highlighted the ongoing realisation of projects like highways, expressways, dry ports, railways, waterways, metro systems and ropeways. "A dry port is being developed in Sonauli and after electricity in every household, the Har Ghar Nal Yojana is also being completed," he said.

During the event, Yogi distributed various items to beneficiaries under several schemes, including cheques, tablets, keys, Ayushman cards, poshan potlis, pug machines and sports promotion materials. He also performed the Annaprashan Sanskar for children present at the event and handed out appointment letters to doctors and Anganwadi workers.

86 members of banned CPI (Maoist) surrender before police in Telangana



AGENCIES

HYDERABAD, APR 5 (UNI)

In a significant development, 86 members of the banned CPI (Maoist) party surrendered before S Chandrasekhar Reddy, IGP, Multi-Zone-I, in Bhadradri Kothagudem district on Saturday.

Addressing the media, IGP Chandrasekhar Reddy stated that the surrendered individuals belonged to various Maoist formations: Area Committee Members (ACMs) - 4, Party Members - 5, RPC Committee - 8, RPC Militia - 27, RPC DAKMS/KMS - 20, RPC CNM - 13, and RPC GRD - 9.

These individuals decided to renounce the path of violence and return to the mainstream after being inspired by the Telangana Police Department's "Operation Cheyutha" - a programme designed to promote the welfare of surrendered Maoists and the development of tribal (Adivasi) communities.

So far in 2025, a total of 224 Maoist cadres from various categories have surrendered across the two affected districts. This includes DVCMs - 2, ACMs/PPCMs - 10, Party Members - 25, Militia Members - 74, RPC Members - 23, DKMS/KMS Members - 41, CNM Members - 31, one Courier, and GRD - 17. The police attribute this success to the rehabilitation and livelihood schemes implemented under the state government's surrender policy.

The IGP noted that many former cadres were disillusioned by the outdated ideology and violent tactics of the CPI (Maoist), which has lost the support of tribal communities.

He highlighted recent incidents in which Maoist actions led to the injury and death of tribal women in Rampur and Sodipara villages, further alienating them from local populations. The Maoists have been accused of obstructing development in agency

areas and intimidating locals.

The Telangana Police Department has urged all remaining Maoist cadres willing to surrender and reintegrate into society to contact their nearest police station or district-level officers, either directly or through family members.

Authorities assured that full support for rehabilitation, including financial aid and livelihood opportunities, would be provided - especially for top cadres of Telangana origin, who would receive additional benefits for better societal reintegration.

Bhadradri Kothagudem District SP Rohit Raju, IPS; Mulugu ASP Sri Shivam Upadhyaya, IPS; Probationary IPS Officer Ruthvik Sai Kotte; CRPF 141 Battalion Second-in-Commandants Kamal Veer and Preeti; 81 Battalion CRPF Second-in-Commandant Himanshu; and other officials present on the occasion.

Rajnath flags off INS Sunayna's IOS SAGAR mission from Karwar

AGENCIES

KARWAR (KARNATAKA), APR 5 (UNI)

In a significant step to bolster regional maritime security and international cooperation, the Indian Navy's Offshore Patrol Vessel INS Sunayna embarked on the Indian Ocean Ship (IOS) SAGAR mission from here on Saturday.

The mission was flagged off by Defence Minister Rajnath Singh and features participation of 44 naval personnel from nine Friendly Foreign Nations (FFNs), marking a unique convergence of maritime capabilities under the SAGAR (Security and Growth for All in the Region) initiative.

As part of the deployment, INS Sunayna will make port calls at Dar-es-Salaam (Tanzania), Nacala (Mozambique), Port Louis (Mauritius), and Port Victoria (Seychelles). The ship will host multinational training exercises, including firefighting, damage control, Visit Board Search and Seizure (VBSS), bridge operations, seamanship, engine room management, and boat handling.

The initiative is aimed at fostering regional partnerships and enhancing interoperability between the Indian Navy and its maritime partners in the Southwest Indian Ocean Region. The international crew aboard the vessel will undergo practical training based on modules taught at Indian naval professional schools in Kochi.

Defence officials described the mission as a "pioneering effort" in regional maritime diplomacy and a reaffirmation of India's commitment to a safe and inclusive Indian Ocean Region (IOR).

The flag-off ceremony was streamed live on the Indian Navy's official YouTube channel.

Veteran actor Manoj Kumar cremated with full state honours

AGENCIES

MUMBAI APR 5 (UNI)

Veteran actor Manoj Kumar was cremated with full state honours and a three-gun salute here on Saturday.

Several celebrities, including Amitabh Bachan, Salim Khan, Prem Chopra, Raza Murad, Vinu Dara Singh and Zayed Khan, reached his Mumbai home as well as crematorium on Saturday to pay a final tribute.

The last rites were performed at Pawan Hans crematorium in Juhu area of Mumbai.

Kumar's two sons -- Vishal and Kunal -- lit the funeral pyre of the actor-filmmaker popularly known as 'Bharat Kumar' for his portrayals of patriotic heroes in films such as "Upkar" and "Kranti", who died on Friday due to age-related issues at Kokilaben Dhirubhai Ambani hospital.

US tariffs: Global brokerage firm Citi sees minimal impact on Indian pharma firms

AGENCIES
MUMBAI

Global brokerage firm Citi said on Tuesday there is a low likelihood of the US imposing tariffs on Indian pharmaceuticals, despite ongoing discussions around the issue.

The brokerage firm analysed the potential effects of a 10 per cent tariff on Indian pharmaceutical companies, particularly those with significant exposure to the US generics market.

Currently, India imposes a 10 per cent tariff on pharmaceutical imports from the US, while the US does not levy any tariff on pharmaceutical imports from India.

According to Citi's analysis, some big companies could face a potential EBITDA (earnings before interest, taxes, depreciation, and amortisation) hit of 9-12 per cent.

However, if part of the tariff is passed on to US



buyers, the impact could reduce to around 5-6 per cent, though passing the full cost on to buyers is seen as challenging.

Citi also noted that companies with less exposure to the US generics market would be the least affected by potential tariffs.

These companies have diversified portfolios and lower reliance on the US

generics market, making them Citi's preferred picks in the Indian pharmaceutical sector.

The report highlighted that in case of tariffs, there are factors like competition, industry fragmentation, and the influence of buying consortiums that might prevent the full pass-through of the tariff to US buyers.

Additionally, products facing competition from US manufacturers or those from non-tariff countries may not see any pass-through at all.

Despite these discussions, Citi believes that the probability of tariffs being imposed on Indian generics is low.

The firm pointed out that the US relies heavily on Indian generics due to the limited manufacturing of generics within the US itself.

Imposing tariffs could lead to drug shortages in the US if Indian suppliers were to exit the market.

Citi's report suggests that while the imposition of tariffs remains unlikely, the impact on Indian pharmaceutical companies would depend on their exposure to the US generics market.

Meanwhile, US President Donald Trump has also announced a 25 per cent tariff on auto imports into the US, to be effective from April 3.

Reduce your bad cholesterol levels to keep Alzheimer's, dementia at bay

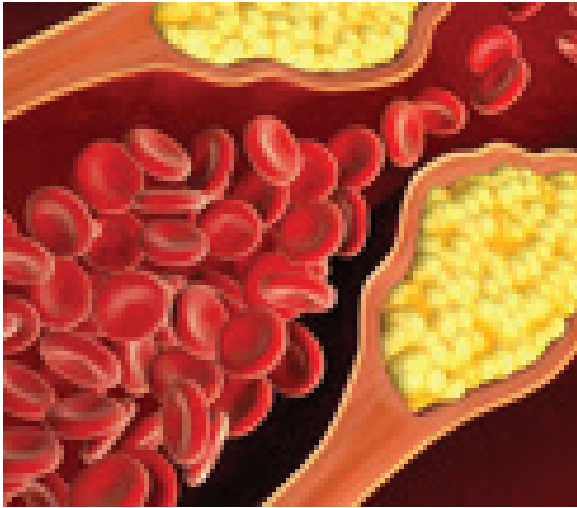
AGENCIES
NEW DELHI

Lowering bad blood cholesterol may not only be good for your heart but is also crucial to prevent Alzheimer's as well as dementia, according to a study.

The study, published online in the Journal of Neurology Neurosurgery and Psychiatry, revealed that low-density lipoprotein cholesterol (LDL-C), also known as bad cholesterol, below 1.8 mmol/L was associated with a 26 per cent reduction in the risk of all-cause dementia.

It also led to a 28 per cent reduction in the risk of Alzheimer's disease-related dementia, compared with LDL-C levels above 3.4 millimoles per litre (mmol/L).

Further, researchers from the Hallym University College of Medicine in South Korea explained that statins conveyed an additional protective



effect for people with low LDL-C, specifically those with blood levels less than 1.8 mmol/L.

Among people with LDL-C levels below 1.8 mmol/L, statin use was associated with a 13 per cent reduction in all-cause dementia risk and a 12 per cent decrease in risk of Alzheimer's disease-related dementia compared with non-users.

"Low LDL-C levels (less

than 1.8 mmol/L)) are significantly associated with a reduced risk of dementia, including Alzheimer's disease-related dementia, with statin therapy providing additional protective effects," the team said "These findings underscore the crucial role of managing LDL-C in lowering dementia risk," they added.

For the study, the team identified 192,213

people with LDL-C levels less than 1.8 mmol/L and 379,006 patients with LDL-C levels more than 3.4 mmol/L and matched individuals in each group into 108,980 matched pairs.

The protective effect against cognitive decline lessened at lower LDL-C levels and eventually disappeared entirely.

At LDL-C levels below 1.4 mmol/L, there was an 18 per cent risk reduction for both all-cause dementia and Alzheimer's disease-related dementia compared with LDL-C levels above 3.4 mmol/L, and when LDL-C levels fell below 0.8 mmol/L the risk reductions disappeared.

"This is an observational study, and as such, no firm conclusions can be drawn about cause and effect," said the researchers, while acknowledging limitations such as the focus on baseline LDL-C levels when lipid profiles could change over time.

7 Health Benefits of Watermelon in Summer

While the summer sun blazes brightly, our bodies seek to quench our thirst and beat the heat by eating cool, hydrating foods. Watermelon, being sweet and juicy in flavor, is the ideal fruit that quenches our thirst while giving us multiple health benefits. In this article, we are going to examine the benefits of watermelon, discuss its nutrition, and also tell you how to add it to your diet.

1. Hydration and Refreshment

Watermelon's water content of approximately 92% makes it a great drink to stay hydrated during the warm summer months. Proper hydration is necessary to help maintain bodily processes, control body temperature, and aid in physical performance.

2. Immune System Boost

Watermelon is high in vitamin C, which aids in boosting the immune system as well as wards off diseases. Vitamin C is also important for the production of white blood cells,



which kill off infections.

3. Promotes Heart Health

Watermelon also includes an amino acid known as citrulline, which can increase blood flow and reduce blood pressure. Citrulline is also capable of relaxing blood vessels so that it becomes simpler for the heart to pump blood throughout the body.

4. Facilitates Digestion

Watermelon's fiber and high water content ensure that constipation is avoided and regular bowel movements are encouraged. Adding watermelon to your meals can guarantee that your digestive system runs smoothly, particularly during the summer season.

5. Aids in Weight Loss

Watermelon is water-dense and contains few calories, which is a satiat-

ing and healthy food that can effectively assist with the efforts of losing weight. Watermelon is effective in curbing hunger and prolonging the feelings of fullness to avoid eating more.

6. Helps Fight Inflammation

Watermelon's antioxidants and anti-inflammatory compounds help to reduce inflammation and alleviate symptoms of conditions such as arthritis. Watermelon's anti-inflammatory properties also help to protect against chronic diseases such as heart disease and cancer.

7. Promotes Healthy Skin

Watermelon's antioxidants and vitamin C protect the skin from damaging UV rays and encourage healthy skin. Watermelon's water content also keeps the skin hydrated and firm, minimizing fine lines and wrinkles.

How to Enjoy Watermelon

Raw and fresh: Snack on watermelon slices or chunks.

Smoothies and juices: Blend watermelon with your favorite vegetables and fruits for a healthy and satisfying smoothie.

Salads and salsas: Incorporate diced watermelon into salads, salsas, and other foods for a splash of nutrition and flavor.

Grilled and roasted: Grill or roast slices of watermelon for a sweet, caramelized snack.

Watermelon water: Steep watermelon slices in water to make a refreshing, hydrating drink.

In summary, watermelon is a healthy and refreshing fruit that provides many health benefits and benefits. Its high water content, vitamins, minerals, and antioxidants make it a great addition to a healthy diet. Whether you like it fresh, blended, or grilled, watermelon is a tasty and healthy way to beat the heat and maintain overall well-being.

Air pollution exposure in childhood may affect brain's thinking, controlling capacity: Study

AGENCIES
NEW DELHI

Children exposed to higher levels of air pollution in early and mid-childhood may have weaker connections between key brain regions that can highly impact their thinking and controlling capacity, according to a study.

The findings, published in Environment International, highlight the potential impact of early exposure to air pollution on brain development.

The research led by the Barcelona Institute for Global Health (ISGlobal) in Spain showed reduced functional connectivity within and between certain cortical and subcortical brain networks in kids with increased exposure to air pollution.

These networks are systems of interconnected brain structures that work together to perform different cognitive functions, such as thinking, perceive-



ing, and controlling movement, said the team.

"These associations persist throughout adolescence, which may indicate persistent disruptions in the normal development of brain networks due to pollution exposure. This

could affect emotional processing and cognitive functions," said Monica Guxens, ICREA researcher at ISGlobal.

The study analysed data from 3,626 children exposed to air pollution at the participants' resi-

dences, including particulate matter (PM2.5 and PM10), nitrogen dioxide (NO2), and nitrogen oxides (NOX).

The results show that greater exposure to air pollution from birth to three years old is associated with lower connectivity between the amygdala and the cortical networks involved in attention, somatomotor function -- which coordinates body movements -- and auditory function.

Additionally, higher exposure to PM10 particles in the year before the neuroimaging assessment was associated with lower functional connectivity between the salience and medial-parietal networks -- responsible for detecting stimuli in the environment and for introspection and self-perception.

"However, more research is needed to confirm these findings and to understand their exact impact on brain development," Guxens said.

Researchers find novel genes linked to rare childhood diarrhoea

AGENCIES
NEW DELHI

A team of Canadian researchers has identified three novel genes linked to rare childhood diarrhoea.

The rare condition called CODE (congenital diarrhoea and enteropathies) disrupts the function of cells in the intestine, causing diarrhoea. It also prevents infants from absorbing the nutrients they need to grow and thrive.

The team from The Hospital for Sick Children (SickKids) conducted genome sequencing on 129 infants with suspected CODE.

The scientists characterised the function of novel CODE genes using advanced computational methods and zebrafish models

The analysis was remarkably successful, providing a diagnosis for 48 per cent of cases.

The findings, published



in the New England Journal of Medicine, found three new genes associated with CODE -- GRWD1, MYO1A, and MON1A -- and provided answers to 62 families.

"Undiagnosed infantile diarrhoea can be fatal, but even when it isn't, early diagnosis of rare conditions can help provide

much-needed answers for families," said Dr. Aleixo Muise, Staff Gastroenterologist and Senior Scientist in the Cell and Systems Biology programme at SickKids.

"As a result of this study, we can now provide a diagnosis to more families and move closer to precision treatments tailored to

their child's specific genetic variant," Muise added.

ODEs are associated with high morbidity and mortality. Although the treatment of these disorders is largely supportive, emerging targeted therapies based on genetic diagnoses include specific diets, pharmacologic treatments, and surgical interventions.

A genetic diagnosis alone can provide relief to many families, said the team.

They noted that understanding the genetic and functional underpinnings of the conditions, including three new pathways, can also move scientists closer to targeted treatments.

In addition to the genes, in the case series of 129 infants with suspected congenital diarrhoeal disorders, the team identified causal variants, including a new founder NEUROG3 variant, in 62 infants (48 per cent).

Summer Nutrition Tips: Beat the Heat with Smart Eating

As the summer sun beats down, it's essential to prioritize your nutrition to stay cool, energized, and healthy. While drinking plenty of water and eating fruits are common advice, there are deeper nutritional secrets that can help you thrive during the hottest months. In this article, we'll delve into expert tips, providing you with a comprehensive guide to staying cool and refreshed this summer.

Eat Like the Sun's Schedule

Eating according to the sun's schedule can help you maintain your energy levels. Have heavier meals in the cooler hours, early morning or late evening, and keep lunches light to avoid midday sluggishness. This ensures your body isn't overworked when temperatures are at their peak.

Hydration Beyond Just Water

Although water is a necessity, not all fluids are

equal. Herbal teas such as peppermint, hibiscus, and lemongrass are natural cooling agents rich in antioxidants. Hibiscus tea, however, is particularly effective at bringing down body temperature and aiding blood pressure management. Moreover, supplementing lost fluids with coconut water, lemon water, and homemade buttermilk is a natural way to restore electrolytes.

Select Lighter Proteins and Cooling Foods

Heavy meat foods such as beef and pork produce metabolic heat in the process of digestion and leave you feeling lethargic. To avoid this, prefer light, cooling proteins such as yogurt, lentils, and fish, which require low digestive effort. Summer is also a good time to stock up on seasonal fruits, such as watermelon, muskmelon, and oranges, which give the body essential vitamins and antioxidants while also keeping it hydrated.

Leafy greens, cucumbers, and tomatoes must also be daily fare, as they contain minerals that help digestion.

The Power of Dairy and Probiotics

Probiotics and milk can make your gut healthy and your body cooler. Curd, buttermilk, and yogurt not just aid digestion, but they provide a natural coolness to the body too. Adding probiotics to your diet during the summer will boost immunity levels and help check common stomach woes that crop up during the warmer months.

Do Not Eat Ice-Cold Foods with Meals

Downing cold drinks with meals slows down digestion. Cold drinks make the fats harden in your stomach, slowing down digestion. Instead, drink room-temperature water or herbal teas to help digestion and nutrient absorption.

Reduce Caffeine and

Sugary Drinks

Though cold sodas and iced coffees can taste refreshing, they dehydrate you. Caffeinated and sugary drinks rob your body of necessary fluids. Instead, drink herbal teas and infused water to cool down without the side effects of artificial drinks.

Cooling Herbs and Spices

Mint and fennel seeds are nature's refrigerants. Incorporate mint into salads and beverages for an immediate cooling effect, while fennel seeds digest and freshen breath if chewed after meals.

The Takeaway: Stay Cool, Eat Smart

Mindful eating can be your secret shield against the summer heat. Prioritize hydrating foods, choose light meals, and pay attention to your fluid balance. By heeding these expert-supported nutrition suggestions, you will be able to remain energized, cool, and healthy all summer.



SRH eye turnaround at fortress against Gujarat Titans

AGENCIES

HYDERABAD, APR 5 (UNI)

Sunrisers Hyderabad (SRH), desperate to arrest their losing streak, will bank on their impressive home record as they face Gujarat Titans (GT) in a crucial IPL 2025 encounter on Sunday.

Having won four of their last five games at the Rajiv Gandhi International Cricket Stadium, the Pat Cummins-led side will look to tap into familiar conditions and fans support to bounce back after three successive defeats.

SRH's campaign, marred by a misfiring top order and underwhelming bowling performances, is in urgent need of revival, and there's no better setting than home to stage it.

In contrast, Gujarat arrive with momentum on their side, buoyed by back-to-back wins, including a convincing eight-wicket victory over Royal Challengers Bengaluru.

Led by Shubman Gill, GT will look to continue their upward march, though they face the challenge of countering SRH's batting-heavy lineup on what is arguably the best batting surface in the league.

SRH's batting order boasts firepower, but it has lacked consistency this season. Travis Head and Abhishek Sharma are yet to find form, while Ishan Kishan's strike rate has



been below par.

Heinrich Klaasen, one of the few positives in the lineup, will be key in the middle overs, alongside Nitish Kumar Reddy and Kamindu Mendis. Cummins and Aniket Verma add depth to the lower middle order, but a strong start remains vital.

On the bowling front, SRH have struggled. Mohammed Shami and Cummins haven't provided early breakthroughs, while the spin attack, led by Zeeshan Ansari and Mendis, has lacked bite. Harshal Patel and Simarjeet Singh will need to step up, particularly on a pitch that offers little help for pacers.

GT, meanwhile, have their top order in good nick. Jos Buttler's aggressive 73 in the last outing and Sai Sudharsan's consistency offer solidity at

the top. Gill will anchor, while the middle order, featuring Sherfane Rutherford and Shahrukh Khan, has the firepower to accelerate.

Bowling remains GT's Achilles heel, especially after the exit of Kagiso Rabada. Mohammed Siraj and Arshad Khan will need to shoulder the new-ball duties, while Rashid Khan's lack of form is a concern. R Sai Kishore and Prasidh Krishna will be tasked with controlling the run flow in the middle overs.

The pitch at the Rajiv Gandhi Stadium is expected to be a batting paradise. With an average first-innings score of over 200 in the past two seasons, runs are likely to flow. Spinners may find some purchase in the second half, which makes batting first a significant advantage.

tage. The weather forecast is clear, with no rain expected.

With dew unlikely to be a factor, both captains will be tempted to bat first and post a challenging total. Chasing under lights has proved tricky at this venue, especially with spin coming into play late in the innings.

GT lead the head-to-head record, having won two of their last three meetings against SRH, with one match yielding no result. However, history at this ground favours the home side.

Gujarat Titans come into the game with confidence, but on a batting-friendly surface and with a strong record at home, Sunrisers Hyderabad start as favourites. A high-scoring thriller is on the cards.

Probable XIs
 Sunrisers Hyderabad: Pat Cummins (c), Abhishek Sharma, Ishan Kishan, Nitish Kumar Reddy, Heinrich Klaasen (wk), Kamindu Mendis, Aniket Verma, Mohammed Shami, Harshal Patel, Simarjeet Singh, Zeeshan Ansari, Travis Head (Impact Player).

Gujarat Titans: Shubman Gill (c), Sai Sudharsan, Jos Buttler (wk), Shahrukh Khan, Rahul Tewatia, Arshad Khan, Rashid Khan, R Sai Kishore, Mohammed Siraj, Prasidh Krishna, Ishant Sharma, Sherfane Rutherford (Impact Player).

Masters National Games: J&K swimming contingent leaves for Mohali

AGENCIES

JAMMU, APR 5 (UNI)

The five-member swimming contingent from Jammu and Kashmir on Saturday left for Mohali to take part in the Seventh Masters National Games.

Jammu and Kashmir Masters Games Association, president, Ranjit Singh said that the first Masters Swimmers group from Jammu departed on Saturday for Mohali under the guidance of



David Sandhu to participate in the Masters National Games.

The Association here at a get together see off the squad and wished

them ahead of their participation in the presence of other members namely Neete Kour Khlasa, Romesh Sharma, Vinay Saraf, Somraj Gupta, Mamta Bajaj, and Rameshwar Manhas.

Meanwhile swimming team left for Mohali under different age groups are comprised of David Sandhu (above 46), Rudraksh Gupta (above 30), Rajesh Singh (above 36), Kulbhushan Jamwal (above 72) and Pragnu Bhalwal (above 30).

Hitesh storms into World Boxing Cup final

AGENCIES

FOZ DO IGUAQU (BRAZIL), APR 4 (UNI)

Indian boxer Hitesh produced a clinical performance to outclass Paris 2024 Olympian Makan Traore of France 5-0 and entered the final of the men's 70kg category at the World Boxing Cup Brazil 2025 here on Thursday.

Displaying sound tactical discipline, the reigning national champion became the first Indian pugilist to reach the final in the inaugural edition of this year's World Boxing Cup series. Hitesh will now face England's Odel Kamara in the gold medal bout.



The Indian boxer began cautiously, employing a counter-attacking strategy that helped him dictate the pace of the semi-final bout. Despite a penalty in the final round, the judges unanimously awarded Hitesh a 5-0 victory.

Among other Indian boxers, Jadumani Singh

Mandengbam fought valiantly but lost 2-3 in a split decision to former Asian U-22 champion Asilbek Jalilov of Uzbekistan in the 50kg semi-final. In the 90kg and 60kg categories, Vishal and Sachin went down to Uzbekistan's Turabek Khabibullaev and Poland's Pawel Brach

respectively.

More than 130 boxers from 19 countries, including several Olympians, are taking part in the World Boxing Cup Brazil 2025 – the first of three international events scheduled for the year. While competitions are being held in both men's and women's categories, India is fielding a squad only in the 10 men's weight divisions.

The next two legs of the World Boxing Cup will be held in Kazakhstan (June-July) and India (November). Ranking points earned in each event will determine qualification for the season-ending World Boxing Cup Finals.

Pant fined for slow over-rate; Digvish penalised for code breach in match against MI

AGENCIES

LUCKNOW, APR 5 (UNI)

Lucknow Super Giants Captain Rishabh Pant has been fined after his team maintained a slow over-rate during Match 16 of the Indian Premier League (IPL) 2025 against Mumbai Indians at the Bharat Ratna Shri Atal Bihari Vajpayee Ekana Cricket Stadium here on Friday night.

As this was his team's first offence of the season under Article 2.22 of the



IPL Code of Conduct, which pertains to minimum over-rate offences, Rishabh Pant was fined Rs 12 Lakh.

Digvish Singh, Bowler,

Lucknow Super Giants, has been fined 50 per cent of his match fees for breaching the IPL Code of Conduct during his team's match against Mumbai Indians

at the Bharat Ratna Shri Atal Bihari Vajpayee Ekana Cricket Stadium, Lucknow on Friday. This was his second Level 1 offence under Article 2.5 this season, and hence, he has accumulated Two Demerit Points, in addition to one Demerit Point which he accumulated during LSG's match against Punjab Kings on April 01, 2025.

For Level 1 breaches of the Code of Conduct, the Match Referee's decision is final and binding.

CSK launches second player Documentary: The Making of' Matheesha Pathirana

AGENCIES

CHENNAI, APR 5 (UNI)

Five time IPL winners Chennai Super Kings (CSK) launched its second player documentary series titled 'The Making of' in March 2025.

The second episode of the series takes fans on an inspiring and emotional journey with Sri Lankan slinger Matheesha Pathirana. The 'Making Of' series offers an in-depth and personal look into the lives of the team's star players, tracing their journeys from childhood to their current success on the field.

The first episode was on CSK skipper Ruturaj Gaikwad.

Viewers will get a glimpse into Pathirana's childhood days, how he



developed his unique action and his journey all the way to the CSK and Sri Lanka national teams, according to a CSK release.

With exclusive behind-the-scenes footage, interviews with Pathirana, his family, and childhood coaches, 'The Making Of Matheesha Pathirana' offers fans an intimate view of the man with a unique bowling action

and his success story.

On his relationship with iconic MS Dhoni, Matheesha Pathirana says he is like my father because of the support, the mentorship and the guidance he gave me in CSK. So, it's very similar to what my father did in my home. So, that's why I consider Dhoni my cricketing father. I think I still have that video when I first met him. The time I met Mahi

Bhai. I met him and shook hands with him. He told me, Hi, Mali."

"How are you? So, that was so good. It's very familiar to me because when we are in Sri Lanka, Mali means the younger brother. So, that kind of legend called me Mali", he said.

On CSK retaining Pathirana ahead of the IPL 2025 Auction CSK MD KS Viswanathan said "basically, we knew that we will not be able to get a bowler of that quality in the auction. And we also knew that

if he goes into the auction, he will be going for a very high price and we may not be able to get him at that price. So that was the only decision which we could take. And we were happy that we retained him."

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