



'Sindoor' Runs In My Veins; Playing With Blood Of Indians Will Cost Pakistan Dearly: PM Modi

Says World saw consequences when 'Sindoor' becomes 'barood': PM

■ HT News Network/UNI

BIKANER (RAJ), May 22: Prime Minister Narendra Modi on Thursday asserted that the country's enemies have learnt what happens when 'sindoor' becomes gunpowder, and lauded India's armed forces for creating such a trap that Pakistan was forced to go down on its knees.

In his first public address in Rajasthan after Operation Sindoor that was launched in the aftermath of the Pahalgam terror attack, the prime minister slammed Pakistan, and said in response to the attack on April 22, "we destroyed nine biggest terror hideouts in 22 minutes".

"The world and the enemies of the country have seen what happens when 'sindoor' turns into 'barood' (gunpowder)," he said at the public meeting in Palana in Bikaner, which shares border with Pakistan.

"Ab toh Modi ki naso mein lahu nahigaram sindoor beh raha hai (Not blood but sindoor runs in Modi's veins)," he said, adding, Pakistan will have to pay a heavy price for every terrorist attack.

He said India's response to the terror attack was not a game of vengeance but a "new form of justice"



and there will be no trade or talk with Pakistan, there will be talk only about Pakistan-occupied Kashmir.

In a stern message to Pakistan, he said India is not going to be scared by nuclear threats and if there is a terrorist attack on the country then it will give a befitting reply.

"If there is a terrorist attack on India, it will get a befitting reply. The time and methods will also be decided by our army and the conditions will also be ours. India is not going to be scared by the threat of atom bomb. Thirdly, we will not see the perpetrators of terror and the government

patronising the terrorists separately. We will consider them as one," he said, adding these are three "sutras" from Operation Sindoor.

He said the game of Pakistan of state and non-state actors will not work anymore.

Lauding the armed forces for carrying out Operation Sindoor, he said "Our government gave free hand to all three armed forces. Together they created such a trap that Pakistan was forced to go down on its knees".

Noting that Pakistan had tried to target the Nal air base in Bikaner but

TURN ON.....PAGE 02

CM Omar Abdullah asks JKSSB to fast-track recruitment process, reviews functioning of the Board

■ HT News Network

SRINAGAR, MAY 22: Chief Minister Omar Abdullah today chaired a high-level meeting to review the functioning of the Jammu & Kashmir Services Selection Board (JKSSB), stressing the need to remove bottlenecks and ensuring time-bound and transparent recruitment process.

The meeting was attended by Advisor to



the Chief Minister Nasir Aslam Wani, Chief Secretary Atal Dulloo, Additional Chief Secretary to the Chief Minister Dheeraj Gupta, Principal

Secretary Finance, Commissioner Secretary General Administration Department, Commissioner Secretary Cooperatives Department,

Secretary Law, Chairperson JKSSB and other senior officers.

Chairperson JKSSB Indu Kanwal Chib presented a comprehensive report on recruitment activities undertaken since 2019, including department-wise details of posts that have been advertised, are under examination, and are in the final stages of selection. She highlighted the progress made as

TURN ON.....PAGE 02

No third-party intervention was involved in ending hostilities between India- Pak: Jaishankar

■ HT News Network

SRINAGAR, MAY 22: Asserting that the ceasefire agreement was directly negotiated between India and Pakistan, External Affairs Minister Dr S Jaishankar on Thursday made it explicitly clear that there was no third-party intervention

TURN ON.....PAGE 02

J&K integral part of India, not open for any negotiation: MEA

■ HT News Network

NEW DELHI, MAY 22: Ruling out any third-

party mediation, the Ministry of External Affairs (MEA) on Thursday said that if talks are to take

place with Pakistan, these will only be held on the vacation of Pakistan-occupied Kashmir



(PoK) and the cessation of cross-border terrorism.

MEA spokesperson Randhir Jaiswal during the weekly briefing in the national capital, according to the

news agency—said, "Jammu and Kashmir is an integral part of India

TURN ON.....PAGE 02

J&K: Airtel vendor chargesheeted for facilitating SIM to a militant

■ HT News Network/UNI

SRINAGAR, MAY 22 (UNI) The Counter-Intelligence Kashmir (CIK) wing of J&K Police on Thursday filed a chargesheet against a militant associate, an Airtel vendor, for allegedly issuing a SIM card that was later used by a terrorist for communication and coordination of terror activities.

Police said the chargesheet was produced against Mudassir Ahmad Sheikh of Hanand Chawalgam, Kulgam, and vendor of the Airtel company, before the Court of Chief Judicial Magistrate Kulgam under sections 420, 468, 471 of the Indian Penal Code (IPC).

TURN ON.....PAGE 02

School timing changed in Kashmir amid heatwave

■ HT News Network

SRINAGAR, MAY 22: Minister of Education, Sakina Itoo Thursday said that the school timing has been changed in Kashmir region and will be implemented from Monday in view of the heat wave across Jammu and Kashmir. According to the news agency—Kashmir News Observer (KNO), Itoo said, "I had instructed the School Education Department to change the school timing in view of the heat

TURN ON.....PAGE 02

Not a single word on terrorism, Pak: LoP Sharma slams NC resolutions

■ HT News Network

SRINAGAR, MAY 22: Leader of Opposition in the Jammu and Kashmir Legislative Assembly, Sunil Sharma, launched an attack on the Jammu and Kashmir National Conference (JKNC), accusing the party of ignoring the Pahalgam terrorist attack and the sacrifices made by Indian security forces during Operation

TURN ON.....PAGE 02

Army jawan martyred in Kishtwar gunfight, operation on

■ HT News Network/UNI

JAMMU, MAY 22 (UNI) One army soldier was martyred in an ensuing gunfight in Chatroo area of Kishtwar district in Jammu and Kashmir. Jammu-based White Knight Corps in a post on X said, "During the ongoing operation, fierce gunfight is continuing. One of our Bravehearts sustained grievous injuries in the exchange of fire and has succumbed despite the best medical efforts." Operation is in progress; it has been further posted. Official sources earlier said that a gunfight broke out between terrorists, believed to be 3 to 4 in number, and a joint

TURN ON.....PAGE 02

Heatwave sweeps J&K: Srinagar hits 133-year May record at 34.4°C Kokernag records all-time highest temp since 1978

■ HT News Network

SRINAGAR, MAY 22: The intense heatwave has gripped Jammu and Kashmir, with Srinagar surpassing the previous records on Thursday as the station recorded the third highest-ever temperature in the month of May at 34.4 degrees Celsius.

An Independent Weather Forecaster, Faizan Arif Keng,

TURN ON.....PAGE 02



A month after ghastly terror attack, Pahalgam still awaits tourists

■ By Majid Jahangir

PAHALGAM, MAY 22 (UNI) Till exactly a month back, this world-famous tourist location in South Kashmir used to be overcrowded with tourists from various parts of the country, but today the scenic place wore a deserted look.

The fortunes of this tourist attraction changed drastically,



with the footfall dropping sharply, after a group of terrorists, believed to be three to four in number, carried out a massacre of 25 innocent male tourists and one local man on this

date last month -- April 22 -- in the Baisaran meadows of Pahalgam.

Due to the unprecedented fear caused by that gruesome incident, tourists have shunned Pahalgam, which used to bustle with visitors all the time.

One can see a handful of tourists moving around on the main road, but hotels are hardly occupied, and shops are with

TURN ON.....PAGE 02

Sakeena Itoo reviews progress on finalisation of projects under PMJVK

■ HT News Network

SRINAGAR, MAY 22: Minister for Health and Medical Education, Social Welfare and Education, Sakeena Itoo, today chaired a meeting to review the progress on the finalisation and implementation of projects under the Pradhan Mantri Jan Vikas Karyakaram (PMJVK) at



Civil Secretariat here. The meeting was attended by Additional

Chief Secretary Education, Shantamanu; Com

TURN ON.....PAGE 02

HT - BOTTOM

HT SUCCESS STORY ; Kupwara's 'Mushroom Girl' Shows the Way

■ Dr Abdul Qayoom

In the remote village of Cheepora, nestled in the serene Lolab valley of North Kashmir's Kupwara district, a young woman's courage and resilience have sparked a silent revolution. Mubeena Ali, once confined to the household like many other village girls, is now affectionately known as the 'Mushroom Girl' of Kupwara — a title earned through years of

perseverance, innovation, and an unyielding spirit. Born to a modest family, Mubeena lost her father at the tender age of five. Life was far from easy. Alongside her mother and brother, she struggled through poverty, collecting firewood from nearby forests to make ends meet. The harsh realities of life forced her to leave her studies in Class 11, but adversity only fueled her determination to build a better future.

In 2022, a transformative opportunity arrived when



Mubeena enrolled in a training programme organised by Krishi Vigyan Kendra (KVK) Kupwara, under the aegis of SKUAST-Kashmir. The training aimed to empower rural women through organic farming initiatives — and for Mubeena, it marked the beginning of an extraordinary journey.

"I was fascinated by mushroom farming," she recalls. "It was easy to grow, highly nutritious, and had a good market value. Yet hardly anyone in my area knew about

it." With limited resources, she started her first batch of mushrooms under an old cot at home. Despite facing ridicule and discouragement from her community, Mubeena stayed the course. The turning point came when she participated in a 15-day advanced training at SKUAST-Kashmir campus under the supervision of Prof Farhanaz Rasool. Armed with knowledge and renewed confidence, she expanded her venture and began selling

TURN ON.....PAGE 02



CONTINUE FROM FRONT PAGE.....

KUPWARA

mushrooms in local markets. Her success soon silenced skeptics and inspired others, especially women in her village, to follow her lead. I got first Mushroom from concern agriculture Division through Ishtiaq Ahmad the agriculture Extension officer of Khurhuma Lolab, who helps me each and every time. In 2023-24-25, Mubeena's work received official recognition at the Kisan Mela held at SKUAST-K, Srinagar. "I was overwhelmed when the Vice-Chancellor, Prof. Nazir Ahmad Ganai, Director Extension,

Prof. Raihana Habib Kanth and other dignitaries visited my stall and appreciated my work," she says.

Today, Mubeena not only cultivates mushrooms but also promotes organic vegetable farming, dry fruit production and vermicomposting. Her products, branded under the SKUAST-K-supported marketing tag 'SHAH-RAAR', by the department (Business of Research Policy) have earned her a loyal customer base and significant financial independence. What began as a personal quest for survival and dignity has now blossomed into a mission. To date, Mubeena has trained over 10,000 women across Kupwara in mushroom and organic farming techniques. More than 1,500 of them have already embraced mushroom cultivation, transforming their households both economically and socially. "Leaving my village for training wasn't easy. People mocked me, called me crazy. But I believed in myself. Today, those same people bring their daughters to learn from me," she shares with a smile. Supporting her family of four, Mubeena now earns an impressive Rs. 29,000 per month from mushroom farming and another Rs. 50,000 from organic produce. She has even built a beautiful home for her family — a testament to what resilience and hard work can achieve. When asked about marriage plans, she replies, "I don't care about that right now. Independence is the most important gift a woman can give herself. When women are supported, we can turn the impossible into possible." Mubeena Ali's story is not just about mushrooms or organic vegetables. It's about breaking barriers, defying stereotypes, and redefining what rural Kashmiri women can achieve. She stands as a beacon of hope and empowerment, proving that with courage, opportunity, and hard work, even the humblest beginnings can lead to extraordinary outcomes.

AIRTEL

He has been charged with providing a SIM Card Connection against a non-existent person which was actually used by a terrorist.

They said Police Station CIK had received an information through reliable sources that the procurement of SIM card connections from various Telecom Service Providers by terrorists/members of proscribed organisations / Over Ground Workers (OGWs), is made in a pre-planned criminal conspiracy, with the active connivance of their sympathizers and, in several instances, with the complicity of 'Franchise/Point of Sale (POS)' through fraudulent and dishonest means.

Accordingly, on October 9, 2020 a case under section 13 of the Unlawful Activities (Prevention) Act, read with section 420, 468, 471 and 120-B of the Indian Penal Code was registered at Police Station CIK Srinagar for a thorough probe.

"During the course of investigation, it has revealed that the accused was a vendor of 'Airtel Telecom Service', running his shop at Kulgam. It was established that the accused had manipulated and forged a genuine electoral Identity Card and used the same to issue a SIM card against a non-existent person. The accused as a vendor had also mentioned fictitious and deficient particulars/details in the Customer Application Form (CAF) with an objective to issue the SIM card against a non-existent person and pass on the SIM card to a terrorist for his use," police said.

The investigation established that the subscriber of the SIM card shown in the Customer Application Form was not found existing on ground and the SIM card had actually been issued to a terrorist, police said.

Police made an appeal to the general public especially youth of Kashmir valley to adhere to the advisories in this regard and take every precaution to ensure that their documents are not misused for obtaining SIM cards fraudulently.

"People are also advised not to share their SIM card with anyone," police said.

ARMY

team of police and army in the Singhpora area of Chatroo.

Contact was established with terrorists during a joint operation with J&K Police at Chhatru, in Kishtwar, in the morning, they said.

They added that additional troops have been inducted, and operations are ongoing to neutralize the militants.

CM

well as pending challenges across departments.

It was informed that several posts remain unadvertised due to delay in submitting of indent by departments and in some cases requiring revision of recruitment rules to reflect current job requirements.

The Board has proposed that all future recruitment examinations shall be conducted under CCTV surveillance to ensure fairness and transparency.

The meeting also reviewed the status of Class IV recruitment, where delays were flagged as a major concern.

The Chief Minister directed the Board to expedite the selection process and address all procedural bottlenecks.

He also called for improving the facilities in Service Selection Board and strengthening the Board's legal and administrative frameworks.

Emphasizing the government's commitment to transparent governance, the Chief Minister said that Government would do everything possible to ensure fair and transparent recruitment process and to improve efficiency across all departments to enhance public trust, institutional efficiency and to fill up vacant posts which would also result in giving jobs to the qualified youth of J&K.

PM

could not cause any damage to it, he said in contrast "No one knows when Pakistan's Rahimyar Khan air base will open again. It is in ICU. The attack has destroyed it".

"Pakistan can never win a direct fight against India. Whenever there is a direct fight, Pakistan has to face defeat again and again. That is why Pakistan has made terrorism a weapon to fight against India," he said.

Modi recalled his public rally in Rajasthan's Churu after the 2019 Balakot airstrike, and said he had then stated that, "Saugandh mujhe is mitti ki, mein desh nahi jhukne dunga, mein desh nahi mitne dunga (he had taken a vow that he would not let the country down)".

"Today, from the land of Rajasthan, I want to say to the countrymen that those who had set out to erase sindoor have been wiped out. Those who shed the blood of Hindustan have paid for every drop of it. Those who were proud of their weapons are now buried under a pile of rubble," he said.

"This is not a game of vengeance, but this is a new form of justice, this is Operation Sindoor. This is not just anger, this is the fierce form of a capable India. This is the new form of India," he said.

Referring to the 2016 surgical strikes and the Balakote air strike, Modi said earlier India carried out attacks by entering into their houses but now the attack was directly on their chest.

He said Pakistan used to spread terror, kill innocent people and create an atmosphere of fear in India.

"Now, Modi, the servant of 'Maa Bharti', is standing here with his head held high. Modi's mind remains cool but his blood is hot," he said.

He said there will be no trade or talk with Pakistan, there will be talk only about Pakistan-occupied Kashmir.

"And if Pakistan continues to export terrorists, it will have to beg for every penny. Pakistan will not get India's rightful share of water. Playing with the blood of Indians will cost Pakistan dearly. This is India's resolve and no power in the world can shake us from this resolve," he said.

The prime minister observed that security and prosperity both are necessary for the creation of a developed India.

"This is possible only when every corner of India becomes strong," he added.

Modi also spoke about the multi-party delegations being sent abroad to to highlight India's resolve to confront state-sponsored terrorism emanating from Pakistan and assert its right to self-defence following Operation Sindoor.

"To expose the truth, our all party delegations are reaching all over the world. The real face of Pakistan will be shown to the whole world," he said.

India carried out precision strikes under Operation Sindoor on terror infrastructure early on May 7 in response to the April 22 Pahalgam terror attack that killed 26 people.

Following the Indian action, Pakistan attempted to attack Indian military bases on May 8, 9 and 10. The Indian forces launched a fierce counter-attack on several Pakistani military installations.

India and Pakistan reached an understanding on May 10 to end the military confrontation after four days of intense cross-border drone and missile strikes. (Agencies)

THIRID PARTY

involved in ending hostilities between the two countries earlier this month.

The External Affairs Minister in an interview to a Dutch news channel, according to the news agency—Kashmir News Observer (KNO) said, "The cessation of firing and

the ceasefire agreement was directly negotiated between India and Pakistan. We made it very clear to the international community not only United States that if Pakistan wants to stop firing, their general should call our general and tell us. That's how it happened their DGMO called his counterpart here and an understanding was arrived at."

He said that not only the United States, many countries were asking India to end firing "but our stand was very clear that Pakistan should come forward and ask for it," he added.

The Minister pointed a direct finger at Pakistan Army Chief General Asim Munir for what he called his "hardline and extremist" outlook, linking it to the April 22 Pahalgam terror attack, which left 26 civilians, mostly tourists dead.

"This was not just a terror attack. This was an attempt to strike at the heart of Kashmir's economy and harmony. Religion was deliberately used to create division and fear," Jaishankar said, underscoring that the Pakistan Army leadership is driven by an "extreme religious outlook," which, according to him, directly influences actions on the ground.

The victims were targeted in front of their family members after ascertaining their faith. "It was a barbaric assault aimed at crippling Kashmir's flourishing tourism sector and create a communal discord," he added.

Responding to a question whether India and Pakistan could forge a new friendship, particularly in light of China's growing influence and desire for regional stability, Jaishankar said, "You don't choose between security and economic prosperity. Today, many in the world are realizing that you must be prepared for both," he remarked.

He also offered a broader strategic perspective, reflecting on the historical conditioning of Western powers who had become used to a relatively peaceful post-WWII world. "We have had to deal with difficult neighbours—China and Pakistan. We have faced continuous terrorism from across the border. The world is only now experiencing a reality we've long endured," he said, adding, "India has always approached its regional challenges with a sense of realism. It has been a harsh and nasty world for us. Europeans were insulated for decades. But today, the global community is going through its own reality check."

MEA

and not open for any negotiation. Any bilateral discussion will only be on the vacation of illegally occupied Indian territory by Pakistan."

"Any India-Pakistan engagement has to be bilateral," Jaiswal said, reaffirming that all issues must be resolved directly between the two countries.

He also reiterated that the Indus Waters Treaty (IWT) will remain suspended until Pakistan credibly and irrevocably ends its support for terrorism. "Water and blood cannot flow together. Trade and terror cannot go together," said Jaiswal.

On the issue of terrorism, the MEA spokesperson said, "India remains open to dialogue, but only on specific points such as the extradition of known terrorists. We are open to discussing the handing over of noted terrorists whose list was given to Pakistan some years ago."

He also dismissed claims that the United States played a mediating role in the recent cessation of hostilities after 'Operation Sindoor', a military response to the April 22 terror attack in Pahalgam. "There was no third-party mediation, including the US. No country has any role in bilateral issues with Pakistan," the MEA spokesperson added—(KNO) national community not only United States that if Pakistan wants to stop firing, their general should call our general and tell us. That's how it happened their DGMO called his counterpart here and an understanding was arrived at."

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HEATWAVE

as per the news agency— shared that Srinagar recorded the season's highest day temperature today at 34.3 degree Celsius.

He informed that the station has recorded the third-highest-ever day temperature in the month of May in 133 years.

The previous record was 34.3 degrees Celsius recorded on May 28, 1971, he said. J&K is presently witnessing an intense heatwave, while the administration and doctors have issued advisories, appealing people to take adequate precautions.

Meanwhile, as per the details, Qazigund recorded the third highest temperature in the month of May since 1956 at 33.5 degrees Celsius. However, in May 2024, the temperature of 34.0 degrees Celsius was recorded, which stands as the all-time record, Keng said.

According to Keng, Kokernag recorded the all-time highest day temperature in the month of May since 1978 at 33.3 degrees Celsius. The previous all-time highest temperature was recorded on 15 May 2001 at 32.6 degrees Celsius.

Moreover, Pahalgam recorded a maximum temperature of 27.8 degrees Celsius while Kupwara and Gulmarg recorded 31.6 and 25.4 degrees Celsius, respectively.

Jammu region also witnessed a rise in the temperature. The data reveals that, except Batote, the mercury in different stations of the winter capital settled above 30 degrees Celsius.

Notably, Director Meteorological Department (MeT), Dr Mukhtar Ahmad has predicted an isolated heat wave in J&K, saying that generally hot & dry weather is expected with the possibility of a brief spell of light rain at isolated places mainly towards late afternoon till May 26.

Ahmad said that from May 27 to 31, the weather would remain generally hot & dry with the possibility of a brief spell of light rain and thundershower at scattered places.

The MeT in its advisory said that a rise in maximum temperature by 1-2 degrees Celsius is expected with the possibility of a heatwave at scattered places of Kashmir division till May 23 and fall by 2 to 3 degrees Celsius thereafter.

A rise in maximum temperature is expected by 2-3 degrees Celsius, with the possibility of a heatwave over Jammu division till May 26. "Possibility of thunder, gusty winds at isolated places towards late afternoon can't be ruled out," according to the advisory—

ITOO

missioner Secretary, Social Welfare department, Sanjeev Verma; Project Director Samagra, Bhawani Rakhwal; Director School Education Kashmir, Dr. G.N Itoo; Director School Education Jammu, Naseem Javid Choudhary; Director Planning Higher Education department and other officers.

During the meeting, Minister Sakeena held detailed discussions regarding the proposed projects under the scheme. She highlighted that this flagship scheme, will certainly boost the inclusive development of minority communities.

The Minister called upon the officers to consult public representatives for formulation of plans under this scheme so that they can be formed as per the needs of public. She also asked them to coordinate with respective deputy commissioners in order to avoid duplication of works.

The Minister further emphasized on prioritising far flung areas also so that necessary infrastructure can be established in these areas also for the welfare of people living there. "PMJVK is a significant initiative to ensure equitable development of areas with substantial minority population. We need to ensure that benefits of this scheme reach grassroots level in an efficient manner", Sakeena maintained.

Minister Sakeena also underlined the importance of community engagement and participatory planning in identifying priority areas and ensuring local needs are addressed through these projects. She reaffirmed the government's commitment to inclusive growth and reiterated that PMJVK projects must reflect the vision of equitable access and opportunities for one and all.

During the meeting, Commissioner Secretary, Social Welfare department Briefed

the Minister about the brought contours of PMJVK.

PHALAGAM

out customers. The Baisaran meadows are now out of bounds for visitors.

According to the J&K Tourism Department, Pahalgam saw a daily footfall of nearly 10,000 tourists before April 22. Today, the number has dropped to under 300.

Similarly, the number of vehicles entering the resort has plummeted from 1,300 per day to just about 150.

"This is the worst crisis we have ever faced," says Zubair Ahmed, Vice President of the Pahalgam Beopar Mandal, a local traders' body.

Describing it as the "darkest period" witnessed by him in his lifetime, he says, "There are around 400 shopkeepers in this area, and the majority have had to let go of their employees."

A few tourists who have dared to come here feel disappointed as the authorities have banned entry to all gardens in Pahalgam.

"The closure of the parks only deepens the sadness," said a tourist from Odisha, who was here with his family, but refused to identify himself.

"It constantly reminded us of the tragedy (of April 22)," he said, adding that they did not want to stay here for long.

Among the worst hit are the pony wallahs -- locals who earn their living by offering horseback rides to tourists around Pahalgam.

"I used to earn around Rs 4,000 a day but haven't earned a single penny since the attack," said a horse owner.

He went on to add, "We are also caught between the devil and the deep sea. We are frequently summoned to the police station for questioning... What is our fault?"

According to him, over 2000 pony walls are struggling for their livelihood because of the terror attack and its aftermath.

"The season is already lost," said Zubair.

"But we have some hope from the upcoming Amarnath Yatra. Even though the pilgrimage doesn't directly benefit tourism, it might help instill confidence among tourists to return to the valley," he added.

The Amarnath Yatra, an annual pilgrimage to the Holy Cave of Lord Shiva in the mountains of South Kashmir, is scheduled to begin on July 3.

While its route passes through Pahalgam, the economic benefit to local tourism has historically been limited due to the restricted and high-security nature of the event.

Still, many locals see it as a symbolic restart.

For now, however, the once-vibrant Pahalgam continues to grapple with fear, uncertainty, and economic despair—a stark reminder of how terrorism continues to wound not just lives but livelihoods.

The terror attack of April 22, which was claimed by 'The Resistance Front' (TRF), a front for Pakistan-based Lashkar-e-Taiba (LeT) terror outfit, has already brought India and Pakistan to the brink of a full-fledged war.

SCHOOLS

wave.""I have been informed by the parents that their wards feel dizzy in the morning assembly," she said.

I too further said, "The school timing has been changed and I have directed the concerned team that morning assembly shall not be conducted in the open field."

"As far as summer vacations are concerned, we will have to wait for the appropriate timing for it," she said.

In the meantime Director of School Education Kashmir (DSEK) issued an official order with regard to the change in school timing for Kashmir division with effect from May-26.

DSEK in an order said that the schools within Srinagar municipal limits shall have a school time of 8:30 Am to 2:30 Pm in all government and private schools.

It also said that the educational institutes outside municipal limits of Srinagar and other areas of Kashmir province shall have a timing of 9:00 Am to 3:00 pm.

"The order and instructions shall be adhered to strictly by all the concerned institutions.

SHARMA

Sindoor. Speaking in a 5-minute video statement, Sharma, as per the news agency—Kashmir News Observer (KNO) said, "For the first time, not only India but the entire world has seen such a response to a terrorist incident. The courage shown by our forces during Operation Vermilion is unmatched."

He added that it was surprising that the JKNC, in its Executive Committee meeting, passed seven resolutions but did not mention the army or the security forces even once.

"There is no appreciation, no recognition of the bravery of our forces. The sacrifice they made for Jammu and Kashmir, for the unity and integrity of India, has not been acknowledged by the National Conference," Sharma said.





Er Aijaz Hussain Leads Tiranga Bike Rally from Panthachowk to Lalchowk to Celebrate Operation Sindoor

HT News Network

Srinagar, May 22, 2025: In a vibrant display of patriotism and unity, Senior BJP Leader and DDC Member Er Aijaz Hussain today led a grand Tiranga Bike Rally from Panthachowk to the iconic Ghanta Ghar at Lalchowk, Srinagar. The rally was organized to celebrate the success of Operation Sindoor, drawing participation from hundreds of enthusiastic bike riders carrying the national flag and chanting patriotic slogans through the heart of the city. The rally, symbolizing the spirit of a united and progressive Kashmir, began at Panthachowk and culminated at Lalchowk. The enthusiastic turnout, particularly among the youth, reflected strong support for the vision of peace and development in the region. Addressing the gathering at Lalchowk, Er Aijaz Hussain lauded the tireless efforts and bravery of the security forces involved in Operation Sindoor. He congratulated the people of Kashmir for their resilience and unwavering commitment to the nation. "Kashmiris are nationalists at heart. They have made immense sacrifices for the country. Under the visionary leadership of Hon'ble Prime Minister Shri Narendra Modi ji, Kashmir is steadily moving towards an era of peace, progress, and prosperity," said Er Aijaz Hussain.

Election Commission of India introduces 18 New Initiatives for Enhanced Electoral Process

HT News Network

Srinagar, MAY 22: The Election Commission of India (ECI) today announced a comprehensive set of 18 new initiatives aimed at strengthening the electoral process, improving voter experience, and fostering greater transparency and efficiency. These reforms span across key areas including electors, political parties, procedural reforms, legal frameworks, and election staff development.

A. Enhancing Electors' Experience:

- Voter Limit per Polling Station:** To ensure a smoother voting experience and manage crowds effectively, the maximum number of voters at a polling station has been restricted to 1200.
- Increased Polling Access:** Additional polling booths will be set up in high-rises and large colonies to enhance accessibility for voters.
- Streamlined Electoral Roll Update:** For more accurate and timely electoral roll update, the ECI will now directly obtain death registration data from the RGI (Registrar General of India) database, with updates following due verification.
- Voter Information Slip Revamp:** Voter Information Slips will be made more elector-friendly, with the serial number and part number of the voter prominently displayed for ease of identification.

B. Engaging with Political Parties:

- Pan-India All-Party Meetings:** The ECI has successfully conducted 4,719 pan-India all-party meetings at the CEO, DEO, and ERO levels, with over 28,000 representatives of political parties participating, fostering dialogue and collaboration.
- High-Level Consultations:** The Election Commission held direct meetings with the heads of prominent National and State political parties, including AAP, BJP, BSP, CPI(M), and NPP, to address key electoral issues.
- Capacity Building for Booth Level Agents:** Capacity building programs for Booth Level Agents (BLAs) of political parties have been initiated at the India International Institute of Democracy and Election Management (IIDEM) in Bihar, Tamil Nadu, and Puducherry.

C. Driving Procedural Reforms:

- Integrated Dashboard - ECINET:** A significant step towards digitalization, the ECI has introduced a new Integrated Dashboard - ECINET. This aims to provide all services for all stakeholders at a single point, effectively replacing over 40 separate applications and websites with a single, comprehensive platform.
- Unique EPIC Numbers:** The long-standing issue of duplicate EPIC (Elector Photo Identity Card) numbers has been resolved, with a new mechanism for unique EPIC numbers now in place.
- Stakeholder-Centric Training:** The ECI has identified 28 key stakeholders in the electoral process, including electors, election officials, political parties, and candidates. Based on the Representation of the People Act 1950, 1951, Registration of Electors Rules 1960, Conduct of Election Rules, 1961, and ECI instructions, training presentations are being prepared for each of these stakeholders to ensure comprehensive understanding of their roles and responsibilities.

E. Empowering Election Staff:

- Standard Photo ID for BLOs:** Booth Level Officers (BLOs) will now be provided with a standard photo ID card, enhancing their official recognition.
- Extensive Capacity Building at IIDEM:** IIDEM, New Delhi, is spearheading extensive capacity building programs. Over 3000 Booth Level Supervisors have already been trained, with plans to train over 1 lakh BLO Supervisors in the coming years.

DC Srinagar felicitates JKBOSE class 10th, 12th toppers

HT News Network

Srinagar, MAY 22: To encourage and honour the hard work of meritorious students and boost the morale of students, Deputy Commissioner (DC) Srinagar, Dr. Bilal Mohi-Ud-Din Bhat felicitated the district's top-performing students in the JK Board of School Education (JKBOSE) Class 10th and 12th examinations for the academic year 2024-25.

The felicitation ceremony was organized by the District Administration Srinagar under Beti Bachao, Beti Padhao in collaboration with the District Social Welfare Office at Kothibagh Higher Secondary School to honour the meritorious students for their outstanding academic achievements.

Deputy Commissioner Srinagar who



was the chief guest on the occasion felicitated the students who had qualified JK Board Class 10th and 12th

examinations with meritorious performance. Dr. Bilal congratulated the students

on their success and commended their dedication. He also lauded the guidance provided by their teachers and the unwavering support of their families.

He said the exceptional performance is a testament of hard work, dedication and academic ability of these students and is a proud moment not just for them but also for District Administration Srinagar and the community as a whole. He expressed hope that the success achieved by the students would inspire other students also to work hard to excel in their studies and future academic careers.

Besides, Chief Planning Officer, Fayaz Ahmad Dar and District Social Welfare Officer, Dr Mukhtar Ahmad, Deputy Chief Education Officer, Principal Kothibagh HS School, Staff and Students of the school were present on the occasion.

Drugs Free J&K Initiative Distt admin Srinagar sensitizes masses about harmful effects of drug abuse



HT News Network

Srinagar, MAY 22: To sensitize masses about the harmful effects of drug abuse and encouraging them to eradicate menace of drugs from the society, District Administration Srinagar today organized an awareness programme on Drug De-Addiction at Woodlands House School Sonwar. The event was held on the directions of Deputy Commissioner (DC) Srinagar Dr. Bilal Mohi-Ud-Din Bhat, as a part of an ongoing Drug Free Jammu and Kashmir initiative of the Government to educate students, staff members, and local residents about the growing menace of drug addiction and the collective responsibility to curb it. During the event, informative sessions addressing the physical, mental, and social

consequences of substance abuse were held to effectively sensitize the participants. The program witnessed active participation from students, local community members, and officials from various departments. The event featured active participation from Departmental Resource persons representing Social Welfare, Police, Health, Education, Excise and SMC, others, all working together to raise awareness among students and the staff. Students contributed through speeches, skits, and discussions, further emphasizing the message. Participants present on the occasion emphasized the crucial role of education, awareness, and community involvement in eradicating the menace of drugs from society.

Deputations call on Satish Sharma; seek prompt grievance resolution

HT News Network

Srinagar, MAY 22: Several deputations from various areas today called on Minister for FCS&CA, Transport, Youth Service and Sports, Satish Sharma, seeking prompt redress of long pending grievances related to public services and employment. A deputation from Basohli raised the urgent demand for starting a bus service from Basohli to Chamba. The delegation highlighted lack of direct transportation between the two regions, which is causing inconvenience to residents especially the students, daily commuters and patients requiring medical assistance in nearby towns. They urged the Minister to take prompt action to improve regional connectivity through public transport. Another deputation of NHM ERCP COVID Warriors met the Minister, requesting their reinstatement into service. The delegation, comprising frontline health workers who played a vital role during the COVID-19 pandemic.

International Day for Biological Diversity 2025 Rana calls for community driven conservation, biodiversity management in J&K

HT News Network

Srinagar, MAY 22: Minister for Forest, Ecology & Environment, Javed Ahmed Rana, today exhorted the people to contribute vigorously towards preserving the natural habitats, reducing pollution and promoting sustainable living to ensure a thriving planet for future generations.

He called for community driven conservation and biodiversity management in J&K, ensuring harmony with nature and sustainable development.

The Minister stated this while speaking as chief guest during an event organised by the J&K Biodiversity Council at Tagore Memorial Hall Srinagar. The event was held to mark celebration of International Day for Biological Diversity, 2025 under the theme "Harmony with Nature and Sustainable Development", that featured exhibitions, documentary screening and felicitation of competition winners. Commissioner Secretary, Forest, Ecology & Environment, Sheetal Nanda, also attended the event as the guest of honour.

Javed Rana emphasised the government's commitment to conserve the rich biodiversity of the region through community-based conservation initiatives, scientific research and inter-departmental collaboration. He lauded the Council's efforts in engaging youth and educational institutions to become future stewards of biodiversity.

Principal Chief Conservator of Forests (HoFF) and Chairman, JKUTBC, Suresh Kumar Gupta, termed IDB 2025 an opportunity to reconnect with nature and renew commitments towards conservation. He stressed the importance of Biodiversity Management Commit-



tees (BMCs) and community-driven efforts in sustaining ecosystems, assuring continued institutional support at the grassroots level. Chaturbhuj Behera, Member Secretary, JKUTBC, in his welcome address, underscored the need to integrate biodiversity concerns with planning and education. He highlighted the importance of local action aligned with global sustainability goals.

The event featured an exhibition of student paintings, posters and biodiversity documentation organized by JKFRI, J&K Forest Department and local eco-clubs. A forest publication highlighting J&K's rich biodiversity was also released, along with the felicitation of winners from inter-school and inter-college competitions.

The celebration drew enthusiastic participation from the students, teachers, forest officials, researchers and NGOs, all united in their commitment to environmental awareness and action.

Conservator of Forests, Research Circle Jammu, Pradeep Wahule, expressed heartfelt thanks on behalf of the J&K Biodiversity Council, acknowledging the valuable contributions of the Department of Forest, JKUAST-K, University of Kashmir and various schools.

Sakeena Itoo conducts extensive tour of Chanapora Constituency

HT News Network

Srinagar, MAY 22: Minister for Health and Medical Education, Social Welfare and Education, Sakeena Itoo today conducted an extensive tour of Chanapora constituency and took detailed appraisal of public infrastructure like healthcare facilities and educational institutions. MLA, Chanapora, Mushtaq

Ahmad Guroo; Director Social Welfare Kashmir, Director School Education Kashmir, Additional Deputy Commissioner Srinagar, Director Health Services Kashmir, Director Coordination New GMCs, Director AYUSH, Director Colleges J&K, Executive Engineers of different wings and other sectoral officers also accompanied the Minister during the visit.

During the tour, the Minister visited PHC Chanapora, Government Girls Higher Secondary Chanapora, PHC Nowgam, Government Boys Higher Secondary School, Rawalpore, Health centre site at Wanbal, Government Degree College Hyderpora, Government Girls High School Hyderpora, Mini Maternity Centre Sanat Nagar and other public welfare institutions.

Dry Fruit Association Kupwara calls on Dy CM; raises issues concerning promotion of Kashmir's walnut industry

HT News Network

Srinagar, MAY 22: The Dry Fruit Association Kupwara today called on Deputy Chief Minister, Surinder Choudhary, highlighting various issues regarding declining condition and severe challenges being faced by the walnut industry in Kashmir. The Association led by its President, Haji Bhadur Khan, raised various issues like GST on walnuts, research and innovation in producing new high quality walnuts, lack of market infrastructure and permission to construct the second story in the complex. The Deputy Chief Minister gave a patient hearing to the delegation, assuring that all their genuine grievances and issues will be resolved in a phased manner.

Leverage VVP to transform the lives & livelihoods in border villages: Dulloo

HT News Network

Srinagar, MAY 22: Chief Secretary Atal Dulloo today held a detailed meeting of the concerned to take the assessment of the preparedness of the administration for implementation of the centrally sponsored Vibrant Villages Programme Phase-II here in the identified border villages of the UT. The meeting besides Secretary, PD&MD was attended by the concerned Deputy Commissioners and other concerned offi-



cers of the Department. The programme, spearheaded by the Ministry of Home Affairs, Government of India, aims to bring sustainable development, security integration, and socio-economic

vibrancy to strategically significant border villages across India, including 124 villages in J&K. In his remarks the Chief Secretary impressed upon the Planning Department to leverage this programme

for transforming the lives and livelihoods of these border inhabitants in line with the vision of the Prime Minister of the country. He maintained that the belief of the PM is to treat these border villages as 'Pratham Gaon' meaning the frontline villages of the country deserving all attention and focus of the government for their development and sustainability. Dulloo also called for laying focus on the implementation of the programme by designating,

EDITORIAL

Lot needs to be done to improve public transport system

With the introduction of smart buses and e-rickshaws the services of public transport have improved to a great extent in Srinagar city, but the picture is not rosy with respect to the city outskirts and other districts of the Kashmir valley. As soon as the sun sets the public transport vehicles plying on different routes in the city outskirts and other districts go off the roads and as a result the same people suffer.

Curious people could be seen waiting for the contract carriage vehicles at the busy intersections and the absence of the same makes them worrisome. Even though some of the smart buses ply on different routes in the city outskirts and different districts, as the number of such buses is less, not much relief is being felt by the common masses. It is important that the concerned stakeholders pay attention to the same so that there is an end to the sufferings of the people.

Some years back the Jammu & Kashmir Road Transport Corporation (JKRTC) introduced the environmentally friendly green buses on different routes of Kashmir. The people living in different districts of the valley felt relieved over the introduction of such buses, but here too there are some loopholes. The number of the green buses has remained static over the years and there has been no increase whatsoever. As a result of this the people are suffering and there seems to be no end to their miseries.

It is imperative that quality and affordable transport services are provided to the people across the valley since the masses want to cover the distance in the shortest possible time. There are people who are ready to pay more as transportation charges, but at the same time they want the time to be minimized. It is important that multiple modes of public transport are made available to the people and they be given the chance to choose from any of such modes.

It has been observed that many vehicles being used as public transport vehicles are not fit to run on the roads and as such the lives of people boarding such vehicles are jeopardized on a regular basis. As on date no action has been taken against the owners of these vehicles and they are playing with the rules like anything. Stern action needs to be taken against such people so that precious lives are saved.

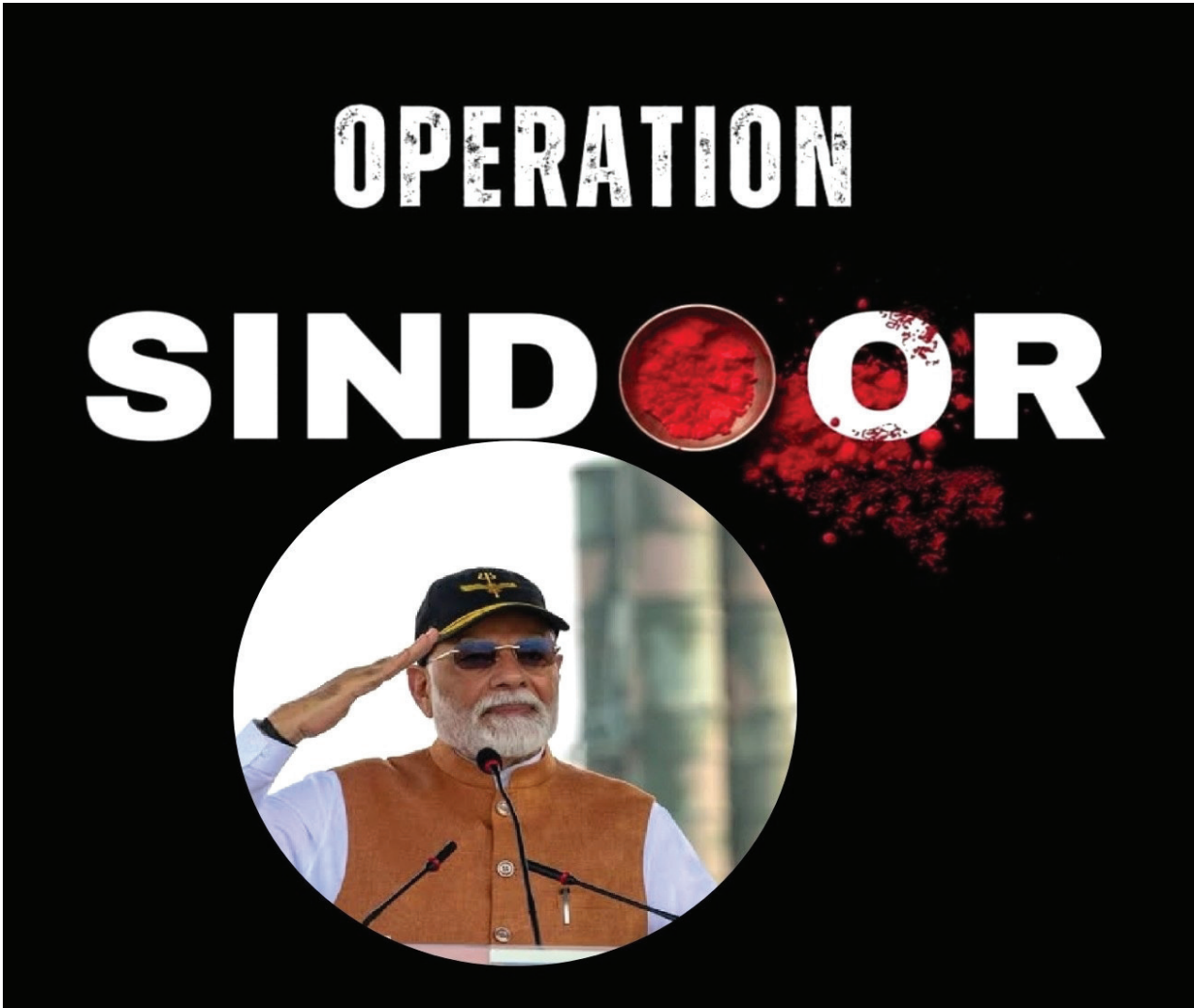
India's Military Power in Full Force



PROF (DR) ASHISH GUPTA
drashishguptaoffice@gmail.com

In a multi-domain conflict era, where the nature of conflict changes faster than the drawing of borders, India's national security architecture has emerged as something exemplary of jointness, agility, and strategic clarity. Operation SINDOOR, launched in the early hours of May 7, 2025, in the immediate aftermath of the Pahalgam terror attack in which 26 innocent people were massacred, is testament to the evolving operational doctrine. The operation was not meant for reactive reprisal; it represents a premeditated tri-services offensive whose orchestration of air, land, and cyber capabilities clearly conveys that India will not tolerate acts of terror nor allow its sovereignty to be encroached upon. While punishment was a factor, the most crucial changes occurred in the calculus of security. Deep strikes across the LoC, hitting key nodes of Pakistan terror infrastructure, have shown the retaliation on the Indian side to be now free from any sort of tactical restraint but rather based on strategic considerations and the fine art of operational excellence.

Operation SINDOOR held prominence for the application of power, but also for its precision and calculated use of strategy. Using solid intelligence from multiple agencies, nine major terror camps were identified and targeted with surgical strikes. The Indian response was in no way rushed. The operation provided for by Pakistan was deliberate and had a high degree of detail, and using accurate data to conduct strikes to ensure the jeopardy of civilian life is as minimal as possible. When this operation was done, and with all ethical considerations and in the interest of being responsible, India had shown that it acted sensibly but decisively with its options. Pakistan operationalised its retaliation by utilizing drones and unmanned combat aerial vehicles (UCAV) to attack Indian airbases and supply lines, only for these to be thwarted by India's advanced air defence capacity. A key component in achieving the capacity of India's defence air system was the Integrated Command and Control Strategy (ICCS) context in which it could strip down to detect and respond very closely to a threat. The very aspect that made Operation SINDOOR extremely effective was the seamless cooperation of Army, Navy, and Air Force with full backing of the Government and key agencies. . What made the response



even stronger was the IAF's Integrated Air Command and Control System, which facilitated all the air units to coordinate instantly in real time. This enabled India to target and destroy enemy drones rapidly, while remaining completely networked across various operations. The IAF's performance during Operation SINDOOR was a clear indication of India's growing strength in air power, technology, and coordination.

Operation SINDOOR demonstrated how capable and robust India's military is in defending the country from all sides—land, air, and sea. The Indian Army demonstrated its might not only to safeguard our land but also to strike back when necessary. Cooperating closely with the Air Force, the Army employed various forms of weapons—ranging from shoulder-fired missiles and light guns to missiles with a long range—to destroy numerous drones and Pakistani weapons launched by Pakistan. Despite repeated assaults, the Indian Army ensured that both the military and civilian zones stayed secure. It was a colossal demonstration of how joint capability, sound planning and national will could thwart a country from a contemporary threat.

Operation SINDOOR was an extraordinary demonstration of the long-term capability of India's Army, Air Force and Navy operating synergistic ally on land, in air and sea. The Indian Air Force (IAF) took extensive

part in applying surgical strikes on terror camps deep inside Pakistan, including high-value targets like Nur Khan and Rahimyar Khan Air Bases. These successful surgical strikes were supplemented by visuals presented during official briefings that illustrated India's transparency and ability to provide high profile targeting accuracy. While Pakistan tried to get their revenge by attacking Indian positions with shortcomings using drones and UAV, the IAF's thick air defence coverage made sure that Indian airspace remained secure. Next-Generation Systems are being brought into service in the form of the Akash missile system made-in-India.

Even old and reliable platforms like Pechora and OSA-AK would go through layers to intercept any forthcoming threat.

Concurrently, the Indian Navy dominated the seas during the operation. Through its highly advanced Carrier Battle Group, armed with MiG-29K fighter aircraft and early warning choppers, the Navy guarded the sea and intercepted any military movement, particularly along Pakistan's Makran coast. Their robust air defense ensured no enemy aircraft penetrated Indian waters. The Navy pilots undertook non-stop flights, demonstrating India's complete preparedness to counter sea-based threats. The dominance of the western sea route by the Navy kept Pakistan's air force grounded, indicating

India's prowess in defence as well as tactics. The Border Security Force (BSF) also responded quickly and courageously at this time. BSF troops, in the Samba district of Jammu and Kashmir, thwarted a large-scale infiltration bid. They saw suspicious activity in the early morning and promptly acted, resulting in a deadly gunfight. They ended up killing a minimum of two infiltrators and recovered weapons and other hazardous substances. This event proved how vigilant and prepared the BSF is to protect our borders, even in times of high tension.

As a whole, Operation SINDOOR wasn't merely a successful operation—it was a strong and clear message. It indicated that India is capable of executing powerful, well-planned attacks on every front when provoked to excess. This operation became a reality due to years of preparation, practice, and robust government backing in defence. India demonstrated that although we are peace- and diplomacy-loving people, we are not going to remain quiet during sustained attacks. Operation SINDOOR will be remembered as a turning point—a sign of India's military strength, teamwork among its forces, and firm national will. It not only removed serious terror threats but also made it clear that India will always defend itself with strength and smart action.

Author is Dental Sr. Surgeon and Senior Fellow of International College of Dentist at New Delhi.

ISLAM: THE RELIGION OF PEACE



BASIT SAJAD KHAN AND ANEEQAH HIDAYAT

“Verily, the Deen (religion) of Islam is easy to follow.”
(Sahih al-Bukhari)

Islam, a religion embraced by over a billion people worldwide, is fundamentally a message of peace, compassion, and submission to the will of Almighty Allah. Islam teaches that true peace can be achieved by surrendering to Allah's will and living in accordance with His guidance. It emphasizes not only inner peace but also societal peace, justice, and kindness toward all of humanity.

The teachings of Islam promote

values such as honesty, tolerance, obedience, and forgiveness. These values can be nurtured through acts of charity and righteousness. Prophet Muhammad (PBUH), referred to as a mercy to the worlds, exemplified these values throughout his life. He advocated for struggle against injustice, forgiveness over revenge, and unity over division. Islam does not advocate violence or hatred; instead, it calls for understanding and steadfastness, offering a way of life grounded in both personal and societal peace.

History bears witness to Islam's message of peace. For instance, on the day of the Victory of Makkah, despite years of persecution, our beloved Prophet Muhammad (PBUH) chose the path of forgiveness toward those who had harmed him and his companions. In a world often dominated by conflict and violence, let us look to the essence of Islam—to spread peace, kindness, and brotherhood. Islam values compassion and coexistence and teaches individuals to attain inner peace, which then



reflects outwardly in stronger relationships.

The beauty of Islam lies in its

emphasis on mercy, forgiveness, and tolerance. It teaches us to follow the path of righteousness—

Siraat al-Mustaqeeem—a path that lights the world, offers hope in darkness, and gives us the strength

to endure. Having faith in the Oneness of Almighty Allah—the Creator, Sustainer, and Controller of the universe—is central to this path.

The five pillars of Islam (Shahadah, Salah, Sawm, Zakat, and Hajj) serve as the foundation of a Muslim's faith and identity. A kind heart defines a person's perseverance. As the Prophet Muhammad (PBUH) said:

“There is a piece of flesh in the body; if it is sound, the whole body is sound, and if it is corrupted, the whole body is corrupted. Verily, it is the heart.”

Islam, the religion of peace, acknowledges the complete perfection and greatness of Almighty Allah. It provides a framework of spirituality and justice, embracing truth, inspiration, and guidance. It sets an example for the faithful—a journey of healing and purification of the heart. When one walks this path, the universe echoes their sincerity, and by the will of Allah, all wounds can heal.

The writers are nursing staff and can be reached at shahaneeqah@gmail.com

Pahalgam: The flushing meadows were bloodied by mindless killers who always want to keep things on the boil!

BY M S NAZKI

The flushing meadows were bloodied by mindless killers who always want to keep things on the boil

-This attack was a testimony to the above mentioned fact but what did Pakistan achieve? Absolutely nothing!

-The attack pushed Kashmir back into the era of darkness as the booming tourist activity at the moment has come to a standstill and the same may remain the condition from several months onwards!

-The life in Kashmir which had become normal is once again severely disturbed and it will take an enormous amount of time to come up to the situation before a maniac like strike from the murderers of humanity which wants peace!

-But who will tell this to the wooden headed Pak Army Chief Asif Munir who is still muttering words that down street usually say in a blaring, absurd and blazing tone!

-The assassins mainly targeted Hindu tourists, though a Christian tourist and a local Muslim were also killed. The attackers, armed with M4 carbines and AK-47s, entered the tourist spot in Baisaran Valley surrounded by dense pine forests. This incident is considered the deadliest attack on civilians in India since the 2008 Mumbai attacks.

-The Resistance Front (TRF), which is believed to be an offshoot of Pakistan-based, UN-designated, Islamist terrorist group Lashkar-e-Taiba (LeT), initially claimed responsibility for the attack.

- TRF released a statement that the attack was in opposition to non-local settlement in the region resulting from the abolition of the special status of Kashmir. However, TRF later denied involvement in the attack and blamed Indian cyber-intelligence for earlier reports that it claimed responsibility.

-This was akin to a syndrome, 'Hum (Indians) Shareef Kya Bane, Puri Duniya (Pakistan) Bdamash Ban Gayi! The mayhem created a resounding vocal impact! For Pakistan it was just another terror attack but for India an act that had to be punished and that had to come soon! Pakistan had to be under the big bangs as the sky over them was lit up and ground beneath their feet was to be reduced to a heap!

-What happened in this gruesome act:

-The militants singled out the men and



asked for their religion before shooting the Hindu and Christian tourists. The attackers also asked some tourists to recite the Islamic kalima, a Muslim declaration of faith, to identify non-Muslims. Of the 26 people killed, 25 were tourists, and one was a local Muslim pony ride operator who tried to wrestle a gun from the attackers. The tourists included several newlywed couples, and the men were shot point-blank in front of their wives.

-Background:

-The Jammu and Kashmir insurgency began in the late 1980s, as part of the wider Kashmir conflict. Pakistan's role in launching the insurgency as well as in turning it into an Islamist militancy are well-documented in the scholarly literature.

-In 2019, the Indian government revoked the special status previously granted to Jammu and Kashmir, and extended the Constitution of India to the state in full, enabling non-Kashmiris to purchase property and settle down in Kashmir.

- Also related is the issuance of domicile status to non-Kashmiris, qualifying them for jobs and college seats. Fears have been expressed that these changes would result in a change in demographics in Kashmir, with non-locals settling in the area.

-After the revocation, a new militant group called The Resistance Front (TRF) sprang up in Kashmir, believed to have been sponsored by Pakistan-based Lashkar-e-Taiba, a UN designated terrorist group.

- TRF has also been designated as a terrorist organisation in India. The TRF was formed from cadres of LeT and Hizbul Mujahideen in Kashmir,

- TRF has carried out attacks on Hindu minority communities. -Prior to 2025, the largest terror attacks in Jammu and Kashmir in preceding years were the 2016 Uri attack and 2019 Pulwama attack. India blamed Pakistan-based militants for both of them and conducted retaliatory strikes.

- In the weeks preceding the Pahalgam attack, India acquired the extradition of former Pakistan Army officer Tahawwur Rana, who was linked to Lashkar-e-Taiba and convicted (in the US) for supporting 2008 Mumbai attacks.

- Pakistan Army chief Asim Munir gave a speech describing Kashmir as "our jugular vein" and branding Hindus as being different from Muslims in every way via an appeal to two-nation theory.

-The Indian government and media have

long alleged that Pakistan supports insurgent groups such as TRF. Pakistan denies any support for militants including those involved in Jammu and Kashmir, officially maintaining only "diplomatic and moral support" for the Kashmiri people.

-Baisaran Valley, where the attack took place

On 22 April 2025, five militants entered the Baisaran Valley meadow, which is located about 7 km (4.3 mi) from the Pahalgam town in Anantnag district. The area is surrounded by dense pine forests on all sides, and is a popular spot for tourists; it is only accessible by foot or horseback. The region was not heavily protected. The attackers carried M4 carbines and AK-47s and wore military-style uniforms.

The attack was inadvertently filmed by a tourist from Ahmedabad, who was ziplining during the attack. The video footage from the scene showed scenes of panic with injured victims pleading for help and bodies strewn across the ground. A local Muslim pony operator, Syed Adil Hussain Shah reportedly tried to protect the tourists and wrestle the gun from one of the attackers before being shot and killed.

The militants asked for the names and religions of the tourists, and specifically

targeted those who were Hindus. The attackers killed the Hindu men after separating them from the Muslim men.] Some tourists were asked to recite the Islamic verse of kalima, so that the militants could segregate them by religion. Some Hindu men were forced to remove their trousers to check for a lack of circumcision before being shot at close range. The militants told some Hindu women that they were spared so that they could narrate the horrors of their men's killing to the Indian Prime Minister, Narendra Modi.

The first tourist to be shot was newly married Shubham Dwivedi from Kanpur, who was visiting Kashmir with his wife. The militants approached the couple and asked, "Are you a Hindu or a Muslim?" and Dwivedi responded "We are Hindus" and was shot point-blank in the head. Another newlywed victim was Indian Navy lieutenant, Vinay Narwal from Haryana, who went to Pahalgam six days after his wedding with his wife. In a viral video of the attack, his wife is heard saying "a man suddenly came and said he's not Muslim then shot him." The militants shot three bullets into Narwal's neck, chest and thighs "after realizing he was a Hindu".

The daughter of a Hindu tourist from Pune recounted that militants asked her father to recite an Islamic verse, and "when he failed to do so, they pumped three bullets into him, one on the head, one behind the ear and another in the back". The wife of another victim from Andhra Pradesh told the state's deputy chief minister Pawan Kalyan that she and her husband lay on the ground, and the terrorists asked twice, "Hindu hai, muslim hai?" and when they did not respond, her husband was shot dead. A Bengali Hindu professor from Assam, who hid his identity by reciting the Islamic Kalima escaped the killing, while a Christian man from Madhya Pradesh was shot dead after being unable to recite the Kalima. His wife said the attackers took selfies with the dead bodies.

Can so much stink be filled into the minds of certain men like it was in the brains of the individuals who did this macabre act? By the events mentioned above it can be! They indeed drew the first blood but now it was the chance of INDIA! Remain with us as we will in depth carry this story in the coming days!

Living with Corona



VIJAY GARG

The world was assuming the black round of corona infection has gone forever and ever. Jan-life was back on track again for the last few years. Despite the ongoing economic turmoil between the war and other asymmetrical conditions in some regions of the world, economies were in a bid to reach the first situation from Corona. But the new knock of Corona has raised concerns. The return of Corona infection was heard earlier in Hong Kong and Singapore. Thirty people are reported to die in just a few cases in Hong Kong. At the same time, the number of corona infected was more than 14 thousand in Singapore till May one, with three thousand new infected added till May 19. The cases of corona have increased even from China from which the corona virus spread all over the world but this number was not made public. At the same time, the health department of China is anticipating a surge in Corona cases. The concern is also that cases of corona infection were recorded in Kerala, Maharashtra and



Tamil Nadu in India. It is reported that more than two and a half hundred infection cases have been reported in the country from January to May 19. Two patients admitted to Mumbai's hospital are also being raised concerns over the death of infection. However, the hospital claims that a patient cancer was then suffering from a severe kidney-related illness. Nonetheless, serious efforts at the government's level over corona's new virus infection and citizens need to be vigilant. The implementation and medical facilities of remedial policies by taking lessons from the past several waves of corona infection need to be extended. Before the virus is uncontrolled, government and health agencies must take rescue measures at a war level. However, on behalf of the World Health

Organization, it is said that new variants of Omicron J.A.1 and variants L.F.7 and N.B.18 are responsible for this time infection. It is being reported that the J.N.1 variant spreads very fast. World health experts are stating that those suffering from new variants may include a complaint of sore throat, sleeplessness, sneezing, cough, angjity, runny nose, cough, headache, weakness, fatigue, and muscle aches. However, some of these may also be symptoms of common influenza. In such a situation, it is also important to get the test of corona infection. It is difficult to say that the virus of Corona went from among us. He did not go anywhere but our body's immunity found by vaccination stopped him. But the difficulty is that the mutation in the middle of the weather change cycle

brings out its new variants. Those who take some time to combat and understand the immunity of the body. Undoubtedly, it's a challenge, but not to panic with it, needs to deal with sense and alertness. The waves of the last many big corona infections have given us lessons than against this infection. There was a time when our medical framework was not ready for it. We are now self-sufficient in the production capacity and storage of lifeblood oxygen. By running the world's largest vaccine campaign, we have provided protection cover to 140 crore people. We have not given protection to our citizens only, but set an example by giving India's vaccine and medical material to many countries all over the world. Actually, the same measures to avoid corona infection will give us protection, which we successfully adopted in past infection waves. These have to take care of cleanliness, keep safe distance, improve your catering, avoid joining hands and going to crowded places. Use of mask is mandatory condition. It would be wise to examine and isolate yourself from the society and family when symptoms appear. Where will the virus last again ahead of the activation of our reflexive and medical system.

**Vijay Garg Retired Principal
Educationist Columnist
Eminent Educationist street
kour Chand MHR Malout
Punjab**

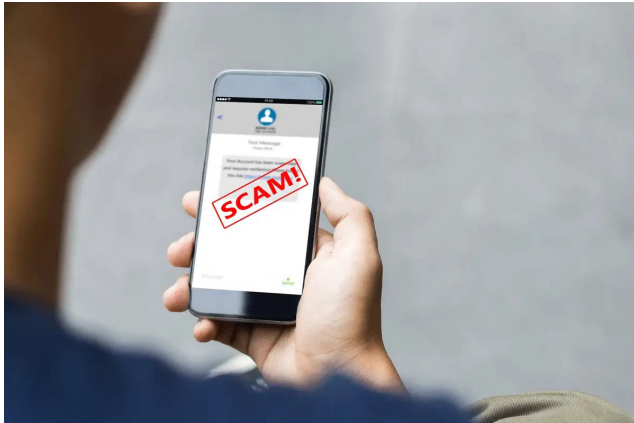
Online Scams: A Growing Threat, Draining Hard Earned Money

JAVAD BHAT

In today's digital age, the internet has become a powerful tool, connecting people, businesses, and services across the globe. However, alongside its countless benefits, it also harbors a dark side—online scams. Every year, thousands of people fall victim to cyber fraud, losing their hard-earned money to digital tricksters. These scams come in many forms, from fake investment schemes to deceptive online games that promise big returns but deliver only disappointment.

One of the most common tactics used by scammers is the promise of easy money through online games, betting platforms, or investment apps. These platforms often feature flashy advertisements, celebrity endorsements (sometimes fake), and unbelievable offers. Tempted by the promise of doubling or even tripling their money in minutes, users get trapped.

Once a person is hooked, they're encouraged to invest more to "unlock" bigger rewards. Some may even receive small payouts initially, building false trust. But eventually, the platform shuts down, support disappears, and the money is gone—along



with the scammer. Stories of loss are widespread even in our UT Jammu and Kashmir. Retired individuals investing their savings, students trying to make extra money, and even working professionals—all have fallen prey to these schemes. Many victims feel ashamed and do not report the fraud, which allows these scams to continue unchecked.

Online scams are not just about tricking the wallet—they manipulate the mind. Scammers exploit human emotions such as greed, fear, urgency, and trust. Phrases like "limited offer," "act now," or "only a few spots left" are common red flags designed to push people into making impulsive decisions.

STAY SAFE
Always research platforms

or apps before you trust or invest. Avoid schemes promising high returns. It sounds too good to be true, but it is never possible any company would give out such a big deal. Never share OTPs, passwords, or personal details as Legitimate companies never ask for them. Report scams immediately via cybercrime portals to prevent others from falling victim.

Online scams are a serious threat, not just financially but emotionally and mentally as well. As more people go online, awareness and caution must increase. Education about digital safety should be a priority, especially among the youth who are most vulnerable. Remember, in the digital world, vigilance is your strongest defense.



DC reviews functioning of Kisan Khidmat Ghars in Doda Calls for strengthening agricultural services at grassroots level

HT News Network

DODA, MAY 22: To enhance grass-roots agricultural services, the District Development Commissioner (DDC) Harvinder Singh today convened a comprehensive review meeting to assess the functioning of Kisan Khidmat Ghars (KKGs) in the district. The meeting, held in the Conference Hall of the DC Office Complex, focused on evaluating service delivery, inter-departmental coordination, and infrastructure development of KKGs. The session was attended by key officials including the Project Officer ICDS, who also serves as GM District Industries Centre Doda S. Parmjeet Singh, Chief Agriculture Officer (Nodal Officer KKGs) Amjad Hussain Malik, Chief Animal Husbandry Offi-

cer, Chief Horticulture Officer, District Sericulture Officer, District Sheep Husbandry Officer, Assistant Directors of Fisheries and Floriculture, District Lead Bank Manager, AD Planning, NABARD Manager, Incharge KKGs from all blocks, and Krishi Udyami representatives. During the meeting, the DC emphasized the need to strengthen service delivery in remote areas, ensure timely dissemination of agricultural schemes, facilitate access to KCC loans, crop insurance and agricultural subsidies. He stressed the importance of real-time monitoring, digital record maintenance, and provisioning of IT equipment to improve efficiency at KKGs. The Chief Agriculture Officer presented a detailed overview of the KKG setup status. DC Doda also reviewed issues and griev-



ances raised by the Krishi udayamis during the meeting during the meet-

ing such as infrastructure gaps, registration of farmers under HADP,

issuance of fertilizers and pesticides licenses, availability of fertilizers, and the need for Aadhaar centres, commission on sale of seeds, and provision of electronic gadgets, and assured to resolve the issue and grievances in stipulated time. The DDC interacted directly with Krishi Udyami and KKG Incharges, listened to their concerns, and assured timely redressal of issues. He directed the officers to expedite the issuance of fertilizer licenses, ensure training for Krishi Udyamis across all 17 blocks, and improve coordination among agriculture and allied departments. He also emphasized raising awareness through IEC campaigns and ensuring that KKGs function as single-window service centres for farmers. He instructed concerned departments to ensure timely dispatch of necessary equip-

ment for KKG setup and provide essential agricultural goods to Krishi Udyamis. Further, the DC instructed that committees be formed under designated chairpersons for better monitoring of KKG operations and Krishi Udyamis. He also called for better coordination with NABARD to ensure financial support. The proposal to establish Aadhaar centres in KKGs was discussed, and the DC assured steps will be taken for their establishment. He also suggested that the NIC team be deployed at KKGs to facilitate video conferencing and the smooth functioning of digital services. Concluding the meeting, the DC called upon all agricultural stakeholders to work collectively for the development of the country, emphasizing that agriculture is the backbone of India's economy.

BRO Starts Blacktopping of Bhadarwah- Basohli Pathankot National Highway

Amir Iqbal Khan

Bhadarwah, May 22: In its efforts to boost tourism by improving road network to the high altitude destinations, BRO (Border Roads Organisation) on Wednesday started blacktopping of Bhadarwah- Basohli Pathankot National Highway from Village Pujena.

Located at a height of 11000 feet above sea level, Guldanda is a famous tourist destination and everyday hundreds of visitors drop in the vast grasslands surrounded by thick pine trees with gushing stream flowing through the meadows there. The interstate Bhadarwah Bani Basoli Pathankot road passes through this mundanely beautiful spot of Additional District Bhadarwah. Apart from this spot, Chattargala Pass and popular tourist spot Sarthal valley are also connected by this road. Notably, due to heavy snowfall and other types of geographically triggered barriers, the road gets blocked and becomes less traffic worthy for at least six months.

To make the journey more comfortable and safe, BRO has started blacktopping of the road.

"Gul Danda is the major tourist destination of summers like Padri Dhar is in winters. Whoever visits Bhadarwah prefers to go to Jaie first, although the road to the high-altitude grassland was in good condition except some patches but still to make the journey more enjoyable for the visitors, BRO has started blacktopping of the road," said OC Griff 118 RCC Gaurav Tiwari adding: "This will surely give a major boost to the tourism industry and in coming days it can emerge as an important parameter of Bhadarwah- Basohli Pathankot National Highway tourist circuit."

Acting swiftly, the 118 RCC of Border Roads Organization (BRO) has commenced blacktopping on Bhaderwah-Pathankot National Highway (NH) making this vital NH functional for vehicular traffic.

In a communication issued in this regard, the BRO stated that blacktopping operation was aimed to facilitate the seamless movement of vehicular traffic along this vital link connecting J&K with Punjab.

Gorav Tiwari, OC 118 RCC/BRO said: "This proactive measure by BRO exemplifies its tireless efforts in maintaining crucial road infrastructure, especially during the summer season." According to BRO, with the clearance of this stretch of NH, medical and other facilities have become easily available to a large population living along side this National Highway.

PUBLIC NOTICE

It is being notified that my Dob in my aadhar card having aadhar card number 316616906399 has been wrongly mentioned as 23/05/2016 The actual dob is 21/03/2018 I am going to update it if anyone have objection they may inform WITHIN 7 days.

ITIFQ majeed laway
S/o abdul majeed laway
R/O Mamal Pahlagam Anantnag Jammu and Kashmir

PUBLIC NOTICE

This is to be informed that the dob of my daughter jasmeen ashraf have been wrongly in her school records as 25/09/2011 but her correct dob is 30/09/2011 now I want update it her school record if anyone has queries plz inform to office of government middle school manal pahelgam.

Mohd ashraf lawe
R/o mamal pahelgam

PUBLIC NOTICE

It is being informed that By mistake my so's Father name and D.OB has been wrongly mentioned in his school records as. Mushtaq Ahmad Thoker Instead of Mushtaq AHMAD THOOKER and DOB is 06-05-2012 instead 07-10-2011 NOW I want apply for its correction if any body having any objection in this regard he/ she may file lqraa Gowsia public High school Rambirpore Mattan within 7 days.

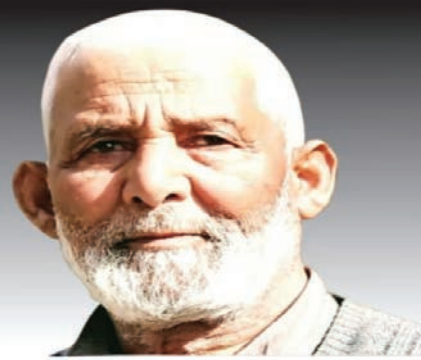
Mushtaq Ahmad thooker
F/O KAIF Mushtaq

PUBLIC NOTICE

My name has been wrongly written as Peerzada Qawam -Ud -Din in my Adhaar Card Having Adhar no 9009-6422-2335 while my correct name is Pirzada Qawam Din as per School Records. which needs to be corrected. Anybody having any objection in this regard, may file his/her objection in the office of Concerned Department within seven days from the publication of this notice after that no objection shall be entertained.

Name.... Pirzada Qawam Din
S/O Mohd Mubarak Pir R/O:- Buber Nag kupwara

DEMISE



With profound grief and sorrow, we inform the demise of

Mohammad Sidiq Rather

S/o Mohammad Ramzan Rather

R/o Near JK Bank Aircargo Raj Bagh, Srinagar

who left for heavenly abode on Tuesday, 22nd of May, 2025 Thursday, May

Allah grant Jannat-ul-Firdous to the departed soul.

Mourning will be observed only for 3 days.

BEREAVED:

Zahoor Ahmad Rather (Son)

7006923250 | 9419494973

PUBLIC NOTICE

I have lost the No Plate of my M/Cycle Brining Registration JK 01AS-9068 From Khan Kahi Mohallah to Bohari Srinagar. Now I hae applied for its Dublicate. if any body having objection he/she may contact RTO office, Srinagar within 7 days. After 7 days no objections will be accepted.

Shamid Mehraj
S/O Mehraj Ud din Matoo
Ph No 6006098330

ازدفتر نایب تحصیلدار پهلگام

منظور احمد ولد منظور احمد خان ساکن پہلگام بغرض حصول RBA سرٹفکٹ اشتہار ہر ماہ آگاہی ہر خاص و عام سائل نے ایک درخواست بغرض حصول RBA سرٹفکٹ دفتر حرا میں پیش کی ہے رپوٹ کے مطابق سائل پہلگام میں رہا ہیں پزیر ہے اور افراد کسمبر مندر جزیل افراد پر مشتمل ہے

منظور احمد ولد منظور احمد عمر 50 امدنی 6000

سیلمہ بانو زوجہ منظور احمد عمر 40 گھراکام

اسماء جان دختر 22

منظور احمد پسر 10 زیر تعلیم

فاروق احمد پسر غلام محمد 50 معزور

اس کے علاوہ اور کوئی افراد کسمبر میں موجود نہیں ہے اور کسمبر کی کل امدنی 60000 تک ہے سائل کے حق میں سرٹفکٹ اجراء کرنے میں کسی کو کوئی عذر ہو تو وہ سات یوم کے اندر دفتر حرا میں پیش کرے بعد از معاد کوئی عذر قبول نہیں ہوگا

نایب تحصیلدار

PUBLIC NOTICE

It is hereby notified that my DAUGHTER'S NAME has been incorr-rectly mentioned on his Adhar card, 663450914653as MERHAT LA-TEEF while his correct, NAME is UROOJ LATEEF now I have applied for the correction. If anybody having any objection in this regard he/she may file his/her objection concerned authority /UIDAI office within a period of 07 days after that no objection will be accepted.

Name: UROOJ LATEEF DOB , 07/09/2024
D/O LATEEF AHMAD MIR
R/O: BAGHATPORA TEHSIL HANDWARA DIST KUPWARA

PUBLIC NOTICE

This is to be informed that the dob of my daughter jasmeen ashraf have been wrongly in her school records as 25/09/2021 but her correct dob is 30/09/2011 now I want update it her school record if anyone has queries plz inform to office of government middle school manal pahelgam.

Mohd ashraf lawe
R/o mamal pahelgam

PUBLIC NOTICE

Its being notified that my name in my bank account having ac no 012204010007601 branch pahlagam is wrongly mentioned as shameema raina d/o sona ula raina but my actual name as par aadhat is shmaeema bano W/O ghulam Rasool khanday R/O mamal pahlagam If anyone have queries they may contact to jk bank branch pahlagam Within 7 days

BJP Minority Morcha Holds Grand Tiranga Rally at Achbal, Anantnag.

HT News Network

Anantnag, 22, May 2025 – The BJP Minority Morcha organized a grand and spirited Tiranga Rally today at Achbal, Anantnag, as part of its ongoing efforts to promote national unity, patriotism, and inclusivity across the Union Territory of Jammu & Kashmir. The rally was led by Ranjot Singh Nalwa, President BJP Minority Morcha J&K UT, along with Sheikh Bashir, Incharge BJP Minority Morcha J&K UT, and Bhat Imtiyaz, General Secretary BJP Minority Morcha J&K UT. The event witnessed an enthusiastic participation of party workers, local youth, senior citizens, and members of the minority community who came together to uphold the values of the Indian Constitution and reaffirm their commitment to the unity



and integrity of the nation. Carrying the Tiranga (National Flag) with pride, participants marched through the streets of Achbal, raising slogans in praise of Bharat Mata and the Indian armed forces. The rally sent a strong message of peace, brotherhood, and patriotism from the heart of South Kashmir. Speaking on the occasion, Ranjot Singh Nalwa said, "The Tiranga is not just a symbol of our independence but a representation of our shared

dreams, diversity, and strength. The BJP under the leadership of Hon'ble Prime Minister Shri Narendra Modi Ji is committed to the empowerment and integration of all communities, especially the minorities." Sheikh Bashir emphasized that the Minority Morcha will continue to engage with all communities at the grassroots level to strengthen the democratic fabric of Jammu & Kashmir, while Bhat Imtiyaz thanked the local administration and police for their support in ensuring the peaceful conduct of the rally. The event concluded with the chanting of the national anthem and distribution of sweets among the participants. The rally served as a symbol of national pride and the resolve of the BJP Minority Morcha to work towards an inclusive, secure, and progressive Jammu & Kashmir.

IUST Recognized Among India's Leading Universities in World 2024 Rankings

HT News Network

Awantipora, May 21: As part of its ongoing mission to promote scientific awareness and academic engagement, the School of Sciences at Islamic University of Science and Technology (IUST) successfully conducted its Outreach Programmes across various Government Higher Secondary Schools in twin districts of Pulwama and Anantnag. The initiative aimed to inspire students by fostering a scientific temper, introducing them to emerging technologies, and informing them about educational opportunities at IUST. Faculty members from the School of Sciences led interactive sessions featuring lectures, demonstrations, and open discussions. These engagements highlighted the significance of science and technology in contemporary society and encouraged students to envision themselves as future innovators and problem-solvers. Students received detailed insights into undergraduate and postgraduate programmes offered by the

School in Physics, Chemistry, Mathematics, and Environmental Science. The outreach team also addressed queries related to science curricula, career paths, research prospects, and national-level competitive exams.

The sessions witnessed participation from students as well as faculty of the host institutions, who welcomed the initiative and expressed a strong interest in continued collaboration. Peace as the cornerstone of a progressive after the competition all faculty members and students took Anti Terrorism Pledge with an objective to wean away the youth from terrorism and the cult of violence. The students who secured first, second and third position in the competition were Kajal Devi, Nenshe and Neha Devi. Prof. Suresh Chander, Convener NSS Advisory Committee also addressed the students and encouraged them to participate in college activities. The event concluded with a formal vote of thanks by Prof. Anu Sharma, NSS PO emphasizing the need to protect India from threats like terrorism and building strong citizens.

Government of Jammu and Kashmir (UT)

OFFICE OF THE CHILD DEVELOPMENT PROJECT OFFICER POSHAN PROJECT (ICDS) SINGHPORA

Subject: Provisional Selection List of Sahakiyas (Anganwadi Helpers) of Poshan Project Singhpora- inviting of objections

(PUBLIC NOTICE)

Publication of Provisional Merit List (Annexure A) and the Provisional Select List (Annexure B) for invitation of objection if any for the engagement of sahakiya (AWH) to AWC Malpora Goom Ward No.02 Panchayat Halqa Goom Ahmedpora advertised vide communication No:CDPO/ICDS/Sing/Estt/2024/650 Dated 08-02-2025 and published in Daily Newspapers by the Department of Information, Govt of Jammu and Kashmir. The objections if any should reach the office of CDPO Singhpora Mission Poshan within 10 days positively, failing which no objections if any shall be entertained.

ANNEXURE-A

Provisional Merit list of candidates who have applied for the Post of Sahakiya (AWH) for AWC Malpora Goom Ward No.02 Panchayat Halqa Goom Ahmedpora

S. No	Index No.	Name of Candidate	D/O, W/O	Residence	Ward No.	D.O.B	Marital Status	Qualification	Marks obtained in Matric / out of	Percentage	Weightage	Whether any relation with retired AWW or AWH	Additional 2 Points	Total Merit
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
1	6	Hashmat Bano	W/O Nazir Ahmad Wani	Goom Ahmedpora	2	27-05-1995	Married	10th	242/500	48.40	0.00	Nil	Nil	48.40
2	9	Shahida Bano	W/O Zaigum Abbass	Goom Ahmedpora	2	15-03-1988	Married	10th	304/500	60.80	0.00	Nil	Nil	60.80
3	11	Fatima Bano	W/O Zahoor Ali Malik	Goom Ahmedpora	2	02-01-1991	Married	10th	215/500	43.00	0.00	Nil	Nil	43.00

ANNEXURE-B

Provisional Selection List of AWH (Sahakiya) for AWC Malpora Goom Ward No.02 Panchayat Halqa Goom Ahmedpora

S. No	Index No.	Name of Candidate	D/O, W/O	Residence	Ward No.	D.O.B	Marital Status	Qualification	Marks obtained in Matric / out of	Percentage	Weightage	Whether any relation with retired AWW or AWH	Additional 2 Points	Total Merit
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
2	9	Shahida Bano	W/O Zaigum Abbass	Goom Ahmedpora	2	15-03-1988	Married	10th	304/500	60.80	0.00	Nil	Nil	60.80

Sent Dated:22-05-2025
Pub: date: 23-05-25
DIPK-1710/25

Sd
Child Dev. Project
Officer Poshan Singhpora





DC Ganderbal for timely completion of preparations for SANJY-2025 Reviews Yatra preparations via Baltal route

HT News Network

GANDERBAL, MAY 22: Deputy Commissioner (DC) Ganderbal, Jatin Kishore today presided over a significant preparatory meeting at the VC Room, Mini Secretariat Ganderbal, for the upcoming Shri Amarnath Ji Yatra-2025 (SANJY). The meeting focused on reviewing the progress of ongoing works of various departments involved in the arrangements for the Yatra via Baltal route. A comprehensive review of department-wise action plans, covering key aspects such as sanitation, flood protection measures, lighting

arrangements, mobile network connectivity, issuance of RFID cards, registration of service providers and infrastructure development was held. Heads of departments presented detailed updates on the progress of work and preparations underway. DC stressed the importance of timely completion of works well before the commencement of the yatra to ensure a seamless SANJY-2025. Labour Department was directed to accelerate the registration process of service providers involved in Yatra-related activities. Telecom companies were instructed



to ensure complete network connectivity by the end of this month to facilitate communication and digital services during the Yatra. The meeting was attended by the Additional Deputy Commissioner (ADC), Syed Fahim Bihaqi; ACP, CEO SDA, SDM Kangan, Executive Engineers from various departments, Divisional Forest Officer Sindh Forest Division, and senior officers from line departments involved in the Yatra arrangements. The meeting focused on reviewing the progress of ongoing works of various departments involved in the arrangements for the Yatra via Baltal route.

A comprehensive review of department-wise action plans, covering key aspects such as sanitation, flood protection measures, lighting arrangements, mobile network connectivity, issuance of RFID cards, registration of service providers and infrastructure development was held. Heads of departments presented detailed updates on the progress of work and preparations underway. DC stressed the importance of timely completion of works well before the commencement of the yatra to ensure a seamless SANJY-2025.

Chairperson DDC Baramulla inspects key dev. projects in Wagoora-Kreeri

HT News Network

BARAMULLA, MAY 22: Chairperson District Development Council (DDC) Baramulla, Safina Baig, today conducted an extensive tour of the Wagoora-Kreeri area to review the progress of several ongoing developmental projects, with a focus on improving infrastructure and public services. During the visit, Safina Baig inspected key works in the education and connectivity sectors. At Higher Secondary School Bandi Bala, she reviewed the construction of a nine-roomed triple-storey building being executed at a cost of Rs 237.75 lakh, and a three-roomed double-storey building worth Rs 130 lakh. These projects aim to strengthen educational infrastructure and accommodate



increasing enrolments. She also assessed progress on the Shrunz Bridge, a significant connectivity project involving a 50-meter span bridge under construction at a cost of Rs 7 crore. Once completed, the bridge will greatly enhance

mobility and access for several villages in the area. At Middle School Kohlina, Safina Baig reviewed two construction works—a four-roomed double-storey building estimated at Rs 45.77 lakh and a three-roomed building costing

Rs 31.18 lakh. Both structures are intended to improve classroom availability and learning conditions for students. During on-site interactions, DDC Chairperson directed officers and executing agencies to ensure timely completion of all projects while maintaining quality and safety standards. She emphasized that delays must be avoided and that all works should be regularly monitored. She also interacted with local residents, assuring them that developmental concerns and public demands would be addressed on priority. At Middle School Kohlina, Safina Baig reviewed two construction works—a four-roomed double-storey building estimated at Rs 45.77 lakh and a three-roomed building costing Rs 31.18 lakh. Both structures are intended.

DC Budgam reviews progress of works under District Mineral Fund

HT News Network

BUDGAM, MAY 22: Deputy Commissioner (DC) Budgam, Akshay Labroo today chaired a meeting of District Mineral Fund (DMF) and reviewed the status of works approved under Pradhan Mantri Khanij Kshetra Kalyan Yojna (PMKKKY) in the district. DC reviewed in detail the status of works approved under DMF in the areas with high priority and other priority sectors. Series of developmental works are approved which cover vital sectors including health, education, power development, and jal shakti, all aiming at strengthening public infrastructure and improving service delivery across the district. Key works approved under the health sector include the provision of hotline connectivity at CHC Kremshore, CHC Chattergam, PHC Soibugh, PHC Ompora, PHC Khag and CHC Pakherpora, of which Hotline at CHC Pakherpora stands completed. In addition, procurement of critical medical equipment such as digital X-ray cassettes, biochemistry analysers, deep freezers, plasma expressers, autoclaves and microscopes has been sanctioned and allotted for procure-



ment for District Hospital Budgam. Under the Jal Shakti department, the procurement of water tankers of 9000 ltr and 6000 ltr capacities will address water supply needs in the district. In the Education sector, the approved works including construction of a toilet facility at Primary School Gopalpora is nearing completion and provision of electricity at Government schools in Khan Mohalla Kuzwera and Dounkal Bagh Sail are also under progress. The Power Development Department (KPDCL) has been allotted a buffer stock of 15 (100 KVA) transformers which will be dedicated to the public in the upcoming week. This will strengthen power infrastructure and ensure timely replacements during exigencies.

Walkathon held to raise awareness on Hypertension in Kupwara

HT News Network

KUPWARA, MAY 22: A Walkathon aimed at raising awareness about hypertension and promoting a healthy lifestyle was organized today in Kupwara. The marathon was flagged-off by Additional Deputy Commissioner (ADC) Kupwara, Gulzar Ahmad, from the D.C Office Complex Kupwara. The event witnessed enthusiastic participation from school children, healthcare workers, and members of the general public. Chief Medical Officer Kupwara, Dr. Ramzan; Chief Education Officer, Mehraj-u-Din Shah; Medical Superintendent SDH Kupwara, Liaison Officer Youth Services & Sports Kupwara and other concerned officials were also present at the flag-off ceremony. Participants carried placards with messages encouraging blood pressure control and healthy living. The marathon started from the DC office and passed through General Bus Stand Kupwara and Lolab Bypass, and finally concluded at Zangli Park. On the occasion, ADC, CMO, CEO and other medical experts underscored the importance of hypertension awareness and advocated for proactive measures to maintain a healthy lifestyle. The event was part of an ongoing campaign to engage the community in public health initiatives and foster better awareness around non-communicable diseases like hypertension.

Rs.33k fine imposed on erring FBOs under FS&SA at Handwara

KUPWARA, MAY 22: Additional Deputy Commissioner (ADC) Handwara, Javed Naseem Masoodi, who is also Adjudicating officer Handwara today imposed a fine of Rs.33,000 on various erring Food Business operators (FBOs) for violations of various provisions of Food Safety and Standard Act (FS&SA) 2006. The fine was imposed on the erring traders (for miss branded and sub standard food) during the proceeding of cases related to the FS&SA Act 2006 which were listed before the Adjudicating officer. The Adjudicating officer warned them to abide by the legal regulations adding that non-compliance of Food Safety and Standards Act-2006 and rules there under by the food business operators will be dealt with more strictness in coming time.



DC Kulgam reviews power sector, RDSS projects

HT News Network

KULGAM, MAY 22: In order to assess the progress of ongoing works under the Revamped Distribution Sector Scheme (RDSS), a meeting was chaired by the Deputy Commissioner (DC) Kulgam, Athar Aamir Khan at the mini-secretariat Kulgam. During the meeting, Chief Manager Power Grid briefed the DC on the status of ongoing projects in the district. It was informed that the RDSS, with a project cost of Rs 113 crore, aims to strengthen the power distribution infrastructure in the district by installing 618 new distribution transformers and 330 km of LT Aerial Bundled Cables (ABC) and 450 km of HT reconductor Circuit kmts. It was further apprised the initiative is designed to reduce Aggregate Technical and Commercial (AT&C) losses in Kulgam. Through a powerpoint presentation it was given out that 57% progress has been made in installation of HT/LT electric poles while 62% in cabling and 10% in



conductor laying has been completed against the work allotted which ultimately leads to accumulative physical progress of 36%. DC expressed dissatisfaction with the delayed supply of distribution transformers and directed the concerned to expedite the delivery process to ensure timely completion of the project. He instructed to mobilize men and machinery to ensure completion of projects well in time besides proper coordination

between different departments. The DC emphasized the importance of completing the works within the stipulated timeline to enhance the reliability and efficiency of the power distribution system in the district. The meeting was also attended by ADC, Viqar Ahmed Giri; CPO Zahid Sajad; Senior G M PGC, S E KPDCL Circle Bijbehara, Executive Engineers of KPDCL, STD Bijbehara, NH444 Sgr, Project Division Sgr, Project Wing (PGCIL) Tehsil-dars, AEEs and JEs and other Officers.

17 Major water harvesting structures to be developed across rural blocks of Budgam: DDC Labroo

HT News Network

BUDGAM, MAY 22: To kick-start the implementation of the 'Catch the Rain' initiative in the district, a meeting was held today under the chairmanship of the District Development Commissioner (DDC) Budgam, Akshay Labroo, here. Meeting decided that 17 new major water harvesting structures/tanks/springs shall be developed in the rural blocks of the district with one such water harvesting structure in each of the rural blocks to enhance water sources and tap the rain water to augment the overall water availability in the district. DDC outlined the implementation strategy for these works which focus on water conservation through rainwater harvesting and related measures. He emphasized the need for constructing one large rainwater harvesting plant in each Block to ensure effective water conservation. He stressed the importance of timely completion of DPRs of all water harvesting plants while ensuring their long-term sustainability. Officers were directed to ensure proper implementation and maintenance of the rainwater harvesting systems, and to resolve any field-level issues that may be causing delays. DDC also directed the Ex. Engineer PHE of both the divisions and Ex. Engineer Irrigation to ensure that the water harvesting structures so built are technically sound for its further use either for potable water or irrigation purposes. It was decided that all the necessary paperwork, DPR formulation & site selection is completed by next week for its timely submission for sanctioning of the project.

DDMA Baramulla conducts comprehensive Mock Drill to enhance disaster preparedness

HT News Network

BARAMULLA, MAY 22: In an effort to bolster disaster preparedness among students, civil society members, and various stakeholders, District Disaster Management Authority (DDMA) Baramulla today conducted a comprehensive mock drill and emergency preparedness exercise at Government Degree College Baramulla. The exercise aimed to sensitize the public, especially youth, about the importance of swift and coordinated response mechanisms during disaster situations. Various key departments and emergency response units participated in the event, showcasing their critical roles in managing and mitigating disaster impacts. During the exercise, State Disaster



Response Force (SDRF) and Civil Defence Baramulla held a series of demonstrations focused on disaster preparedness, rescue operations, and mitigation strategies, highlighting the importance of quick

response techniques, evacuation procedures, and community involvement during times of disasters. Meanwhile, officials of the Health Department provided insights into managing

health emergencies, with a special focus on administering first aid, triaging patients, and setting up emergency medical camps in the wake of disasters. Fire and Emergency Services department conducted practical demonstrations related to fire safety, firefighting techniques, and precautionary measures to prevent fire-related incidents. Assistant Commissioner Baramulla, Arshad Ahmad Khan lauded the efforts of DDMA Baramulla for organizing this mock drill and stressed the importance of such drills in equipping the community with life-saving skills. The event was also attended by the Chief Medical Officer (CMO) Baramulla, Deputy Controller SDRF, Principal of Government Degree College Baramulla, Consultant DDMA, and other officers and officials.





Locals demand repair, blacktopping of Ari-Sarhouti road

■ M S Nazki

Mendhar :The residents of the village Ari Sarhouti in Mendhar area of Poonch district Social Worker sran Khan has strongly appealed to the district and tehsil administration to urgently repair the main road in the area to alleviate the difficulties faced by the local population.

This road, which serves as a crucial communication link throughout the region, has been in a severely deteriorated condition for several years. Due to its poor state, a journey that should take only 15 minutes now takes more than an hour, adversely affecting daily life and causing immense hardships for patients, students, and working individuals.

Social worker Isran Khan highlighted the issue by stating, "This is not a minor problem; it has paralyzed the entire area's daily life. We request the district administration and the XEN PWD R&B Mendhar to take immediate action and ensure the repair of the road."

The public has warned that if the issue is not resolved promptly, they will be forced to resort to protests. According to them, such demonstrations will be necessary to make the administration and relevant departments aware of the severity of the public's difficulties.

The community believes that providing basic facilities should be a top priority for the government. They are hopeful that their complaints will be addressed quickly and that the road repair will be completed at the earliest.

Mega Career Counselling Programme organised at GHSS Girls Samba

■ HT News Network

SAMBA, MAY 22: A Mega Career Counselling Programme was organised today here at Capt. Dhruv Singh Memorial Government Girls Model Higher Secondary School to felicitate students who excelled in Class 10th and 12th exams and guide them in choosing academic and career paths after passing Matric and Higher Secondary.

The programme was attended by Deputy Commissioner Samba Rajesh Sharma, who appreciated the efforts of students and motivated them to explore diverse career opportunities with clarity and confidence.

During the programme, 9 meritorious students were felicitated with mementos by the Deputy Commissioner. Students enthusiastically participated in interactive counselling sessions and received guidance from subject experts and officers.

The event was attended by ADC Jagdish Singh; ALC Himani; Chief Education Officer Kewal Krishan; District officer JKEDI; the School Principal, Lecturers from the School Education Department, Faculty from Polytechnic College Samba and ITI Samba, along with around 200 students from nearby schools.

The programme concluded with the distribution of refreshments among all participants.

Civil Defence training Camps organised at Rajouri, Thanamandi

■ HT News Network

RAJOURI, MAY 22: On the directions of Deputy Commissioner Abhishek Sharma, a series of Civil Defence training and awareness camps were organised today in different parts of the District Rajouri to enhance disaster preparedness among the public and Ex-Servicemen from border areas. A dedicated training/awareness camp was held at the Zila Sainik Board under the supervision of Deputy Controller Civil Defence, Jabeen Lone. The camp witnessed active participation from Ex-Servicemen residing in various border regions, who were equipped with essential knowledge and practical skills in basic civil defence techniques. The programme aimed to empower them to act effectively in times of emergencies.

As part of the ongoing training drive, another awareness camp was organised at Municipality.

GDC Ramgarh launches Admission, NEP 2020 awareness drive for session 2025-26

■ HT News Network

SAMBA, MAY 22: The Government Degree College Ramgarh has launched a comprehensive Admission and NEP 2020 Awareness Drive for the academic session 2025-26 here under the guidance of Principal Prof. (Dr.) Meeru Abrol. The initiative is aimed at informing and guiding students, especially those who have recently completed their 12th grade, about the new academic framework under the National Education Policy (NEP) 2020 and the various course options available to them.

As part of this drive, the college faculty, including Dr. Snobar, Prof. Sandeep Kumari, Ashok Kumar and Prof. Brham Dutt, conducted extensive outreach programs at several Higher Secondary Schools including GHSS Ramgarh, GHSS Nandpur, GHSS Gho Brahmana, Ajanta HSS Gho, MIER HSS Koulpur, GHSS Vijaypur, Minerva HSS Ramgarh and The Path Seeker HSS Ramgarh. During these visits, they interacted with students, discussed the importance.

Integrated Command & Control Centre operational at Vaishno Devi Shrine

■ HT News Network

Katra, May 22: As per the directives of the Hon'ble Chairman (Lt. Governor, JK-UT), the Shri Mata Vaishno Devi Shrine Board has operationalised the Integrated Command and Control Centre (ICCC) at Spiritual Growth Centre, Katra to enhance pilgrim safety and security. This state-of-the-art facility utilizes a network of 700 CCTV cameras equipped with advanced features like gesture, face recognition and PTZ, enabling real-time monitoring for efficient decision-making and swift response mechanism in the Shrine area. A joint inspection of the ICCC was conducted today by Anshul Garg, Chief Executive Officer, Shri Mata Vaishno Devi Shrine Board and Sarah Rizvi, DIG Udhampur-Reasi Range alongwith Addl. Chief Executive Officer, SMVDSB; SSP, Reasi; Commandant, CRPF; Jt. Chief Executive Officer, SMVDSB; SP, Katra; Tehsildar, SMVDSB and officers from Army, intelligence agencies,



local administration and Shrine Board. The inspection was followed by a comprehensive security review meeting to discuss and strengthen various security measures brought out in the joint security review conducted last year.

Notably, the ICCC will enhance pilgrim safety and security by leveraging advanced technologies like surveillance systems, data analytics and communication net-

works. A joint team from the Shrine Board and security agencies is now conducting real-time monitoring of key areas including ingress points, movement of pilgrims and service providers and critical infrastructure on the track, ensuring a seamless and safe experience for prompt emergency response and improved situational awareness.

The security review meeting stressed for

action on diverse fronts and crucial decisions were taken for hassle free pilgrimage including the issuance of fresh UHF cards to pithoo and ponywallas and installation of readers to prevent impersonation and ensure their legitimate presence on the track.

The meeting also involved an in-depth discussion on identified threats with a focus on devising effective countermeasures to mitigate potential risks. Furthermore, measures were discussed to plug unauthorized ingress points in the Shrine area, thereby strengthening the overall security apparatus for a safer environment for pilgrims. The concerned quarters were directed to undertake the numbering of private shops along the track, facilitating easy identification and reference for security agencies. Emphasis was laid on early activation of the integrated hotline system to enable seamless communication amongst the stakeholders for swift response to emergencies and further strengthening the security infrastructure.

Director Agriculture Jammu conducts 2 day extensive visit to Banihal-Ramban

■ HT News Network

JAMMU, MAY 22: Director Agriculture Jammu, S. Arvinder Singh Reen undertook a two-day extensive tour of District Ramban, focusing on the implementation and progress of various ongoing agricultural initiatives and schemes. During the visit, the Director convened a detailed review meeting at the Chief Agriculture Office, Ramban, where he assessed the status of several central and UT-sponsored schemes including HADP, JKICP, CSS, and NABARD. He also reviewed the progress of various flagship programmes under SHCS, PMFBY, KCC, PM Kisan and RKVY. Chief Agriculture Officer Vinay Kumar Jan-



dial briefed the Director Agriculture about the status of works going on in the field. The meeting was attended by Sub-Divisional Officer Ayaz Rishi, Sub-Divisional Officer Gool Naveen Kumar, ASCO Jamshed Ahmad, SMS-DL, other senior officers and field staff of District Ramban. The Director inspected key agricultural infrastructure in the district, including the Mushroom Unit and

Honey Processing Plant at DCTC and visited the Integrated Farming System (IFS) Model established by progressive farmer Zubair Ahmad Sohail at Chenab Valley Farm, Village Chalmawas, Banihal. Commending the initiative, he urged farmers to embrace Integrated Farming for sustainable income generation. Further, the Director inspected a Low-Cost Poly-house of beneficiary Abdul

Rashid Khan in Panchayat Karwah, Zone Banihal, highlighting the importance of protected cultivation. At a well-attended farmers' gathering in Banihal, he elaborated on various components of HADP, encouraging farmers to utilize the Kisan SATHI Dashboard to apply for government schemes related to plantation, protected cultivation, water harvesting, drip irrigation, custom hiring centers, farm machinery, processing units, and nursery establishment.

On the second day, the Director visited the SM Farm Tethar, Banihal, to assess on-ground farm activities. While interacting with farmers and beekeepers, he issued instructions to field functionaries.

DC inspects academic activities after reopening of schools in Poonch

■ HT News Network



POONCH, MAY 22: As the educational institutions in the district reopened after several days of closure due to cross border shelling, the Deputy Commissioner Vikas Kundal visited various schools today to assess the situation and ensure that academic activities are resumed smoothly.

During the visit to Government Boys Higher Secondary School here, the Deputy Commissioner interacted with students and staff, reviewed school facilities, and checked the attendance of students and staff availability. He also visited the ICT lab and multiple classrooms, engaging directly with students to understand their experiences and boost their morale.

The DC appreciated Ahsan Ul Haq, a student of Class 10, for his remarkable achievement of winning a bronze medal in the 68th National School Games in the discipline of Boxing. He congratulated the student for bringing pride to the school and the district, and encouraged others to excel in both academics and co-curricular activities.

The Deputy Commissioner emphasized the importance of maintaining a supportive learning environment. He also assured that the district administration remains committed to addressing the needs of schools and ensuring students have access to quality education.

The visit reflects the district administration's continued support for education and its commitment to ensuring a safe, encouraging, and positive learning environment for all students.

Int'l Year of Cooperatives 2025 Theme based Quiz Competition organised at GGHSS Kishtwar

■ HT News Network

KISHTWAR, MAY 22: As part of the series of activities being held to mark International Year of Cooperatives 2025, a quiz competition was today organized here at Government Girls Higher Secondary School, under the Supervision of Deputy Registrar Cooperative Societies Mirza Mumtaz Iqbal. The primary objective of the event was to educate and sensitize students about the principles, values, and importance of the cooperative movement, particularly its role in promoting



socio-economic development.

The program began with a welcome address and an insightful presentation by Assistant Registrar Cooperative Societies Amit Sharma, who provided a detailed overview of the Cooperative Department and its functions.

The quiz competition featured five teams and covered a wide range of topics including Cooperatives, Indian History, Polity, and Geography.

The participants demonstrated remarkable awareness and understanding of the subjects, reflecting their academic diligence and

interest.

To recognize and encourage the efforts of the students, all participants were felicitated with prizes and certificates.

The awards were distributed by the Principal Government Girls Higher Secondary School, Kishtwar, along with the Assistant Registrar Kishtwar and other dignitaries from the school and Cooperative Department. The awards were distributed by the Principal Government Girls Higher Secondary School, Kishtwar, along with the Assistant Registrar Kishtwar and other dignitaries.

DIC Ramban conducts awareness Camp at Panchayat Maitra-B Promotes MSME Schemes under RAMP Programme

■ HT News Network

RAMBAN, MAY 22: In line with the directions of Deputy Commissioner Baseer-Ul-Haq Chaudhary, and under the guidance of the Director, Industries & Commerce, Jammu, the District Industries Centre (DIC) Ramban organized an awareness camp at Panchayat Maitra-B.

The objective was to spread awareness about the implementation of Strategic Investment Plans (SIP) for Jammu & Kashmir under the Raising and Accelerating MSME Performance (RAMP) Programme, along with other schemes being implemented by DIC Ramban.

The camp held under the supervision of GM DIC Ravinder Anand commenced with a welcome address by Project Manager, Kuldeep Singh. During the session, participants were encouraged to register their business units on the Udyam portal (www.udyamregistration.gov.in) to formalize MSMEs in the District.

The Project Manager also sensitized attendees about the procedure for applying under various schemes, explaining the benefits of enrollment with DIC. Educated unemployed



youth were informed about the financial assistance and subsidies available under the Prime Minister's Employment Generation Programme (PMEGP) for establishing ventures in both manufacturing and service sectors.

Additionally, participants were made aware about the PM Vishwakarma scheme. The scheme generated interest among aspiring youth, many of whom expressed willingness to step forward and avail benefits under PMEGP through DIC Ramban. The camp concluded with a vote of thanks from the Project Manager, who appreciated the public for their enthusiastic participation. The Project Manager also sensitized attendees about the procedure for applying under various schemes, explaining the benefits of enrollment with DIC. Educated unemployed youth were informed about the financial assistance and subsidies available under the Prime Minister's Employment Generation Programme (PMEGP) for establishing ventures in both manufacturing and service sectors. Additionally, participants were made aware about the PM Vishwakarma scheme. The scheme generated interest among aspiring youth, many of whom expressed willingness to step forward and avail benefits under PMEGP.



Nasha Mukht J&K Abhiyan: Distt Admin Pulwama begins school outreach initiative

Students encouraged to lead the fight against drug abuse

HT News Network

PULWAMA, MAY 22: Continuing its intensified Information, Education, and Communication (IEC) campaign under the Nasha Mukht Jammu & Kashmir Abhiyan, District Administration Pulwama in collaboration with District Social Welfare Office Pulwama today started a dedicated school outreach initiative. The outreach is aimed at sensitising young students about the ill effects of drug abuse and nurturing a culture of awareness, resilience and positive change among the youth. Awareness sessions were held simultaneously in various government and private schools across different zones of the district, with active participation from students, teachers, school heads, and officials from departments including Education, Health, and Social Welfare. Resource persons engaged students through interactive lectures and real-life case discussions highlighting the psychological and social consequences of drug abuse. Special emphasis was placed



on the importance of preventive education, developing a positive mindset, and the role of youth in acting as change-

makers within their peer groups and families. Medical experts from the Health Depart-

ment explained the early signs of addiction and the importance of timely intervention, while school counsellors and educators encouraged students to adopt healthy coping mechanisms; stay focused on their goals and seek help whenever needed. Students enthusiastically participated in discussions and took a collective pledge to lead a drug-free life and to spread the message within their communities. The outreach initiative is a crucial component of the district's broader strategy to extend the reach of the Nasha Mukht Abhiyan to every segment of society. With a large number of awareness activities already conducted at the Panchayat and Municipal levels, the school campaign marks a significant step towards involving youth in building a drug-free Pulwama. The campaign will continue in the coming days with more educational institutions being covered, ensuring that the message of prevention, awareness, and support reaches every student in the district.

Handicrafts- Handloom Department organizes Trainees' Orientation Program at village Bagana- Kishtwar

HT News Network

KISHTWAR, MAY 22: The Department of Handicrafts and Handloom Kishtwar organized a Trainee Orientation Program today at Bagana, a project-affected site of the Kavar Hydro Electric Power Project (HEPP). At the outset, Assistant Director Handicrafts and Handloom Pardeep Shan briefed the trainees about the establishment of a Cutting and Tailoring Training Center at Bagana under the Rehabilitation and Resettlement (R&R) plan. To facilitate participation, the department provided doorstep delivery of application forms, eliminating the need for the women to visit the DC office.

DC Kulgam reviews District CAPEX

Directs focus on developing tangible assets, timely execution

HT News Network

KULGAM, MAY 22: District Development Commissioner (DDC) Kulgam, Athar Aamir Khan on Thursday chaired a meeting to review the progress of District CAPEX budget 2024-25 and preparations for the formulation of District CAPEX budget 2025-26. During the meeting, DC reviewed sector-wise financial and physical progress under District CAPEX Budget 2024-25 including PWD,



Irrigation and Flood Control, Education, Health, Social Welfare, RDD, DYSSO, UDD, PHE, PDD and Agriculture allied departments. Meeting was informed that out of 2619 approved works

under District CAPEX 2024-25, 2129 were completed which amounts to 85% expenditure by the end of March 2025. DC took a detailed stock of the progress of ongoing

works, plan expenditure incurred during 2024-25, identification of new proposals for 2025-26 and convergence plan. He directed the concerned departments to ensure timely and effective execution of all approved projects without any delay. Among others, the meeting was attended by CPO Zahid Sajad; ACD Reyaz Ahmad Shah; DPO, CMO, CEO, CAO, DSHO, Executive Engineers of different wings, BDOs and other concerned.

LMD books 63 Dry Fruit Sellers for Regulatory Violations amid UT wide enforcement drive; 26 among for short weight

HT News Network

JAMMU, MAY 22: In response to increasing consumer complaints and to ensure adherence to fair trade practices, the Legal Metrology Department (LMD), Jammu & Kashmir, launched a comprehensive enforcement drive on May 21, 2025, targeting traders and distributors of dry fruits across all districts of J&K. The crackdown focused on addressing issues of short weight and the absence of mandatory declarations on product packaging. Under the leadership and close supervision of Controller Legal Metrology Department J&K Anuradha Gupta, special enforcement teams were constituted to conduct surprise inspections across all districts of Jammu and Kashmir. During the UT wide drive, a total of 244 traders were inspected, out of which 63 traders were booked for violations. These included supplying underweight packaged dry fruits and failing to display mandatory labeling information, including net weight, MRP, date of packaging, and manufacturer details, as required under Rule 6 of the Legal Metrology (Packaged Commodities) Rules, 2011. "This drive underscores our commitment to ensuring that only those packages which are exact in terms of net quantity, and which strictly adhere to Legal Metrology guidelines, are made available to consumers. Such drives will continue in future as well," said Anuradha Gupta, Controller Legal Metrology Department J&K. The Department has issued strict advisory to all dry fruit sellers, warning them against selling non-compliant packaged commodities. Violators will face stringent legal action under the provisions of the Legal Metrology Act. In addition, consumers have particularly been advised to carefully check the net weight and labeling on packaged goods before making a purchase as public awareness and vigilance play a crucial role. Being informed about one's rights and responsibilities as a consumer is essential for avoiding exploitation and ensuring fair trade. Consumers are urged to report any discrepancies in packaged goods. Complaints can be lodged through the LMD toll-free helpline: 1800-180-7114 or via official social media handles. The Department remains active on platforms such as Twitter, Facebook, and Instagram to promptly address public grievances and raise consumer awareness.

Ramban Forest Division celebrates International Day of Biodiversity with plantation drives

HT News Network

RAMBAN, MAY 22: The Forest Division Ramban marked the International Day of Biodiversity 2025 by conducting a series of plantation drives aimed at strengthening the bond between people and the natural world. The events were held under the guidance of Deputy Commissioner Baseer-Ul-Haq Chaudhary, and were led by Divisional Forest Officer (DFO) Ankit Sinha. Major plantations were conducted at Nagarvataka Kunda and the Forest Range Office Complex Ramban, with the plantation of medicinal plants. The efforts highlighted the significance of conserving biodiversity through the protection and propagation of native medicinal flora. Other plantation drives were carried out across Kunda, Ramban, Gool and Banihal, where Range Officer Vinod Kumar Sharma mobilized the local people towards active participation.



Awareness program held at Govt. Polytechnic College Gbl for Diploma Admissions (2025-26)

HT News Network

GANDERBAL, MAY 22: In order to raise awareness about admissions to three-year diploma engineering programmes in the polytechnic institutions of Jammu & Kashmir for the academic year 2025-26, one-day public awareness programme was held at Government Polytechnic College Ganderbal in collaboration with the District Administration Ganderbal. The event was led by Er. Suket Gupta, Secretary of the J&K Board of Technical Education (JKBOTE), who addressed a diverse audience comprising students, parents, guardians, Chowkidars, Lumbardars, and other members of the local community. In his address, Secretary outlined the various diploma-level engineering streams available under the Jammu & Kashmir Skill Development initiative, highlighting their role in equipping youth with essential technical skills.

Er. Gupta underscored the critical importance of diploma-level technical education in shaping the future of young learners, boosting employability, and contributing to both public and private sector growth. He also emphasized the increasing demand for skilled technicians and the key role diploma holders play in national development. Er. Shafkat Yousuf, Principal of Government Polytechnic College Ganderbal, along with other senior officials and representatives from JKBOTE engaged with attendees, offering detailed information on the admission process, eligibility requirements, and the range of diploma courses available, including Civil, Electrical, and Computer Engineering, among others. A wide range of questions concerning course structure, career opportunities, fee details, and scholarship options were addressed thoroughly.

Distt admin launches special sanitation drive and legacy waste removal in Budgam Town

HT News Network

BUDGAM, MAY 22: District administration Budgam, Municipal Council Budgam today conducted a special cleanliness & sanitation drive in municipal areas of the district. The mega cleanliness drive was conducted from Humhama Chowk to the DC Office Budgam. This stretch, being a key approach road to the district headquarters, was selected for focused cleaning and beautification. As part of the drive, unwanted grass and wild vegetation cutting along the road-sides was conducted besides roadside drains were cleaned and desilted to ensure smooth flow and prevent water-logging. Sweeping of roads and collection of scattered waste and litter were also carried out thoroughly. Several legacy waste points that had accumulated over time

were also cleared. Steps were also taken to enhance the overall appearance of the road. Around 100 sanitation workers, officials, and field staff participated in the drive and were led by EO, MC Budgam. The effort was supported by mechanical sweepers, garbage collection vehicles, JCBs, and other necessary equipment to ensure effective and wide coverage. The drive was part of a continuous mission to maintain cleanliness and promote civic responsibility, and such drives will be conducted across district Budgam. District administration remains committed towards keeping public spaces clean and providing a healthy environment for all citizens across the district. District administration remains committed towards keeping public spaces clean and providing a healthy environment for all citizens across the district.

DIPR Shopian organises IEC Campaign on drug abuse at GHSS Sedow

HT News Network

SHOPIAN, MAY 22: As part of Nasha Mukht Jammu & Kashmir Abhiyan, Department of Information and Public Relations (DIPR) Shopian, in collaboration with the Education Department

today organised an Information, Education, and Communication (IEC) campaign at Government Higher Secondary School (GHSS) Sedow, Shopian. Skit/ dramatic performances by students and artists, poetry session, nukkad natak and expert sessions were

held to educate students and the community about the perils of drug abuse, promoting a drug-free lifestyle. The event, held with the coordination of the District Administration, Shopian, saw enthusiastic participation from students, school staff and offi-

cials from the education departments along with locals of the area. On occasion, artists conveyed powerful messages about the devastating effects of substance abuse, resonating with the audience in a culturally relatable manner. Expert sessions led

by resource persons delved into the root causes of addiction, including depression, curiosity and feelings of inferiority. The programme was attended by Principal, GHSS Sedow, Khurshid Ahmed; DIO, Showkat Hussain Ganie, representatives.

DIC Shopian hosts RAMP awareness programme at Keller

HT News Network

SHOPIAN, MAY 22: As part of its continued efforts to empower local entrepreneurs and promote inclusive industrial development, District Industries Centre (DIC) Shopian organized an awareness programme under the Raising and Accelerating MSME Performance (RAMP) initiative today at the Block Veterinary Office, Keller. The programme witnessed enthusiastic participation from over 75 individuals representing diverse sectors including Handicrafts, Handloom, NRLM Self-Help Groups,

MSMEs and local business units/traders. The focus of the event was to educate participants about the importance of Udyam Registration and the benefits it offers for formalizing and growing micro, small, and medium enterprises. Key officials in attendance included the Officers from DIC Shopian as well as representatives from various line departments/stakeholders. They highlighted various central and state-sponsored schemes available for entrepreneurs and underscored the importance of institutional support for enterprise development. The comprehensive workshop was



organised to explain the Udyam Registration process, including eligibility, documentation and advantages such as improved access to finance, market linkages and government subsidies. In their addresses, officers encouraged participants to take full advantage of government initiatives and reassured them of DIC Shopian's continuous support in guiding and facilitating their entrepreneurial journeys. The event concluded with an interactive session, where participants shared their queries and received hands-on guidance from the officials. The session reaffirmed DIC Shopian's

commitment to fostering a robust MSME ecosystem and empowering grassroots entrepreneurs in remote areas like Keller. Key officials in attendance included the Officers from DIC Shopian as well as representatives from various line departments/stakeholders. They highlighted various central and state-sponsored schemes available for entrepreneurs and underscored the importance of institutional support for enterprise development. The comprehensive workshop was organised to explain the Udyam Registration process, including eligibility, documentation and advantages such as improved access to finance.



Israeli PM condemns killing of embassy staff in U.S. as "antisemitic attack"

UNI

JERUSALEM, MAY 22

Israeli Prime Minister Benjamin Netanyahu on Wednesday expressed deep shock and outrage over the killing of two employees at the Israeli Embassy in Washington, D.C., in what he described as an "antisemitic attack."

According to a statement of the Prime Minister's office, Netanyahu held a phone conversation with Israeli Ambassador to the United States Yechiel Leiter, who briefed him on the details of the incident. The prime minister extended his support to the ambassador and staff members at the embassy.

Two staff members from the Israeli Embassy in the United States were killed in a shooting Wednesday evening near the Capital Jewish Museum in Washington, D.C., U.S. Secretary of Homeland Security Kristi Noem said.

"We are witnessing the horrific consequences of antisemitism and incitement against the State of Israel," Netanyahu said in the statement. "Blood libels come at a bloody cost and must be combated with full force. My heart goes out to the families of the young victims, whose lives were tragically cut short."

The prime minister added that he had instructed Israeli security authorities to increase protective measures at Israeli diplomatic missions worldwide.

Iran agrees to Oman proposal on fifth round of indirect nuclear talks with US

UNI

TEHRAN, MAY 22

Iran has agreed to Oman's proposal for holding the fifth round of indirect nuclear talks with the United States in Rome on Friday, Foreign Ministry spokesman Esmaeil Baghaei said on Wednesday.

In a statement, Baghaei said that the Iranian negotiating team was steadfast in pursuing and safeguarding the nation's rights and interests regarding the peaceful use of nuclear energy, including uranium enrichment and removal of the cruel sanctions, and would spare no effort or initiative to achieve those ends.

Facilitated by Oman, Iranian and U.S. delegations have so far held four rounds of indirect talks since April on Tehran's nuclear program and the lifting of U.S. sanctions. The fourth round was held in Muscat on May 11.

In recent days, U.S. officials have repeatedly demanded that Iran completely cease uranium enrichment, a request firmly rejected by Tehran.

Canada discusses joining Golden Dome project with US - Prime Minister

UNI

WASHINGTON, MAY 22

Canada is considering joining the Golden Dome missile defense system, the creation of which was previously announced by US President Donald Trump, Prime Minister Mark Carney said.

"It's something that we are looking at and something that has been discussed at a high level," Carney said at a press conference on Wednesday.

He also expressed confidence that Canada faces various external threats, which, in his opinion, come from North Korea and China.

On Tuesday, Trump said that his administration is launching the Golden Dome missile defense shield program worth \$175 billion, aimed at delivering the highest level of protection for US airspace. Trump noted that Canada showed interest in joining the program, and his administration plans to discuss this matter with Ottawa.

NKorea's Kim slams 'serious accident' at warship launch

UNI

PYONGYANG, MAY 22

North Korea's leader Kim Jong Un has condemned a "serious accident" during the launch of a new warship on Thursday, calling it a "criminal act" that could not be tolerated, media reports said.

Parts of the 5,000-ton destroyer's bottom were crushed, tipping the vessel off balance, state media reported.

Kim, who was present at the launch, has ordered the ship be restored before a key party meeting in June, and for those involved in designing the ship to be held responsible for the incident which he said "severely damaged the dignity and pride of our nation in an instant."

According to media reports did not mention any casualties or injuries as a result of the incident.

Kim attributed Thursday's accident, which took place at a shipyard in the eastern port city of Chongjin, to "absolute carelessness, irresponsibility and unscientific empiricism", BBC reported.

He added that the "irresponsible errors" of those involved will be dealt with at a plenary meeting next month. It's not clear what punishment they might face but the authoritarian state has a woeful human rights record. People can be jailed for almost anything, activists have said, from watching a South Korean DVD to trying to defect.

It is uncommon for North Korea to publicly disclose local accidents - though it has done this a handful of times in the past.

World saw consequences when 'Sindoor' becomes 'barood': PM Modi

UNI

BIKANER, MAY 22

Prime Minister Narendra Modi on Thursday warned Pakistan that its Army and its economy would pay a heavy price in case of a terrorist attack in India.

Speaking at an event here, the Prime Minister said the world and India's enemies had seen when 'Sindoor' (vermillion) turns into 'barood' (explosives). India had destroyed 9 main terrorist centres in 22 minutes for the terrorist attack on April 22. "World and India's enemies have seen the consequences when Sindoor (vermillion) turns into barood (explosives)," the Prime Minister said while referring to the success of Operation Sindoor.

Pakistan would pay a heavy price for "playing with Indians' blood", he said while referring to the terrorist attack at Pahalgam in Kashmir in which 26 innocent tourists were killed. "If Pakistan con-



tinued to export terrorists into India, it will have to pay for every penny."

"India has made it very clear that for every terrorist attack on India, Pakistan will have to pay a heavy price and this price will be paid by the Pakistan Army and Pakistan's economy," Mr Modi said adding that Pakistan would not get the water on which Indian people have the right.

The Prime Minister said Operation Sindoor had given three formulae for combating terrorism.

First--any terrorist attack on India would have heavy consequences

and the time, the manner and the conditions would be decided by the Indian Army.

Second--India will not be afraid of nuclear threats.

Third--Terrorist masters and their State patrons would not be treated as separate entities. They would be considered as one. The Prime Minister said Pakistan's excuse of State and non-State actors would not hold any longer. In the Operation Sindoor the government gave free hand to Defence Forces and all the three forces together forced Pakistan "go down on its knees."

In Tit-for-Tat move Pakistan expels Indian diplomat day after India expelled Pak diplomat

UNI

NEW DELHI, MAY 22

In a tit-for-tat move Pakistan on Thursday expelled a staff member of the Indian High Commission in Islamabad and asked him to leave the country within 24 hours, declaring him persona non grata.

Pakistan's move comes a day after India expelled a Pakistani diplomat from New Delhi for indulging in activities not keeping in with his official status. The External Affairs Ministry said in a statement that India had declared a Pakistani official, working at the Pakistan High Commission in New Delhi, persona non grata for indulging in activities not in keeping with his official status in India.

The official was asked to leave the country within 24 hours. Pakistan Charge d' Affaires was issued a demarche and was asked



to strictly ensure that none of the Pakistani diplomats or officials in India misuse their status and privileges in any manner.

A statement by the Pakistan Foreign Ministry on Thursday said Pakistan had declared a staff member of the Indian High Commission in Islamabad persona non grata for "engaging in activities inconsistent with his privileged status."

The official has been asked to leave Pakistan within 24 hours.

The Indian Charge d' Affaires was called to the

Pakistan Foreign Ministry and conveyed the decision. It was stressed that none of the diplomats or staff members of the Indian High Commission should "misuse their privileges and status," the statement said.

The expulsions on Wednesday and Thursday were the second tit-for-tat expulsions during the past 10 days. Both countries had on May 13 expelled a staffer each from their respective High Commissions in each other's capitals on May 13.

ED raids continue at Parameshwara-linked college

UNI

TUMAKURU, MAY 22

The Enforcement Directorate (ED) has been conducting raids on Siddhartha Educational Institutions here for the past two days, with operations extending well beyond 24 hours.

The institutions are linked to Karnataka Home Minister Dr G Parameshwara.

ED officials have been scrutinising financial records and other documents extensively, working late into the night. While the agency has not officially disclosed the nature of the investigation, sources indicated that it pertains to alleged financial irregularities.

Heavy police deployment remains in place to provide security and maintain order as the ED teams



continue their presence on the premises. Entry to Siddhartha Engineering College, a key institution under the scanner, has been strictly restricted. Only students and staff are being permitted, while access to outsiders has been barred during the ongoing probe.

The raids have sparked a political controversy, with opposition leaders alleging misuse of central agencies. Congress leaders have accused the BJP-led central government

of targeting Dalit leaders, including Dr Parameshwara, in retaliation for recent state government initiatives benefiting SC/ST families.

Congress general secretary Randeep Singh Surjewala labeled the raids as acts of political vendetta and attacks on marginalised community leaders. Chief Minister Siddaramaiah and Deputy CM DK Shivakumar have defended Dr Parameshwara, denying any wrongdoing.

If terrorist attacks from Pak continue, there will be consequences: EAM Jaishankar

UNI

THE HAGUE/NEW DELHI, MAY 22

External Affairs Minister S Jaishankar has said that Pakistan must understand the fact very well that while India wants an end to terrorism, there will be consequences if the terrorist attacks continue.

In an interview to the NOS News, he said: "We want a definitive end to terrorism. Our message is therefore: yes, the ceasefire has put an end to military actions against each other for now, but if the terrorist attacks from Pakistan continue, there will be consequences. The Pakistanis must understand that very well."

PM Modi was supposed to visit the Netherlands this week to strengthen the Indian-Dutch ties, but he cancelled the visit due to the escalating tensions with Pakistan. EAM visited the Netherlands to prepare for PM Modi's visit later this year.

The issue of Dutch arms supplies to Pakistan was raised during Minister of Defence Ruben Brekelmans's visit to Delhi in March by his Indian counterpart Rajnath Singh.

On India stating that terrorist groups active in Pakistan receive support from the Pakistani state, EAM Jaishankar said:

"I am not suggesting that, I am stating that.



Suppose that there were large military centres in the middle of a city like Amsterdam where tens of thousands of people gathered for military training, would you say that your government knows nothing about that? Of course not."

"We should not go along with the narrative that Pakistan does not know what is going on. The most notorious terrorists on the United Nations (UN) sanctions list are all in Pakistan. They operate in the big cities, in broad daylight. Their addresses are known. Their activities are known. Their mutual contacts are known. So let's not pretend that Pakistan is not involved. The state is involved. The army is up to its neck in it."

Asked if the Kashmir issue should be resolved first in order to be able to combat terrorism, he said:

"No, for us terrorism is an independent, completely unacceptable international crime that should not be condoned or justified.

fied.

"The terrorists targeted the vibrant tourism industry in Jammu and Kashmir with their attack. So they are prepared to destroy things in Kashmir for their own, very limited, selfish purposes. They also deliberately gave the attack a very religious tint. The world should not accept such practices.

"As for Jammu and Kashmir, it is a historical fact that it joined India when India and Pakistan separated in 1947. Our position is that the illegal occupiers should return their illegally occupied parts to the rightful owner. And that is us."

Asked if the international community could mediate on the Kashmir issue, he said:

"No, it is a bilateral issue between the countries involved."

On if India is not going to accept US President Trump's offer to mediate, he said:

"As I said, this is something we will do together with Pakistan."

AAP announces in-charges, co-in-charges for 11 states after Delhi setback

UNI

NEW DELHI, MAY 22

The Aam Aadmi Party (AAP) on Thursday, announced in-charges and co-in-charges for 11 states, making it one of the major organizational reshuffling at the national level after facing a setback in the Delhi Assembly elections.

AAP National General Secretary (Organization) and Rajya Sabha MP Sandeep Pathak released the official list of new appointees in a move aimed at strengthening the party at the grassroots level.

The party has appointed former MLA Dilip Pandey as overseas coor-



dinator and co-in-charge for Uttar Pradesh.

According to the list, former Delhi minister Jitender Singh Tomar has been appointed in-charge for Madhya Pradesh while former MLA Rajesh Gupta has been assigned the responsibility of Karnataka and Rituraj Govind of Himachal Pradesh.

Similarly, Mahendra Yadav has been appointed in-charge of Uttarakhand, Dheeraj Tokas of Rajasthan, Prakash Jarwal of Maharashtra, party's Chief Spokesperson Priyanka Kakkar of Telangana, former Delhi Mayor Shelly Oberoi of Kerala, Pankaj Singh of Tamil Nadu, and Praveen Prabhakar Gaur of Ladakh.

Additionally, the party has appointed several co-in-charges including Anil Jha, Vishesh Ravi, and Chaudhary Surendra Kumar for Uttar Pradesh, Ghanendra Bhardwaj for Uttarakhand, and Vijay Phulara for Himachal Pradesh.

2 Israeli embassy staff killed in shooting in Washington

UNI

WASHINGTON, MAY 22

Two staff members from the Israeli Embassy in the United States were killed in a shooting Wednesday evening near the Capital Jewish Museum in Washington, D.C., according to U.S. Secretary of Homeland Security Kristi Noem.

"We are actively investigating and working to get more information to share," Noem said in a post on social platform X.

The shooting occurred near the Lillian and Albert Small Capital Jewish Museum, known as the Capital Jewish Museum, according to media reports. Police identified the suspect as 30-year-old Elias Rodriguez from Chicago, Illinois. During an online press briefing, D.C. Police Chief Pamela



Smith said that the suspect shouted "Free Palestine" as he was taken into custody.

Israeli Ambassador to the U.S. Yeshiel (Michael) Leite said at a press conference that the victims were a couple who had been preparing to get engaged. Embassy spokesperson Tal Naim Cohen confirmed that the two were shot at close range while attending a museum event.

Ted Deutch, CEO of the American Jewish Committee, said in a statement that his organization was

hosting an event at the museum that evening.

Cohen said Israeli officials had "full faith in law enforcement authorities on both the local and federal levels to apprehend the shooter and protect Israel's representatives and Jewish communities throughout the United States."

"Harming the Jewish community is crossing a red line," Israel's Ambassador to the United Nations, Danny Danon, said in a post on X. "We are confident that the U.S. authorities will take strong action against those responsible for this criminal act."

In response, U.S. President Donald Trump called for an end to the "horrible D.C. killings, based obviously on antisemitism" in a post on social platform Truth Social.

Top Magnesium-Rich Foods and Signs of Deficiency You Shouldn't Ignore

Magnesium is a vital mineral your body needs for over 300 biochemical reactions. From supporting nerve and muscle function to maintaining a healthy heartbeat and strengthening bones, magnesium is essential for your overall well-being. Yet, many people unknowingly fall short of the recommended daily intake.

Why Magnesium is Important:

Supports muscle and nerve function - Helps prevent cramps, spasms, and fatigue.

Regulates blood pressure and blood sugar - Contributes to cardiovascular health.

Strengthens bones - Works alongside calcium and vitamin D to improve bone density.

Boosts energy production - Involved in converting food into energy at the cellular level.

Aids sleep and reduces



stress - Plays a role in calming the nervous system and promoting restful sleep.

Top Magnesium-Rich Foods:

Nuts & Seeds: Almonds, Cashews, Pumpkin seeds, Chia seeds, Sunflower seeds

Leafy Greens: Spinach, Swiss chard, Kale

Whole Grains: Brown

rice, Quinoa, Oats, Whole wheat bread

Legumes: Black beans, Lentils, Chickpeas, Edamame

Fruits & Vegetables: Avocados, Bananas, Figs, Sweet corn

Others: Dark chocolate (at least 70% cacao), Tofu, Fatty fish (like mackerel and salmon)

Symptoms of Magnesium deficiency

Fatigue

Muscle cramps

Irregular heartbeat

Anxiety

Sleeplessness

If you suspect you're not getting enough magnesium, consider speaking with a healthcare provider or adding more magnesium-rich foods to your diet.

Covid-19 reinfections less likely to cause long Covid: Study

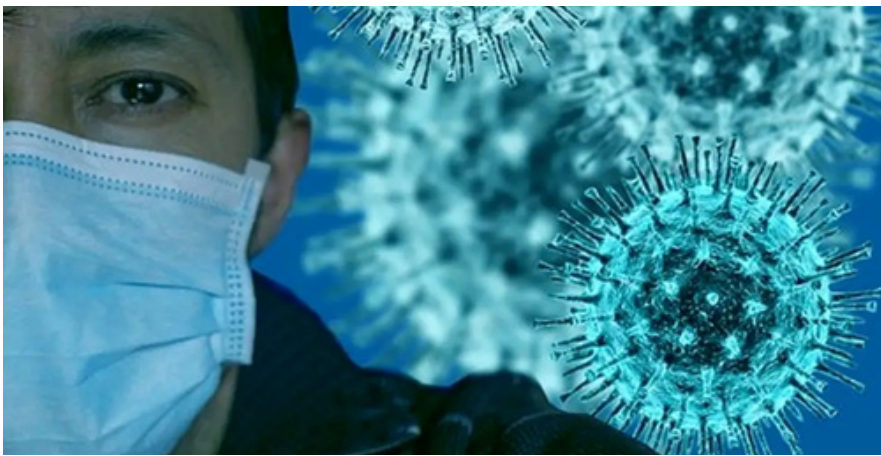
AGENCIES
NEW DELHI

Reinfections with SARS-CoV-2, the virus behind Covid-19, is less likely to cause long Covid -- a condition that affects at least 65 million people worldwide, according to a study.

Long Covid affects people after an infection caused by the SARS-CoV-2 virus. The condition is not properly defined yet presents more than 200 symptoms. Long Covid risk and severity is known to compromise self-rated health, physical capacity, and cognitive function.

The preprint study, not peer-reviewed yet, showed that the risk of Long Covid was 6 per cent after reinfections from Covid virus compared to 15 per cent after the initial infection.

Fatigue, shortness of breath, neurocognitive symptoms, post-exertional malaise, and smell or taste disturbances were the most reported common



symptoms among people with long Covid.

"Severe symptoms were reported 5 to 22 times more often by long Covid cases than by Covid controls, except for fever, cough, insomnia, anxiety, and depression (2.7 to 4.5 times)," said the Laval University in Quebec, Canada.

The study is based on 22,496 online survey participants and 3,978 telephone survey participants.

The results showed that

the risk of long Covid was two to three times higher after the initial infection (14.8 per cent). On the other hand, the risk of long Covid was 5.8 per cent after the first reinfection and 5.3 per cent after the second.

Buy vitamins and supplements

Notably, the risk for long Covid was highest following infections with the ancestral strain and lowest after Omicron infections.

However, because Omicron

caused such widespread transmission, that strain was associated with the most long-Covid cases.

"The study indicates that long Covid risk is roughly two-thirds lower following reinfection compared to first infection," the researchers said. "This may be partly related to greater host-specific resistance among individuals who did not have long Covid following their first episode," they added.

Australian researchers identify genes behind obsessive-compulsive disorder

AGENCIES
SYDNEY

Australian researchers have identified genes linked to obsessive-compulsive disorder (OCD), offering new hope for improved diagnosis and treatment of the debilitating mental health condition.

OCD is a mental condition and features a pattern of unwanted thoughts and fears known as obsessions.

Researchers at QIMR Berghofer, formerly the Queensland Institute of Medical Research, found 30 regions of the human genome and around 250 genes associated with the disorder, Xinhua news agency reported.

The team identified the genes by analysing DNA from more than 50,000 people with OCD and 2 million without the condition.

"We've been working on



this for many years, but these findings have dramatically increased our knowledge of the genetic basis of OCD," said Eske Derks, lead researcher and head of the Translational Neurogenomics Laboratory at QIMR Berghofer.

The genes identified are most active in the hippocampus, striatum, and cerebral cortex, areas of the brain already linked to OCD in previous neurological studies, according to the research, published in the journal Nature Genetics. Buy vitamins and sup-

plements

The findings also showed significant genetic overlap with other mental conditions such as anxiety, depression, anorexia, and other eating disorders. The study further highlights OCD's complexity.

OCD affects approximately 1 per cent to 3 per cent of the global population, ranging from compulsive cleaning and checking to fears about causing harm, inappropriate thoughts, or obsessive doubts about relationships and responsibilities.

"It not only impacts the individual but also the family, because everyone is trying to accommodate the OCD," said clinical psychologist Emily O'Leary.

She added that people with OCD are often trapped in constant fear of doing something wrong or harming those they love.

The study could fast-track diagnosis and lead to more targeted treatment, such as exploring how existing drugs used for other conditions could help treat OCD, said the researchers.

Minimise time spent sitting, move more often to reduce Alzheimer's risk: Study

AGENCIES
NEW DELHI

Increased sedentary behaviour, time spent sitting or lying down was associated with worse cognition and brain shrinkage in areas related to risk for developing Alzheimer's disease, according to a study on Tuesday.

The study by researchers from Vanderbilt University Medical Center (VUMC) and the University of Pittsburgh aims to discover how lifestyle habits can impact the likelihood of developing the disease.

According to a new research study published in Alzheimer's & Dementia: The Journal of the Alzheimer's Association.

"Reducing your risk for Alzheimer's disease is not just about working out once a day," said Marissa Gogniat, Assistant Professor of Neurology at Pitt.

"Minimising the time spent sitting, even if you do exercise daily, reduces



the likelihood of developing Alzheimer's disease," she added.

The team of researchers examined the relationship between sedentary behaviour and neurodegeneration among 404 adults aged 50 and older.

Study participants wore a watch that measured their activity continuously over a week. Their

sedentary time was then related to their cognitive performance and brain scans were captured over a seven-year follow-up period.

Participants who spent more time sedentary were more likely to experience cognitive decline and neurodegenerative changes regardless of how much they exercised.

The link between sedentary time and Alzheimer's was also stronger in participants who carried the APOE-e4 allele -- a genetic risk factor for Alzheimer's disease. The finding suggests that reducing sedentary time may be especially important for older adults who are at increased genetic risk for Alzheimer's disease.

The study showed that reducing sitting time could be a promising strategy for preventing neurodegeneration and subsequent cognitive decline.

"This research highlights the importance of reducing sitting time, particularly among ageing adults at increased genetic risk for Alzheimer's disease. It is critical to our brain health to take breaks from sitting throughout the day and move around to increase our active time," said Angela Jefferson, professor of Neurology at VUMC. Buy vitamins and supplements

Centre designates September 23 as new National Ayurveda Day

AGENCIES
NEW DELHI

The Union government on Tuesday designated September 23 as Ayurveda Day, marking a significant shift from the earlier practice of observing Ayurveda Day on Dhanteras.

The change was notified through a Gazette Notification dated March 23, the Ministry of Ayush said.

Calling the decision to change the date as "landmark", the ministry said it will enhance "the global visibility and consistency" of Ayurveda which is India's 5,000-year-old system of healing rooted in ancient wisdom and sustainable living.

Notably, Dhanteras is a festival observed in the Hindu month of Kartik (usually October or November). Its date fluctuates each year, posing logistical challenges for organising national and international observances of Ayurveda day, the Min-



istry said.

In addition, in the coming decade, the date of Dhanteras would continue to vary widely between October 15 and November 12.

To address this, the Ministry constituted an expert panel, which opined to establish a stable reference point for national and global celebrations of Ayurveda. September 23 was among the four potential dates proposed.

"This decision was guided by both practical and symbolic considerations," the Ministry said.

"The chosen date, 23rd

September, coincides with the autumnal equinox, a day when day and night are nearly equal. This astronomical event symbolises balance in nature, perfectly aligning with the Ayurvedic philosophy that emphasises equilibrium between the mind, body, and spirit. The equinox, representing cosmic harmony, underscores the essence of Ayurveda -- living in balance with nature," the ministry added.

The Ministry of Ayush initially declared National Ayurveda Day in 2016 on the birth anniversary of Dhanvantari, the Hindu

god of Medicine. The first Ayurveda Day was first celebrated on 28 October 2016.

"Ayurveda Day has been commemorated annually to promote Ayurveda as a scientific, evidence-based, and holistic system of medicine that plays a pivotal role in preventive healthcare and wellness," the Ministry said.

The Ministry urged individuals, health professionals, academic bodies, and international partners to embrace the newly designated date and actively participate in Ayurveda Day celebrations. Buy vitamins and supplements

Type 1 diabetes in adulthood increases cardiovascular disease, death risk: Study

AGENCIES
NEW DELHI

People who develop type 1 diabetes in adulthood have an increased risk of cardiovascular disease and death, according to a new research.

However, those diagnosed later in life do not have a better prognosis than those diagnosed earlier, according to the study conducted by researchers at Karolinska Institutet in Sweden, which pointed to smoking, poor glucose control and obesity as the main risk factors.

Research on adult-onset type 1 diabetes is limited, so the team wanted to investigate the risk of cardiovascular disease and death in this group, particularly for those diagnosed after the age of 40.

The study, published in European Heart Journal, identified 10,184 people diagnosed with type 1 diabetes in adulthood between 2001 and 2020



and compared them to 509,172 matched people in the control group.

The study shows that these people with adult-onset type 1 diabetes had a higher risk of cardiovascular disease and death from all causes, including cancer and infections, compared to the control group.

Yuxia Wei, postdoctoral fellow at the Institute of Environmental Medicine, Karolinska Institutet, said the main reasons for the

poor prognosis are smoking, overweight/obesity and poor glucose control.

"We found that they were less likely to use assistive devices, such as insulin pumps," Wei added.

Researchers plan to continue investigating adult-onset type 1 diabetes, including risk factors for developing the disease and the prognosis of other outcomes, such as microvascular complications. Optimal treatment

in adult-onset type 1 diabetes, including the effect of pump use and other advanced technologies, also needs to be explored.

The study was funded by the Swedish Research Council and the Swedish Diabetes Foundation, among others. The researchers report that there are no conflicts of interest. The results emphasise the seriousness of type 1 diabetes, even when it starts later in life, said the researchers.

**News in Brief****UAE clinch Bangladesh T20I series surprise**

AGENCIES

SHARJAH, MAY 22

Captain Muhammad Waseem and key player Alishan Sharafu have hailed the spirit of the UAE dressing room after a come-from-behind T20I series win against Bangladesh here.

The Emiratis completed the comeback on Wednesday night, chasing down Bangladesh's 162 in the final over of the match, powered by an unbeaten 87-run stand from just 51 balls between Sharafu and Asif Khan.

Sharafu (68 not out from 47 balls) and Asif (41 not out from 26) were methodical even as the required rate climbed over 10, wearing several blows from Bangladesh's pace attack and mixing singles in with boundaries at the backend.

The pair combined with three sixes in the 16th over to put the hosts in the driver's seat, with Sharafu eventually capping off a Player of the Match performance with a boundary.

Hockey India announces 24-member Team for FIH Hockey Pro League 2024-25 European Leg

AGENCIES

NEW DELHI, MAY 22

Hockey India on Thursday announced the 24-member Indian Men's Hockey Team for the European leg of FIH Hockey Pro League 2024-25 (Men), which is scheduled to take place in Amstelveen, the Netherlands and Antwerp, Belgium from June 7 to 22.

Experienced dragflicker Harmanpreet Singh will continue to lead the side as Captain with midfield maestro Hardik Singh joining him as Vice-Captain.

India will begin their European leg with two matches each against the Netherlands on June 7 and 9 followed by the double header against Argentina on June 11 and 12 at the Wagner Stadium in Amstelveen.

The team will then travel to Antwerp to face Australia on June 14 and 15 before they end their campaign against hosts Belgium on June 21 and 22.

The squad includes Krishan Bahadur Pathak and Suraj Karkera as the goalkeepers. Sumit, Amit Rohidas, Jugraj Singh, Nilam Sanjeev Kess, Captain Harmanpreet Singh, Jarmanpreet Singh,

Sanjay and Yashdeep



Siwach will occupy the team's defence.

In midfield, the team features Raj Kumar Pal, Nilakanta Sharma, Vice Captain Hardik Singh, young prodigy Rajinder Singh, Manpreet Singh, Vivek Sagar Prasad and Shamsher Singh while Gurjant Singh, Abhishek, Shilanand Lakra, Mandeep Singh, Lalit Kumar Upadhyay, Dilpreet Singh and Sukhjeet Singh will be the attackers for team India.

India played the home leg of the FIH Hockey Pro League 2024-25 (Men) in Bhubaneswar earlier this year where they secured fifteen points with five wins in eight games and now stand third in the points table. With the highest-placed team of the league securing a spot in the 2026 Men's FIH Hockey World Cup, India will be hoping to improve upon their performance and win maximum points in the remaining eight matches of the tournament.

Speaking on the squad selection, Indian Men's Team Chief Coach Craig Fulton stated, "We wanted a bit more experience in the squad this time around and I am really happy with the selection. The team has been training well as we're looking to try and push as hard as possible and win the Pro League. Since there's qualification for the World Cup on the line, we want to try and get as many points to put ourselves in a good position for that."

Reflecting on the Bhubaneswar leg and the way ahead, Fulton said, "We haven't drawn any games so far in the tournament and I believe we need to turn our losses into draws and then go for a shootout, so if we don't really get the desired results, we can still get points on the board. We also need to improve our penalty corner conversion rate so yes, we've got some good objectives to try and achieve this time around," he concluded.

England begin new era with commanding win over West Indies

AGENCIES

LONDON, MAY 22

Charlotte Edwards' tenure as head coach got off to a flying start as England cruised to a dominant victory over West Indies in the T20I series opener.

Despite West Indies captain Hayley Matthews stealing the show in the first innings with a stunning unbeaten century (100 not out), the target of 147 wasn't enough to halt England's charge.

England's chase was anchored by a brilliant unbeaten 81 not out from Sophia Dunkley, who was well-supported by former captain Heather Knight with 43 not out.

The pair put on a blistering 94-run partnership for the third wicket in just 10 overs, guiding England to victory with 21 balls and



eight wickets to spare in Canterbury.

Coming off a disappointing whitewash at the hands of Australia in the Women's Ashes earlier this year, England marked the beginning of a new chapter - with a new head coach and Nat Sciver-Brunt as the new all-format captain - in commanding fashion, an ICC report said.

Speaking after the game, Sophia Dunkley, who smashed her highest-

ever T20I score, praised the impact that head coach Charlotte Edwards had on the new-look England side.

"It was great to start the summer off with a win," Dunkley said.

"Lottie (Charlotte Edwards) has come in as a really calm person and really clear with what we want to do," she said.

"I wanted to come out and contribute to the team, try to impact the

game as much as possible. It was a good night. Heather has been outstanding around the group, nothing has really changed much on that front," Dunkley said. On the other side, the West Indies skipper Matthews pointed out the shortcomings of her side and what to expect from the rest of the series.

"A good day for myself but unfortunate not to get the win. Felt we were 15-20 runs short," Hayley Matthews said.

"We weren't able to build as many partnerships. Hard to defend 150, on the wrong end today.

Always good when you can hit a few well. Hope to carry the form through the series," she added.

England take on West Indies in the second T20I next at the County Ground in Hove on May 23.

Djokovic cruises into Geneva quarter-finals

AGENCIES

GENEVA, MAY 22

Novak Djokovic cruised into the quarter-finals at the Geneva Open as he began his latest bid for a 100th ATP title with a straight-set victory over Marton Fucsovics.

Djokovic, who turns 38 on Thursday, won 6-2 6-3 to record his first win on clay since completing the career Golden Slam at the



Paris 2024 Olympic Games last summer. The Serb will

return to the scene of that triumph - Roland Garros

- for the French Open in pursuit of a record-breaking 25th major title from Sunday.

Finalising his preparation for the second slam of the year, this opening victory in Geneva ended a three-match losing streak for Djokovic following first-round exits in Madrid and Monte Carlo since losing the Miami Open final in March.

Oman down USA in Super Over thriller

AGENCIES

LAUDERHILL (FLORIDA), MAY 22

Experienced captain Jatinder Singh was the hero as Oman clinched a thrilling Super Over victory against the USA in ICC Men's Cricket World Cup League 2 action here.

Jatinder scored a sensational century to help Oman post a good total of 266 that USA were able to match, before returning in the extra over to deliver the knockout blow as Oman moved up to third on the League 2 standings on Wednesday.

The experienced right-hander paced Oman's innings after they were sent into bat first by USA captain Monank Patel, eventually dismissed in the 41st over after contributing 100 from just 101 deliveries.

It looked like Oman had enough runs on the board to defend, but Jasdeep Singh took 17 from the final six deliveries to ensure the match was sent into a deciding Super Over.

Harmeet Singh and Andries Gous could only manage 13 runs from the USA Super Over, with Jatinder smashing 12 runs from the first three deliveries of Oman's extra over, eventually clinching the victory, an ICC report said

AGENCIES

LUCKNOW, MAY 22

With playoff qualification already secured, Royal Challengers Bengaluru (RCB) will be aiming to tighten their grip on a top-two finish when they take on Sunrisers Hyderabad (SRH) in Match 65 of the Indian Premier League (IPL) 2025 at Bharat Ratna Atala Bihari Vajpayee Ekna



Stadium here on Friday.

Having accumulated 17 points from 12 matches, RCB are one of the most consistent sides this season. The Rajat Patidar-

led outfit will look to avoid the knockout uncertainty of Eliminator 1 by sealing a place in the top two, which would grant them a crucial second shot at the final via Qualifier 1. For a side that has come close in the past but never lifted the trophy, this strategic advantage is invaluable.

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