

Sakeena Itoo addresses White Coat wearing ceremony of new MBBS batch at GMC Srinagar

HT News Network

SRINAGAR, OCT 08: Minister for Health and Medical Education, Social Welfare and Education, Sakeena Itoo today addressed the White Coat (apron) wearing ceremony of new MBBS batch at Government Medical College Srinagar and formally welcomed the students.

Secretary Health and Medical Education, Dr. Syed Abid Rasheed Shah; Principal GMC Srinagar, faculty members of the college and large number of students were present on the occasion.

Addressing the gathering, Minister Sakeena congratulated the fresh batch of students for securing admission to one of the oldest and most reputed medical institutions of J&K. She underlined that pursuing medicine is not merely an academic journey but a lifelong commitment to serve humanity with compassion, integrity, and professionalism.

"The medical profession is built on trust and empathy. As future doctors, your duty extends beyond treating diseases", she stated.

The Minister urged the students to blend scientific excellence with ethical responsibility, reminding them that medicine is both an art and a science.

Highlighting the government's continued focus on strengthening healthcare infrastructure and medical education, the Minister noted that



GMC Srinagar has played a pivotal role in shaping the healthcare landscape of Jammu and Kashmir. She assured full government support for ongoing projects aimed at upgrading teaching, research, and hospital facilities.

Secretary Health and Medical Education in his address spoke about importance of medical profession, ethics and emerging sciences and urged upon students to become best physicians.

Principal GMC Srinagar, Dr. Iffat Hassan in her speech touched various aspects of college including its origin and journey of becoming one of the major Medical colleges in J&K.

On the occasion, 174 students of MBBS batch 2025 were formally given white coat and the Minister made students to wear it. The Minister also felicitated students who participated in poster and skit competition.

On the occasion, Hippocratic Oath was also taken by the students of new MBBS Batch 2025.

Kulgam Police Conducts Inspection of SIM Vendors to Prevent Misuse

Farooq Rather

KULGAM, OCT 08: In a bid to strengthen internal security and curb the misuse of mobile communication services, Kulgam Police on Wednesday carried out special inspections of SIM card vendors across various locations in the district. The inspection drive aimed to ensure strict compliance with Know Your Customer (KYC) norms and verify that customer documents are being properly scrutinized before issuing SIM cards. Police teams conducted surprise checks at multiple outlets to prevent unauthorized



activation of mobile connections without valid credentials. During the inspections, police officers interacted with SIM vendors and highlighted their vital role in upholding the integrity of the telecom system. Vendors were clearly instructed to strictly follow all KYC and documentation protocols as mandated by the authorities to prevent the potential misuse of SIM cards in unlawful or anti-national activities.

Commenting on the drive, Senior Superintendent of Police (SSP) Kulgam, Shri Sahil Sarangal (IPS), stated, "Ensuring strict adherence to KYC norms is vital for preventing the misuse of mobile networks. Vendors are the first line of defense in safeguarding communication systems, and their cooperation is essential for maintaining security and public trust." The inspection campaign is part of Kulgam Police's broader initiative to promote responsible telecom operations, ensure public safety, and mitigate security threats linked to the unauthorized use of communication channels.

Srinagar Police Attaches Residential Property Worth ₹75 Lakhs in Major Action Against Drug Peddler

HT News Desk

SRINAGAR, OCT 8: In a significant step towards combating drug trafficking, Srinagar Police has attached a residential property and land valued at approximately ₹75 lakhs under the provisions of the Narcotic Drugs and Psychotropic Substances Act (NDPS Act).

The attached property — a shared double-storey residential house and 2.5 marlas of shared land (out of a total of 15 marlas) — is located at Kenihama, BK Pora, Nowgam.

As per revenue records, the property is registered in the name of Mohammad Jaffar Ganie, father of Parwaiz Ahmad Ganie alias



Pawa, who is presently lodged in District Jail Kathua under the Public Safety Act (PSA).

Parwaiz Ahmad Ganie has been named in FIR No. 128/2022 under Sections 8, 22, and 29 of the NDPS Act registered at Police Station Nowgam.

The investigation established that Parwaiz, being an active shareholder in the said property, holds a room in the residential house and 2.5 marlas of land. Based on this, the property was attached under Section 68-F of the NDPS Act.

The attachment was carried out in the presence of the Executive Magistrate First Class, BK Pora, and two independent witnesses, following thorough legal

ICDS Project Qazigund Holds Awareness Programmes in Qazigund and Levдора under 8th Rashtriya Poshan Maah

Farooq Rather

QAZIGUND, OCT 8: As part of the ongoing 8th Rashtriya Poshan Maah (September 17 to October 16, 2025), the Integrated Child Development Services (ICDS) Project Qazigund on Wednesday organised a series of awareness programmes in Qazigund and Levдора areas. The programmes were conducted under the supervision of CDPO Firdosa Akhter. The primary objective of the initiative was to raise awareness among the local population about essential topics such as nutrition, sanitation, and welfare schemes aimed at women and children. ICDS officials and Anganwadi workers engaged in interactive discussions with the community, shedding light on the key themes of this year's Poshan

Maah. These included addressing obesity, reducing the intake of sugar and oil, promoting early childhood care and education, improving infant and young child feeding (IYCF) practices, increasing male participation in nutrition, strengthening digital outreach, and fostering local empowerment for a healthier society.

Speakers at the events emphasised the importance of personal hygiene and a clean environment as critical components of public health, particularly for the well-being of mothers and children. Participants were encouraged to adopt balanced diets, maintain cleanliness, and actively take part in government welfare initiatives.

The programmes witnessed enthusiastic participation from

women, children, and other local residents. Along with Project Officer Firdosa Akhter, ICDS Supervisors including Mansoor Ji, Jameela Ji, Shabeena Ji, Rifat Ji, Afrozha Ji, Reshma Ji, Shazeya Ji, Showkata Ji, and other supervisors, as well as Nutrition Mobiliser Tariq Ahmad and various field workers, addressed the gatherings. They stressed the need for sustained awareness and community-driven efforts to achieve the objectives of Poshan Abhiyaan.

The department reaffirmed its commitment to expanding grassroots outreach and ensuring that messages about nutrition, childcare, and hygiene reach every segment of society. The overall goal remains the creation of a healthier, better-nourished, and self-reliant nation.

Tulkul Arts revives the Kashmir's Folk Traditions

Gulfam Barji

BUDGAM, OCT 8: Tulkul Arts and Media Collective, Hanjigund Chadoora, Budgam (Kashmir), successfully carried out a Ministry of Culture, Government of India-approved project titled "Wanvun (The Dying Folk Art of Kashmir)" from 11 May to 31 August 2025.

Under this project, extensive documentation of several dying folk art forms of Kashmir was undertaken across various regions of Jammu & Kashmir. These included Bhand Pather, Bhand Chuk, Hafiz Nagma, Rouf, Bacha Nagma, Kashmiri Handicrafts, Kashmiri Wazwan, Traditional Costumes of Kashmir, Wanvun and Henziye Wanvun. This research-based initiative was led by Mr. Rayees Wathori with the support of Mr. Tahir Ahmad Najjar.

The project not only contributed significantly to the preservation and promotion of Kashmir's rich



Satish Sharma unveils vision for connected, Cyber-Secure J&K at India Mobile Congress 2025

HT News Desk

NEW DELHI, OCT 08: Minister for Food, Civil Supplies & Consumer Affairs, Information Technology, Transport, Youth Services and Sports, Satish Sharma today said that Jammu & Kashmir is witnessing a "new digital dawn" where technology is empowering every citizen, transforming governance, and securing the digital future.

The Minister was speaking at India Mobile Congress and Round table conference of the State IT Ministers, which was inaugurated by Union Minister for Information Technology, Jyoti Radtaya Scindia. Minister Sharma said that ongoing

initiatives are not just about expanding telecom infrastructure but about building an inclusive, connected, and secure Jammu & Kashmir. "Digital connectivity today is not a privilege but a necessity, it carries education to a student in Kupwara, healthcare to a patient in Poonch and opportunities to an artisan in Anantnag," the minister maintained. Highlighting the digital transformation under the Amended BharatNet Project, the Minister informed that high-speed Optical Fibre Cable is being laid to connect 4,299 Gram Panchayats and 2,574 villages.

He said BSNL will extend Fiber-to-the-Home (FTTH) connections

to 2,234 Government Schools and 1,138 Public Health Centres across rural areas, enabling e-learning and telemedicine facilities.

Satish Sharma said that new mobile towers are also being established in remote and border areas to eliminate digital isolation. The Minister added that preparations for the 5G rollout in key urban centres are underway, which will accelerate entrepreneurship, innovation, and smart governance. Reaffirming the Government's commitment to digital safety, Satish Sharma said, "As we connect every home, we must also secure every byte of data and every citizen's trust." He informed that Jammu & Kashmir's

Cyber Security Policy 2022, developed in coordination with MeitY and MHA, provides a strong framework for cyber resilience.

Referring to initiatives during 2024, the minister said that the Cyber Police recovered over ₹4.7 crore for victims of online fraud through the National Cyber Crime Reporting Portal while hundreds of cases were successfully resolved. The induction of Cyber Commandos has further strengthened the response to cyber threats.

"Currently, 183 CISOs and ISOs are overseeing cyber protection across departments, supported by a Cyber Multi-Agency Centre for real-time intelligence sharing. A Security

Operations Centre (SOC) is operational, and a Mini SOC at NIC NOC is under process in Jammu and Kashmir," the Minister maintained. A committee has also been formed for the transition from IPv4 to IPv6, ensuring network readiness for future technologies, the Minister informed.

Satish Sharma said that the government has issued strict directions mandating the use of official email IDs for all communications and prohibiting non-government email use for official work. Steps have also been taken to disable unauthorized USB devices, promote Government Drive (GOV Drive) for secure storage, and implement web security protocols for virtual meetings.

cultural heritage, but also drew wide appreciation from the people of the Valley for the Ministry of Culture's farsighted initiatives. During the course of this project, local folk artists were provided with platforms to showcase their artistic skills. Equally important, workshops were organized that benefited younger generations who, in today's age of digital technology, had grown distant from their artistic legacy.

Another remarkable outcome was the opportunity to reconnect with members of the Kashmiri Hindu community who had migrated during the turmoil of the 1990s. In collaboration with these communities, special workshops and performances of Henziye Wanvun were conducted, strengthening bonds and reviving shared traditions.

In essence, this project proved impactful on multiple levels—artistically, culturally, and socially—achieving its objectives in preserving and reviving Kashmir's FOLK traditions for future generations.

Sakeena Itoo reviews progress on recruitments in Health, Education Social Welfare departments

Calls for timely filling of posts in these vital sectors

■ HT News Desk / DIPR

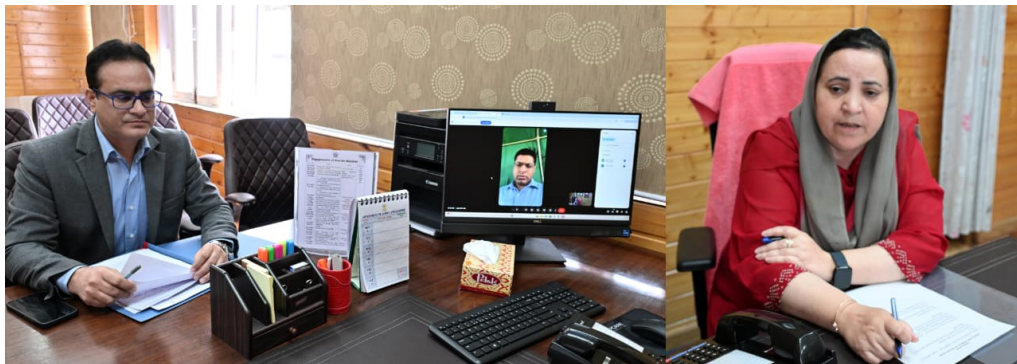
SRINAGAR, OCTOBER 08: Minister for Health and Medical Education, Sakeena Itoo today reviewed the ongoing process of recruitments in the Health and Medical Education, Social Welfare and Education departments, emphasizing the need for expediting appointments to ensure better service delivery at the grassroots level.

Chairing a review meeting with senior officers of Jammu and Kashmir Service Selection Board (JKSSB), the Minister underlined the importance of strengthening key public service sectors, particularly health, which continues to play a critical role in community welfare. She expressed concern over the delay in filling vacant posts and directed that all procedural bottlenecks be addressed on priority to ensure timely recruitment.

"The health sector is directly linked to the well-being of our people. Timely filling of medical, paramedical, and support staff positions is essential for improving patient care and reducing the workload on existing employees," Minister Sakeena maintained.

The Minister also took stock of vacancies in the Education department, stressing that schools, especially in rural and far-flung areas, must not suffer due to staff shortages. She called for a transparent and merit-based recruitment process to ensure deserving candidates are given fair opportunities.

The Minister urged the concerned authorities to maintain coordination between recruiting agencies and departments to avoid unnecessary delays. She reiterated her commitment to ensuring that both the health and education sectors receive focused attention, noting that these are the pillars of a progressive and inclusive society.



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"The youth of Jammu and Kashmir are our strength. Creating employment opportunities through timely and transparent recruitment will not only strengthen institutions but also restore faith in governance," the Minister stated.

While reviewing status of recruitments in Social Welfare department, Sakeena Itoo underscored the need for regular monitoring and inter-departmental coordination to avoid

procedural delays. She called upon officials to submit detailed status reports on vacancies, selection progress, and appointment timelines to ensure continuous oversight.

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DC Baramulla holds Block Diwas at Wagoora, addresses several Public Grievances On-Spot

■ HT News Desk / DIPR

BARAMULLA, OCTOBER 08: Deputy Commissioner Baramulla, Minga Sherpa, today presided over a Block Diwas at Wagoora, an initiative aimed at bringing governance closer to the people and providing a platform for citizens to directly present their grievances and developmental concerns.

During the programme, residents and Public representatives highlighted several pressing issues, including the need for improved water supply, uninterrupted power supply, better road connectivity, and enhanced school infrastructure, along with other local development concerns.



The DC listened to the issues patiently, ensuring that every concern raised was carefully noted. Several issues were resolved on the spot, reflecting the administration's proactive approach to citizen grievances.

Following the hearing, the DC directed the concerned officers to take immediate and time-bound action on all pending issues, emphasizing the importance of efficiency, accountability, and responsiveness in public service delivery.

Speaking on the occasion, the DC said, "Block Diwas is an important initiative to strengthen the interface between the administration and the people. It allows citizens to directly present their concerns and helps us ensure that developmental schemes and services reach every part of the block. Our aim is to address issues promptly and ensure that governance truly reaches the doorstep of every citizen."

Earlier, the DC inspected various stalls installed by different departments, aimed at creating awareness among the public regarding welfare schemes and benefits available to them.

Javid Dar inaugurates International Geospatial Conference at IUST

Reiterates Government's commitment to sustainable, technology-driven development across J&K

■ HT News Desk / DIPR

AWANTIPORA, OCTOBER 08: Minister for Agriculture, Rural Development, Panchayati Raj and Cooperatives, Javid Ahmad Dar, today inaugurated the International Conference on "Mapping the Future of Sustainable Landscapes: Geospatial Innovation for People, Places and Practices" at Islamic University of Science and Technology (IUST) here.

The two day Conference organized by IUST in collaboration with the International Society for Photogrammetry and Remote Sensing (ISPRS) brings together global experts, academicians and policymakers to deliberate on the role of geospatial technologies in advancing sustainable development.



In his inaugural address, the Minister emphasized that the conference holds great relevance for the agriculture and horticulture sectors of Jammu & Kashmir, where geospatial innovations can help enhance productivity, resource management, and ecosystem conservation. He reiterated the J&K

Government's commitment to sustainable and technology-driven development, underscoring that science, innovation, and community participation must work together to address emerging environmental challenges.

Vice Chancellor, Prof. Shakil Ahmad Romshoo in his address

highlighted IUST's contributions to geospatial research and innovation and announced the establishment of a new incubator to develop a student-led "Kashmir Satellite" under the National 75 Student Satellite Mission.

The conference featured plenary sessions, technical pre-

sentations, and expert interactions focused on leveraging geospatial innovation for sustainability, resilience, and smart governance

Dr. Christian Heipke (Professor, Former President, ISPRS), Dr. Lena Halounova (President, ISPRS), Dr. Kohei Cho (General Secretary, Asian Association of Remote Sensing, Tokyo), and Dr. Shailesh Nayak (Director, National Institute of Advanced Studies, India), Prof. Ravindra Nath, Vice Chancellor, Central University of Kashmir, Prof. Anjana Vyas, Chairperson ICWG V4V, ISPRS, Prof. A. M. Moon, Dean Academic Affairs, Dr. Tariq Abdullah, Head, Dept. Of Geomatics and Dr. Jasia Bashir, Assistant Professor, Geomatics were present on the occasion.

Sheetal Nanda reviews progress of ongoing development works in Forest sector

■ HT News Desk / DIPR

SRINAGAR, OCTOBER 08: Commissioner Secretary, Forest, Ecology, and Environment, Sheetal Nanda, today chaired a high-level meeting to review the progress on ongoing development works being executed across the Union Territory in the Forest and allied sectors.

The meeting focused on initiatives under various schemes including CAPEX, Compensatory Afforestation Fund Management and Planning Authority (CAMPA), Centrally Sponsored Schemes (CSS), and Green India Mission (GIM).

During the detailed review many issues were discussed threadbare including District-wise physical and financial achievements for the year 2024-25 and 2025-26 under various Centrally sponsored schemes. Also discussion was held on the funds received, expenditure incurred, utilization certificates submitted under CSSs/CSs (2024-25). She also reviewed the Annual Plan of Operations (APOs) ap-

proved and funds received for the year 2025-26 as well as work-wise physical and financial progress under UT CAPEX budget (2025-26). Updated progress in respect of budget announcements for the year 2025-26 were also discussed. Latest status of approved projects under Special Assistance to States for Capital Investment (SASCI) was also reviewed.

Commissioner Secretary exhorted officers to ensure that all schemes, especially the Centrally Sponsored Schemes, are implemented in letter and spirit. She laid stress on intensifying plantation drives and expediting financial bookings especially under CAPEX Budget throughout the districts.

The Commissioner Secretary issued strict directives for the timely execution and quality delivery of all departmental projects. She directed various departments under the Forest umbrella to ensure a minimum of 70% of all planned works, including infrastructure upgrades, afforestation

and other conservation efforts are completed by December 2025.

The Commissioner Secretary directed that winter plantation activities must commence immediately in temperate zones of UT. She underlined that this initiative will cover degraded forest areas, urban green spaces and community lands.

Implementing agencies were urged to immediately expedite the installation of Boundary Pillars (BPs) for forest land demarcation as well as in wetlands across UT, to ensure legal protection and clarity of forest boundaries.

Recognizing the potential of Ecotourism in promoting sustainable livelihoods, the Commissioner Secretary instructed that all pending Nagar Van (Urban Forest) projects must be finalized and made operational by December 2025. She added that these projects aim to create accessible green spaces in urban areas, fostering community engagement and biodiversity conservation.

Pulwama Enforcement team Launches Drives to Enforce GST Reform Benefits

■ HT News Desk / DIPR

PULWAMA, OCTOBER 08: The district-Level Enforcement Team Pulwama today continued a series of intensive enforcement and awareness drives across the district to ensure the effective implementation of the Next Generation GST Reforms 2.0 and the transfer of its benefits to consumers.

During the drive, the team conducted thorough inspections of various pharmacies, directing them to strictly adhere to the revised, lower prices of medicines and other items as per the new tax structure. The officers scrutinized billing records to ensure compliance with the revised rates.

The squad also visited various commercial establishments, including retail outlets and supermarkets. They verified sales invoices to confirm the application of reduced GST rates. The team directed the managers to ensure that all old unsold stock is billed and sold at the revised rates, reflecting the updated tax reductions.

Furthermore, inspections were carried out at several industrial units registered with the Department of Industries & Commerce. The enforcement team checked the billing systems, ensuring fair pricing and consumer welfare.

A key directive issued during the inspections was the mandatory requirement for all commercial establishments to prominently display product lists where GST rates have been reduced. This measure aims to ensure that the public is fully aware of the price benefits, thereby empowering consumers and promoting transparency in the market.

Additionally, a GST Suvidha Kendra has been established by the State Taxes Department, Pulwama, to extend comprehensive assistance to taxpayers and address any challenges faced during the transition to the revised GST framework. The centre also serves as a public facilitation point where citizens can register complaints or grievances related to GST compliance and pricing.

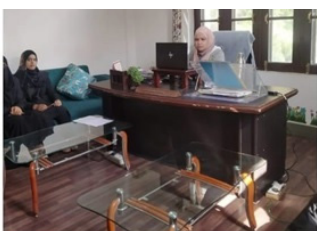
DLSA Budgam holds review meeting with LADCs

■ HT News Desk / DIPR

BUDGAM, OCTOBER 08: The District Legal Services Authority (DLSA) Budgam today convened a review meeting with all Legal Aid Defence Counsels (LADCs) at the office chamber of the Secretary, DLSA Budgam.

The meeting, chaired by Secretary, DLSA Budgam, Nusrat Ali Hakak aimed to assess the performance of the Legal Aid Defence Counsels and to ensure adherence to the standards of service delivery.

The meeting was attended



by Chief Legal Aid Defence Counsel, Lateef Ahmad Khan, Deputy Legal Aid Defence Counsel, Nazeer Ahmad Wagay and Assistant Legal Aid Defence Counsels.

During the session, the counsels shared their experiences, discussed challenges encountered in the field, and offered constructive suggestions to further strengthen the delivery of legal aid services. Key points of discussion included ensuring quality legal representation, expediting the disposal of pending cases, and improving coordination among

the counsels to enhance access to justice.

Nusrat Ali Hakak emphasized the importance of providing efficient, accessible, and high-quality legal aid services. She reaffirmed DLSA Budgam's commitment to delivering free and effective legal assistance to the underprivileged and marginalized sections of society.

The meeting concluded with a shared resolve to streamline legal aid mechanisms and improve the overall efficiency of legal service delivery across the district.

DLSA Budgam launches Awareness Drive on Welfare Schemes

■ HT News Desk / DIPR

BUDGAM, OCTOBER 08: The District Legal Services Authority (DLSA), Budgam launched Campaign under which several Programmes, drives, door to door campaigns, one to one interactions etc. were conducted in various areas of District Budgam in order to sensitize people about the various benefits and welfare schemes available for the widows.

A team of Para Legal Volunteers (PLV) was deputed for the said Campaign which was conducted in view of NHRC advisory on protection of human rights of widows.

The programme was conducted under the leadership of Chief Justice of the High Court of Jammu & Kashmir and Ladakh, and Patron-in-Chief, J&K Legal Services Authority, Justice Arun Palli, and Executive Chairman, J&K Legal Services Authority, Justice Sanjeev Kumar and was conducted under the directions of Member Secretary, J&K Legal Services Authority, Sha-



zia Tabassum; Chairman, District Legal Services Authority, Budgam, O.P. Bhagat. The Campaign was launched under the active guidance of Secretary, DLSA Budgam, Nusrat Ali Hakak.

The primary objective of

the campaign was to sensitize people about the various benefits and schemes available to widows, ensuring that they are made aware of and subsequently they can avail themselves of the welfare measures and legal aid provided

for their support and empowerment.

The PLVs of DLSA Budgam conducted door-to-door awareness campaigns, one to one interaction Sessions with the widows in need and several other community

awareness drives were conducted by the deputed PLV's of district Budgam across the length and breadth of the district to inform the general public about the wid-ow welfare schemes available in Jammu and Kashmir.

PLVs imparted awareness regarding prominent schemes for widows in the Union Territory which including Indira Gandhi National Widow Pension Scheme (IGNWPS) which Provides financial assistance to eligible Below Poverty Line (BPL) widows aged 40 years and above, Integrated Social Security Scheme (ISSS) which is a state-sponsored initiative providing financial aid to widows and women in distress, AASRA Scheme which offers insurance coverage to destitute and underprivileged women and State Rehabilitation Council's Schemes which Provides pensions to widows of militancy victims.

DLSA Budgam is Committed that human rights of all human beings particularly widows are protected and promoted.

Poonch: DLIC approves 419 cases under Mission YUVA

■ HT News Desk / DIPR

POONCH, OCTOBER 8: The District Level Implementation Committee (DLIC) for Mission YUVA met today under the chairmanship of Deputy Commissioner Poonch Ashok Kumar Sharma here at the DC Office Complex.

The committee approved 419 fresh Loan assistance cases under Mission YUVA, marking another major milestone in promoting entrepreneurship, self-employment and youth empowerment.

The meeting was attended by General Manager DIC Khalid Wafa; Deputy Director Employment, Abdul Majid Tantray and other members of the Small Business Development Unit (SBDU).



The members actively participated in the deliberations and shared valuable inputs to enhance transparency and efficiency in the implementation process.

The Deputy Commissioner emphasized the importance of coordinated efforts among all stakeholders for the timely processing and disbursement of approved cases. He reiterated that Mission YUVA is not merely a financial support program but a transformative initiative aimed at empowering youth and fostering an entrepreneurial ecosystem in the district.

The concerned departments were directed to maintain block-wise, panchayat-wise and activity-wise records of sanctioned cases for effective monitoring and evaluation. The Lead District Manager (LDM) was asked to ensure speedy disbursement of approved cases to facilitate early start of beneficiary ventures.

Highlighting Mission YUVA as a key driver of employment generation, Sharma called for regular field verification and follow-up to ensure all sanctioned projects are implemented as per approved plans. He urged all implementing agencies to provide continuous mentoring and handholding support to beneficiaries.

DC Kupwara Reviews Progress on Establishment of Kendriya Vidyalaya Kupwara

■ HT News Desk / DIPR

KUPWARA, OCTOBER 8: The Deputy Commissioner (DC) Kupwara, Shrikant Suse today convened a meeting of concerned officers at the DC Office Complex to review the progress and resolve issues related to the establishment of Kendriya Vidyalaya Kupwara.

During the meeting, the DC directed the concerned Tehsildar to demarcate the land identified for the project as requested by Kendriya Vidyalaya Sangathan and to submit the compliance report at the earliest. He further instructed the District Education Planning Officer, Kupwara, to finalize the registration formalities of the land and submit the same within three days to facilitate early initiation of the project.

The DC also directed the nodal officer for KV Drugmulla (Principal Kendriya Vidyalaya Baramulla) to make necessary arrangements for starting the academic activities of Kendriya Vidyalaya at the temporary accommodation provided by the district administration, ensuring that the institution becomes functional without further delay.

He emphasized that the establishment of Kendriya Vidyalaya in Kupwara will play a pivotal role in strengthening the educational ecosystem of the district, providing students with access to high-quality education, national-level curriculum, and enhanced co-curricular opportunities.

The DC further directed all line departments, including Revenue, Education, and R&B, to work in close coordination for removal of any bottlenecks related to infrastructure, connectivity, or utilities required for the proposed site.

He also directed the officers to maintain regular communication with Kendriya Vidyalaya Sangathan to ensure that all administrative and procedural requirements are completed within the stipulated timeframe.

DC Suse reiterated that ensuring the early functioning of Kendriya Vidyalaya is among the top priorities of the district administration. He added that the district administration is committed to providing all necessary support and facilitation so that the students of Kupwara can avail the benefits of quality education at par with national standards.

DC Baramulla Convenes DLSCC Meeting Fresh SRO-43 Cases Recommended

■ HT News Desk / DIPR

BARAMULLA, OCTOBER 08: Deputy Commissioner (DC) Baramulla, Minga Sherpa, today convened a meeting of the District Level Screening-cum-Coordination Committee (DLSCC) at the DC Office Baramulla to review 31 cases filed under SRO-43 by the next of kin (NoKs) of militancy-affected victims.

The meeting was aimed at ensuring the timely and transparent disposal of compassionate appointment cases and extending due support to the families affected by militancy in the district.

After detailed scrutiny, 10 cases



were approved, 11 sent for reverification, and 10 cases were rejected during the meeting.

Speaking on the occasion, the DC emphasized the need for speedy and transparent processing of such cases to ensure that victim families receive timely relief. He directed the concerned officers to expedite

verification and documentation of the remaining cases and ensure their disposal in a time-bound manner.

The Committee also recommended fresh cases of eligible individuals from Baramulla district to the Government for consideration of compassionate appointments under SRO-43, in line with the laid down norms and procedures.

The meeting was attended by Senior Superintendent of Police Baramulla Gurinderpal Singh, Superintendent of Police Sopore, senior officers from the Army, BSF, CRPF, and other concerned departments and agencies.

JMC Commissioner inspects restoration work at Gorkha Nagar cremation Ground

■ HT News Desk / DIPR

JAMMU, OCTOBER 8: Commissioner Jammu Municipal Corporation (JMC) Dr. Devansh Yadav today visited the Gorkha Nagar area to take stock of the situation following recent heavy rains and floods that caused considerable damage to the area.

The Commissioner visited the Gorkha Nagar cremation ground used by residents of Gorkha Nagar, Bahu Fort and adjoining localities for performing last rites of the deceased.

The recent flooding of Tawi River caused significant damage to the surrounding infrastructure including the crematorium. The boundary walls and pathways were affected and a large quantity of silt, debris and garbage got deposited in and around the premises, making it difficult for the local population to access the site.

Acting swiftly after the floods, the Jammu Municipal Corporation initiated and emergency clearance work. JCB machines were deployed to remove the accumulated debris and to clear the approach roads to the crematorium. He instructed the officials to expedite the repair of damaged infrastructure and ensure that the site is restored in a time-bound manner.

"The recent floods caused significant damage across various parts of Jammu city, and the Gorkha Nagar crematorium was among the affected sites. The Corporation immediately initiated clearance and restoration activities to provide relief to the residents. A detailed proposal has already been submitted to the government for the release of funds to carry out comprehensive flood restoration works in different parts of the city, the Commissioner said



and added that as soon as the funds are released, all pending works will be executed at the earliest. However, keeping in view the sentiments and immediate needs of the people, the Jammu Municipal Corporation has already begun temporary restoration and repair work at the cremation ground."

The Commissioner further informed that JMC will undertake the construction of raised platforms and installation of tin sheds at the crematorium to facilitate smooth

conduct of cremation rituals in all weather conditions. He emphasized that peoples' emotions are deeply associated with cremation grounds and that the Corporation will make every possible effort to ensure that such sacred places are maintained with dignity and respect.

Dr. Yadav also directed the concerned officials to prepare a detailed report on the damages and the required interventions so that a comprehensive plan can be implemented once financial as-

sistance is received. He reiterated JMC's commitment to maintaining cleanliness, sanitation and basic amenities at all public facilities, including cremation grounds, graveyards and other community infrastructure.

The local residents and representatives of the area expressed their gratitude to the JMC Commissioner for his prompt action and personal visit to the site. They appreciated the efforts of the Corporation for addressing their concerns and ensuring early restoration of the crematorium which holds emotional and cultural importance for the people of the area.

Among others, Joint Commissioner (Works) Firdous Ahmed Qazi, Health Officer Dr. Vinod Sharma and Executive Engineer Bashir Ahmed Kichloo accompanied the Commissioner during the visit.

DC Dedicates 128-Slice CT Scan Machine to GMC Kathua under CSR Initiative of Power Grid Facility costing ₹7 crore to benefit around 12,000 patients annually

■ HT News Desk / DIPR

KATHUA, OCTOBER 08: In a major boost to diagnostic healthcare facilities in the district, a 128-Slice CT Scan Machine was today dedicated to the public at Government Medical College (GMC) Kathua under the Corporate Social Responsibility (CSR) initiative of Power Grid Corporation of India Limited, a Government of India enterprise.

The state-of-the-art diagnostic facility, costing ₹7 crore, is expected to benefit around 12,000 patients annually by providing faster, high-resolution, and more precise diagnostic imaging services to the people of Kathua and adjoining areas.

Deputy Commissioner Rajesh Sharma, who graced the occasion as the Chief Guest, lauded Power Grid Corporation for its vital contribution toward strengthening healthcare infrastructure in the district. He noted that the installation of this advanced machine will substantially reduce the referral load to tertiary care hospitals, ensuring timely diagnosis and treatment for patients within the district itself.

While appreciating the initiative, the DC said that the introduction of the 128-slice CT Scan machine marks a milestone in modernizing diagnostic services in GMC Kathua. He emphasized that collaborations between



government institutions and public sector enterprises like

Power Grid play a crucial role in bridging healthcare infrastruc-

ture gaps and improving accessibility of quality services to the

common people.

The machine was formally handed over to the Principal, Government Medical College Kathua, Dr. Surinder Kumar Attri, by Executive Director, NR-II, Tarun Bajaj, and Executive Director, CC-CSR, Power Grid, Jasbir Singh, in the presence of senior faculty members, doctors, and hospital staff.

After the formal handing over, the Deputy Commissioner dedicated the facility to the public, marking its official commissioning. He also interacted with the hospital staff and technicians, directing them to ensure optimal utilization of the facility for the benefit of the maximum number of patients.

The DC urged Power Grid to continue its collaboration with the district administration through similar CSR initiatives in the fields of health, education, digital infrastructure, and social welfare. He assured full administrative support for future partnerships aimed at improving public services and enhancing the quality of life of the people of Kathua.

Principal GMC Dr. Surinder Kumar Attri expressed gratitude to Power Grid and the District Administration for their support, stating that the new CT Scan facility will significantly enhance diagnostic capabilities and patient care at the medical college.

HT EDITORIAL

Despite multiple natural calamities people not ready to learn a lesson

Twenty years ago on October 8, 2005 a devastating earthquake took the lives of thousands of people in this part of Kashmir and the one located across the border. Thousands of houses, shops, government offices, schools, colleges, hospitals and commercial establishments were damaged with many among them reduced to rubble. Following this natural calamity the government departments, non-governmental organizations and individuals came forward to help the people who suffered.

It took years for the people to come to terms and live their lives in a normal manner. At the same time the damaged infrastructure was rebuilt only after years and even today there are some educational institutions that have been reconstructed or restored. Once the impact of the earthquake was over and people began to search for the reasons responsible for the natural calamity it came out that tampering with Mother Nature was one such reason. People pledged not to further play with nature but the same remained on papers only.

As on date the common masses continue to tamper with Mother Nature and they seem to have very little remorse about the same. Recent incidents of landslides in the different parts of the country aptly proved that the people have caused a lot of damage to the environment and there is no end to the same. Numerous human lives were lost in such incidents and properties worth crores also got damaged.

Ever since the devastating earthquake of 2005 many natural calamities have taken place not only in Jammu & Kashmir but also in the other parts of the country. Even though people lost lives in these incidents, people are not ready to learn a lesson. They are hell-bent on causing further damage to the environment and for the same they can go to any extent. Given the greedy nature of human beings there is no end to the tampering with Mother Nature and one fear that the same will never end.

Over the years houses, hotels and commercial establishments have come up on hillocks and mountains and as soon as there is some natural calamity these establishments suffer maximum damage. In the same breath there are human casualties and many others injured in such incidents. The law enforcing agencies need to be more strict and the municipal bodies should follow the rules and regulations in letter and spirit. Nobody should be allowed to take law in their own hands and stern action needs to be taken against the violators.

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Every Moment Carries Double the Weight: Countdown to JKBOSE Exams



Javaid Bhat

Students must not postpone solving tricky problems or unclear concepts. Seeking timely guidance from teachers, peers, or study groups ensures that no topic is left unattended. "One unresolved doubt today can cost marks tomorrow," says Madam Urooj Islam Lecturer Chemistry at BHSS Kukroosa



As the clock ticks down to the Jammu and Kashmir Board of School Education examinations, students of Classes 10th, 11th, and 12th find themselves in the most crucial stretch of their academic journey. With only weeks remaining, teachers, parents, and educationists alike stress that every moment carries double the weight at this stage.

This year's examinations carry even greater significance as the academic session has shifted from March to November, leaving students with the minimum classroom days than before. The reduced teaching period has added pressure the students to complete the syllabus in time. Many schools had to compress lessons, while students were left with the task of managing more self-study than usual. Experts caution that the shortened academic calendar demands smarter planning and disciplined revision.

Educationists advise that students should create a realistic study timetable, allocating specific hours to each subject daily. More focus must be given to difficult topics and subjects carrying higher weightage in exams. Short, focused study sessions of 40-50 minutes followed by 10-minute breaks are considered more effective than long, tiring hours.

Revision should not be left for the last few days. Instead, students are encouraged to revise chapter-wise summaries, important formulas, and key

definitions regularly. Practicing previous years' question papers and sample tests will also help students understand the exam pattern, improve writing speed, and reduce last-minute anxiety.

Students must not postpone solving tricky problems or unclear concepts. Seeking timely guidance from teachers, peers, or study groups ensures that no topic is left unattended. "One unresolved doubt today can cost marks tomorrow," says Madam Urooj Islam Lecturer Chemistry at BHSS Kukroosa.

Therefore, parents are urged to provide a calm and supportive atmosphere at home. Instead of creating pressure, they should encourage confidence and discipline in their children. Gentle reminders, nutritious meals, and positive words can go a long way in reducing exam stress.

For students, these weeks are not about starting from scratch but about strengthening what they already know. In the backdrop of a shortened academic year, regular practice, disciplined revision, and a balanced lifestyle become even more crucial to turn pressure into performance.

The November session change has compressed preparation time, but with determination and smart planning, students can rise to the challenge. Truly, every moment now carries double the weight.

Kashmir Valley Walnut (Doon) Harvesting Season

The walnut harvesting season in Kashmir Valley is a truly uplifting experience that unfolds during the autumn months, from August to mid-October, with the main harvest typically concentrated around September, perfectly coinciding with the optimal ripeness of the walnuts.

For thrashing purposes, visionary "walnut thrashers" employ a remarkable skillset, ascending trees without footwear and using extended cedar or willow implements to dislodge mature walnuts, thereby embracing potential challenges, including falls from heights ranging from 30 to 45 meters.

In Kashmir Valley, there are multiple types of walnuts. Kagazi walnuts are large in size and have a thin shell, making them easy to open. Burzul walnuts are medium-sized, with a thick, dark outer shell and delicious kernels. Wonth walnuts are characterized by their hard shell, which is often used for extracting walnut oil.

Kashmiri walnuts, cultivated organically, offer an exceptional taste and rich nutritional value. These walnuts are abundant in omega-3 fatty acids, especially alpha-linolenic acid (ALA), which has demonstrated the ability to diminish the risk of heart disease by decreasing harmful cholesterol and enhancing blood circulation.

Walnut growers in Kashmir Valley are encountering challenges such as a scarcity of processing facilities, inadequate packaging support, and limited market access, which frequently result in unsatisfactory profits. These fundamental issues warrant the attention of the present government. It is highly probable that the government will implement measures to improve returns, thereby ensuring the complete satisfaction of walnut producers. Furthermore, it's highly likely that tackling these challenges could elevate satisfaction among walnut producers, though outcomes depend on policy specifics and implementation potency, unlocking a brighter future for all.

Besides the walnut business, fruit growers in Kashmir also faced difficulties due to the National Highway blockage, leading to unfortunate circumstances. This business is recognized as a significant source of income



in Kashmir, and its current impact on Kashmiri fruit growers has created a challenging situation.

Kashmiri walnuts are a shining example of the region's rich natural heritage, boasting exceptional flavour, nutritional value, and health benefits that are shared with the world, including countries like the UK, the Netherlands, and France.

The Comfort Trap: How Our Obsession with Government Jobs Kills Innovation



Aamir Wani

The system is designed to keep employees dependent — financially stable, yet mentally confined. You are paid just enough to survive, not enough to truly live. Creativity is discouraged, and risk-taking is seen as foolishness. In many ways, it becomes a modern form of slavery — polished and accepted by society, but still a cage



For generations, society has equated education and government jobs with success, stability, and respect. Parents dream of seeing their children as doctors, engineers, or civil servants — not necessarily because these paths align with their child's passion, but because they represent safety and social status. Yet, beneath this traditional mindset lies an uncomfortable truth: most people following this path live a predictable, restricted life — one that offers comfort, but rarely freedom or fulfilment.

The Illusion of security

A government job promises stability — fixed working hours, a steady salary, and the assurance of retirement benefits. It appears to be the safest route in a world full of uncertainty. But this "security" often comes at the cost of personal growth and freedom.

The system is designed to keep employees dependent — financially stable, yet mentally confined. You are paid just enough to survive, not enough to truly live. Creativity is discouraged, and risk-taking is seen as foolishness. In many ways, it becomes a modern form of slavery — polished and accepted by society, but still a cage.

Education: A System That Produces Followers, Not Leaders

Our education system teaches us how to obey, not how to innovate. From childhood, we're taught to memorize, not to question. We learn to pass exams, not

to solve real-life problems.

Degrees and grades may earn us respect on paper, but they rarely teach us how to create value in the real world. The richest and most influential people across the globe — from business founders to creators — didn't rise because of their degrees, but because of their ideas and courage to act differently.

Encouraging Business, Investment, and Asset Creation

True financial independence comes not from employment, but from ownership. Every person should be encouraged to start something of their own, no matter how small. A business — even a modest one — teaches discipline, creativity, and resilience.

In addition, investing wisely is essential. Money sitting in a bank account does not grow; it depreciates with time. Learning to invest in assets such as land, gold, stocks, or businesses transforms income into wealth.

While jobs provide monthly salaries, assets provide lifelong income. When a person builds assets, they are no longer working for money — money starts working for them. This shift in mindset separates those who merely survive from those who truly prosper.

Why Entrepreneurship Is the New Freedom

Entrepreneurship is not just about starting a business — it's about owning your time, your ideas, and your

destiny. It teaches resilience, decision-making, and creativity — the very skills our traditional education system ignores.

Yes, the beginning is uncertain. Yes, failure is possible. But so is greatness. Every luxurious life, every major innovation, every empire in history was built by someone who refused to settle for employment. Entrepreneurs don't wait for opportunities — they create them.

The Mindset Shift We Need

It's time to break the generational cycle that glorifies "safe jobs" and looks down on those who take risks. Parents should encourage their children to dream beyond job security — to build, to explore, to lead.

A life driven by passion and purpose is far more rewarding than one dictated by comfort and fear. True success is not in surviving — it's in creating, contributing, and living on your own terms.

Conclusion

The world doesn't remember employees; it remembers creators, dreamers, and risk-takers.

It's time to stop producing followers and start raising visionaries. The new definition of success is not how safely you live, but how boldly you build your own path.

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Karwa Chauth: Between tradition, love and patriarchy

A festival that oscillates between love, faith and equality — where there is tradition and also the knock of change

Karwa Chauth is a popular Indian festival, where married women observe a waterless fast for the long life of their husbands. While its tradition is rooted in love and devotion, in modern society, the festival has come to be celebrated with a sense of equality and partnership. Many men now observe this fast. This shift demonstrates that Karwa Chauth is not only a symbol of a husband's long life, but also a celebration of mutual respect, love, and trust in relationships. A tradition is meaningful only when it embodies both the spirit and the times.

Every year, on the Chaturthi of the month of Kartik, as the evening sun sets, well-dressed women across India gaze at the moon, adorning plates with lamps, sieves, and karwa (water pots). Red bindis adorn their foreheads, henna on their hands, anticipation in their eyes, and a single question on their lips — "Did the moon rise?" This scene both symbolizes the beauty of Indian culture and reflects its deeply held social meanings.

The Karwa Chauth fast is celebrated with great enthusiasm in North India, especially in Punjab, Haryana, Rajasthan, Delhi, Uttar Pradesh, and Bihar. On this day, married women observe a waterless fast from sunrise to moonrise, praying for the long life of their husbands. According to tradition, this fast is observed for the stability of their marital life and the long life of their husbands. After a day of austerity, when the moon rises, the wife breaks the fast by looking at her husband's face through a sieve.

But the question arises whether this fast is just an expression of love and faith or a symbol deeply rooted in the patriarchal roots of society?

In Indian society, a woman's life is linked to her "marriage" — her happiness, her reputation, and even her identity. After marriage, her husband was considered the greatest achievement of her life, and his death was considered a curse. Thus, fasts like Karwa Chauth became celebrations of a woman's dedication, sacrifice, and tolerance. But is this a celebration of love or a cultural justification for tying a woman's existence to her husband's age?

When today's educated women observe the Karwa Chauth fast, the reasons may not be traditional. For many women, it has become a symbol of love for their husbands, of companionship, and of harmony in their relationships. Many men are also now observing the fast with equal devotion to their wives — a positive change. But it's equally true that Karwa Chauth has become a "cultural event" — the more "glamorous" it is portrayed in TV serials, films, and social media, the more deeply its original meaning is being lost.

This fast was once a symbol of closeness and cooperation among village women. Women would visit each other's homes, fill earthen pots with water, and sing songs like, "It's Karwa Chauth's fast, brother, don't forget to bring the Karwa." This festival was an occasion for them to come together, where they would share life's hardships. But now, this fast has become a display of gold pots, expensive jewelry, and designer sarees. Instead of fasting, it's the era of "Insta Reels" — where adornment has become the main objective.

Nevertheless, it's not right to dismiss traditions as mere superstitions. Every culture has its own soul. The spirit behind Karwa Chauth — love, devotion, and faith — cannot be ignored. But it's also important to view the tradition from a modern perspective. Today, when we talk about equality, freedom, and mutual respect, this fast should not be one-sided. If a wife fasts for her husband's long life, the husband should equally pray for his wife's happiness, prosperity, and health — this is true love and equality.

Interestingly, the religious or mythological basis of Karwa Chauth is not as clear as the influence of its popular practice. "Karwa" means an earthen pot, which symbolized water in ancient India, and "Chauth" means the day of the fourth day. Some scholars believe that this fast was linked to the tradition of military families — when husbands went to war, wives observed this fast for their safe return. Other beliefs say that it was a means of increasing social unity among women. This means that the core of this festival was not

only related to the husband's longevity, but also to the social contribution of women.

In modern society, Karwa Chauth has many interpretations. On the one hand, it is a celebration of love, while on the other, it is also a societal pressure on women to be the "ideal wife." This contradiction forces us to ponder — is every love measured by sacrifice? Is true loyalty proven only through fasting? And has this tradition become a celebration of the equal relationship between husband and wife, or is it still a symbol of "husband dominance"?

Still, it's true that its form has changed over time. In many places, husbands also observe the fast, and many couples celebrate it as a "relationship ritual." This shift indicates that society is gradually moving toward equality. The meaning of the festival remains the same, but the perspective has changed. The same is true of Karwa Chauth — where it once symbolized a woman's duty, it is now embodying a shared relationship.

Today, we need to strike a balance between tradition and modernity. Karwa Chauth should neither be seen as merely a ritual nor a festival of mere show. Embrace its true love, emotion, and dedication — without any societal pressure. Every woman should have the right to choose whether to fast or not; because love is defined not by fasting, but by mutual understanding and respect.

If through this fast, husband and wife can get an opportunity to understand each other, appreciate each other's sacrifices and bring newness in their relationship — then this festival will be successful in its true sense.

Because after all, Karwa Chauth is not just a festival of "long life of husband", but it symbolizes the stability and sensitivity of the relationship that connects two souls.

The author is a Research Scholar in Political Science, Poet, freelance journalist and columnist, Ubba Bhawan, Aryanagar, Hisar (Haryana)-127045

The Art of Staying Fit During the Festival Season



Shahnaz Husain

Worried about your fitness goals during the festive season? You're not alone. This time of the year can be a minefield for even the most disciplined fitness enthusiasts. As the festive season approaches, maintaining your fitness goals amidst tempting treats and busy schedules might seem challenging.

It's the time when people give their strict diet regimen a break and indulge in high-calorie and sugary treats.

The festive season means sleeping and waking up late, eating a lot of processed foods, consuming a lot of sugar, and drinking more alcohol than usual. These may result in gaining weight, having trouble sleeping, and feeling more stressed, which can have a negative impact on your body.

While socialising is unavoidable, you do not need to compromise on your health and fitness. How can you do this?

Walking:

It's also common for people to skip morning walks and workouts around the festival time, as the celebrations continue till late at night or start early in the morning.

Walking is a magic pill, a panacea for reducing the risk of so many lifestyle diseases.

Walking is a convenient and easy way to stay fit during Diwali festivities, and one can always find time for a quick walk while making arrangements and participating in get-togethers.

Walking with family or friends during celebrations can be a great way to spend quality time together and enjoy each other's company.

A 30-minute walk can reduce your risk of getting into depression, heart disease by 30 per cent and diabetes by as much as 50 per cent, and it is more practical to go for a stroll after a meal as it promotes the passage of digested food through the Gastrointestinal system and can assist in controlling blood glucose levels. Heading for a post-meal walk may provide people with the reduced sensation of bloating, acidity and gas while also positively improving the sleep cycle. Walking promotes health in a variety of aspects, and it may be done at any time of the day.

Consider walking early in the morning or late at night if you have a busy day planned.

Exercise

Many gyms are closed during the holidays, while a few may still be operating. If you are one of those people whose gyms are on vacation too, don't take that as an excuse to sit home and do nothing. There are so many things that you can still do to stay fit.



Consider festive activities like dancing or walking with family and friends.

Maintain your workout routine, even if it means shorter sessions.

Physical activity not only burns calories but also boosts your mood. Outdoor cardio regimens are another helpful thing that you can do, like running, swimming, playing sports, or just cycling for 30 minutes.

Exercise every day for a minimum of 30 minutes to stay energetic and build resistance against diseases. Exercise can contribute to overall health and fitness by elevating the heart rate, improving blood circulation, and boosting metabolism. Physical activity not only burns calories but also boosts your mood. So make dancing a part of the Diwali party and get in some movement and dance exercise.

Put in your agenda / Decide on a time and stick to it. Many of the festival parties and dinners take place at Night, so get ready to hit your exercise / yoga session in the Morning.

Plan Balanced Meals

You don't want to get sick during the festive season, do you?

Be mindful of what you eat. Mindful eating means sticking to gluten-free meals as often as possible: This includes bread, roti, random snacks, breaded dishes like pizza crackers, etc.

Source sweets made from natural sweeteners like dates, honey, and raisins. This will not only benefit you, but also your guests. This will also help you control cravings and overindulgence, as natural sugars don't create that addiction.

Opt for lean proteins, whole grains, and plenty of fruits and vegetables. This provides essential nutrients, keeping you energised and reducing the temptation for unhealthy snacks. If you cannot avoid snacking, choose nuts, seeds, fruits, or low-fat yoghurt.

A fistful of pistachios or peanuts will keep you satiated and your blood glucose levels stable.

Protein-rich snacks also slow down the sugar spike in the body.

Greek yoghurt can be used in place of sour cream, while swapping out the baked potatoes for sweet potato salad can work wonders. Instead

of heavy cream soups, choose broth-based soups and substitute healthful bean-based dips instead of heavy cheese dips. Adding roasted vegetables and gently dressed salads to the meal, along with a healthy smoothie, works as great alternatives to help build some healthy habits

Also, keep some salads/vegetables with a yoghurt dip for healthy snacking. Including more fruits and vegetables in various dishes is a great way to compensate for the festive indulgence. Naturally available foods are rich in fibres, minerals, and nutrients and are fat-free; in short, they are the best way to ensure glowing skin, a healthy gut, and complete wellbeing

Stay Hydrated

Amidst the festivities, don't forget to drink water. Drinking more water will flush out more toxins. It's that simple. The easiest way to limit your calorie intake is to follow this simple rule. Alcohol and sweets tend to make you dehydrated, which is the last thing you want during a party.

Have a glass of water between every drink. Eat some carbohydrates 1 hour before you start drinking. Drinking a few glasses of water before a big party will make you feel fuller, eat less, and get your digestive system going at the same time. Adding a slice of lemon or a few mint leaves will give flavour to the water.

Proper hydration supports metabolism, aids digestion and keeps your energy levels up. Avoid excessive sugary drinks and opt for water, herbal teas, or infused water for a refreshing choice. Lime and warm water are a great way to detox your body after those heavy meals and alcohol. Green tea is also a great option to cleanse your body.

Get Your Quality Sleep

From late-night gaming sessions to early-morning rituals, the holiday season can also disrupt the sleep cycle. Lack of sleep can lead to tiredness and several health problems. Getting a good night's sleep during the festive season is very difficult but also necessary. It is also one of the best ways to stay fit and healthy during this season. Make sure you plan your chores for the day accordingly and get at least six to eight hours of sleep

Sleep also helps your digestive system recover and your brain to self-clean and organise your thoughts.

Getting enough sleep helps to regulate the hormones that control appetite, so you're less likely to overeat if you're well-rested.

Learn to say 'No'

It is common to push food onto each other's plates as a sign of love and care. It is fine to politely decline the kind gesture if you have already eaten enough. Accept that you can not eat everything in one sitting, so choose for yourself. See the item that will satisfy your stomach and heart at the same time. Select the drink that you like.

If you find it hard to say 'no', try to say 'later' instead. This way, you don't seem impolite, and hopefully, your host won't remember to press you to eat more

The author is an internationally famous beauty expert and is called the herbal queen of India

Dr. Tasaduk Attends WHO Capacity-Building Webinar on Acute Coronary Syndrome (ACS) and Stroke Care



Dr. Tasaduk Hussain Itoo, a distinguished doctor, public health expert, and Fellow of the Royal Society for Public Health (FRSPH), has attended the World Health Organization (WHO) Capacity-Building Webinar Series on "Strengthening National Readiness for Acute Coronary Syndrome (ACS) and Stroke Care."

The high-level global programme, organized by WHO in collaboration with the World Heart Federation (WHF) and the World Stroke Organization (WSO), aims to enhance countries readiness and capacity to deliver timely, high-quality care for acute cardiovascular emergencies such as heart attack and stroke.

The series focuses on strengthening integrated care pathways—covering prevention, emergency response, hospital management, rehabilitation, and long-term follow-up—while promoting community awareness, rapid recognition of symptoms, and improved emergency medical services. It also emphasizes monitoring, evaluation, and quality improvement mechanisms to advance national cardiovascular care systems.

Dr. Itoo's participation in this WHO-led initiative underscores his continued dedication to global health advocacy, particularly in improving cardiovascular health and enhancing public health awareness. As a Fellow of the Royal Society for Public Health (FRSPH, UK), Dr. Itoo remains committed to strengthening health systems and promoting preventive healthcare and public health awareness at global level.

In a statement issued, he said that heart disease prevention strategies are exactly same as strategies to prevent stroke and there are many modifiable risk factors responsible for heart diseases that can be modified well in healthy ways to prevent the latter from occurring.

"Controlling your blood pressure and blood sugar levels, maintaining a healthy weight, eating a healthy diet, exercising regularly, and monitoring your cholesterol and triglyceride levels and keeping them under control are crucial hallmarks in prevention of heart diseases and stroke", he said

In addition he said that controlling your lifestyle choices such as avoiding smoking and alcohol consumption are too important to help in prevention of heart diseases and stroke.

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2	Irfan Suliman	Mohd Suliman Rather	Tilgam	Vice Chairman	M SC ,B.ED	9149560210	619413304100	
3	Bashir Ahmed Dar	Gh. Ahmad Dar	Khambiyar Pattan	Member	10TH	8491928311	620393586381	
4	Shugufta Javid	Javid Ahmad Ganaie	Wanigam Payeen	Member	B.A	8491914599	989407501626	
5	Fayaz Rasool	Gh. Rasool Ganaie	Kreeri	Member	M.Phil.	9149036004	694464242079	
6	Saleem Maqbool	Mohmmad Maqbool Mir	Kreeri	Member	B.SC, M.LT	9149631406	892960697085	
7	Aijaz Ahmad Bhat	Abdul Hamid Bhat	Pattan	Member	M.SC,B.ED	9697088656	965708566347	

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LONE R/O KAREWA KREERI

Public Notice

I have lost RC of my Tractor bearing registration no JK05G 1934 and RC of my Bike bearing registration number JK05H 6252 Now i am applying for its duplicate if anybody have any objection in this regard He/She may contact ARTO Sopore within seven days from the publication of this notice after that no objection will be entertained.

SHABIR AHMAD LONE S/O GH MOHI UD DIN
LONE R/O KAREWA KREERI

Public Notice

I have lost my Driving licence under licence number JK0520110032470 Now i am applying for its duplicate if anybody have any objection in this regard He/She may contact ARTO Sopore within seven days from the publication of this notice after that no objection will be entertained.

SHABIR AHMAD LONE S/O GH MOHI UD DIN
LONE R/O KAREWA KREERI

Public Notice

My daughter's name and her mothers' name has been wrongly written as AREEBA IMTIYAZ WANI & mother's name MEHNAAZ IMTIYAZ in her Date of Birth certificate while her correct name is AREEBA IMTIYAZ & her correct mother's name is MEHNAAZ MAJID which needs to be corrected if anybody having any objection in this regard he /she may file his/her objection in the office of BDO WAGOORA /TEHSIL OFFICE WAGOORA within seven days from the publication of this notice after that no objection will be entertained

Name....IMTIYAZ AHMAD WANI
F/O ...AREEBA IMTIYAZ , R/O ...WAGOORA

Public Notice

I, Shabir Ahmad Rather S/o gh Mohd Rather R/O Matipora Tehsil Singhpora Dist Baramulla do hereby state as under that my ward namly Hadeed Hyder Rather was born on 25/03/2018 at Matipora, and now I want to obtain DOB in favour of my ward from BDO office singhpore if any body have objection he she may contact to tehsil office singhpore within seven days and after seven days no objection will be accepted.

Public Notice

My son's Date of Birth (DOB) wrongly mentioned in school records as 21-03-2016 instead of 22-03-2016.Now inam applying for its correction if anybody have any objection in this regard He/She may contact Principal Hill Crest School Kreeri within seven days from the publication of this notice after that no objection will be entertained.

BASHIR AHMAD MIR F/O UMER BASHIR
R/O PUSNAG TEHSIL KREERI

Public Notice

My son's Date of Birth has been wrongly written as 21/03/2016 in her date of Birth certificate while his correct date of Birth is 22/03/2016 which needs to be corrected if anybody having any objection in this regard he /she may file his /her objection in the office of concerned authorities within seven days from the publication of this notice after that no objection will be entertained.

Name ...BASHIR AHMAD MIR
F/OUMER BASHIR , R/O ...PUSNAG KREERI
DOB ...22/03/2016

Public Notice

This is for information of general public that the (Electric bill) power connection is registered on my Son's name PARVAIZ AHMAD SIRAJ S/O MANZOOR AHMAD SIRAJ R/O WATERGAM .Now this Connection bearing Consumer ID NO 021204040000862 wants to be registered on my name MANZOOR AHMAD SIRAJ F/O PARVAIZ AHMAD SIRAJ R/O WATERGAM .If anybody have any objection in this regard He/She may file his/her objection in the concerned PDD office within seven days from the date of publication ofthis notice after that no objection will be entertained

Name...MANZOOR AHMAD
F/O .PARVAIZ AHMAD SIRAJ
R/O ...WATERGAM WAGOORA

Government Of Jammu & Kashmir
Office Of The Tehsildar Kreeri

Subject: Application of PEER ISHTYAK AHMAD S/O PEER SHAMAS UD DIN R/O THINDIMA KREERI for the issuance of LEGAL HEIR certificate

PUBLIC NOTICE

Regarding the subject cited above in this context a report sought from patwari halqa concerned and the Death certificate issued by the competent authority reveals that LT MUNEEERA AKHTER W/O PEER SHAMUS UD DIN has passed away on 06/06/2025 .The report of the patwari further depicts that the deceased has left behind following dependent as tabulated below

- 1..., PEER ISHTIYAK AHMAD son 35 Govt employee
- 2.... , PEER SUHAIL AHMAD SON 35 years //

The applicant has applied for Issuance of Legal heir certificate in favour of Self.

If anyone have any objection to the issuance of delay order of said certificate shall present his/her claim this office within 07 days, after that no objection shall be entertained.

Naib Tehsild Kreeri

Government Of Jammu & Kashmir
Office Of The Tehsildar Kreeri

Subject: Application of PEER ISHTYAK AHMAD S/O PEER SHAMAS UD DIN R/O THINDIMA KREERI for the issuance of LEGAL HEIR certificate

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Naib Tehsild Kreeri

GOVERNMENT OF JAMMUAND KASHMIR

JAMMU AND KASHMIR SERVICES SELECTION BOARD (JKSSB)

Muthi, Akhnoor Road, Jammu/Zam Zam Complex, Rambagh, Srinagar

www.jkssb.nic.in

Subject: Document Verification of candidates falling under consideration zone for the post of Jr. Programmer, advertised vide Notification No.07 of 2020, Item No. 308 for which the OMR based written examination was held on 02-02-2025- Supplementary Document verification thereof.

NOTIFICATION

All such candidates who are falling under consideration zone and were called for Document Verification for the post of Jr. Programmer (Skill Development Department), advertised vide Notification No. 07 of 2020, under Item No. 308, vide Notification No. JKSSB-COEEXAM(UT)/3/2025-06 (7641035) dated: 25-09-2025, but could not appear before the Document Verification Committee(s) on 06-10-2025, due to various reasons, are hereby given last and final opportunity to appear before the Document Verification Committee on 13-10-2025 (Monday) from 11 AM to 04.30 PM at JKSSB, Central Office, Muthi, Akhnoor Road, Jammu(Jammu Centre Based Candidates) and at JKSSB, Central Office, Zam Zam Complex, Rambagh, Srinagar (Kashmir Centre Based Candidates), failing which no further claims in this regard shall be entertained at any stage.

No: JKSSB-COEEXAM(UT)3/2025-06 (7641035)

Dated: 08-10-2025

Sd/- (Reyaz Ahmad Malik (JKAS)
Controller of Examinations
J&K Services Selection Board

DIPK: 6959/25

Dated: 08-10-2025

GOVERNMENT OF JAMMU AND KASHMIR

OFFICE OF THE EXECUTIVE ENGINEER

IRRIGATION AND FLOOD CONTROL DIVISIONSRINAGAR

SDA BUILDING BATAMALOO, NEAR POLICE CONTROL ROOM KASHMIR, PINCODE 190009 (J&K). Email: examinfo@jksrinagar@jktkashmir.com

SHORT TERM NOTICE INVITING TENDER

e-NIT No:10 of 2025-26 Dated:07/10/2025

For and on behalf of Government of Jammu and Kashmir,e-tenders (in Single Cover System) on **percentage basis** are invited from approved and eligible contractors for the below mentioned work, to be received by the Executive Engineer Irrigation Flood Control Division Srinagar.

Name of Work	<i>Sloughening of left embankment of River Jhelum at RD 63.5 Kms near Gandbal</i>		
Administrative Approval	Accorded by Superintending Engineer Hydraulic Circle Sgr/Gbl vide Order No: SE/Hyd/Sgr/ 44 of 2025-26, Dated:07/10/2025		
Technical Sanction	Chief Engineer I&FC Kmr's T.S No: 73 of 10/2025, Dt: 07/10/2025.		
Position of Funds	Budgetary Provision under UT Capex 2025-26		
Time of Completion	60 Days		
Advertised Cost	₹144.10 Lacs.	Earnest Money	₹2.88 Lacs
Tender Document Fee	₹2600	Contractor Eligibility	AAY Class

The Bidding documents consisting of qualifying information, eligibility criteria, bill of quantities (B.O.Q), Set of terms and conditions of contract and other details can be seen/downloaded from the departmental websitewww.jktenders.gov.inas per schedule of date given below:

1.	Date of Issue of Tender Notice	07/10/2025
3.	Bid submission Start Date	07/10/2025 from 18:50 Hrs.
4.	Bid Submission End Date	14/10/2025 up to 16:00 Hrs.
5.	Date & time of opening of Bids	15/10/2025 at 12:00 Hrs.

Note: The Department shall not be responsible for any delay in the online submission of bids due to any reason whatsoever. Prospective bidders are advised to thoroughly read and understand the **instructions** provided in **Annexure A** as well as the **General and Special Conditions of Contract** detailed in **Annexure B** and **Annexure D** respectively, prior to submitting their bids. Submission of the tender shall be deemed as confirmation that the bidder has read, understood, and accepted all terms and conditions stipulated therein.

Sd/

No.IFCDs/CS/3776-81

Dated: 07/10/2025.

DIPK: 6955/25

Dated: 09-10-2025

(Er. Shuja Showkat Hussain)
Executive Engineer

Union Territory of Jammu & Kashmir

OFFICE OF THE EXECUTIVE ENGINEER R&B DIVISION SOPORE

NOTICE INVITING TENDER

E-NIT No. 95 / RNB/ Division / Sopore of 2025-26, Dat 08.10.2025

For and on behalf of the Lieutenant Governor, Union Territory of Jammu & Kashmir , e-tenders are invited by Executive Engineer R&B Div. Sopore) on (Aggregate Percentage Basis) from approved and eligible Civil Contractors registered with J&K UT Govt., PWD, CPWD, Railways and other State/Central Govt. for the following work:-

S.N o.	Name of Work	Adv. cost	Cost of Tender Documents In Rupees	E/ Money	Time for completion of work	Time &Date of Opening of Bid	Clas s of Cont racto r	M. H of Account	Position of AAA	Position of TS
1	Construction of drain at Tujar Sharif Mohalla Bon Asthan link from Transformer near Ziyarath Sharief (from H/O: Zafar Hussain to H/o Mohd Akbar Shah)	1.84	200/-	3680/=	30 days	18.10.2025	DEE	Distt . capex Budget 2025-26	145/DDC of 2025 dated: 17.09.2025	105/TS of 08.10.2025
2	Construction of drain from Kander Waan to onwards main road at Bohirpora	2.87	200?-	5740	30 days	18.10.2025	DEE	PRI grants	145/DDC of 2025 dated: 17.09.2025	106/TS of 08.10.2025

Project Authority: DDC Bla

Position of Funds: Available

Special conditions:-

I. The intending Tenderers must have sufficient skilled /unskilled labour force.

II. All intending Bidders have to upload Scanned copy of Earnest money @ 2% as per the circular issued by Chief Engineer PW(R&B) Department Kashmir, vide No. CE/RBK/HD/32857-92, Dated: 01-01-2022.

III. Intending bidders shall upload scanned copies of documents of valid Registration card PAN / GST registration with clearance of Pervious month or previous quarter/ Month, Treasury Receipt (Dated between the bid start date and the bid submission end date) deposited in MH 0059 and CDR or FDR pledged to Executive Engineer R&B Div Sopore. However successful bidder shall produce the original copies of same within 3 days after opening of tenders.

IV. The successful Bidder has to produce an amount equal to 3% of allotted cost as performance security in shape of CDR/FDR/BG within 07 days after opening of tenders and 2% CDR shall be released after expiry of Defect Liability period (DLP)

V. The undersigned reserves the right to accept or reject any tender or all tenders without assigningany reason thereof

VI. The typographical error in the BOQ like unit of item, quantity of item, rate of item etc. If any found during e-NIT or after end date of NIT, shall be rectified as per the estimate in the allotment/Agreement of work.
The Bidding documents Consisting of qualifying information, eligibility criteria, specifications, bill of quantities (B.O.Q), Set of terms and conditions of contract and other details can be seen/downloaded from www.jktenders.gov.in as per schedule of dates given below:-

1.	Date of issue of Tender Notice	08.10-2025
2.	Period of downloading of bidding documents	08.10.2025
3.	Bid submission Start Date	08.10.2025
4.	Bid Submission End Date	17/10/2025 4.00 P.M
5.	Date & time of opening of Bids(Online)	18/10/2025 at 12.00 A.M in the office of Executive Engineer R&B Div. Sopore

General Conditions:

1. The bidders will provide email ID and complete postal address including cell numbers.

2. The date and time of opening of Bids shall be notified on Web Site www.jktenders.gov.in and

3. conveyed to the bidders automatically through an e-mail message on their e-mail address. The bids of Responsive bidders shall be opened online on same Website in o/o Executive Engineer R&B Div. Sopore) (Tender Receiving Authority).

4. The bids for the work shall remain valid for a period of 90 days from the date of opening of Bids

5. The earnest money shall be forfeited, if:-

a. Any bidder/ tenderer withdraw his bid/ tender during the period of bid validity or make any modifications in the terms and conditions of the bid.

b. Failure of Successful bidder to furnish the required performance security within the specified time limit.

c. Failure of Successful bidder to execute the agreement within 7 days after fixation of contract.

No: 6251-63 | Dated: 08-10-2025

Sd/- Executive Engineer R&B Division. Sopore

DIPK: 6956/25

Dated: 08-10-2025

Dy. CM conducts extensive tour of Lasjan-Sumerbugh areas

Takes on-spot assessment of road infrastructure, other projects

■ HT News Desk / DIPR

SRINAGAR, OCTOBER 08: Deputy Chief Minister, Surinder Choudhary today conducted an extensive tour of the Lasjan-Sumerbugh area and took stock of various public issues in these areas.

MLA Chadoora, Ali Mohammad Dar; Chief Engineer R&B, senior officers of PW (R&B) department and other officers also accompanied the Deputy CM during the tour.

During the visit, the Deputy Chief Minister interacted with several public delegations who apprised him of various local issues related to road connectivity and infrastructure.

He directed the Chief Engineer to immediately start work on the Lasjan-Kadlabal road, which is being upgraded at an estimated cost of 11 crores by way of the rigid



pavement.

Deputy Chief Minister directed the concerned officers to complete the pending work by November ending so that the road can be dedicated for general public use by December.

He further instructed the concerned officers to ensure the timely completion of the Seer-Sumerbugh bridge by 15th December.

Deputy Chief Minister reiterated the government's commitment to strengthening road infrastructure and ensuring time-bound completion of all ongoing developmental projects for the convenience of the public.

He also inspected the ongoing macadamization at Wanabal-Nowgan road and instructed the concerned XEN to check the standard of material to maintain the quality of road.

JKEDI holds boot camp at GDC Ramban under J&K Startup Policy 2024-27

■ HT News Desk / DIPR

RAMBAN, OCTOBER 08: The Jammu and Kashmir Entrepreneurship Development Institute (JKEDI) organized a Startup Idea Challenge Boot Camp at Government Degree College (GDC), Ramban to promote innovation, entrepreneurship and creative thinking among students. The event drew an enthusiastic response with students, while 05 participants pitched their innovative business ideas.

Prof. Satish Kumar, Principal of the College graced the occasion as the Chief Guest. He highlighted the potential of the startup ecosystem in driving regional and national development and the importance of empowering youth to become job creators.

A detailed session on the J&K Startup Policy 2024-27 was delivered by Tasneef Rasool Parry, District Nodal Officer, JKEDI Ramban. A key highlight of the event was the idea pitching session where five aspiring entrepreneurs presented their ideas before a distinguished jury comprising faculty members of the college, a representative from the Jammu and Kashmir Bank and officials of the JKEDI. The boot camp served as a vibrant platform for idea exchange, entrepreneurial learning and motivation - further reinforcing JKEDI's



mission to nurture innovation and strengthen the startup ecosystem in Jammu and Kashmir.

The J&K Startup Idea Challenge, inaugurated on July 10 by the Hon'ble Deputy Chief Minister during a Startup and Entrepreneurship Meet at JKEDI, will cover all districts of the Union Territory through 46 boot camps and multiple workshops under the overall supervision of Director JKEDI.

The shortlisted participants will undergo mentoring and pitch training at the JKEDI's Pampore and Bari Brahmana campuses before competing in the Grand Finale. The best 20 ideas will be presented before a jury of industry experts, investors and policymakers, with winners receiving prizes, incentives and incubation support at JKEDI and partner incubators across J&K.

Director Tourism Jammu inaugurates Paragliding Training Course at Aithem

■ HT News Desk / DIPR

JAMMU, OCTOBER 8: Director Tourism Jammu Dr. Vikas Gupta today formally inaugurated and flagged off a six-day training course for paragliding pilots here at Aithem.

The training program is being conducted under the supervision of two expert trainers from the Atal Bihari Vajpayee Institute of Mountaineering and Allied Sports (ABVIMAS) Manali.

The initiative aims to enhance technical and practical skills of the local paragliding pilots as part of their preparatory exercise before proceeding for the P4 training program scheduled to be held at Bir Billing from 17th October, 2025.



Speaking on the occasion, the Director Tourism Jammu emphasized department's continuous efforts to promote adventure tourism in the Jammu region by ensuring that all adventure operators and pilots are well-trained and equipped with the necessary safety and operational skills.

The event was attended by Deputy Director Tourism Jammu Savita Chouhan; Assistant Director Tourism Jammu Vishal Sadhotra; instructors from ABVIMAS Manali; paragliding pilots (trainees) and staff of Tourism Department.

The six-day training is expected to further strengthen the adventure sports ecosystem in the region and prepare pilots for national-level certification and participation.

POSHAN Maah: Reasi hosts awareness camp at AWC Marhi to promote nutrition, health

■ HT News Desk / DIPR

REASI, OCTOBER 08: A special Awareness Camp was today organized at Anganwadi Centre (AWC) Marhi by POSHAN Project Reasi under the ongoing POSHAN Maah celebrations. The event aimed at educating beneficiaries about the importance of right nutrition, Early Childhood Care and Education (ECCE) and the adoption of a healthy lifestyle.

As part of the camp, medical screening of beneficiaries was conducted by a dedicated team of doctors from District Hospital

Reasi. The medical experts also sensitized participants about the importance of timely vaccination, exclusive breastfeeding and other crucial aspects of maternal and child health.

The programme was presided over by the District Programme Officer, Sudarshan Kumar in presence of CDPO Suninderjeet Kour.

During the session, the officials elaborated the objectives and functioning of Mission POSHAN, highlighting its role in ensuring holistic nourishment and well-being for women and children.

Various government schemes



such as Pradhan Mantri Matru Vandana Yojana (PMMVY) and PALNA were also discussed in detail to raise awareness among the attendees. Beneficiaries were encouraged to avail the benefits of these welfare initiatives for improved maternal and child health outcomes.

The event concluded with an interactive session where participants actively engaged with the officials and medical experts, reflecting the community's growing awareness and commitment toward building a malnutrition-free society.

DC Baramulla reviews progress on DILRMP, SVAMITVA & NAKSHA initiatives Urges Completion of Digitization

■ HT News Desk / DIPR

BARAMULLA, OCTOBER 08: Deputy Commissioner (DC) Baramulla, Minga Sherpa, today chaired a meeting of revenue officers at the Meeting Hall, DC Office, to review the progress of the Digital India Land Records Modernization Programme (DILRMP), SVAMITVA, and NAKSHA initiatives.

The DC reviewed progress on key agenda points, including the digitization of Jamabandis (Web Halris), completion of Khasras and Khatas tehsil-wise, village-wise updates on ground truthing of maps, status of Map Kaat (insertion of daughter parcels), and overall implementation of the SVAMITVA scheme across the district.

During the meeting, the DC stressed the need to expedite the digitization process and directed all Tehsildars to clear pending records within a stipu-



lated time frame. Pending verifications were instructed to be completed within a week, with SDMs assigned to monitor progress.

Tehsildars were further directed to collect daily reports from Patwaris to ensure accountability and proper tracking of records.

The DC also reviewed the status of developmental projects, including the Narbal-Uri National Highway, and

instructed Tehsildars to resolve pending Right of Way (RoW) and other land acquisition issues to facilitate smooth execution of works.

Emphasizing efficiency and transparency, the DC highlighted that timely digitization, accurate land records, and proper management of land acquisition are essential for effective governance and improved public service delivery across the district.

DC Kathua Hands Over 55 Sanction Letters to Aspiring Entrepreneurs under Mission YUVA Initiative

■ HT News Desk / DIPR

KATHUA, OCTOBER 08: Deputy Commissioner Kathua, Rajesh Sharma, today handed over 55 sanction letters to aspiring entrepreneurs of the district under Mission YUVA - a flagship government initiative aimed at empowering youth to establish their own business ventures and promote self-employment.

The sanction letters were presented to the beneficiaries during a brief but significant ceremony held at the Zonal Head Office of J&K Bank. The event marked another step toward fostering entrepreneurship and inclusive economic growth in the district.

Speaking on the occasion, the Deputy Commissioner lauded J&K Bank for its proactive role in extending financial assistance and credit linkage to youth-led enterprises. He noted that Mission YUVA has emerged as a catalyst in transforming the district's youth from job seekers



to job creators, contributing to sustainable economic development and rural industrialization.

The DC emphasized that such initiatives not only boost self-reliance among young entrepreneurs but also help in generating local employment, strengthening the grassroots economy, and reducing dependency on government jobs. He urged the beneficiaries to utilize the financial support judiciously, adopt innovation-driven approaches, and maintain transparency in their business operations to ensure long-term sustainability.

Interacting with the beneficiaries, the DC encouraged them to take advantage of various government initiatives like PMEGP, JKREGP, and NRLM for scaling up their ventures. He also assured continuous support from the District Administration in terms of guidance, mentorship, and capacity-building programs through District Industries Centre and

allied departments.

He further directed the concerned officers to facilitate regular follow-ups with beneficiaries to monitor progress and provide necessary hand-holding support during the early stages of enterprise establishment.

Additional District Development Commissioner Surinder Mohan Sharma, J&K Bank Division Head, Zonal Head, DGM, and officers from the District Industries Centre were also present at the event. They appreciated the enthusiasm of the young entrepreneurs and reaffirmed their commitment to supporting innovative and viable business ideas emerging from the district.

The event concluded with an interactive session where beneficiaries shared their business plans and expressed gratitude to the District Administration and J&K Bank for providing them with a platform to realize their entrepreneurial aspirations under Mission YUVA.

CREMATION

SMT. SANJOGITA RANI

With profound grief and sorrow, we inform the sad demise of our beloved
Smt. Sanjogita Rani (w/o Lt. Sh. Satish Chander Kalra),
R/o 174, Peer Mitha, Jammu, who left for her heavenly abode on 8th Oct 2025.
Cremation shall be performed on 9th Oct 2025 at Jogi Gate, Jammu, at 11:30 am.

Grief Stricken

MEENU AND SUNIL KALRA (Daughter-in-Law and Son)
RAJNI AND SUDHIR KALRA (Daughter-in-Law and Son)
SAVITA AND SUNIL SEHGAL (Daughter and Son-in-Law)
VIDHU AND LT. SH. RAKESH JAIN (Daughter and Son-in-Law)
RAJNI AND SUNIL BHASIN (Daughter and Son-in-Law)

Grand Children:
GEETANSHI, MEHUL, AADVITYA, AARADHYA.

OM SHANTI

LUCKY PAPER MART, PEER MITHA, JAMMU
7006884866, 9419246957, 9419109430, 9858624770

Public Notice

It is hereby certified that in my Aadhaar Card bearing No. 701032760503, my name has been wrongly mentioned as Sufeema Tashreeq and Date of Birth as 11-09-2009.

The correct particulars are:

Name: Sufeema Jan
D/o: Tashreeq Ahmad Rather
Date of Birth: 11-09-2010
R/o: Monghal, Anantnag

The above corrections are as per my school records. I am applying for rectification of the same. If anyone has any objection regarding this, they may file the same in the office of Govt. Girls H/S School, Ranibagh, Anantnag within seven (7) days from the date of publication of this notice. No objection shall be entertained after the expiry of the said period.

Contact No.: 7780840849

Public Notice

This is certify that the Arth primary Agricultural cooperative credit society ltd , Arth Narbal budgam is registered as cooperative society under my seal today 07_03_2024 . The register no is RCS/ J&k / 2024/ 03/ 01469 . The chairman of Arth primary Agricultural cooperative credit society ltd is Bilal Ahmad Dar S/o Gulam Mohd Dar R/o Arath budgam . If anyone has any objection regard that , invoke us accordingly within the period of seven days . After completion of said , No objection will be entertained .

Bilal Ahmad Dar
S/o Gulam Mohd Dar
R/o Arath Budgam

Three new Bollywood blockbusters to be made in UK: PM Keir Starmer announces

United News of India

MUMBAI/NEW DELHI, OCT 8: Three new Bollywood blockbusters will be made in the UK from next year, UK Prime Minister Keir Starmer announced in Mumbai today.

Yash Raj Films, India's leading film production and distribution company, have confirmed plans to bring their major productions to locations across the United Kingdom from early 2026, which will help create over 3,000 jobs in the UK, a British High Commission statement said.

To mark the announcement, the Prime Minister visited Yash Raj Studios in Mumbai today alongside a delegation of some of Britain's biggest names in film including the British Film Institute, the British Film Commission, Pinewood Studios, Elstree Studios and Civic Studios. The UK Prime Minister is on a two-day trade mission to India.

The UK film industry contributes £12 billion a year to the economy and supports 90,000

jobs across every region of the country. It is a sought-after destination for international filmmakers thanks to its world-leading studio infrastructure and iconic backdrops.

India is the largest producer of films in the world, and Yash Raj's commitment follows an 8-year hiatus from filming in the UK – showcasing the impact the UK-India trade deal is already having.

The UK's creative industries are globally recognised as world-leading, consistently setting international trends and commanding respect for artistic excellence, commercial success and cultural influence worldwide. India, as a country of 1.4 billion with a growing entertainment industry, represents a major opportunity for UK companies to expand and grow – and vice versa.

Prime Minister Keir Starmer said: "Bollywood is back in Britain, and it's bringing jobs, investment and opportunity, all while showcasing the UK as a world-class destination for



global filmmaking.

"This is exactly the kind of partnership our trade deal with India is destined to unlock – driving growth, strengthening cultural ties and delivering for communities across the coun-

try," Yash Raj Films' CEO Akshaye Widhani said: "The UK holds a very special place in our hearts and some of our most iconic films, including 'Dilwale Dulhania Le Jayenge (DDLJ)' were shot in this beautiful and incred-

ibly hospitable country.

"We were honoured to host the UK Prime Minister Keir Starmer at YRF today to ink this pact and also had the pleasure to discuss how India and UK could come together to push

the content landscape globally through landmark collaborations like this.

"It is truly special to reignite YRF and UK's filming ties in the 30th anniversary of DDLJ – a film that is synonymous to UK-India's relationship. Our company is currently producing the stage adaptation of DDLJ, the English musical titled 'Come Fall in Love (CFIL)' in the UK too.

"So, we are thrilled to join hands with UK again and return to filming in the country that has always been extremely kind to us. UK's infrastructure, technology and talent is unmatched and we are delighted to deepen our cultural ties with a country that has always empowered us to excel creatively."

Culture Secretary Lisa Nandy said: "The UK's and India's film industries are truly world class, entertaining billions around the world. Given the strength of our sectors and the deep cultural ties between our two countries, partnerships between Bollywood and British studios make complete sense."

British Film Institute and the National Film Development Commission of India are set to ink an MoU, which will rein-vigorate co-production and enable filmmakers from both countries to share resources and talent. Cross-cultural hit film 'Slumdog Millionaire', brought in around £300 million to the UK economy, on a budget of just £12 million, highlighting what's possible when UK technical expertise and Indian storytelling unite.

BFI Chief Executive Ben Roberts said: "In the UK, we want to welcome more production from India and build more collaboration and co-production between our nations for us to benefit economically and culturally."

Adrian Wootton OBE, Chief Executive of the British Film Commission, said: "I'm confident that, working with such major Indian film companies as Yash Raj Films, we will open the door to even greater creative collaborations and economic opportunities between the UK and India." (UNI)

CCI rules BSNL not a dominant player in telecom market

United News of India

NEW DELHI, OCT 8: The Competition Commission of India (CCI) has held that Bharat Sanchar Nigam Limited (BSNL), with a market share of only 2.09 per cent, cannot be regarded as a dominant player in the Indian telecom market and therefore could not have abused a dominant position under Section 4 of the Competition Act, 2002.

A four-member Bench led by Chairperson Ravneet Kaur, along with Members Anil Agrawal, Sweta Kakkad, and Deepak Anurag, delivered the order on October 7 while dismissing allegations filed by CCL Optoelectronics Private Limited against BSNL.

The case arose from a tender floated by BSNL on December 12, 2024, on the Government e-Marketplace (GeM) portal for the supply of two lakh splice closures for optical fibre cables.

The tender included eligibility requirements such as a minimum annual turnover of Rs 664 lakh over three years, but allowed exemptions for MSMEs and startups, subject to quality and technical compliance.

CCL Optoelectronics, an MSME registered under the Udyam scheme, claimed such exemption but was later disqualified on March 3, 2025, for allegedly not meeting the "Past Performance" criteria of



having supplied at least 30,000 splice joint closures (SJs). The company alleged that BSNL had designed the tender to exclude it and favour three bidders: R&M India Pvt. Ltd., Ampson Engineering Pvt. Ltd., and Nav Fibro Plastics.

It further argued that BSNL removed "public listed companies" from the experience criteria and reduced the past performance benchmark from 30 per cent to 15 per cent without adequate notice, claiming these were restrictive and monopolistic practices.

CCI sought relief under Section 27 of the Act, including cancellation of the tender, a fresh procurement process, and the imposition of a 10 per cent penalty on BSNL's turnover.

However, after examining the allegations, the CCI defined the relevant market as "the market for telecommunication services in India" and observed that Reliance Jio held a 40.07 per cent share, Bharti Airtel 32.01 per cent, Vodafone Idea 14.37 per cent, Bharti Hexacom 2.41 per cent, and BSNL only 2.09 per cent.

"Based on the market share of BSNL in the delineated relevant market, the Commission is of the view that the Opposite Party does not hold a dominant position within the meaning of Section 4 of the Act," the order stated. The CCI also clarified that objections to tender conditions must be raised through the GeM portal, emphasising that mere dissatisfaction with tender terms or bid rejection does not amount to abuse of dominance.

The Commission held that changes to eligibility or technical criteria fall within the domain of procurement policy, not competition law, and closed the case under Section 26(2) of the Act while disposing of the plea for interim relief under Section 33 of the Act. UNI

IAF marks 93rd anniversary with grand parade at Hindan

United News of India

NEW DELHI, OCT 8: The 93rd Anniversary of the Indian Air Force was commemorated at the Air Force Station Hindan today with a grand parade, reviewed by Chief of Air Staff, Air Chief Marshal AP Singh.

The parade commenced with the marching-in of the President's Colours, symbolising pride, unity, strength and esprit-de-corps. On arrival, the Chief of Air Staff was presented with an aerial salute by three Mi-17 1V helicopters in 'Dhwaj' formation trooping the National flag, IAF flag and Op Sindoor flag, an official statement said.

The ceremonial parade was commanded by Gp Capt Chetan Pradeep Deshpande. While the Air Force Band's patriotic tunes set the tone for the march past, matched by the air warriors' precise and energetic footsteps.

The CAS also felicitated air



warriors with a total of 97 medals across categories and six Unit Citations.

Addressing the parade, Chief of the Air Staff highlighted the Indian Air Force's extraordinary journey from a humble beginning to becoming the "Fourth largest Air Force in the World", capable of shaping military outcomes with precision and speed.

He highlighted the Indian Air

Force's performance in Operation Sindoor as a testament to its prowess, with bold and precise attacks restoring the rightful place of offensive air action in the national consciousness.

He declared IAF's faith in the performance of indigenously integrated weapons. The CAS also emphasized the IAF's commitment to innovation and adaptability, citing its approach to training and

planning based on the principle of 'Train like we fight'.

The venue showcased an Innovation Arena – display of ingenuity where ideas and solutions conceived by air warriors across various units of IAF, were shown. Alongside the Innovation Arena, a special display, narrating the story of the year gone by – journey of challenges, triumphs and unmatched dedication of the

Indian Air Force was showcased.

This Air Force Day celebration included a spectacular aerial display by the Heritage Flight, a highlight of the event. The dynamic display featured a combination of historic 'Tiger Moth' and 'HT-2' aircraft, followed by a solo display by the vintage 'Harvard' aircraft. The Heritage Flight's aerial display was a befitting tribute to the Indian Air Force's proud history and a celebration of its continued service to the nation. The traditional flypast and aerial display of the Air Force Day celebrations will be held in Guwahati on November 9.

The static display featured state-of-the-art aircraft and equipment such as C-17 Globemaster, Su-30 MKI, Apache, MiG-29, MiG-21 Bison, Rafale, ALH MK-III, Airborne Early Warning and Control aircraft, C-130J Super Hercules, Akash Missile System and Rohini radar. UNI

US DNI Tulsi Gabbard Orders Review on Random Polygraph Tests to Curb Information Leaks

United News of India

WASHINGTON, OCT 8: US Director of National Intelligence Tulsi Gabbard issued a memo back in September ordering all of the country's intelligence agencies to conduct a review of whether random polygraph examinations of their employees or contractors are feasible, in a bid to stem the wave of intel leaks in recent years.

As such, the directive also stresses on the need for tests to include questions about whether employees or potential applicants have leaked information to members of the press as part of the standard battery of questions during the security clearance adjudication process, reports CBS News.

While questions related to leaks have been commonplace for U.S. intelligence community employees and applicants, the Trump administration is intensifying its crackdown on all possible avenues for disclosing state secrets, and cautioned members of the intelligence community that they'll face additional scrutiny over any leaks of sensitive information to media outlets.

In many ways, Gabbard's directive echoes earlier hard-line stances undertaken by previous administrations of both political parties to root out sources of revelations that were either potentially damaging to national security or politically embarrassing.

As per two sources of CBS News, the DNI's directive emphasises polygraph test questions related to topics like info leaks to media agencies, adding that these practices will be made more routine in conjunction with counter-intelligence investigations.

An official in the Office of Director of National Intelligence (ODNI), stated



that instead of establishing any new policies, the directive merely reinforces questions related to leaks to members of the press, and hardens all existing regulations and legal statutes.

The directive also does not direct organisations to begin random polygraph examinations, but instead asks US intelligence agencies to review the feasibility of conducting random polygraphs in conjunction with counter-intelligence investigations.

As per the ODNI official, the lack of polygraph tests within the intelligence community has emboldened all potential double agents within agencies to leak sensitive state secrets to hostile nations, though the official declined to give any additional details.

"Since the start of President Trump's second term, we have seen numerous unauthorised disclosures of classified information, which have the potential to damage US' strategic alliances and credibility and endanger sources and methods vital to intelligence gathering," DNI spokes-

person Olivia Coleman told the media agency.

She added, "The fact that deep state actors leaked information about DNI Gabbard's directive, aimed at preventing leaks and protecting classified information, to the media is both deeply ironic and a powerful reminder of why her efforts to identify and deter leakers is urgently necessary."

Earlier this year, Gabbard said she made criminal referrals regarding two cases to the Justice Department, with a third on its way, which included an illegal leak of information to The Washington Post about the Venezuelan gang Tren de Aragua.

While Gabbard's mandate reinforces policies implemented by previous administrations and existing legal statutes, it could generate a fresh round of criticism echoing what previous administrations faced over press freedoms and the relationship between journalists and government sources. UNI

World Bank Warns: Afghanistan's Economic Growth at Risk Amid Poverty, Population Pressure, and Security Threats

United News of India

KABUL, OCT 8: Afghanistan's economy has grown modestly in the past four years and continues to rise, though increasing poverty, lack of infrastructure, weak governance, persistent displacement, and persistent security threats continue to hamper this trend, reported the World Bank.

It further warned that these factors could overshadow the few strides the war-ravaged country has made in recent years.

According to Khamma News, these findings were published as part of the World Bank's latest Economic update on West Asia, North Africa, Afghanistan and Pakistan, titled 'Jobs and Women: Untapped Talent, Unrealised Growth'.

Kabul's GDP is projected to grow by about 4.3 percent in fiscal years 2025–2026, driven largely by household and public consumption. However, this rise – expected to be around 8.6 percent, per capita income – is insufficient to keep up with its increasing population, and is thus projected to decline by nearly 4 percent, keeping millions of Afghans in extreme poverty.

The World Bank estimates that between 15.2 and 23.8 million Afghans – almost half the population – live on less than USD 3 a day, one of the highest poverty rates in the region.

This was attributed to a myriad of overlapping crises, including forced deportation of refugees, natural disasters, inadequate infrastructure, and a weak governance, compounded further by international isolation.

Since September 2023, more than 4 million Afghans have returned from Pakistan and Iran, with 2.1 million repatriated between January and July 2025, most of which were noted to be involuntary and forced. UNI



Tough but fair: Selectors Prioritise Future Over Sentiment

■ Sidharth Monga

NEW DELHI: India didn't need to remove Rohit Sharma as ODI captain. His India have been the second-most dominant side in ODI history. Among 64 players who have captained their country in 50 matches or more, only three have averaged higher, and only one has scored at a quicker pace. Since Rohit captained in only 56 matches - where he made 111.97 runs per 100 balls and 52.2 runs per dismissal - there isn't much room for low returns, but for what it's worth, he scored a superlative century and looked at ease playing a high-risk role in two recent assignments.

It would have been easy to sit in the background and not draw attention towards yourself as an India selector. And yet, the selectors wouldn't be doing their job if they hadn't appointed a new leader. For Rohit will be 40 during the ODI World Cup in 2027, and you don't want a completely raw captain should Rohit happen to lose form between now and the World Cup, a period during which India aren't scheduled to play even 20 matches - not enough to keep ODI-only players sufficiently active.

This is the kind of unsentimental call Australia used to make during their period of dominance: move on from an ageing player not because they were struggling but because a younger player was ready and ought not to be made to wait out their prime years.

While this particular call was a relatively easy one to make, with Rohit having given up the other two international formats, India have famously struggled to transition when the incumbents

are superstars.

The selectors have in the past had to either talk legends into retirement, amp up pressure through strategic leaks to the media, or simply wait for them to call it a day. Over the last couple of years, the Indian selection panel, led by Ajit Agarkar, has done none of that. They have been respectful but firm, they have stayed away from the media, but they have been ruthless with their calls.

They weren't always this good. This forward thinking was absent in the lead-up to the 2024 T20 World Cup. India's decision-makers were so caught up in the euphoria of a home ODI World Cup that they had neither a captain nor a coach for the T20 World Cup seven months from then. They had to choose a captain first and then the squad, as opposed to picking the best players and identifying a leader from among them.

The other chastening period for the selectors was the last Border-Gavaskar Trophy, when form and time crept up on India's superstars. Rohit didn't make it easy on the selectors. He dropped himself from a Test, did nothing to retain the spot, but still appeared in interviews talking about how he looked forward to leading India in England. Agarkar's team didn't budge.

The only blemish on how Rohit's Test exit was handled is that BCCI officials leaked the news, denying Rohit his well-earned right to make the announcement on his own time. The selectors also had a conversation with Virat Kohli in Australia. Kohli was told he still had credit in his account but that there wouldn't be any guarantees after the England series. Kohli was in touch with where his

game was at, and bowed out himself.

Handling the transition from Rohit and Kohli has been the biggest success for Agarkar's panel - and it does help that there is so much batting talent in the country - but they have navigated other choppy waters during their tenure.

When leadership change is imminent, ambitions start showing in interesting ways. The selectors have been clear in their communication to all potential captains. Their reservations over Hardik Pandya's consistent availability as a T20I captain have been proved right. Similar concerns about Jasprit Bumrah's body paved the way for Shubman Gill. When Gill was identified as the next Test captain, there were many conversations between Agarkar and him during the IPL, well before the final announcement was made.

The previous coach, Rahul Dravid, is on the record about how Agarkar insisted they play Dhruv Jurel when Rishabh Pant was out because of his accident during the home Tests against England early last year. Agarkar has been able to constructively challenge the team management, as opposed to being the sort of pushover recent team managements have been accustomed to. Agarkar and his team have earned respect by being sharp and by avoiding politics. There is little intrigue around their vision; they insist on being available for press conferences to help fans make sense of their calls. It helps that Agarkar doesn't need to make any compromises; he had more financially lucrative career options when he took over this role.

ESPNCricinfo



Mithali Raj and Ravi Kalpana to have stands named after them at Vizag stadium

■ ESPNCricinfo

BENGALURU: Former India captain Mithali Raj and wicketkeeper-batter Ravi Kalpana will have stand named after them at the ACA-VDCA Stadium in Visakhapatnam. The stands will be unveiled on October 12 ahead of India's women's ODI World Cup match against Australia.

The decision was taken after India opener Smriti Mandhana made the suggestion to Andhra Pradesh IT minister Nara Lokesh during the Breaking the Boundaries chat in August.



"The ACA's tribute to Mithali Raj and Ravi Kalpana reflects a deep commitment to honouring the trailblazers who have redefined women's cricket in India while inspiring the next generation to dream bigger," the ACA said in a statement. "Smriti Mandhana's thoughtful suggestion captured a wider public sentiment," minister Lokesh said. "Translating that idea into immediate action reflects our collective commitment to gender parity and to acknowledging the trailblazers of women's cricket."

Raj, a former India captain and a stalwart of women's cricket, holds the record for the most runs in women's ODIs. She scored 7805 runs from 232 ODIs at an average of 50.68 with seven centuries.

In 89 T20Is, she scored 2364 runs with 17 fifties at 37.52, while in 12 Tests, Raj scored 699 runs in 19 innings at 43.68 with a highest score of 214, the best for an India batter in the format. She retired from all formats of the game in 2022, bringing down the curtain on a career that spanned 23 years.

Kalpana played seven ODIs between 2015 and 2016, and her rise to the India team has inspired several cricketers from the region, such as Arundhati Reddy, S Meghana and N Shree Charani.

Labuschagne dropped from Australia ODI squad, Renshaw earns call-up

■ Andrew McGlashan

DUBAI: Marnus Labuschagne has been dropped from Australia's ODI squad to face India with his Queensland teammate Matt Renshaw in line for a debut in the format. Labuschagne's omission is not a huge surprise as he has a top score of 47 in his last ten ODI innings. He may not have featured against South Africa in August had Matt Short, who is included in this squad, not been ruled out with a side strain. A benefit of his omission is that he can continue to push for a Test recall in the Sheffield Shield, having started the season with 160 against Tasmania.

Renshaw's call-up comes off the back of an impressive run in List A cricket, which included a century for Australia A against Sri Lanka in Darwin during the winter. While he is currently opening in red-ball cricket - and could be an outside contender for the Ashes - he has flourished largely as a No. 3 and No. 4 in the 50-over game. Since November 2021, he has averaged 48.68 with six of his seven career centuries, and has also developed into a



very effective middle-order T20 batter. He was previously included in an ODI squad to face Pakistan in 2022 but didn't get a game.

Mitchell Starc, who hasn't played ODIs since last November, has also been included in what is a full-strength squad from the players available. Alex Carey will miss the opening game of the series in Perth so he can play the second round of Sheffield Shield for

South Australia, having missed the first match after his call-up to the T20I squad in New Zealand.

Fellow wicketkeeper-batter Josh Inglis has recovered from the calf strain that kept him out of that series and is part of both the ODIs and T20Is. The initial squad for the T20Is is only for the first two games of the series with some management of multi-format players likely to happen for the final three games

for those involved in the Ashes. Glenn Maxwell remains unavailable for the T20Is due to the broken wrist he suffered ahead of the New Zealand series. Cameron Green has been included for the ODIs but won't feature in the T20Is as he prepares to face England, and will likely play more Shield games for Western Australia. "We have named a squad for the ODI series and first two games of the T20 series as there will be some management through the back end of the series as individuals prepare for the summer through Sheffield Shield cricket," chair of selectors George Bailey said. "The majority of the T20 squad will remain together as it's an important period in the build towards the World Cup next year, however we are trying to strike a balance to ensure we simultaneously prepare certain individuals for the Test series ahead." Allrounder Cooper Connolly, who took 5 for 22 against South Africa in Mackay, retained his place in the ODI squad. He has enjoyed a productive tour of India with Australia A, making two half-centuries in the three-match one-day series.

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