

Srinagar

Thursday

November 20 | 2025

28 Jumada al-Awwal 1447 AH

Issue No: 273

Volume: 15

Pages: 12

Price: Rs 02/-

15TH
YEAR OF
PUBLICATIONHEADLINES
TODAY

Voice To The Voiceless

NEWSPAPER | BOOKS | FLYERS | LOGO | FLEX | MAGAZINES
VISITING CARDS | BROCHURES | 3D BOARDS | COVER PAGES
WEDDING CARDS | CALLIGRAPHY | WALL PAINTINGS

9999038812
9419008414

Radio Colony,
Gund Hassibhat, Lawaipora Srinagar-190017

We Must Not Let the Hard Work
and Sacrifices of Our People
Go Waste': LG Sinha

■ HT NEWS NETWORK

JAMMU, NOV 19: Lieutenant Governor Manoj Sinha on Wednesday said Jammu and Kashmir's journey towards Aatma-Nirbharta is built on the dedication and sacrifices of police personnel, soldiers, farmers, youth and women, urging people to pledge to uphold their legacy and turn their dreams into reality.

He made the remarks while attending the foundation day of the Purmandal-Utterbehni Teerth Seva Nyas at Purmandal, where he also paid obeisance at the ancient Shiv Temple and participated in the Devika Maha Aarti.

Addressing a large gathering, the LG reiterated his administration's commitment to develop Purmandal-Utterbehni into a world-class spiritual destination, promoting sustainable and culturally rich religious



tourism in Jammu and Kashmir.

"Purmandal-Utterbehni Teerth Kshetra is a confluence of faith, cultural unity and diversity. It is a sacred pilgrimage for self-purification and self-realisation, fostering love, respect and brotherhood," he said. Describing the historic Umapati Mahadev Temple on the banks of the Gupt Ganga Devika as among J&K's most important pilgrimage sites, he noted that Purmandal has for centuries served as a beacon of social harmony, community service and environmental protection.

Responding to the demands of the Teerth Seva Nyas, the LG assured that the administration will adopt a whole-of-government approach to preserve and strengthen the religious and cultural heritage of the region.

He directed the Samba district administration to identify land for a new

● Turn on Page 2

Every Rupee Sent to Farmers
Strengthens the Nation : PM Releases
21st PM-Kisan Installment

■ HT NEWS DESK

NEW DELHI, NOV 19: Prime Minister Narendra Modi on Tuesday released the 21st installment of the Pradhan Mantri Kisan Samman Nidhi (PM-Kisan), transferring ₹500 crore directly into the bank accounts of 25 lakh farmers of Chhattisgarh during a nationwide event held in Coimbatore.

At a State-level ceremony organised simultaneously in Dhamtari, Union Minister for Agriculture and Farmers' Welfare and Rural Development Shivraj Singh Chouhan inaugurated a series of major development initiatives, including rural road projects worth ₹2,225 crore and the expansion of the National Makhana Development Board to cover Chhattisgarh.

The event, attended by thousands of farmers and rural representatives, was described by officials as a "defining moment" in Chhattisgarh's development trajectory. Chief Minister Vishnu Deo Sai, Speaker Dr. Raman Singh, Union Minister of State Tokhan Sahu, Deputy Chief Minister Vijay Sharma, State Agriculture Minister Ramvihar Netam, and several other senior leaders were present.

Massive Rural Connectivity Boost, Chouhan handed over approval documents for the con-



struction of over 2,500 km of all-weather rural roads under the Pradhan Mantri Gram Sadak Yojana. The projects will link nearly 780 villages, significantly expanding rural connectivity and facilitating economic growth.

He said that under Prime Minister Modi's leadership, "rural infrastructure development has received unprecedented momentum," enabling faster, transparent delivery of benefits to citizens.

Makhana Sector Opens New Opportunities, Announcing the inclusion of Chhattisgarh

● Turn on Page 2

J&K set to
make child rights
body functionalAppointment of chairperson,
members on cards

■ HT NEWS NETWORK

SRINAGAR, NOV 19: Jammu & Kashmir is set to make the Commission for Protection of Child Rights functional with appointment of its chairperson and members.

Officials told news agency—Kashmir News Observer (KNO) that a three-member committee headed by Minister for Social Welfare Sakina Masood Ittoo has finalized the selection process.

"The committee held interviews of the short-listed candidates earlier this month. The selection process has been almost completed. The government will soon notify the appointment of chairperson and members of the body," they said.

The selection panel also included the Administrative Secretaries of the Social Welfare and Law, Justice and Parliamentary Affairs Departments.

The committee headed by the Minister was tasked to submit recommendations for appointment

● Turn on Page 2

CM Omar Abdullah inaugurates two-day J&K Trade Fair in Kulgam

CM underscores entrepreneurship as the driving force of J&K's future growth

■ HT NEWS NETWORK

KULGAM, NOV 19: Chief Minister Omar Abdullah today inaugurated a two-day J&K Business & Trade Fair organised by the District Administration Kulgam in collaboration with Mission YUVA.

The fair aims to promote entrepreneurship and provide a platform for business innovation and growth

● Turn on Page 2

CM Omar Abdullah Visits Families
of Nowgam Blast Victims

■ HT NEWS NETWORK

SRINAGAR NOV 19: Chief Minister Omar Abdullah on Wednesday visited the families of

● Turn on Page 2

Pvt schools face JKBOSE
action for textbook
norm violation

■ HT NEWS NETWORK

SRINAGAR, NOV 19: The Jammu Kashmir Board of School Education (BOSE) Wednesday said that is cancelling the affiliation

● Turn on Page 2

Winter break upto 8th standard from first week of December: Minister Ittoo
Says, textbook issue streamlined to a large extent

■ HT NEWS NETWORK

SRINAGAR, NOV 19: Minister Sakina Ittoo Wednesday said that the winter break for students up to the middle classes is likely to begin from the first week of December amid cold temperatures.

Speaking to reporters, the minister as per the news agency—Kashmir News

Observer (KNO) said that the parents repeatedly requested for the announcement of the schedule for winter break. "The winter season becomes difficult for younger children."

Ittoo further said that, "We have already conducted a meeting regarding the winter break and we have tentatively decided that for lower classes from Class 1 up to middle grade, will probably

observe the vacation from the first week of December."

About the textbook issue, the minister said, "We have already streamlined the matter to a large extent."

"Directions have been issued to ensure there is no shortage of books or uniforms," she said.

Minister Ittoo also said that strict

● Turn on Page 2

CS seeks boost to fodder, eco-tourism & afforestation

■ HT NEWS NETWORK

JAMMU, NOV 19: Chief Secretary Atal Dulloo today chaired a comprehensive review meeting of the Forest, Ecology & Environment Department to assess its overall functioning and to take stock of key conservation, protection, and developmental initiatives underway across Jammu and Kashmir.

The meeting was attended by Commissioner Secretary, Forests, Sheetal Nanda; Principal Chief Conservator of Forests (PCCF), Suresh Kumar Gupta; and heads of various wings of the

Department.

At the outset, the Chief Secretary underscored the critical importance of enhancing fodder availability in grazing areas, noting that fodder growth is intrinsically linked to the progress of the Animal, Sheep Husbandry, and Dairy sectors. He directed the Department to take targeted measures to scale up fodder production in all feasible forest zones.

Calling for a renewed push toward eco-tourism, the Chief Secretary observed that J&K's Forest Department

CS Dulloo pushes aromatic,
medicinal plant sector

■ HT NEWS NETWORK

JAMMU, NOV 19: Chief Secretary Atal Dulloo today chaired a joint meeting of the Forest, Ecology & Environment Department and the Agriculture Production Department to review possibilities for commercial

● Turn on Page 2

Govt Focused on Inclusive Growth Across J&K: Dy
CM Engages With Public Delegations in Jammu

■ HT NEWS NETWORK

JAMMU, NOV 19: Deputy Chief Minister Surinder Choudhary on Wednesday reaffirmed that the Jammu and Kashmir Government is firmly committed to ensuring inclusive and comprehensive development across the Union Territory.

The Deputy CM made the assertion during a series of meetings with diverse public delegations from multiple districts at the Civil Secretariat here.

Choudhary said that the administration has

initiated "significant developmental interventions" in every district, with a strong emphasis on strengthening infrastructure, boosting socio-economic progress, and enhancing the delivery of public services.

The delegations—comprising job aspirants, students, business association members, and civil society representatives—highlighted a range of issues and demands. The Deputy CM gave a patient hearing and assured them that all genuine concerns would be forwarded to the concerned departments for swift redressal.

● Turn on Page 2

Al-Falah University Founder Sent to 13-Day ED
Custody in High-Profile Money Laundering Case

■ HT NEWS DESK

NEW DELHI, NOV 19: In a dramatic late-night development, a Delhi court on Wednesday sent Al-Falah University founder and Al Falah Group chairman Jawed Ahmed Siddiqui to 13 days of Enforcement Directorate (ED) custody in a terror-linked money laundering probe.

Siddiqui, arrested on Tuesday evening after day-long searches by the



ED, was produced close to midnight before Additional Sessions Judge Sheetal Chaudhary Pradhan at her residence, with proceedings stretching till 1 am. The judge ruled that all legal formalities under Section 19 of the Prevention of Money Laundering Act (PMLA) had been complied with, and said the investigation was still at a "nascent stage" requiring further custodial interrogation.

● Turn on Page 2

6 accused chargesheeted in high
profile CAT record tampering case

■ HT NEWS NETWORK

SRINAGAR, NOV 19: The Economic Offences Wing (EOW) of Crime Branch Kashmir has filed a chargesheet against six accused before the Court of Chief Judicial Magistrate, Srinagar.

The chargesheet has been submitted in a case under FIR number 87/2022 under Sections 209, 409, 420, 467, 468, 471 and 120-B of the Indian Penal Code.

As per a statement issued to the news agency—Kashmir News Observer (KNO), the accused persons include Pathan Majid Ahmad Khan, S/o Mohammad Dilawar Khan, R/o Takia Khan, Sopore, Mushtaq Ahmad Rather, S/o Ghulam Mohammad Rather, R/o Ali Bagh Hygam, Sopore, Mudasir Yousuf Wani, S/o Mohammad Yousuf Wani, R/o Tujjar Sharief, Sopore, Ghulam Mohammad

● Turn on Page 2

Div Com Kashmir Inaugurates World Heritage Week Exhibition, Flags off Heritage Walk in Srinagar

HT NEWS DESK

SRINAGAR, NOV 19: As part of the celebrations for World Heritage Week 2025, the Directorate of Archives, Archaeology and Museums, J&K today organized a Special Exhibition of Archival Records and Rare Manuscripts at the Art Gallery, Shergarhi Complex, Srinagar.

The exhibition was inaugurated by Divisional Commissioner (Div Com) Kashmir, Anshul Garg, who also flagged off a Heritage Walk from the Shergarhi Complex to the SPS Museum at Lal Mandi.

The event witnessed enthusiastic participation from heritage lovers, scholars, and students from various educational institutions, all joining to promote the importance of preserving and conserving the region's centuries-old cultural treasure.

Speaking on the occasion, the Divisional Commissioner highlighted the significance of World Heritage Week and the collective responsibility to safeguard cultural heritage for future generations. He noted that the exhibition showcases numerous invaluable treasures and urged students and scholars



to visit the gallery to connect with the region's heritage and cultural identity.

"Kashmir is home to centuries-old cultural and civilizational treasures and represents

a confluence of Shaivism, Sufism, and Buddhism," he said and added that "Our rich traditions of arts, crafts, and music have earned global recognition, and our archaeological sites

continue to attract large numbers of tourists. This Heritage Week is dedicated to celebrating and honoring these sites."

He also highlighted the ongoing initiatives of the Direc-

torate to revive and preserve cultural and archaeological sites across Jammu & Kashmir. "The observance of World Heritage Week provides an opportunity to revisit our history and tradi-

tions, helping to build greater awareness about heritage conservation," he added.

The Divisional Commissioner noted that in the past four years, substantial efforts have been made to preserve the unique local heritage developed over centuries by previous generations, ensuring its safe transmission to the future.

He emphasized the need to create awareness among students and the general public about Kashmir's rich cultural heritage so they can better appreciate the importance of protecting and preserving the region's glorious past.

JKTA Chandoosa Reconstitutes Zonal Body to Strengthen Educational Advocacy

HT NEWS DESK

CHANDOOSA, NOV 19: The Jammu and Kashmir Teachers Association (JKTA) Chandoosa on Wednesday announced a major restructuring of its zonal body, aimed at boosting organisational efficiency and amplifying the Association's educational outreach across the region. The decision was taken during a meeting attended by District Vice President Mushtaq Ahmad Bhat, along with senior leaders Fayaz Ahmad Malik,



Shabir Ahmad Lone, Bilal Ahmad Lone, Chowdhary Munaver Hussain, Zonal President Tahir Ahmad Beigh, and scores of teachers and school representatives.

Association leaders said the reconstitution was essential for improving coordination within the zone, addressing teachers' issues more effectively, and ensuring deeper engagement with the academic community.

Speaking on the occasion, the leadership affirmed that the newly formed body would work with renewed commitment to protect teachers' rights, enhance academic standards, and promote a student-centric learning environment. They added that transparency, accountability, and teamwork will serve as guiding principles for the new committee as it takes up key concerns including infrastructure gaps, teacher welfare, and the implementation of educational reforms.

Newly Constituted Zonal Body

1. Abdul Rasheed Wani (Dandmoha) - Patron
2. Tahir Ahmad Beigh - President
3. Sukhvinder Singh - Vice President
4. Abdul Razak Lone - Vice President
5. Tariq Ahmad Khan - Vice President
6. Mohd Ashraf Lone - General Secretary
7. Mohd Shafi Khanday - Secretary
8. Mansoor Ahmad Beigh - Joint Secretary
9. Shabir Ahmad Mir - Finance Secretary
10. Khurshed Ahmad Wani - Cashier
11. Hilal Ahmad Sheikh - Advisor
12. Dawood Ahmad Khan - Advisor
13. Mohd Rafi Beigh - Advisor
14. Irfan Ahmad Lone - Spokesperson
15. Irfan Ahmad Khan - Organiser
16. Nazir Ahmad Khan - Organiser
17. Javid Iqbal Khan - Coordinator
18. Chowdhary Iqbal - Coordinator
19. Irshad Ahmad Sheikh - Media Advisor

Female Representatives

20. Rubeena Nusrat
21. Jameela Aslam
22. Dilraj Kour
23. Ifat Bano

Executive Council

Mushtaq Ahmad Bhat, Fayaz Ahmad Malik, Shabir Ahmad Lone, Bilal Ahmad Lone, Munaver Hussain, Tahir Ahmad Beigh, Mohd Ashraf Lone, Abdul Rasheed Wani, Mushtaq Ahmad Beigh, Abdul Razak Lone, and Hilal Ahmad Sheikh.

Executive Members

Mohd Ashraf Tantray (Walraman), Bilal Ahmad Wani (Gohan), Farooq Ahmad Najar, Abdul Hamid Mir, Sameer Ahmad Bhat, Hilal Ahmad Mir, Mohd Rafiq Najar, Gh Qadir Dar, SM Iqbal, and Imtiyaz Ahmad.

The reconstitution, the Association said, marks a renewed chapter in its efforts to strengthen the teaching fraternity in the Chandoosa zone.

KU holds review meeting for DYD at IoT Zakura Campus

HT NEWS DESK

SRINAGAR, NOV 19: The Institute of Technology (IoT), Zakura Campus, University of Kashmir (KU), on Wednesday held a review meeting for the Centre for Design Your Degree (CDYD), which currently offers an interdisciplinary learning pathway to students.

The review team, led by Prof. Dinesh Singh, Vice-Chairman, J&K Higher Education Council, and Prof. Shobha Bagai, Director CIC, University of Delhi, along with the team visited the Centre to assess academic progress, infrastructure, curriculum design, student mentoring mechanisms, and future expansion plans. The Centre was established in February 2024 and currently hosts three batches of semester students.

Prof. Dinesh expressed satis-

faction while reviewing the Centre and said, "The Centre is progressing in the right direction with a clear vision and dedicated efforts. Such innovative academic spaces are essential for helping students shape their own learning pathways and realise their full potential."

Speaking on the occasion, Vice-Chancellor KU, Prof. Nilofer Khan, said, "The University is proud to have established one of the region's earliest centres that gives students the freedom to shape their own academic journeys. The Centre reflects our commitment to flexible, student-led learning that prepares young people for emerging fields and diverse career paths."

She added that the University will continue to strengthen interdisciplinary spaces where students can innovate and explore



beyond traditional disciplinary frameworks.

Dean Academic Affairs KU, Prof. Shariefuddin Pirzada, said that the programme helps students combine knowledge streams and build personalised academic trajectories aligned with global

trends in higher education.

While interacting with DYD students, Prof. Shobha Bagai encouraged them to make full use of the academic flexibility offered under DYD, noting that such models empower learners to take ownership of their edu-

cational choices and develop problem-solving skills essential for the future workforce.

Director IoT Zakura Campus KU, Prof. Tariq Bandy, in his welcome address, highlighted the importance of promoting innovation-driven learning and assured continued institutional support for the programme.

Prof. Syeda Afshana, Coordinator CDYD, IoT Zakura Campus KU, presented a detailed overview of the Centre's evolution, key milestones, student achievements, and ongoing academic initiatives.

E-yantra lab sponsored by RUSA 2.0 and CIE, IoT Zakura Campus KU was also inaugurated on the occasion.

The meeting was attended by faculty members, administrative officers, students of CDYD, and the review team members from the J&K Higher Education Council.

A Grand Farewell Ceremony Held in Zone Rajwar in Honour of CEO Kupwara, Mr. Miraj-ud-Din Shah

A FORMAL UNVEILING OF THE FIRST-EVER ZONAL PROSPECTUS WAS ALSO CONDUCTED DURING THE EVENT

HT NEWS DESK

KUPWARA, NOV 19: A brief yet highly dignified farewell ceremony was organized by the Education Zone Rajwar in honour of the Chief Education Officer Kupwara, Mr. Miraj-ud-Din Shah. The event proved to be a beautiful combination of educational commitment, administrative harmony, and a heartfelt tribute.

The ceremony was attended by Principal Boys Higher Secondary School Behni Pora, Mr. Abdul Rashid Lone; Principal Boys Higher Secondary School Zachaldara, Mr. Hafizullah Shah; Principal Boys High School Wari Pora; all Headmasters of the high schools of the zone; and the Heads of Middle and Primary Schools. In addition, the zonal presidents of various teachers' forums also participated, including Jammu & Kashmir Teachers Forum (Zone Rajwar) Zonal President Mr. Ghulam Muhammad Masala, Jammu & Kashmir Rehbar-e-Taleem

Teachers Forum (Zone Rajwar) Zonal President Mr. Tamjeed-ul-Islam Khan, and Zonal President of Teachers Joint Action Committee for Zone Rajwar Mr. Sajjad Ahmad Khan, whose presence added grace to the program.

The most significant and historic moment of the ceremony was the unveiling of the first-ever Zonal Prospectus prepared by Education Zone Rajwar, which was formally released by the Chief Education Officer Kupwara, Mr. Miraj-ud-Din Shah.

This prospectus is a comprehensive reflection of the educational journey, performance, developmental initiatives, and future strategies of the zone. It stands as a milestone in the educational history of Rajwar Zone.

Speakers, in their addresses, paid rich tributes to the remarkable and exemplary services of Mr. Miraj-ud-Din Shah.

They highlighted his relentless, sincere, and effective role in aligning

the educational system of Kupwara with modern needs, improving school performance, resolving teachers' issues promptly, and promoting quality education. His visionary leadership, administrative competence, and hands-on supervision were highly appreciated by the teachers and administrators of the zone.

On behalf of Education Zone Rajwar, various gifts and honours were presented to Mr. Miraj-ud-Din Shah as a lasting acknowledgment of his valuable services.

At the conclusion of the event, the Zonal Education Officer Rajwar, Mr. Shabir Ahmad Badhana—who was the driving force behind the programme—extended heartfelt gratitude to all the participants.

He appreciated the professional integrity, performance, and services of CEO Miraj-ud-Din Shah, stating that his guidance will always remain a beacon of light for the district of Kupwara.

Kulgam Police, Health Officers Conduct Locker Inspection Drive in Hospitals to Prevent Misuse

FAROOQ RATHER

KULGAM, NOV 19: In a move aimed at strengthening transparency, accountability, and security within medical institutions, Kulgam Police, in coordination with medical officers from the Health Department, carried out an extensive inspection of lockers used by doctors and staff across various health facilities in the district on Wednesday.

The special checking drive was conducted to ensure that lockers are being used strictly for official and lawful purposes, and to prevent any potential misuse — including storage of unauthorized or prohibited items. During the inspections, all racks and lockers were thoroughly examined by the joint teams.

Medical staff were sensitized about the importance of maintaining proper records and adhering to guidelines for locker usage. Officers emphasized that lockers are to be utilized only for essential and authorized materials related to medical duties.

Kulgam Police stated that such inspection drives will continue as part of routine vigilance measures to maintain a secure, disciplined, and professionally accountable environment in hospitals.

5-Day "Jashn-e-Tufaan Theatre Festival Continues at Tagore Hall

Children showcase their talents with great enthusiasm

GULFAM BARJI

SRINAGAR, NOV 19: The theatre festival associated with Jashn-e-Tufaan, which began on 17 November in Srinagar, is currently underway at Tagore Hall. Students from various schools of downtown Srinagar are presenting their talents with full enthusiasm.

On the third day of the festival, students of Wisdom Public High School, Noorbagh Srinagar, created a stir by performing the Kashmiri stage drama "Roav Kya Proav Kya",



written by Jehangir Farash and directed by Sheikh Parvaiz. The students won the hearts of the audience with their excellent acting.

On the third day, Saleem Beg, former Director General of the Tourism Department and Convenor of INTACH, attended the event as a chief guest. From the Cultural Academy, Adeel Saleem, Additional Secretary of the Academy, Nighat Shafi, Chairperson of Help Foundation, Qazi Shams-ud-Din, and several prominent theatre personali-

ties were also present on the occasion.

While congratulating the organisers—particularly Kashmir Kala Manch—Saleem Beg said that this initiative is an excellent step towards engaging children in cultural activities.

On the fourth day of the festival—i.e., tomorrow—students of New Career Convent School, Fatah Kadal Srinagar, will present the Kashmiri stage drama "Ba Chus Ne Gunah-gaar", written by Majeed Majazi and directed by Arif Bhat.

DC Budgam Chairs District Road Safety Committee meeting

Stresses on Implementation of Comprehensive Road Safety Regulations

■ HT NEWS DESK / DIPR

BUDGAM, NOV 19: Deputy Commissioner Budgam, Dr. Bilal Mohi-Ud-Din Bhat, today chaired a meeting of the District Road Safety Committee at the Conference Hall Budgam to review the status of road safety measures and enforcement of traffic regulations across the district.

The meeting focused on strengthening coordinated efforts to minimise road accidents and ensure safer travel for the public.

During the meeting, the DC emphasised the urgent need for strict and effective implementation of all road safety regulations in letter and spirit.

He called upon all concerned departments to reinforce road safety mechanisms, identify accident-prone locations, improve road infrastructure, and intensify enforcement of traffic rules.

The DC also stressed the importance of organising awareness programmes in schools, colleges and other institutions to promote a culture of safe and responsible road usage.



While discussing the traffic and safety measures concerning the ongoing Ring Road construction, the DC issued firm

directions to ensure complete compliance.

He instructed that all entry and exit points leading to the

under-construction Ring Road shall remain closed for public movement and commercial vehicular traffic, permitting

only vehicles directly associated with construction activity. He further directed that the list of entry points which are open or closed for public movement be published for the general public to ensure clarity and avoid inconvenience.

The DC also called for close coordination between NHAI, Ring Road authorities, the Traffic Police and the Transport Department so that no unauthorized public or commercial movement takes place on the under-construction project. He additionally directed that 100% CCTV installation shall be ensured at all entry and exit points of the project to curb violations and strengthen monitoring.

The DC Said that the district administration is committed to enhancing road safety standards and fostering a secure travel environment for the people of Budgam.

The meeting was attended by ADC Budgam, all SDMs, DySp Traffic Budgam, ARTO Budgam, Officers from NHAI and besides representatives of other concerned departments.

Capacity building programme under NMBA held at Shopian

■ HT NEWS DESK / DIPR

SHOPIAN, NOVEMBER, 19: The District Administration Shopian today organised a capacity building and orientation Training programme under J&K IEC Campaign against Drug Abuse here at Mini-Secretariat.

The training was imparted to Principals, Headmasters and masters designated by the School education department for making a dedicated and trained human resource for drug and substance abuse awareness across the district.

The initiative is part of a larger district -wide campaign to eradicate drug abuse and create a safer and healthier environment for youth.

The training embodies the commitment of the District Administration to endeavour and take concrete steps under the banner of Nasha Mukht Bharat Abhiyaan, ensuring meaningful grassroots-level impact through employing services of equipped team of trainers/counsellors.



The programme focused on early identification of risk factors, sensitisation on the harmful effects of substance abuse and equipping trainees with strategies to create a drug-free and supportive environment for students.

Resource persons emphasised strengthening counseling mechanisms, engaging parents and promoting co-curricular activities aimed at enhancing student well-being.

During the session, professionals from Addiction Treatment Facility, District Hospital Shopian, Police and Education departments emphasized the growing concern of drug abuse among adolescents and highlighted the crucial role of educational institutions play in early prevention. They explained in detail the physical, psychological and social consequences of substance abuse.

Speaking on the occasion, Master Trainer, Dy.SP, Shopian, Mohammed Ashraf sensitised about the rising challenges of drug abuse and shared responsibility in combating it along with highlighting NDPS Act and other legal provisions.

Medical Officer, ATF threw light on various aspects of drug abuse, highlighting its harmful physical, psychological and social consequences. He elaborated on the causes, symptoms and long-term impact of drug abuse.

Other Trainers from the Education department explained the ill-effects of drug abuse on youth, emphasizing preventive measures and the importance of early counselling and collective responsibility of society to curb the menace.

Capacity Building Program under NMBA for Resource Persons held at Anantnag

■ HT NEWS DESK / DIPR

ANANTNAG, NOVEMBER 19: A comprehensive one day training cum capacity building program for the resource persons under the Nasha Mukht Bharat Abhiyan (NMBA) was held today at Khanabal, Anantnag, organised by District Administration in collaboration with Govt Medical College Anantnag.

The session was presided over by Additional District Magistrate and attended by HoD Psychiatry, GMC, senior doctors, Tehsildars, and other concerned



officials from various colleges of the district.

The programme aimed at strengthening the capacity of frontline administrative and academic functionaries in effectively addressing the issue of substance abuse across the district.

On the occasion, HoD Psychiatry, GMC, provided an in-depth briefing on causes, types and prevalence, precautionary measures, early signs along with the prevention and treatment of drug abuse adding there is need for coordination among administration, educational institutions, health authorities and community members for eradicating the menace from society. The session underlined the importance of proactive community engagement, timely reporting, and institutional support to mitigate drug-related challenges. Addressing the session, ADM urged the participants to adopt a sensitive, preventive, and structured approach while dealing with drug-affected individuals in their respective jurisdictions.

At the conclusion, an interactive question-answer session was held on multiple aspects of drug abuse, field-level challenges and practical intervention techniques.

DC Budgam reviews progress under Social Security Schemes in District

Calls for Intensified Mobilisation to achieve Saturation

■ HT NEWS DESK / DIPR

BUDGAM, NOVEMBER 19: A review meeting on the implementation of major Social Security Schemes was today held under the chairmanship of Deputy Commissioner Budgam, Dr. Bilal Mohi-Ud-Din Bhat, at the DC Office Complex.

The meeting was attended by the CPO, LDM Budgam, DSWO, ALC Budgam, representatives from ICDS, and branch managers from public and private sector banks operating in the district.

During the meeting, a detailed assessment of PMJJBY, PMSBY and Atal Pension Yojana (APY) was presented as per the progress report updated till 15 November 2025. Under PMJJBY, 5,749 applications were sourced, out of which 4,427 eligible beneficiaries were enrolled, with the district's cumulative enrolment reaching 29,221. Under PMSBY, 36,440 applications were received and 27,863 enrolments

were completed, taking the total district enrolment under the scheme to 91,121. For APY, 511 applications were sourced and 372 persons were enrolled, with overall district enrolment reaching 6,129.

It was noted in the meeting that a total of 42,700 applications had been received under the three schemes during the period, of which 32,662 were successfully enrolled, while 9,727 applications had been rejected or returned for various discrepancies. The cumulative net enrolment across all three schemes in the district now stands at 1,26,471.

The DC stressed for minimizing the gaps between applications sourced and final enrolments, especially under APY and PMJJBY.

He emphasised that these financial protection schemes act as essential safety nets for low-income and vulnerable households, and therefore wider outreach is required.

Directions were issued that

awareness activities be intensified across all blocks, with village-level enrolment camps being organised in coordination with BDOs, Anganwadi Workers, CSCs and Self-Help Groups.

He also stressed that door-to-door mobilisation be strengthened in unbanked and under-banked areas to ensure better coverage.

Further, the DC directed that scheme-wise progress be monitored on a weekly basis through the LDM office and that coordinated action be ensured through better convergence among Social Welfare, Labour, ICDS, RDD and all banks. It was reiterated that achieving saturation of these schemes must be treated as a priority governance deliverable in the district.

The DC called for renewed efforts so that no eligible beneficiary in Budgam is left outside the financial safety net, and full saturation under all social security schemes is ensured.

DC Shopian presents ATR on public demands in Block Diwas held at Zainapora

Admin prioritises collaborative and inclusive planning to boost development across district

■ HT NEWS DESK / DIPR

SHOPIAN, NOVEMBER 19: Block Diwas, weekly engagement program of the administration with the public at their doorsteps for grievance redressal was held today at CFC Zainapora.

The camp was organised by Sub divisional Administration Zainapora and was presided over by the Deputy Commissioner, Shopian, Shishir Gupta.

The camp was attended by a diverse group of citizens including senior citizens, youth groups, delegations as well as officials and frontline staff of departments.

The citizens from Aglar, Cheermarg, Zainapora, Sofipora, Khajapora, Safanagri, Durpora, and other villages raised many issues and demands of public importance including health care functioning, power infrastructure, water supply issues, renovation of Animal Husbandry centre, expediting the work on GDC Zainapora, construction of CA stores, control of leaf minor disease, flood control measures, rural development works, marriage assistance disbursement, improving education outcomes, canal repairs and desiltation, encroachments removal, among

others.

All highlighted issues, grievances and public demands were keenly listened to, noted and assured action promptly and as per feasibility. Some issues requiring urgent action were redressed on the spot.

The DC addressed the gathering and assured that demands were noted and will be taken up for the larger benefits of the public.

He presented action taken reports of highlighted demands of previous Block Diwas and intimated that some works stand completed already while as others are in pipeline for

development. Funds for various highlighted works have been released and shall be completed soon, said the DC.

DC Shopian commended the locals for actively participating in the event and apprised the gathering about the ongoing development works in the subdivision for inclusive and equitable development.

Later on, the DC instructed the officers to take up their sector wise demands and public welfare issues with promptness while focusing on their intended public benefits.

Alongside, a drug free pledge was administered to participants,

emphasising the issue of the drug problem and the need to control it with the collaborative efforts of citizens and government.

The locals appreciated the administration for macadamisation of Zainapora-Bijbehara road, a major demand of the area, and other works across sectors.

The camp was also attended by ADC, Dr. Zakir Hussain Faaz; Principal GDC, Prof.(Dr.), Shafiq Ahmad; ACD, Muzafar Ahmad; SDM Zainapora, Bilal Ahmad; Exen R&B, Jal Shakti, CMO, DIO, BDO, SDPO, CHO and other district and local administration officers.

Food Safety Team Conducts Inspection of Restaurants in Kupwara Town

■ HT NEWS DESK / DIPR

KUPWARA, NOVEMBER 19: On the directions of Deputy Commissioner Kupwara, Shrikant Suse, the Food Safety Team, led by the Assistant Commissioner, Food Safety Kupwara, today carried out an extensive inspection drive across various restaurants in Kupwara town.

The special drive aimed to

assess the hygiene standards, cleanliness protocols, and overall quality of food being served to the public.

During the inspection, the team thoroughly examined kitchen areas, storage facilities, food preparation practices, and waste disposal systems. Restaurant owners and staff were sensitized about the importance of maintaining strict hygiene



standards to ensure public health and safety.

The Food Safety Team directed all restaurant operators to strictly adhere to the latest government-issued food safety guidelines.

To facilitate compliance, the updated guidelines were also shared with restaurant owners for their immediate reference and implementation.

The Assistant Commissioner reaffirmed that such inspection drives will continue in the coming days in main markets of district Kupwara to uphold food safety standards across the district.

He urged all food business operators to maintain transparency, follow best practices in food handling, and prioritize consumer safety.



DC Baramulla Chairs DLSCC meeting; Reviews Terror Victim Compassionate Appointment Cases

■ HT NEWS DESK / DIPR

BARAMULLA, NOVEMBER 19: Deputy Commissioner Baramulla, Minga Sherpa today chaired a meeting of the District Level Screening-cum-Coordination Committee (DLSCC) at the meeting hall of the DC Office to review pending compassionate appointment cases of terror-affected families.

The DC took a detailed review of all applications presented by the concerned departments and stressed that cases related to terror-affected families must be processed with transparency, sensitivity, and strict adherence to the notified guidelines.



During the meeting, the committee examined 20 cases. After thorough scrutiny, 14 cases were approved, 4 cases were rejected for not fulfilling the required criteria, while 2 cases were referred for re-verification to validate essential documents.

The DC directed the officers to ensure that all genuine cases are resolved promptly and families receive timely support through the compassionate appointment mechanism.

Senior officers from Civil, Police, Army, BSF and other concerned officers participated in the meeting.

DC Baramulla, SDM Uri felicitated with Prestigious Army Commendation Cards

■ HT NEWS DESK / DIPR

BARAMULLA, NOVEMBER 19: Deputy Commissioner Baramulla, Minga Sherpa, has been honoured with the prestigious Chief of the Army Staff (COAS) Commendation Card and Disc in recognition of his outstanding leadership during Operation Sindoor and his sustained efforts in strengthening civil-military coordination in the region.

The commendation was presented to him by Lieutenant General Prateek Sharma, SYSM, PVSM, AVSM, SM, General Officer Commanding-in-Chief, Northern Command, during a special ceremony held at Kathi Post, Nawarunda, Uri.

In the same ceremony, Sub-Divisional Magistrate Uri, Shubhankar Pratyush Pathak, was also conferred with the GOC-in-C Northern Command Commendation Card and Disc for his exemplary service and exceptional commitment during Operation Sindoor.

The honours bestowed on the Deputy Commissioner and SDM Uri reflect the seamless synergy between civil administration and the Indian Army, and acknowledge their pivotal roles in ensuring effective coordination, public safety, and timely execution of critical operational responsibilities in the sensitive border region.



MSME Srinagar Organizes Capacity-Building Programmes Under PM Vishwakarma

■ HT NEWS DESK / DIPR

SRINAGAR, NOVEMBER 19: MSME Development & Facilitation Office, Srinagar in collaboration with District Administration conducted twin capacity-building programmes for registered PM Vishwakarma beneficiaries at Kupwara and Pulwama, witnessing a combined participation of over 200 artisans.



At Kupwara, the programme was inaugurated by DC Kupwara, Shrikant Balasaheb Suse, who highlighted the growing participation of artisans in the scheme.

Sessions on Micro Business Development, enterprise growth, and e-marketing were delivered by Assistant Director Incharge Br MSME DFO Srinagar and state consultant GeM.

At Pulwama, GM DIC Pulwama, Wasim Malik, addressed the artisans on the scope under PM Vishwakarma.

Dedicated sessions on digital cataloguing, and e-commerce were conducted by Asst. Professor IUST while representatives from JK Bank briefed participants on financial literacy and credit support.

Both programmes concluded with an interactive Q&A, where queries were addressed by the officials.

The twin events strengthened artisans' awareness on enterprise development, digital marketing, financial access, and opportunities under the PM Vishwakarma Scheme.

JK BANK RSETI Rajouri achieves milestone in Women Empowerment

■ HT NEWS DESK / DIPR

RAJOURI, NOVEMBER 19: JK BANK RSETI Rajouri has successfully concluded a Women Tailoring batch, with the examination conducted today. Director Suniel Sharma interacted with the candidates, wishing them good luck and assuring financial assistance

to kick start their entrepreneurial ventures. This initiative is part of RSETI's mission to empower rural youth, particularly women, through skill development and entrepreneurship training. The Women Tailoring course equipped participants with industry-relevant skills, enabling them to secure employment or establish their own businesses.

GBHSS Zainakote Secures Second Rank in National Water Award

■ HT NEWS DESK / DIPR

SRINAGAR, NOVEMBER 18: In a proud moment for Jammu & Kashmir and the School Education Department, Government Boys Higher Secondary School (GBHSS) Zainakote has secured 2nd Rank in the 6th National Water Award 2024, announced by the Ministry of Jal Shakti.

The award ceremony was held at Vigyan Bhawan, New Delhi on 18th of November, 2025 and was presided over by the President of India Smt. Droupadi Murmu.

The award was received by the Ex-Principal of the school, Ali Mohamad Rather and Senior Lecturer, Nyla Ali, who represented the institution at the national event.

The school has been applauded for its focused initiatives, including rainwater harvesting, grey water recycling, eco-club awareness drives, innovative student-led projects, and community outreach programmes on responsible water use. These efforts align closely with the goals of NEP 2020, which emphasises experiential learning, sustainability, and preparing



children to become active contributors to environmental protection.

This national recognition highlights the school's role as a leading institution in environmental stewardship and water conservation.

KVK Anantnag facilitates Live Webcasting of Release of 21st Instalment of PM-KISAN

■ HT NEWS DESK / DIPR

ANANTNAG, NOVEMBER 19: Krishi Vigyan Kendra (KVK) Anantnag, SKUAST-K, today organized a live webcasting event across the district as the Hon'ble Prime Minister released the 21st instalment of the Pradhan Mantri Kisan Samman Nidhi (PM-KISAN) Scheme.

At KVK Anantnag, the programme was attended by MLA Shangus Anantnag East, Riyaz Ahmad Khan, who lauded the PM-KISAN initiative and acknowledged the vital role played by KVK Anantnag in uplifting the farming community. He emphasized that KVK Anantnag is emerging as a nucleus for agricultural and allied sector development in the region, owing to its consistent outreach and impactful interventions.

The MLA praised the dedicated efforts of the KVK-Anantnag team in advancing rural livelihoods and strengthening agriculture through scientific knowledge, capacity building, and farmer-centric programmes.

Earlier, the Head KVK Anantnag and a team of scientists conducted an awareness



session focusing on key government flagship schemes, climate-smart agriculture practices, Cluster Front Line Demonstrations (CFLDs) on oilseeds, capacity building of Farmer Producer Organizations (FPOs), and the promotion of Natural Farming.

Farmers actively participated and appreciated the initiatives aimed at enhancing productivity, sustainability, and income generation.

Forest dept Begins supply of firewood to registered agencies

■ HT NEWS DESK / DIPR

SRINAGAR, NOVEMBER 19: The Forest department has commenced supply of firewood to the registered mosques and other institutions at PC Depot, Qamarwari, Srinagar for the upcoming winter. The vehicles laden with firewood were formally flagged off at PC Depot Srinagar today by Divisional Forest Officer, Urban Forestry

Division Dr. Sheikh Mehraj in presence of Range Officer, Timber Transport Range and Range Officer, Central Forest Control Room, Srinagar.

The Chief Conservator of Forests, Kashmir directed the Divisional Forest Officer, Urban Forestry Division, Srinagar to accelerate the process of distribution of firewood and ensure the process is completed well before the onset of winters. Accordingly, all

the registered mosques of Srinagar City and other units have been informed to approach the Range Officer, Timber Transport Range, PC Depot, Qamarwari, Srinagar with their indent through proper channel. The representatives of the mosques have also been advised to book their indents by or before December 20, 2025, after which no applications shall be accepted by the Department.

Avny Lavasa visits Pulwama, reviews functioning of Transport department

■ HT NEWS DESK / DIPR

PULWAMA, NOVEMBER 19: Secretary Transport, Avny Lavasa today visited Pulwama and held a comprehensive review meeting on functioning of Transport department in the district.

During the meeting, the Secretary assessed key operational aspects of the department like service delivery at ARTO office, implementation of various transport-related schemes, public facilitation measures, and enforcement activities carried out across the district.

She also interacted with officers and staff to take stock of ongoing initiatives and status of citizen-centric services.

Avny Lavasa emphasised on the need for efficient and transparent service delivery, timely disposal of applications, and improved coordination among field enforcement teams to curb violations effectively.

She directed the officers to strengthen monitoring mechanisms, ensure strict adherence to rules, and enhance public outreach so that transport-related services are easily accessible to all citizens.

She further instructed the officers to identify bottlenecks affecting service delivery, adopt digital platforms more effectively, and submit regular progress reports for close monitoring at the administrative level.

District Admin Bandipora Hosts Farewell for Outgoing PD&SJ, Welcomes Newly Posted AD&SJ

■ HT NEWS DESK / DIPR

BANDIPORA, NOVEMBER 19: The District Administration Bandipora, headed by Deputy Commissioner, Indu Kanwal Chib, on Wednesday hosted a farewell ceremony to accord a warm send-off to the outgoing Principal District and Sessions Judge (PD&SJ) Bandipora, Khalil Ahmad Choudhary, and extended a warm welcome to the newly posted Additional District and Sessions Judge (AD&SJ) Bandipora, Mir Wajahat.



The event was attended by judicial officers including Sub Judge/ CJM Bandipora, Iqbal Ahmad Akhoun, and Secretary DLSA

Bandipora, Sheikh Babar Hussain, as well as ADC Bandipora, Zaffar Husson Shawl, SDMS Sumbal, Sheikh Murtaza, besides officers from the

civil administration and police.

While speaking on the occasion, the Deputy Commissioner highlighted the valuable services rendered by the outgoing PD&SJ Bandipora, during his tenure in the district. She appreciated his dedication, professionalism, and commitment to strengthening the justice delivery system in Bandipora. She conveyed her best wishes to Justice Choudhary for his future endeavours and prayed for his good health and continued success.

On the occasion, the Deputy Commissioner also extended a cordial welcome to the newly posted Additional District and Sessions Judge, Bandipora, and expressed hope that Bandipora would continue to benefit from his experience, leadership, and judicial expertise.

Officers present also shared their remarks, acknowledging the contributions of the outgoing PD&SJ and expressed confidence in the incoming officer's ability to carry forward the standards of judicial service in the district.

Tobacco Free Youth Campaign 3.0: District administration Ganderbal leads massive awareness rally

■ HT NEWS DESK / DIPR

GANDERBAL, NOVEMBER 19: District Administration Ganderbal today led a massive awareness rally under the Tobacco Free Youth Campaign 3.0, bringing together students, health workers, and officials to voice a collective stand against the dangers of tobacco.

Organised by the Education and Health Departments Ganderbal, the rally set off from the Mini Secretariat

and was flagged off by Additional District Development Commissioner (ADDC), Manzoor Ahmed Bhat, along with Senior Superintendent of Police (SSP) Ganderbal, Khalil Poswal from Mini-Secretariat Ganderbal.

Scores of students from various educational institutions, ASHA workers, and departmental officials walked shoulder-to-shoulder, raising slogans like "Say No to Tobacco, Yes to Health" as they moved through

Duderhama Market and Beehama Market before concluding at the SSP Office Ganderbal. The energy and determination of the students gave the rally a powerful emotional resonance.

Earlier, ADC Ganderbal administered the Anti-Tobacco Pledge, urging participants to commit themselves to healthier choices and a tobacco-free future.

Addressing the gathering, SSP Ganderbal described tobacco



consumption as a silent but devastating threat that harms not only the user but everyone around them. He encouraged students to become vigilant anti-tobacco volunteers and to report any instance of smoking within 100 yards of educational institutions or in public spaces. He reassured them that strict action would be taken against violators to ensure safer surroundings for all.

ADDC emphasised the lifelong consequences of tobacco addiction

and urged students to never succumb to its trap. He called upon the youth to become ambassadors of health and awareness in their homes, schools, and communities, spreading the message of a tobacco-free life.

The event witnessed the presence of the Chief Medical Officer, Chief Education Officer, besides officers and officials from various departments who pledged their continued support to building a healthier Ganderbal.



HT EDITORIAL

No action against the contractor as Sanat Nagar flyover misses yet another deadline

Some months back Deputy Chief Minister Surinder Kumar Chaudhary while reviewing the progress of work on Sanat Nagar flyover had warned that the contractor carrying out the work would be blacklisted if the work on the flyover is not completed by November 15 this year. Five days have passed since the revised deadline for the commissioning of Sanat Nagar has been missed and the flyover is yet to be commissioned.

The Deputy Chief Minister who is holding the portfolio of R&B ministry is yet to respond to the latest delay in the commissioning of the Sanat Nagar flyover. By this time the concerned minister should have issued the order seeking blacklisting of the contractor carrying out the work. Given the fact that no such order has been issued it has given an impression that the minister has decided to go soft against the contractor.

Sanat Nagar flyover has missed multiple deadlines with the latest deadline being November 15. Some of the media reports suggested that November 26 has been set as the fresh deadline for commissioning of the flyover even though there is no official confirmation about the same. Since the flyover has missed many deadlines there are bleak chances that the revised deadline would be met. The non-commissioning of the flyover has led to the problems living in multiple areas of uptown Srinagar.

It would be in place to mention here that during his visit the R&B minister had directed for the opening of the road beneath the flyover so that the people moving to and fro Rawalpura and other areas would experience less problems. The directions were not heeded to by the concerned authorities and as such thousands of people are suffering and a lot of time of theirs gets wasted in reaching their respective destinations. As a result of this the motorists have to burn more oil before they can reach their specified destinations.

Since November 26 has been set as the latest deadline for the commissioning of the Sanat Nagar flyover it is important that this time around the promise is kept. If there is a delay next time too then there are chances that the flyover might not be commissioned for months together. As the winter season has already set in there are maximum chances that the weather may turn inclement in the month of December and as such there would be further delay in the commissioning of the flyover.

Chief Patron Of Lubaab Publications Group:
Syed Sad Ud Din Bukhari (Saidi),
Printer Publisher, Owner And Editor:
Syed Jahangir Bukhari,
Printed At: Lubaab Publications, Radio
Colony Gund Hassibhat Lawaipora
Srinagar -190017,
Gen. Manager: Sheikh Mushtaq Ahmad
Cell No - 9697071471,
Editorial Section: 7006846797,
Multimedia Section: 9419008414,
Advertisement Section: 9697071471
RNI No: Jkeng/2011/39231
dailyheadlinestoday@gmail.com
headlinestoday2024@gmail.com

Autumn Transforms Kashmir into a Golden Paradise

When the sun begins its gentle descent from the fierce heights of summer, Kashmir steps into a season that feels almost sacred. Autumn — Harud to the people of the valley — arrives not with noise, but with a whisper, brushing the mountains with its cool breath and touching every leaf with its golden fingertips. It is a time when the landscape seems to pause, exhale, and dress itself in poetry.

As summer slowly folds its warm wings and retreats, Kashmir awakens to one of nature's most breathtaking spectacles — autumn, locally known as Harud. With its arrival, the valley transforms into a shimmering golden paradise, wrapped in hues that seem painted by an artist's brush.

The most enchanting symbol of Kashmiri autumn is the mighty Chinar tree. Its broad leaves shift from deep green to fiery shades of amber, scarlet, and gold. As they fall, they form vibrant carpets across gardens, roads, and university campuses, turning ordinary paths into dreamlike landscapes. A simple walk feels poetic — as every step carries the fragrance of change and nostalgia.

Autumn in Kashmir is not only a visual delight; it is a cultural celebration. The bustling harvest of apples, walnuts, and saffron fills orchards with life and farmers with anticipation. Markets come alive with baskets of fresh produce, each representing the hard work and rhythm of village



life. The cool, crisp air makes every moment feel serene, inviting locals and tourists alike to slow down and breathe in the valley's beauty.

Among the crown jewels of the season are the Nishat and Shalimar Gardens, where rows of towering Chinars filter golden sunlight through their leaves, casting magical shadows upon the ground. The Dal Lake mirrors this transformation, turning every reflection into a painting — shikaras gliding over waters tinted with gold.

Perhaps the most captivating aspect of autumn in Kashmir is its quiet poetry. The season carries a

gentle melancholy — a reminder that beauty, however radiant, is fleeting. Yet in that very impermanence lies its charm. Many say that autumn in Kashmir doesn't just transform the landscape; it transforms the heart.

As the season deepens and winter prepares to descend, Kashmir's golden glow remains a testament to nature's artistry. For a few precious weeks, the valley becomes a paradise on Earth — not only in geography, but in emotion, memory, and spirit.

Written by young author
Muneeb Shafi
Instagram: @young_author13

Budgam Bypoll 2025: A Clear Signal of Change in Kashmir's Politics



■ MOHAMMAD ARFAT WANI

The Budgam Bypoll of 2025 is one of the most defining and thought-provoking political moments in recent years in Jammu and Kashmir, not because it changed the result of a single seat but also brought out the mood, emotions, frustrations, and silent expectations of an entire society that has long remained shaped by legacy parties, familiar faces, and traditional loyalties. The election, which was held on 11 November 2025 amidst freezing temperatures, quiet roads, and a valley wrapped in early winter, witnessed a turnout of 50.01 percent, which might seem modest but in reality stands for a resolute electorate that stepped out despite cold winds and frost to make sure their voice is counted. When the results were announced on 14 November, the ground shook gently yet decisively as Aga Syed Muntazir Mehdi of Peoples Democratic Party secured 21,576 votes and defeated National Conference candidate Aga Syed Mahmood Al Mosavi, who received 17,098 votes with a margin of 4,478 votes. This victory is historic because Budgam has always been seen as a fortress of the National Conference, and to break such a fortress, what is required is not campaign speeches but a shift in public conscience.

This by-election became necessary after Chief Minister Omar Abdullah won both Budgam and Ganderbal seats in the 2024 Assembly elections and later decided to retain Ganderbal. This decision opened Budgam for a contest that soon transformed into a battlefield of ideas, loyalties, personal reputations, new experiments, and old expectations. Nineteen candidates entered the fray, including seven independents, which itself tells the story of political fragmentation and growing restlessness among the people. The presence of youth activists, civil society members, religious scholars, community workers, and new faces indicated that Budgam is no longer satisfied with a two-party frame but wants to see who really understands their needs, who can listen, who promises change with sincerity, and who can carry the courage to speak for everyday issues that matter.

The most surprising yet powerful element of this contest, however, was independent candidate Jibran Dar, who attained 7,152 votes. His campaign centered on unemployment, digital literacy, youth participation, community development, and clean political conduct. His

appeal for many youngsters lay in the fact that he embodied their anxieties and aspirations. Other independents infused novelty into this election with low-budget but high-energy campaigns using social media, local gatherings, home visits, and public conversations where voters spoke openly and candidly. This cumulative independent surge hit at the very calculations of big parties because it indicated a new political reality whereby independents cannot be taken lightly or overlooked.

Apart from independents, the by-election also saw the participation of national and regional parties. The BJP's Aga Syed Mohsin secured 2,619 votes, keeping the BJP's presence in central Kashmir quiet but persistent. Nazir Ahmad Khan of the Awami Ittehad Party and Deeba Khan of the Aam Aadmi Party expanded the political horizon; their participation brought alternative discourses on governance and accountability into the public space. All these candidates together turned Budgam into a remarkable political microcosm where multiple narratives coexisted and competed, showing that Kashmir's political culture is evolving beyond traditional dominance.

Apart from this, most of the relevant details about this election were not mentioned in the earlier narrative. Demographic background about the voters was lacking in the topic, whereas young voters came out in higher numbers in urban areas, and women participated actively in large numbers in rural pockets. The election also witnessed tight security arrangements, including the deployment of CRPF, monitoring by drones, and special teams to ensure free and fair polling. There were no major complaints or technical issues, and the overall process ran smoothly.

Statistically, the estimated vote share broadly divided between PDP at around 36 to 38 percent, NC at 28 to 30 percent, independents around 12 to 14 percent, BJP around 4 to 5 percent, and smaller parties shared the rest. Budgam has traditionally been an NC bastion with victories in earlier elections, including formidable performances in 2014 and 2019, and also Omar Abdullah's victory in 2024. The PDP victory in 2025 thus becomes nothing less than a political reversal.

Another important dimension this election entailed is the internal dynamics of the NC, in view of reports that senior NC leader Aga Ruhullah did not participate in the campaign actively. This silence only led to questions and allowed analysts to interpret defeat both as a reflection of discontent with governance and with discomfort inside the party. The people are believed to have expressed irritation with the style of governance, unfulfilled promises, and disconnect with grassroots realities by the NC.

The PDP, on its part, approached the campaign

with a calm but determined strategy focused on door-to-door outreach, community interactions, and an emphasis on development and accountability rather than emotional slogans. This bypoll also did not have the details of candidate profiles beforehand required to understand the human dimension of the result.

Aga Syed Muntazir Mehdi is known for his engagement with the community, cool temper, religious scholarship, and the ability to strike a chord with ordinary people on routine matters. His victory is thus not only political but moral too, since he showed it could be done through sincerity and not slogans. Aga Syed Mahmood Al Mosavi is respected for his scholarship and religious leadership; however, he had to overcome public disappointment linked with the governance of his party. Jibran Dar is representative of this new kind of Kashmiri political persona which is defined by education, digital awareness, and youth-to-youth communication.

The issues that shaped this election were real and acutely felt: roads in Budgam need repair and expansion, hospitals need more facilities, schools need modernization, the youth want jobs and recognition, and the citizens want their representatives to stay in touch with them, not only during elections but throughout the year. These issues got a louder expression through the independent candidates who, much more forthrightly and boldly, communicated with the public.

The result of this election carries long-term implications: for PDP, it brings a moral boost and the responsibility to deliver; for NC, it brings an urgent reminder to reorganize, reconnect, and rebuild trust; for independents, it signals that the door is open for future political breakthroughs if sincerity and hard work continue. And for the political map of Jammu and Kashmir, the Budgam bypoll sends a message to say that the voters are awake, watchful, and willing to shift allegiance if they feel ignored. Quietly but steadily, politics in Kashmir is changing, and this bypoll stands as proof that the old structures are no longer unbreakable.

Finally, Budgam Bypoll-2025 is not merely an electoral verdict but a reflection of an evolving political consciousness, shifting loyalties, rising expectations, and growing demand for honest representation. It tells every political actor that Budgam and Kashmir as a whole are not passive observers in their political destiny anymore but active participants in molding it afresh with maturity, courage, and clarity.

The author is a passionate writer, social activist, and nursing student from Kuchmulla Tral, is also a B.Sc. Nursing student at Ramzaan College of Nursing & Paramedical Sciences, Galander Pampore, Email: wania6817@gmail.com

Federico García Lorca: Ancient Hills of Andalusia Shaped His Voice



DR RATAN BHATTACHARJEE

To understand a romantic poetry like that of Federico García Lorca, one must begin with the geography and culture that shaped him. Andalusia, with its olive groves, whitewashed towns, gypsy music, and flamenco rhythms, provided him with a sensory world that was already a kind of living poem. The region's fusion of Christian, Arab, Jewish, and Romani traditions created a unique tapestry of images and sounds that became the foundations of his creative world. Lorca did not imitate folklore; he reinvented it. He transformed rural songs, ballads, and traditional romances into sophisticated modern poetry while retaining their raw emotional power. Lorca remains one of the most haunting, lyrical, and emotionally incandescent poets of the twentieth century, and his poetry continues to stand as a testament to the enduring force of romantic imagination. To speak of Lorca is to speak of a heart perpetually in search of music, a voice shaped by the ancient hills of Andalusia, and a spirit torn between celebration and tragic longing.

There is no direct connection between Lorca and Kashmir, but flashes of similarity can be explored between Lorca and a few Kashmiri poets. Both are associated with romantic poetry through their different cultural and stylistic approaches. Lorca's work is rooted in Spanish folklore and surrealism, using intense imagery to explore themes like love, death, and longing, often with dramatic flair. On the other hand, Kashmiri romantic poetry, exemplified by poets like Rasool Mir and Agha Shahid Ali, uses traditional forms like the ghazal to express themes of love, loss, and political displacement, drawing on both personal and cultural narratives. Lorca's work is more rooted in Spanish folklore and is often characterized by its dramatic and surreal tone. Kashmiri romantic poetry is more directly associated with the mystical traditions of the region, the love-death theme is central, and the poetic voice can be both personal and collective. In a distant way in Rasool Mir's love poems, Rasool Ashik we may search for a similar tone as is often found in Lorca's poetry.

Nature in Lorca's poetry is never merely background; it is a living entity that interacts with human passion. Andalusian landscapes appear in his verses with vivid immediacy—riverbanks, hills, jasmine flowers, ochre earth, and restless winds. But Lorca's nature is rarely serene. It is charged with symbolic meaning. Trees may whisper secrets, rivers may carry memories, and the earth itself may echo human suffering. Lorca draws on romantic nature tradition—Wordsworth, Keats, Novalis—yet he transforms it into something sharper and more elemental. In poems like those in Poema del cante jondo, nature becomes a mirror of the soul's anguish, shaped by flamenco's tragic tones. The gypsy world that Lorca portrays here is not exotic decoration; it is a cultural space that embodies both freedom and tragedy. The themes of fate, honor, and doomed love that arise from this world become part of Lorca's own romantic vocabulary. His gypsy stories and poems, though often misunderstood as mere folklore, are in fact deeply psychological. They reveal the romantic tension between an individual's desire and the social forces that constrain it.

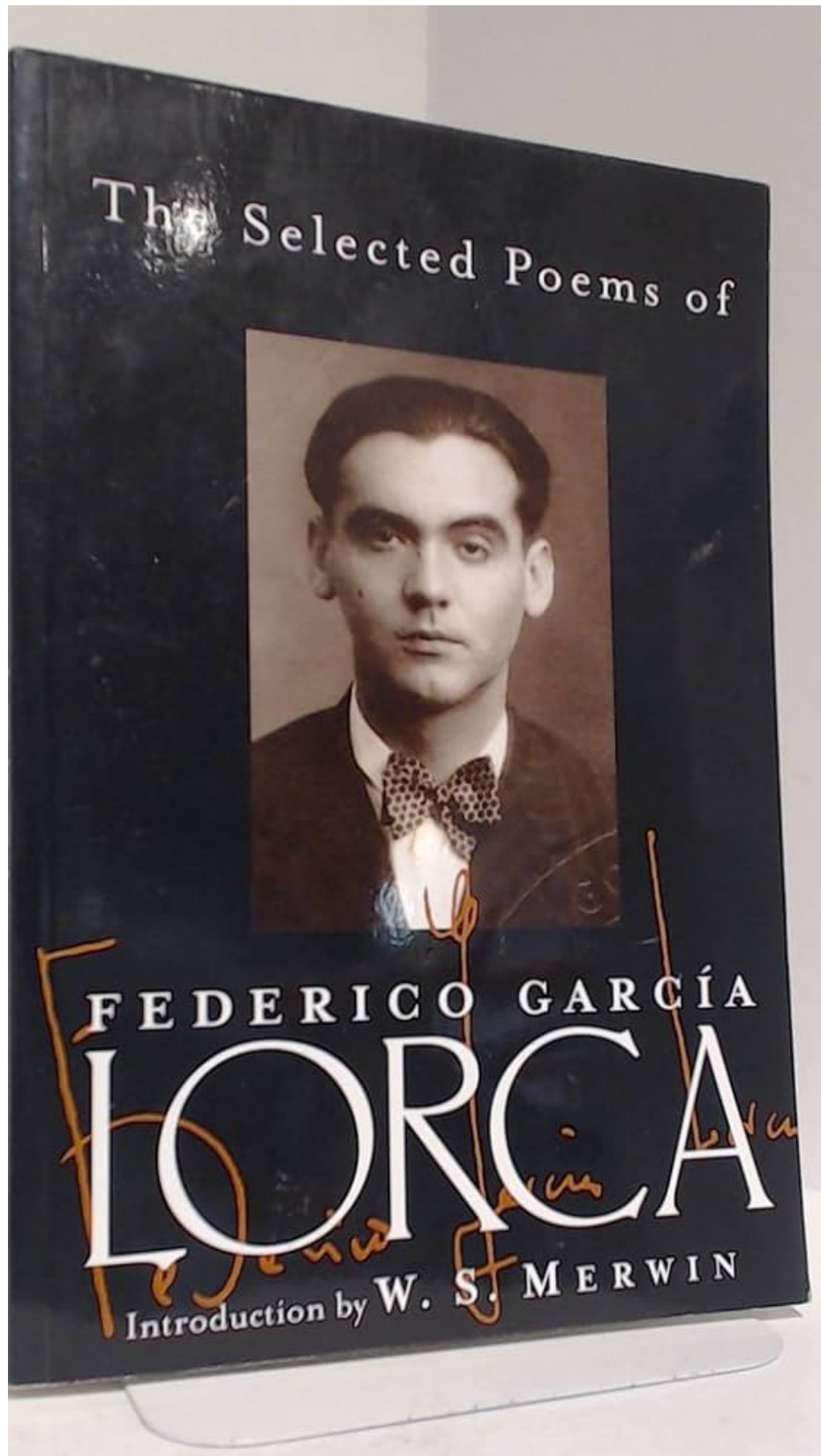
Lorca's romantic poetry does not merely imitate traditional romanticism; it transforms it into a distinctly modern idiom filled with surreal imagery, folkloric rhythms, and profound explorations of desire, death, nature, and the human soul. Lorca's romanticism is not about escapism but about an intensified encounter with life, where every emotion is sharpened by the awareness of loss and every symbol is glowing with ambiguous beauty. His brief life, cruelly cut short during the Spanish Civil War, has only intensified the aura of mystery and longing around his works. Yet Lorca's poetry is not a relic of nostalgia; it remains alive because it speaks directly to the deepest yearnings of the human

heart. His early work, particularly Libro de poemas and Canciones, is steeped in a lyrical romanticism that evokes the innocence of youth, the enchantment of nature, and the fragility of dreams. Yet even in these early poems, shadows creep in. Death, solitude, and unfulfilled desire take shape beside the glowing moon and singing nightingales. Lorca's romanticism is therefore never one-dimensional; it embraces contradictions and thrives on tension. The moon, perhaps the most persistent symbol in Lorca's poetic universe, reflects the duality at the heart of his romantic imagination. Though he drew inspiration from European romantic poets and Spanish folk traditions, he also absorbed the experimental impulses of early twentieth-century art. The result is a romantic poetry that feels simultaneously ancient and modern, classical and avant-garde.

One of the most compelling aspects of Lorca's romantic voice lies in his treatment of love. His love poetry is suffused with tenderness but also with anguish, often revealing a sense of forbidden or unspoken longing. Lorca's sexuality, which he could not openly express due to the constraints of his society, shaped the emotional intensity of his verses. Love in Lorca's poetry is urgent, secretive, and frequently doomed. This lends his romantic poetry an unmistakable poignancy. Lorca's verses capture the ecstasy of desire while also exposing the pain of repression and the threat of loss. In poems such as those in Sonetos del amor oscuro, composed near the end of his life, the romantic tradition reaches its most passionate and tragic expression. These sonnets, addressed to an unnamed beloved, resonate with the depths of human emotion—longings so intense they verge on the sacred. Their language is lush but precise, their metaphors burn with clarity. Love is portrayed as both salvation and torment, as a force that elevates the spirit but destroys peace. In these poems Lorca achieves a universal romantic vision that transcends personal experience while remaining deeply rooted in it. The "cante jondo," or deep song, captured the raw essence of Andalusian suffering and passion. Lorca not only studied this tradition but internalized it. His poems therefore carry the cadence of lamentation and celebration, the alternation of sharp cries and soft murmurs. Romantic poetry has always drawn inspiration from music—one thinks of Shelley's "wild spirit," Keats's nightingale, or Tagore's songs—but Lorca brings to it the intensity of a living, breathing cultural form. His use of musicality deepens the emotional impact of his images and enhances their symbolic resonance.

For traditional romantic poets, the moon symbolizes beauty, inspiration, and the feminine essence of nature. For Lorca, the moon is infinitely more complex. It may be seductive, cold, prophetic, or dangerous. It may guide lovers, or lure them into death. In his poems the moon becomes a character, a presence with psychological depth. Its gleam illuminates landscapes filled with yearning and fear. This dreamlike moon reveals the surrealist dimension of Lorca's romanticism. Death, another central theme in Lorca's poetic universe, hovers over his romantic poetry not as a morbid fascination but as an inevitable companion to intense emotion. Lorca's sense of death draws heavily from Spanish cultural traditions, including Catholic rituals and folk superstitions, but he infuses them with lyrical sensitivity. Death in his poems may appear as a horseman, a silent figure, or an invisible fate. It is often tied to desire, as if love and death were two currents flowing toward the same sea. This intertwining reflects the romantic belief in the unity of opposites, but in Lorca's hands it becomes uniquely Spanish, shaped by the tragic sensibility of Andalusian culture. Death in Lorca is not the end of beauty; it heightens beauty. Blossoms, moons, and lovers glow more intensely when overshadowed by mortality. This is perhaps what gives Lorca's romantic poetry its unforgettable emotional resonance: every moment seems to sparkle with heightened urgency, as if the poet were trying to seize beauty before it vanishes.

Lorca's exploration of the inner self also aligns with romantic ideals but expands them into new psychological territories. His poems frequently portray loneliness, fragmentation, and the desire for an impossible union with nature or with another human being. This sense of existential longing anticipates themes later explored by modernist and postmodernist poets. Yet Lorca's approach remains rooted in



emotion rather than abstraction. The influence of music, especially flamenco, cannot be overstated in Lorca's romantic poetry. Rhythm shapes his verses, and his metaphors often emerge from musical structures. Flamenco, with its profound sorrow and fiery expression, offered Lorca a language of emotional extremes. When he writes about solitude, he evokes it through images like empty plazas at midnight, abandoned wells, or the sound of distant guitars. His metaphors are physical, sensual, and immediate. Lorca understood that the romantic sensibility depends on the ability to transform emotion into sensory experience. His poetry therefore never becomes cerebral; it remains grounded in the human body, in touch, sound, and color.

A key feature of Lorca's romantic voice is his deployment of surreal imagery. Although he was associated with the artistic avant-garde of Madrid and knew surrealist writers, Lorca's use of surrealism is entirely his own. His surreal imagery springs not from theoretical experimentation but from emotional necessity. His images feel dreamlike yet rooted in natural elements: blood, water, horses, knives, fruit, and shadow. These symbols recur throughout his poetry, binding his works together into a unified symbolic universe. The surreal imagery heightens the emotional tension, giving shape to feelings too intense or ambiguous to be expressed through literal language. Romantic poetry has always aimed to reveal hidden depths of the soul, and Lorca's surrealism becomes a modern method of achieving precisely that.

It is impossible to consider Lorca's romantic vision without acknowledging the circumstances of his death. His execution in 1936 by nationalist forces turned him into a symbol of artistic innocence destroyed by political brutality. For many readers, Lorca became a martyr—an embodiment of the romantic poet whose life mirrors his art. Yet Lorca's legacy should not be overshadowed solely by tragedy. His romantic poetry stands independently as a monumental contribution to world

literature. It continues to inspire readers across generations because it blends emotional intensity with artistic precision. Lorca never succumbed to sentimentality. His romanticism is disciplined, controlled, and grounded in artistic craft. His metaphors are meticulously chosen; his rhythms are carefully woven. This balance between passion and form distinguishes Lorca from many romantic poets before him. He understood that beauty must be carved with exacting skill to unleash its full emotional power.

Lorca's influence on global literature has been immense. Poets, dramatists, musicians, and filmmakers have sought inspiration from his imagery, his tragic sensibility, and his daring exploration of desire. His work continues to speak to marginalized voices, lovers haunted by secrecy, and individuals grappling with their identity in oppressive societies. In this sense Lorca's romantic poetry transcends time and geography. It is not bound to Spain, nor to the 1930s. It belongs to anyone who has experienced love that cannot be fully expressed, beauty shadowed by loss, or longing that surpasses boundaries. Lorca's poetic drama, particularly works like Romancero Gitano, shows how his romantic sensibility thrives in narrative forms as well. The ballads in this collection combine traditional romance structures with modern psychological insight. They often revolve around doomed lovers, contested honor, or tragic misunderstandings—all classic romantic themes—yet Lorca elevates them through concentrated imagery and rhythmic brilliance. These poems pulsate with desire, rebellion, and fatalism. They demonstrate Lorca's ability to fuse folklore with artistic innovation, creating a romantic poetry that feels at once timeless and startlingly new.

In our contemporary world, where emotions are often compressed, numbed, or simplified, Lorca's romantic poetry offers a reminder of the richness of human interiority. His poems ask us to feel more deeply, to listen to the silence between words, and to see the symbolic patterns hidden in ordinary life. They remind us

Nature in Lorca's poetry is never merely background; it is a living entity that interacts with human passion. Andalusian landscapes appear in his verses with vivid immediacy—riverbanks, hills, jasmine flowers, ochre earth, and restless winds. But Lorca's nature is rarely serene. It is charged with symbolic meaning. Trees may whisper secrets, rivers may carry memories, and the earth itself may echo human suffering. Lorca draws on romantic nature tradition—Wordsworth, Keats, Novalis—yet he transforms it into something sharper and more elemental. In poems like those in Poema del cante jondo, nature becomes a mirror of the soul's anguish, shaped by flamenco's tragic tones. The gypsy world that Lorca portrays here is not exotic decoration; it is a cultural space that embodies both freedom and tragedy. The themes of fate, honor, and doomed love that arise from this world become part of Lorca's own romantic vocabulary.

that love is rarely simple, that beauty often coexists with pain, and that poetry can illuminate the most intimate corners of our existence. Lorca invites us into a world where metaphors breathe, where music becomes language, and where emotion becomes a landscape. That is the enduring gift of his romantic poetry.

Lorca's work remains a luminous testament to the power of the poetic imagination and the resilience of the human heart.

His romantic poetry, rooted in Andalusian soil but reaching toward universal truths, continues to thrive because it resonates with the timeless rhythms of love, longing, nature, music, and mortality. Do we not find some echoes of Habba Khatoon's love poetry in Lorca's verses which endure because of the tragic intensity? As in Habba Khatoon's romantic poetry, in Lorca's poetry too we find yellow roses and violets reflecting an artistic universe capable of revealing the beauty and fragility of life. As in Habba Khatoon's romantic imagination, in a likewise way Lorca's poems are rivers that continue to flow, moons that continue to shine, and songs that continue to echo across generations. To read Lorca is to encounter a form of romanticism that is alive, fierce, and full of trembling mystery. And in a world hungry for genuine emotion, Lorca remains an irreplaceable voice—one who reminds us that poetry is not an escape from reality but an intensified experience of it, and that romantic passion, in all its luminous contradictions, is one of the most enduring truths of the human soul.

About the writer
International Tagore Awardee Poet
Dr. Ratan Bhattacharjee authored
Oleander Blooms for which he is
known as 'Oleander Poet' taught
English literature for four decades in
India and abroad. Email
profratanbhattacharjee@gmail.com

Self Medication

A Way to the Grave



■ SAHIL MANZOOR BHATTI

In modern days, demands are high, and day by day agricultural land is decreasing due to the increase in population world-wide. Our health is one of the main concerns these days. There are certain changes in our lifestyle. We need an adequate and balanced diet to combat lethal diseases, but at the same time, we are not taking sufficient amounts of vegetables and fruits, and we are not drinking plenty of liquids. These are common reasons behind the growth of abnormalities among individuals.

Junk food is trending today; delicious and tasty food is available in the market at very reasonable rates and with fast service. But one thing is clear: for good health, we need pure organic food to avoid stomach-related issues and other problems. Adulterated food is one of the reasons behind abnormal body functions. Moreover, contaminated water is being supplied to consumers by the concerned department, which should be addressed on a priority basis, keeping in view the health of the public.

Medicines or drugs are substances spe-



cifically used to promote healing when consumed or ingested in different ways, such as through the mouth, nostrils, eyes, ears, or even injected through medical equipment into the patient's body when needed. Nowadays, millions of medicines are being prepared for the better treatment of patients suffering from different ailments. Medicine is indeed a vast field, and

there are a number of agencies to ensure the quality of medicines.

Self-medication is common for many of us. We think it is just a Calpol or some "safe" antibiotic that we are taking because going to the doctor can be time-consuming and expensive. But there are side effects to this—very harmful ones at that. The idea of self-medication, even for small health

issues, can lead to complications. People tend to pop pills such as painkillers, cough syrups, laxatives, antibiotics, anti-allergy medicines, vitamins, and even antacids. But what we do not realize is that opting for self-medication makes us prone to allergies, drug dependence, and even addiction.

Unfortunately, there is very little or

almost no awareness about the disadvantages of self-medication. Sadly, people still take doses randomly, without checking the composition of the medicine, and remain clueless about its side effects. Taking pills may give instant relief, but we do not realize that they are not free of harmful effects. At times, a patient may already be under prescribed medication for different health issues, and self-medicating may lead to adverse reactions. This is because one drug may react differently when consumed with another drug, which can even lead to death. Hence, consulting a doctor is a must.

A major problem with self-medication is that people do not know the correct dosage. This means they often underestimate its strength, and the less said about its composition, the better. We hardly have a clue about how a drug should be taken, its side effects, or its possible reactions. Ignorance is not bliss in this case. People take self-medication because it is instant and saves the cost of visiting a doctor. But when they eventually suffer from severe health issues, their medical expenses increase two-fold. Self-medication as a habit can damage one's health irreversibly, causing disabilities and even premature death.

Government agencies must take stringent steps to control the sale of medicines without a doctor's prescription. There are medical stores without proper registration selling medicines like food items to patients.

sahilmanzoor411900@gmail.com

VITAMIN D LEVELS CAN NOW BE MEASURED WITH YOUR HAIR



Researchers have found that vitamin D can now be measured by human hair, paving the way for improved diagnosis of deficiency of the sunshine vitamin.

With over a billion people estimated to be affected, vitamin D deficiency — a risk factor for depression, cardiovascular disease, inflammation, diabetes and cancer — has reached epidemic proportions worldwide.

While traditional blood analysis captures the levels at a single time point, in contrast, hair, which grows at approximately one centimetre per month, could reflect vitamin D status over several months, capturing the large seasonal differences in the levels.

"The study presents the idea that vitamin D is being deposited continuously in the hair as it grows, more might be deposited at times when vitamin D concentration in the blood is high, and less when it's low," said lead author Lina Zgaga, Associate Professor at Trinity College Dublin. "Therefore, a test based on the hair sample might

be able to give doctors a measure of vitamin D status over time — if hair is long enough, this even might be over a few years," Zgaga added.

The findings were published in the journal Nutrients. However, further research is needed to establish the exact relationship between vitamin D concentration in the blood and in hair over time.

There is also a need to investigate different factors that might affect vitamin D levels in hair, the most obvious ones being hair colour and thickness, or use of hair products such as hair dye, Zgaga said.

The discovery could also have other applications as hair (along with teeth) are some of the longest lasting surviving biological materials after death and thus it could be possible to assess the vitamin D status of historical populations — Elizabethans, Vikings, Celts, Romans, ancient Chinese, Egyptians, the researchers said.

Courtesy Healthline

LOSE WEIGHT FOR LIFE, THIS surprising workout can melt fat forever

When it comes to health and wellness, weight loss is a common goal. From going keto to intermittent fasting and breaking a sweat — there is a lot that people do. However, more than this, there are many who struggle to find out the best way to lose weight and then sustain the results in the long run; because dropping kilos is one thing, and then retaining it is another. Although weight loss is not that tricky or hard to achieve, maintaining the same is a truly herculean task — but to your surprise, there is a workout form that could be key to sustaining the progress and experts support this conclusion.

High-intensity interval training or HIIT is recommended by fitness experts for quick weight loss and the effect is attributed to the way this routine works — from fluctuating intensity of the exercises, duration, and mix and match of various techniques of training. And if you aim at sustaining this progress, in the long run, there is a way of doing so — being consistent.

How does HIIT help burn fat fast and sustain it? HIIT is a special workout form created to fetch the best results in a short period of time — this involves training with maximum effort in short intervals and then relying on longer recovery or rest periods. In order to maximise its effectiveness, experts recommend working on the routine at 90

per cent of your maximum stamina and strength which trains the body to operate on anaerobic mode which helps maximise the efficiency by producing and burning energy along with fat which then starts melting at an accelerating rate.

Also known as one of the most efficient ways of losing weight, HIIT lasts for 10 to 30 minutes, and in this period, it offers twice as many benefits that people obtain from a moderate-intensity workout spanning a longer duration. Additionally, one does not need any equipment to perform HIIT — this can involve sprinting, bodyweight exercises like push-ups and planks, biking, and jumping rope.

When using a stationary bike, HIIT is done by cycling for 30 seconds as fast as possible on high resistance followed by multiple minutes of easy, slow-paced, and low-resistance peddling — this is one round of HIIT, and to get benefits from this routine, 4-6 repetition in a single workout are recommended.

Working out rigorously over a short period of time boosts the heart rate, optimises your oxygen intake, improves blood sugar balance, and many other health benefits in a single routine. And that is not where the benefits of HIIT end, this routine not only speeds up weight loss, but when practiced consistently in the long run, it could be the key to sustaining a healthier body mass index in the long run.

Courtesy Healthline



Hormone therapy may reduce stooped posture for women

WASHINGTON: Turns out, an exaggerated stooped body posture can be cured with hormone therapy for women.

A new North American Menopause Society-study found that hormone therapy (HT) use was associated with a reduction in vertebral fracture risk.

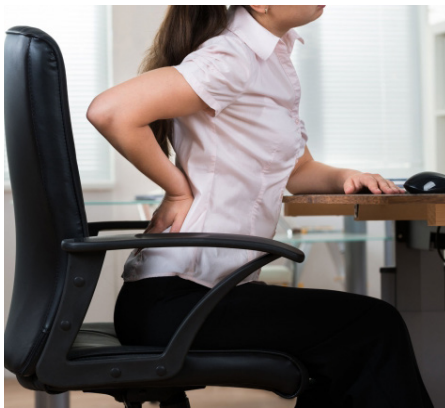
The Women's Health Initiative found that these same benefits may also guard against a woman's risk of developing hyperkyphosis, an exaggerated curvature of the spine that creates a forward-stooped posture.

It is well documented that the

significant declines in estrogen experienced during the menopause transition contribute to an accelerated bone loss. Hormone therapy reverses bone loss and helps prevent fractures.

During the first three years of HT use, bone density has been shown to increase steadily and then is maintained during continued use.

Given that hyperkyphosis is also associated with bone loss and vertebral fractures, the authors of the article "Patterns of menopausal hormone therapy use and hyperkyphosis in older women" hypothesised that HT may also



be effective in helping prevent exaggerated spine curvature, sometimes called dowager's hump.

The study on which the article is based involved more than 9,700 women aged 65 years and older who were evaluated over a 15-year period.

Women who reported continuous or remote past HT use had less pronounced kyphosis by the time they were in their mid-80s than never-users, supporting the argument for HT as a possible early post-menopause treatment for women concerned about their posture and fracture risk.

Beyond its adverse aesthetic effects, hyperkyphosis is associated with the poor physical function, an increased risk of falls and fractures, and earlier mortality.

"Women who reported the early use of HT were less likely to develop age-related kyphosis, and the protective benefits continued even after stopping HT", said Dr. JoAnn Pinkerton, NAMS executive director. "This supports a benefit of prescribing HT close to menopause".

The findings from the study are published in Menopause, the journal of The North American Menopause Society (NAMS).

Courtesy Healthline



DG Rural Sanitation launches UT- wide sanitation revival campaign under ‘Hamara Shauchalay, Hamara Bhavishya’

■ HT NEWS DESK / DIPR

JAMMU, NOVEMBER 19: To mark nationwide observance of World Toilet Day, the Directorate of Rural Sanitation J&K on Wednesday launched UT-wide “Hamara Shauchalay, Hamara Bhavishya” campaign, with a renewed commitment to strengthen sanitation system across Jammu and Kashmir.

The campaign will run from November 19 to December 10, 2025, engaging all districts, blocks and Gram Panchayats.

At the launch, Director General Rural Sanitation J&K Anoo Malhotra said that “Hamara Shauchalay, Hamara Bhavishya,” campaign focuses on enhancing the functionality, aesthetics and long-term sustainability of both Individual Household Latrines (IHHLs) and

Community Sanitary Complexes (CSCs). “Jammu & Kashmir has made remarkable progress under Swachh Bharat Mission-Grameen. Our focus now is on ensuring that every toilet remains functional and dignified. With the launch of ‘Hamara Shauchalay, Hamara Bhavishya,’ we are empowering communities to take ownership of sanitation assets and become active partners in achieving Sampurna Swachhata across the UT,” she said.

The campaign places emphasis on repair and maintenance of CSCs and household toilets; painting and beautification drives to improve the usability and dignity of sanitation facilities; holding awareness programs in schools and communities on hygiene and overall waste management;



promotion of Jan Bhagidari, involving youth groups (NSS, NYKS, NCC), local influencers, senior citizens and civil society

As part of the campaign, the department has planned varied activities aimed at reviewing sanitation infrastructure, identifying non-functional CSCs and conducting community-led beautification and repair drives. The sanitation workers across J&K will be felicitated for their vital contribution to public health, and IHHL sanction letters would be handed over to newly approved beneficiaries.

The districts across J&K also have started preparations for Best Toilet Competitions at Panchayat, Block and District levels- recognizing the best maintained IHHLs and CSCs. The winners will be felicitated on December

10, Human Rights Day coinciding with the campaign's closing ceremony.

The Directorate of Rural Sanitation J&K has urged citizens, community leaders, and youth volunteers to actively participate in the ongoing campaign and work collectively toward a cleaner, healthier Jammu & Kashmir.

Pertinently, J&K has made significant achievements under Swachh Bharat Mission-Grameen in expanding the sanitation coverage.

So far, 18,49,023 IHHLs and 8355 Community Sanitary Complexes (CSCs) have been established across J&K under SBMG.

These figures highlight the UT's commitment to ensuring universal access to safe and dignified sanitation facilities.

District Admin Kathua organises awareness session on PM Surya Ghar Muft Bijli Yojana

■ HT NEWS DESK / DIPR

KATHUA, NOVEMBER 19: An awareness programme on the PM Surya Ghar Muft Bijli Yojana was today held at the DC Office Complex Kathua. Deputy Commissioner, Rajesh Sharma presided over the session attended by public, district officers and field functionaries from different departments.

The Deputy Commissioner highlighted the key features, benefits and eligibility criteria for availing the Scheme, a flagship initiative aimed at promoting rooftop solar adoption for household energy consumption. He explained that the scheme enables households to generate up to 300 units of solar power per month, significantly reducing domestic electricity bills while encouraging clean and sustainable energy usage.

The DC elaborated on the substantial government subsidy, which directly reduces the installation cost and makes rooftop solar a highly affordable option for the public. He urged citizens to register through the national portal and avail the benefits without delay.

Sharing his personal experience, the Deputy Commissioner informed the participants that he had also availed the scheme at his residence. He said the installation process was smooth, the subsidy component was promptly credited and the monthly savings in electricity bills are clearly visible. He added that adopting rooftop solar not only benefits households financially but also contributes to the nation's broader goal of increasing renewable energy capacity.

Speaking on the occasion, XEN PDD, Surinder Bhagat elaborated on the technical scope and operational framework of the scheme. He explained the suitability of rooftop solar set up for different categories of households, net metering procedures, sanctioned load requirements and the long-term reliability of the system. He said the initiative has immense potential in Kathua district due to favourable climatic conditions and increasing public interest in clean energy solutions.

Technical experts from the Department provided a detailed demonstration on system installation, net metering, subsidy disbursement and online registration. Visitors raised queries related to capacity selection, panel maintenance and application formalities, which were addressed by the officers on the spot.

The Deputy Commissioner appealed to the public to take maximum advantage of this transformative scheme and join efforts towards creating an energy-secure and environmentally sustainable future for the district.

The event concluded with a pledge to disseminate awareness at the community level so that the benefits of PM Surya Ghar Muft Bijli Yojana reach every eligible household in Kathua.

DC Udhampur presides over weekly Block Diwas programme at Panchayat Chulna

■ HT NEWS DESK / DIPR

UDHAMPUR, NOVEMBER 19: Deputy Commissioner Udhampur, Saloni Rai, today presided over the weekly Block Diwas programme organized at Panchayat Chulna in Block Panchari.

The event witnessed participation of DDC Member Jasvir Singh, former PRI representatives, and local residents, who put forth a wide range of issues and demands to address crucial developmental needs of the region.

During the public outreach, the residents raised several important demands, seeking upgradation of PHC Panchari to CHC, repair of Kanthgali road, restoration of Chobu Nallah damaged due to flash floods, connecting Panchari PMGSY Sub-Division with Udhampur, expediting the PMGSY-IV survey, addressing staff shortages across departments, revision of school

timings in the area, establishment of a JK Bank ATM at Panchari, repair of the local health centre, immediate commencement of Panchayat Ghar construction, provision of an ambulance for the area, starting operation of the available X-ray and ultrasound facilities at local hospital, construction of a footbridge at Madyal, establishment of a Health Sub-Centre, upgradation of Middle Schools to High Schools, including GMS Meer Sarthi, Development of footpaths in forest areas, monitoring of Supply Morh-Malti road construction, establishment of a Fire Station, filling of vacant posts in government offices, providing compensation for PMGSY road works, promotion of adventure tourism in the area, including paragliding, development of tourist attraction points, restoration of the remaining 2 km of the Kainthgali-Kunti road, allotment of timber for house construction at Panchari, construction of the Sankri-



Nathatop road etc.

Responding to the demands, the DC said that the main objective of the Block Diwas initiative is to obtain a firsthand appraisal of issues at the grassroots level. She emphasized that such platforms empower the District Administration to better understand the multifaceted challenges faced by the people. These outreach programmes, she added, help bring governance to the doorsteps of the public and significantly enhance the service delivery mechanism.

Several grievances were resolved on the spot through the intervention and directions issued to the concerned departments. The DC assured that the remaining

demands would be addressed on priority by mobilizing budgetary resources in the best interest of the public.

She urged officers to work with missionary zeal to ensure that the people of the area are not deprived of their rightful entitlements.

She also directed them to spread awareness about income-generating and beneficiary-oriented schemes launched by the Government of India and the UT Government.

The DC also sensitized the public about various financial inclusion and social security schemes such as PM Suraksha Bima Yojana, PM Jan Dhan Yojana, PM Jeevan Jyoti Bima Yojana, PM

Fasal Bima Yojana, PM Surya Ghar Muft Bijli Yojana and other welfare initiatives, encouraging them to avail the benefits of these schemes. She assured the public that all genuine demands would be addressed in a time-bound manner through prioritization and optimization.

Earlier, the Deputy Commissioner inaugurated the RDD Hall and an LED Screen at Kainthgali, constructed under the DDC grant, in the presence of DDC Member Jasvir Singh. The LED display will function as a 24x7 tourist information guide, providing visitors with details about the tourist attractions of the area.

Later, the DDC Member, former PRI representatives and local residents expressed their gratitude to the District Administration for its prompt action in providing food and essential supplies to families affected by the recent flash floods.

JMC observes World Toilet Day with awareness program at Channi Himmat

■ HT NEWS DESK / DIPR

JAMMU, NOVEMBER 19: On the occasion of World Toilet Day, the Jammu Municipal Corporation (JMC) organized an extensive awareness program in association with SULABH International India at Channi Himmat. The event aimed at promoting cleanliness, safe sanitation practices and responsible toilet usage. The event witnessed enthusiastic participation from local residents, community leaders, sanitation workers and officials of JMC.

JMC Commissioner, Dr. Devansh Yadav graced the program as the chief guest. In his address, Dr. Yadav emphasized the importance of maintaining hygienic toilet facilities both in public spaces and at home. He

highlighted that proper sanitation is directly linked to public health and plays a vital role in preventing the spread of diseases.

Dr. Yadav also spoke about the ongoing efforts of Jammu Municipal Corporation under the Swachh Bharat Mission, including the construction of modern public toilets, regular maintenance of existing facilities and the promotion of open-defecation-free practices across the city. He encouraged citizens to make responsible use of public toilets and to support JMC's initiatives by reporting damaged or unhygienic facilities for timely action. The toilets shall be equipped with all the modern facilities such as an incinerator, sanitary pad vending machine, well ventilated, equipped

dryers and QR code feedback mechanism.

During the event, awareness pamphlets were distributed and a brief demonstration was conducted on toilet hygiene, waste disposal and water conservation. Sanitation workers were appreciated for their dedicated service and the Commissioner urged the community to work collectively with JMC to build a cleaner and healthier Jammu.

The program concluded with a pledge by all participants to maintain cleanliness, use toilets responsibly and contribute toward a healthier environment. Joint Commissioner (H&S), Abdul Sar, Health officer JMC, Dr. Vinod Sharma and other officers of JMC attended the event.

Udhampur hosts ASMITA Athletic League -A Premier initiative empowering girls through sports

■ HT NEWS DESK / DIPR

UDHAMPUR, NOVEMBER 19: The district Udhampur witnessed a proud and momentous occasion as it hosted the Asmita Athletic League, a flagship initiative of the Ministry of Youth Affairs & Sports, Government of India, in collaboration with the Sports Authority of India and the Athletic Federation of India.

The event brought together under-14 and under-16 girls, showcasing their athletic excellence and competitive spirit.

The opening ceremony was graced by Deputy Commissioner, Saloni Rai as the chief guest.

The event recorded an impressive participation of around 350 young girl athletes, reflecting the district's growing commitment to women-led sports development.

Sunil Sharma, President, Athletic Association Udhampur, along with his team, warmly welcomed the chief guest.

While addressing the participants, the DC extended her best wishes and expressed immense pride in witnessing such a large number of girls taking the lead in sports. She emphasized that sports not only empower youth physically but also contribute significantly to mental well-being, helping overcome challenges such as stress, anxiety and even depression.

She further reiterated the district's commitment towards promoting the ideals of Nasha Mukh Bharat, encouraging youth to embrace a healthy, disciplined and drug-free lifestyle through active sports participation.

The Closing Ceremony was presided over by the MLA Udhampur West, Pawan Kumar Gupta, who applauded the resilience, dedication and talent of the participating athletes.

The MLA emphasized that sports serve as a transformative force instilling discipline, character and leadership and play a pivotal role in steering youth away from substance abuse, thereby strengthening the vision of a Nasha Mukh and physically robust India.

Later, President Sunil Sharma extended heartfelt gratitude to the DYSSO Udhampur and the entire DYSSO team for their unwavering on-ground and logistical support, which ensured the flawless execution of the league.

The event was anchored by Amit Sharma and operational coordination was supported by Suraj Bhan, Manager Sports Council.

The ceremony was also attended by Jaswinder Singh, Naveen Sharma, Vikas Sharma, Sanjay Sharma, Swarandeept Singh, Tara, Jatin Sethi and several other prominent citizens who added grace to the occasion.

Block Diwas Programme held at Panchayat Phagsoo (A) Thathri

■ HT NEWS DESK / DIPR

DODA, NOVEMBER 19: The District Administration Doda today organised a Public Outreach Programme under weekly Block Diwas initiative at Panchayat Phagsoo (A), Block Thathri.

Deputy Commissioner Harvinder Singh presided over the public outreach program. The event commenced with a solemn Nasha Mukh pledge led by the Deputy Commissioner, reaffirming the district's commitment to eradicate the menace and establish a drug-free society. A large number of public representatives, ex-Sarpanchs and PRI members participated and projected multiple issues, demands and grievances before the Deputy Commissioner.

The locals raised a wide range of demands seeking establishment of a Health Centre, restoration and cleaning of the local filter plant, renovation and maintenance of

the Thathri-Phagsoo road damaged in recent floods, drinking and irrigation water supply from river Chenab, ambulance service, ATM facility, JKRTC bus service, construction of Degree College building, posting of Tehsildar and Naib Tehsildar, age relaxation for school admissions up to 6 years, Khidmat Centre, upgradation of the Middle School to High School, provision of playground, Fire and Emergency Service, land compensation, opening of a first-aid dispensary, development of botanical garden, promotion of tourism, ITI college, replacement of damaged electricity poles, adequate ration supply in winter, compensation for damaged houses, adequate electricity supply, water supply under JJM, construction of Tehsil building & repair and infrastructure improvement at the Thathri Degree College including availability of Principal and subject teachers.



Responding to the demands, the Deputy Commissioner issued on-spot directions to the stakeholder departments to look into each matter in a time bound manner. He directed CMO and SE PHE to assess the demand for a medical dispensary and ensure cleanliness and functionality of the filter plant. He instructed XEN PMGSY to take immediate action for the restoration of damaged roads, deploy required machinery, visit affected stretches and

prioritise road safety measures. Regarding power-related concerns, he directed XEN JPDCL to repair damaged electricity cables, ensure timely restoration and formulate a proper power supply schedule for the area. The Food Department was instructed to ensure that the ration centre remains open at least two to three days a week for public convenience. Addressing educational concerns, the DC assured that the demand for school upgradation would be taken up

with the concerned authorities, and the issue of inadequate classrooms would be prioritised in the next planning cycle. He also instructed the Chief Agriculture Officer to organise awareness camps to promote the Holistic Agriculture Development Programme (HADP) and encourage farmers to enhance agricultural productivity with departmental support. The DC further urged the public to identify a suitable location for the proposed Tehsil building so that the estimation and planning process can begin without delay. He also stressed the importance of conserving natural water resources and encouraged collective efforts from the community.

The Block Diwas programme concluded with the Deputy Commissioner reaffirming the Administration's commitment to resolving all issues promptly and ensuring holistic development of the Phagsoo-Thathri region.



India can be central player in the New 'Great Game'

■ BY RAMESH BHAN

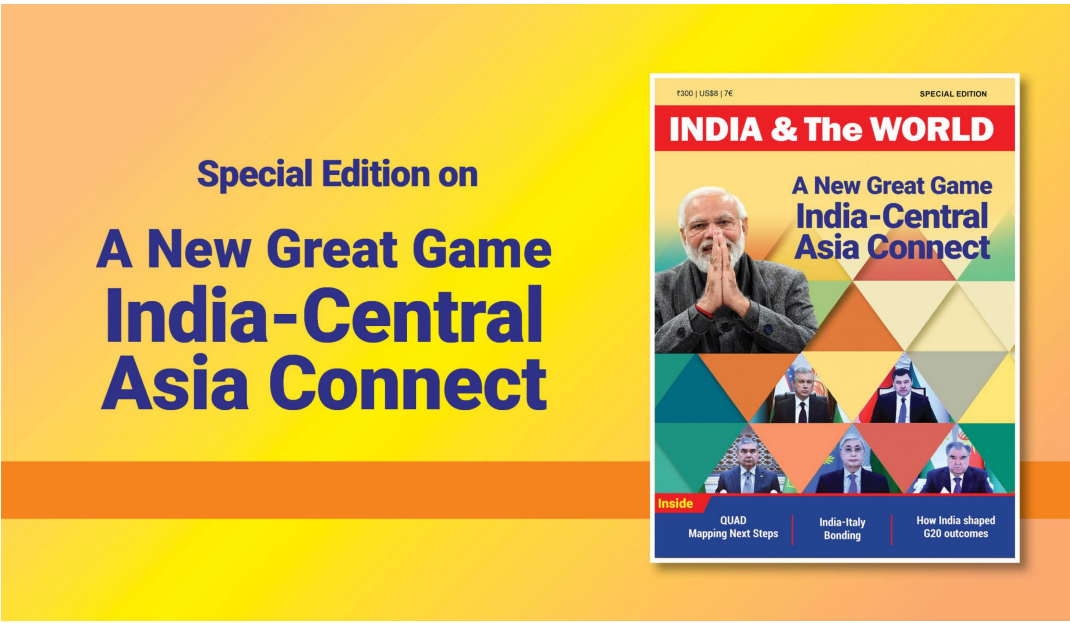
NEW DELHI, NOV 19 : The 'Great Game' in Afghanistan that began in 1830 and ended in 1907, seems to have come alive, this time with India as the central player.

The 'Great Game' was a rivalry between Britain and Russia over Central Asia in 19th century. It ended with the Anglo-Russian Convention in 1907. Through the years Russia and the United States were in control.

However, India's entry comes with a difference. Previous entries by Russia and the United States were military interventions. India's entry cannot be called a military intervention because India has consistently assisted in Afghanistan's development and has the sanction of Taliban government and Afghanistan people.

With New Delhi getting cozy with the Taliban despite not having recognized the Taliban government, India's diplomatic engagement with the Taliban becomes of critical importance in regional context. India took several crucial decisions including upgrading its Mission to Embassy in Kabul, signalling thaw in bilateral relations.

Afghanistan's Acting Foreign Minister Amir Khan Muttaqi's visit to India and the welcome he got here, was New Delhi's first direct diplomatic engagement with the Taliban-led government since 2021. It was indeed New Delhi's astute diplomacy and pragmatic approach to protect India's strategic interests. Transition from a technical mission to a full-fledged embassy demonstrates India's intent to



deepen bilateral diplomatic ties.

Both nations have affirmed respect for each other's sovereignty and territorial integrity. As an important security assurance, Afghanistan has pledged not to permit use of its soil against India. Both governments have reaffirmed commitment to boosting bilateral trade. The two sides have also welcomed the India-Afghanistan Air Freight Corridor to enhance direct bilateral trade.

On the development front, India has announced several infrastructure projects, including hospitals, highways and power stations. India has already constructed Afghanistan's Parliament building in Kabul and the strategic Zaranj-Delaram highway. One of the landmark projects is the Salma Dam, officially named Afghan-India Friendship Dam, which is an

embankment dam in Herat Province in Western Afghanistan. The Dam was jointly inaugurated by Prime Minister Narendra Modi and the then Afghanistan President Ashraf Ghani in June 2016. In addition, India has provided humanitarian assistance to Afghanistan on many occasions, including during COVID-19.

Strategically, India's growing relations with Afghanistan can be viewed keeping in view the Pakistan perspective—counter Pakistan's narrative and, most important, open channels to Central Asia. With deterioration in Pakistan-Afghanistan relations, Afghanistan's importance has grown in India's strategic matters.

External Affairs Minister S Jaishankar at a press conference here recently, described Afghanistan as a "contiguous

neighbour." Jaishankar obliquely asserted India's claim over Pakistan Occupied Kashmir (POK). The theory of contiguity can become a thing of the past with India's renewed engagement and diplomatic outreach with Afghanistan.

All this proves that India's entry into Afghanistan's 'Great Game' is not a military intervention like the United States and Russia.

India and Afghanistan do not share any functional border between them because the connecting point is in POK, under Pakistan's illegal occupation. The only connecting link is the Wakhan Corridor, a thin 106 km mountainous strip flanked by POK, Tajikistan and China's Xinjiang province. The Wakhan corridor is practically the only direct link between India and Afghanistan and Central Asia. With Afghanistan's three trillion USD

mineral wealth, Wakhan corridor can become an important direct transit route for India to conduct trade with Afghanistan.

The Wakhan corridor, therefore, brings India at the centre-stage of the 'Great Game.' This will also enable India to bypass Pakistan for trade with Afghanistan and Central Asia.

Ironically, the strategic Wakhan Corridor which was of tremendous importance in the 19th century Great Game, had remained unused for decades. But with India's entry into Afghanistan, the corridor has come into prominence once again. With India's growing influence in the region, India gains an edge in the new 'Great Game' while Pakistan's influence over Afghanistan wanes.

China which has increased its presence in Central Asia and eyes Afghanistan's mineral wealth, planned to extend its Belt and Road Initiative (BRI) through the region. However, with India's entry, South Asian politics could change.

Wakhan Corridor may seem insignificant on a map. But it is of immense strategic importance. It provides access to India to Afghanistan and Central Asia bypassing Pakistan, and neutralises growing Chinese influence in the region.

With this background, Wakhan Corridor could become an important link in the new 'Great Game.' However, this time India is the central player with good relations with the Taliban government, public support and diplomatic and humanitarian outreach. Central Asian and South Asian politics may witness a new power game—the New Great Game. UNI

272 prominent citizens condemn Rahul Gandhi, accuse Opposition of assault on Constitutional institutions

■ UNITED NEWS OF INDIA

NEW DELHI, NOV 19 : As many as 272 eminent citizens, including several retired judges, bureaucrats, and armed forces officers, wrote an open letter titled "Assault on National Constitutional Authorities", accusing Leader of the Opposition Rahul Gandhi and the Congress party of attempting to tarnish constitutional bodies, such as the Election Commission of India, through "venomous rhetoric" and "provocative but unsubstantiated accusations."

Opposition parties led by Congress MP Rahul Gandhi have been accusing the Election Commission of colluding with the ruling Bharatiya Janata Party (BJP) to "steal" votes in several states and using the Special Intensive Revision (SIR) to facilitate this.

The letter, signed by 272 prominent citizens—including 16 judges, 123 retired bureaucrats, 14 former ambassadors, and 133 retired armed forces officers—alleged that certain opposition leaders are deliberately trying to create an impression of institutional collapse through "venomous rhetoric" and "provocative but unsubstantiated accusations."

In the statement dated 18 November 2025, the signatories warned that Indian democracy is facing an "assault, not by force, but by a rising tide of venomous rhetoric directed toward its foundational institutions."

They alleged that certain political leaders, instead of offering credible alternatives or engaging in meaningful policy debate, are launching "provocative but unsubstantiated accusations" as part of a "theatrical political strategy."

The letter directly criticises Leader of the Opposition Rahul Gandhi, accusing him of leading "systematic and conspiratorial attacks" on the Election Commission.

According to the signatories, Gandhi has made repeated and "deeply disturbing" charges of vote theft, even claiming to possess "100 per cent proof."

The letter quotes him referring to the evidence as an "atom bomb" that would leave the ECI with "no place to hide" and notes his alleged threat that he would "not spare" anyone in the Commission, "from top to bottom."

Yet, the group points out that "no formal complaint has been filed... along with the prescribed sworn affidavit", which it says raises questions about responsibility and accountability.

The signatories argue that these accusations stem from political frustration rather than fact.

"This pattern of behaviour reflects what might be called 'impotent rage' — deep anger born of repeated electoral failure and frustration, without a concrete plan to reconnect with the people," the letter states.

It adds, "Theatrics replace analysis. Public spectacle takes the place of public service."

They highlight what they describe as a double standard, "When electoral outcomes are favourable... criticism of the Election Commission disappears. When they are unfavourable, the Commission becomes the villain."

The letter recalls the legacy of former Chief Election Commissioners T N Seshan and N Gopalaswami, saying their "unyielding leadership transformed the Election Commission into a formidable constitutional sentinel."

"They did not chase headlines... They enforced rules fearlessly, impartially, relentlessly," the statement says, contrasting that ethos with today's political climate.

The group also raises broader concerns about electoral rolls, stressing that "fake or bogus voters, non-citizens, and individuals with no legitimate stake in India's future must have no place in deciding its government."

It cites global examples, including the US, UK, Australia, Japan, South Korea, Germany and France, to argue that democracies worldwide treat illegal immigration seriously to protect electoral systems.

"If other nations guard electoral integrity so resolutely, India must be equally proactive," the letter declares.

The signatories reaffirmed "unshakeable faith" in the Indian Armed Forces, Judiciary, Executive, and particularly the Election Commission, urging the public to see through "baseless allegations and theatrical denunciations."

They call on political leaders to "respect the constitutional process... and accept democratic verdicts with grace."

"The time has come for leadership rooted in truth, not theatrics; in ideas, not invective; in service, not spectacle." UNI

Delhi court grants 13-day ED custody of Al-Falah varsity chancellor in money laundering case

■ UNITED NEWS OF INDIA

NEW DELHI, NOV 19 : A Delhi court has granted the Enforcement Directorate the 13-day remand of Jawad Ahmad Siddiqui, the Chairman and Chancellor of Al-Falah University, Faridabad, in a money laundering case linked to alleged fraudulent accreditation claims.

The order was passed by Additional Sessions Judge Sheetal Chaudhary Pradhan at the Saket District Court late on Tuesday night.

The ED had sought a 14-day custodial remand, arguing that Siddiqui was central to a scheme in which Al-Falah University and its affiliated institutions allegedly generated "proceeds of crime" amounting to approximately Rs 415.10 crore.

This sum, according to the agency, represents fees collected from students based on false claims of NAAC accreditation and UGC recognition.

The case stems from two FIRs registered by the Delhi Police Crime Branch on November 13. According to the FIR, the university is accused of allegedly making false claim of NAAC accreditation for its colleges on its website and using expired accreditation grades to mislead students.

The University fraudulently asserted that it was recognised under Section 12(B) of the UGC Act, to make it eligible for grants. The UGC issued a clarification that the university had never applied for such status.

The ED contended that these "deceptive practices" were used to "dishonestly induce" students and parents to pay fees, thereby generating massive proceeds of crime. Financial analysis of Income Tax Returns (ITRs) from 2014-15 to 2024-25 showed educational revenues skyrocketing, with a total of Rs 415.10 crores declared as "Receipts from main object" or "Educational Revenue" during the years the institutes were not accredited.

The ED's remand application alleged that Siddiqui, as the controlling mind of the Al-Falah Charitable Trust, which runs the university, was instrumental in this scheme. The agency cited statements from officials, including the Chief Financial Officer, who stated that all major financial decisions were ultimately approved by Siddiqui.

The prosecution argued that custodial interrogation was essential to trace the full trail of the proceeds of crime, believed to be larger than the identified Rs 415 crore, prevent Siddiqui from tampering with evidence or influencing witnesses within the institution, uncover the roles of other family members and associated entities in the alleged money-laundering chain, and mitigate the risk of his absconding, given his financial resources and family connections abroad. Opposing the ED's plea, Siddiqui's counsel argued that his client had been "falsely implicated." The defence contended that the two predicate FIRs, which form the basis of the money laundering case, were themselves "false and fabricated." They asserted that Siddiqui was ready to cooperate with the investigation and that a 14-day custody was unnecessary, suggesting that if custody must be granted, it should be limited to 7 days.

After hearing both sides and examining the case records, the court acknowledged that the mandatory legal procedures for arrest under the PMLA had been followed. Weighing the "gravity of the offence" and noting that the investigation was at a "nascent stage," the judge found merit in the ED's request for custodial interrogation. However, instead of the requested 14 days, the court granted 13 days of ED custody, directing that Siddiqui be produced before the court on December 1. UNI

Delhi CM reviews areas along Najafgarh drain, orders action

■ UNITED NEWS OF INDIA

NEW DELHI, NOV 19 : Delhi Chief Minister on Wednesday conducted ground inspections of areas along the Sahibi river (Najafgarh drain) and interacted with locals, taking note of problems faced by them.

She instructed officials to improve the situation on waterlogging, cleanliness, and street lights, which play an important role in safety and security of people.

She directed officials to build a strong wall along the road next to the Sahibi (Najafgarh drain) that will prevent water from spreading and reaching the carriageway.

Taking to X, CM shared that at some places, when water reaches the road, it damages the same. She also instructed officials to take steps towards dust mitigation.

The CM has stated that her government's style of working is to reach out to the public, take note of their issues, and then ensure solutions.

"This is the new work culture of Delhi, where the safety, convenience, and dignity of every family is our top



priority," Gupta said.

The CM said the government is working on a war footing to control pollution and ensure cleanliness and sanitation across the national Capital.

She said her administration was prioritizing area-wise requirements of the residents. "Our government's resolve is to have a Viksit Delhi, Green Delhi, and Clean Delhi, and work is

underway in this direction," she said.

Meanwhile, MP Praveen Khandelwal, who was present on the occasion during the CM's inspection in the Shakur Basti assembly constituency, said that important development projects worth Rs 500 crore have been approved for the areas. "The decision will bring relief to the residents by resolving long-pending issues," he added. UNI

MSMEs in UP absorbs US tariff shock, need industry bodies' support, say state's policy makers

■ UNITED NEWS OF INDIA

LUCKNOW/NEW DELHI, NOV 19 : With cost cutting measures and boosting value chain, Medium, Small and Micro Enterprises (MSMEs) in Uttar Pradesh, especially artisans associated with the handloom and handicraft sector have been able to withstand the shocks of high tariffs imposed by the US on India, said UP's industrial and infrastructure policy makers.

They further said that this relief can be further enhanced if business chambers such as Indo-American Chamber of Commerce (IACC) helps small manufacturing clusters to scale up. Participating in a panel discussion on "8 years of UP rising" at the 22nd Indo-US Economic Summit organised by Indo-American Chamber of Commerce (IACC) held in New Delhi on Tuesday evening, Kshipra Shukla, Chairperson UPID, Department of MSME, said small scale units said under the flagship One District One Product (ODOP) programme of the Centre, the artisan community in UP is getting both backward and market linkage support for boosting their profitability.

"ODOP has proved to be a game-changer as it is a full capsule package. The artisans working in clusters have utilised it by incorporating advance technologies but at the same time maintained authenticity of their crafts," said Shukla. "With the market-linkage support, we prepared the MSMEs with an overview of which products suit US, Europe or the Middle East market and



according they do the manufacturing," added Ms. Shukla.

Deepak Singhal, Former UP Chief Secretary, said initiatives such as "Invest UP" has been successful in attracting new investments into the state largely due to infrastructure development, especially the multiple expressways and the recently inaugurated Jewar Airport, which has enhanced the role of developmental agencies such as Uttar Pradesh State Industrial Development Authority (UPCEDA) and Bhadohi Industrial Development Authority (BIDA).

"We are seeing new food processing units come up and infrastructure such as cold storages being built for Potato growers, while the ODOP has been a huge success.

Thanks to the visionary leadership at the centre at the state, perception with respect to India and UP is now that of transformation and this successful model can be replicated globally," said Singhal.

He said there was a need for IACC to set-up sub-committees on trading and investment climate, which can prove to be effective in making recommendations after getting a first-hand account of UP's industrial and growth environment.

Manoj Singh, Former UP Additional Chief Secretary, said the state was an example of institutional urban governance and reformative measures such as the FAR policy of the state government has boosted development.

"The weak links in urban development

such as large spaces occupied by hawkers needs developed. Besides, addressing air pollution caused by freight movement of trucks by developing green patches has been a successful measure, which needs further boost," said Singh. He said the idea of setting up of commerce ministries at the state level was a welcome move.

Moderating the panel discussion, Mukesh Singh, Executive Council Member & Chairman, UP State Coordination Committee, IACC said industry bodies such as IACC should identify smaller MSME clusters across UP and support them for contributing to the state and country's GDP.

Earlier, speaking at the event, Aseem Arun, Minister of State (Independent Charge) for Social Welfare & SCs/STs Welfare in the Government of Uttar Pradesh, emphasized on the need for collaboration to ensure social justice and economic equality along with growth in business partnerships.

"The partnership between the two countries should be more than just about market access. It must also be about shared human problems. Today, India stands as the fourth largest economy in the world. But our model to high growth is unwavering because, this growth is inclusive," he said.

Pranjal Yadav, IAS Secretary for MSME and Industries, Government of Uttar Pradesh noted that Uttar Pradesh has become one of India's fastest-growing industrial hubs backed by policy reforms and resultant investor confidence. UNI



Tamim: Mushfiqur's 100th Test a National Celebration



■ MOHAMMAD ISAM

DHAKA: On the occasion of Mushfiqur Rahim's 100th Test match for Bangladesh, ESPNcricinfo spoke to his current and former teammates, and former coaches. Here's what they had to say.

Tamim Iqbal

"It is a humongous achievement for Mushfiq. He is someone who genuinely deserves to play 100 Tests for Bangladesh. Many international cricketers who debuted after him, have already retired playing more than hundred Tests. There was a time when Bangladesh played only a few Tests in more than two years.

"It wouldn't be possible to play so many Tests without having a long career. At the same time, discipline, hard work and vision were also necessary. This achievement should be celebrated by every cricket lover of this country. Mushfiq should be praised and celebrated throughout this Test match. He should be free of judgment from this match, whether he scores 20 or 200.

"I have played with him for 17-18 years. I have seen him get big runs, but I have never seen him get tired after a long innings. I have seen other cricketers get tired after scoring big hundreds, but never Mushfiq. The way he prepares himself, and his hunger. It is built in him or he has worked to build it within him. I think he will have his hunger even in the last game in his career."

Mominul Haque

"I still can't believe that someone from the Bangladesh team has played for 20 years, and is about to complete 100 Tests. I am so pleased to share the dressing room with such a legend for so many years. "I sometimes think that he leads a very boring life. How can a person be so disciplined and dedicated to cricket? We could never be like him. He is very quiet off the field. He is disciplined about his food, sleep, etc. I don't think we will ever get someone so dedicated and disciplined to his craft. "He does so many small things so well. I think he is a proactive individual. He is very organised. He does specific training. Mushfiq bhai knows exactly what he wants to do. Like after this Test series, I am sure he will start working on the Pakistan bowling attack. Even though it is three months away. I think top players plan well ahead. He has tremendous attention to details."

Dav Whatmore

"Mushfiq is someone who knew exactly what he wanted to achieve and was self-motivated and disciplined to achieve. I am very happy to see him stand the test of time, of his ups and downs as well as recovering from injuries. Since I left in 2007, I did follow Mushy's career periodically. Along with Shakib [Al Hasan] and later Tamim [Iqbal], he began to make his country proud and did so well on the 50-over game as well. His slog-sweep is legendary!"

Chandika Hathurusinghe

"As Mushfiqur Rahim walks out to play his 100th Test match, Bangladesh cricket celebrates not just a milestone, but a man whose impact on our game goes far beyond statistics. I have had the privilege of coaching Mushfiq in two different periods of Bangladesh cricket--first from 2014 to 2017, and again from 2023 to 2024--and what remains constant is his unwavering professionalism, commitment, and leadership. "Mushfiqur is one of the most meticulous cricketers I have ever worked with. His preparation is world-class--intentional, disciplined, and consistent every single day. Whether we were playing at home in Mirpur or away in foreign conditions, Mushfiq never allowed standards to drop. He arrives early, studies conditions, and makes sure every session has purpose. For younger players, simply observing him is an education in what it means to be a true professional. "Beyond his technical skill and mental resilience, what stands out most is his character. Mushfiq is one of the most trustworthy and genuine leaders I've had in any team I have coached around the world. He sets the cultural tone. He leads through action, not words. When he speaks, players listen - not because of seniority, but because they know his intentions are always for the team.

ESPNCricinfo

Bangladesh women's tour of India in December postponed

■ ESPNCRICINFO

DAMBULLA: Bangladesh's tour of India to play a series of three ODIs and three T20Is in December has been "postponed".

A BCB spokesperson confirmed the news to ESPNcricinfo on Tuesday, saying that the board has received a letter from the BCCI saying that the white-ball series will be scheduled at a later date.

No specific reason has been given for the postponement but it is understood that the prevailing political tensions between India and Bangladesh was a key factor.

The series, a part of the ICC's future tours programme, was meant to be India's last set of games before the start of the next edition of the Women's



Premier League (WPL) and the only series between their triumphant ODI World Cup campaign and the WPL. The matches were expected to be played in Kolkata and Cuttack, with the ODIs kicking off the new cycle of the Women's ODI Championship for both sides.

Earlier this year, India men's white-ball tour of Bangladesh, originally slotted for August 2025, was pushed to September 2026.

"This decision has been reached following discussions between the two boards, taking into account the international cricketing commitments and scheduling convenience of both teams," the BCCI had said in a statement at the time. "The BCB looks forward to welcoming India in September 2026 for this eagerly anticipated series. Revised dates and fixtures for the tour will be announced in due course."

Trump unveils fast-track visas for World Cup ticket holders

■ AFP

WASHINGTON: President Donald Trump on Monday unveiled special fast-track visas for people with tickets to the 2026 World Cup -- but his administration warned it was no guarantee of entry to the United States.

The United States has promised

a seamless experience for next year's tournament despite concerns that Trump's border crackdown could hurt fans. "For those who intend to join us for the World Cup, I strongly encourage you to apply right away," Trump said as he announced the scheme in the Oval Office with Gianni Infantino, the boss of global soccer body FIFA.

Infantino -- who has repeatedly appeared at Trump's side since the Republican's return to the White House in January -- said the so-called "FIFA Pass" was a "very important announcement."

"If you have a ticket for the World Cup, you can have a prioritized appointment to get your visa," Infantino said.

"We'll have between five and 10 million people coming to America from from all over the world to enjoy the World Cup, and with this FIFA pass, we can make sure that those who buy a ticket, that are legitimate football fans or soccer fans, they can come and attend the World Cup in the best conditions." US Secretary of State

Marco Rubio however issued a warning to those hoping to come for the tournament.

"Your ticket is not a visa," Rubio said at the announcement. "It doesn't guarantee admission to the US. It guarantees you an expedited appointment, you're still going to go through the same vetting."

LUBAAB PUBLICATIONS

ONE STOP SOLUTION FOR ALL PRINTING NEEDS

NEWSPAPER | BOOKS | FLYERS | LOGO | FLEX | MAGAZINES
VISITING CARDS | BROCHURES | 3D BOARDS | COVER PAGES
WEDDING CARDS | CALLIGRAPHY | WALL PAINTINGS

9999038812
9419008414

Radio Colony,
Gund Hassibhat, Lawaipora Srinagar-190017

HEADLINES TODAY INVITES CONTRIBUTIONS

Are you a writer, poet, storyteller, columnist, or feature writer with a passion for literature or health writings? Headlines Today offers a platform to share:

Literature Section: Well-crafted essays, literary articles, reflections, and creative writings.

Health Section: Well-researched articles, expert columns, and in-depth feature reports from professionals and specialists.

Send your contributions to:

Dr Basharat Khan

Honorary Editor: Literature & Health

Sections (HT) at

chogalwriter76@gmail.com

YOUR WORDS CAN INSPIRE,
INFORM, AND IGNITE; LET
THEM BE HEARD.

