

Satish Sharma inaugurates Rooftop Solar Power Plant at JK Cable Car Corporation

■ HT NEWS DESK / DIPR

JAMMU, DECEMBER 2: With a view towards strengthening the Jammu & Kashmir's renewable energy ecosystem, Minister for Food, Civil Supplies & Consumer Affairs, Transport, Information Technology, Youth Services & Sports, ARI & Trainings, Satish Sharma, today inaugurated the 143 KW Grid-Connected Rooftop Solar Power Plant installed at the JK Cable Car Corporation, Bahu Jammu.

The inauguration-cum-awareness programme was organized by the Jammu & Kashmir Energy Development Agency (JAKEDA) under the aegis of Science & Technology Department.

The event was attended by MLA Vikram Randhawa, CEO JAKEDA Dr P.R.Dhar, Additional CEO JAKEDA senior officials from JAKEDA, Science & Technology Department, officers of JK Cable Car Corporation, engineers, project staff and local stakeholders.

The newly commissioned 143 KW rooftop solar plant is part of the UT's broader agenda to adopt renewable energy technologies across the government buildings and public infrastructure.

Having an Installed Capacity of 143 KW, the project costs 74.55 lakh and will generate 1.83 lakh units annually saving around 15 lakh through reduced electricity expenditure. It will also ensure reduction of 1.33 lakh kilograms



of CO₂ emissions annually and has a System Life Expectancy of 25 years or more.

Speaking at the event, Satish Sharma said that the inauguration of this solar project marks a significant milestone in Jammu & Kashmir's march towards energy efficiency and environmental

sustainability. He emphasized that the government is focused on accelerating the transition from conventional, fossil-fuel-based power sources to non-polluting renewable alternatives.

The Minister added that the solar plant at JK Cable Car Corporation will serve as a

demonstration model for other departments, showcasing how rooftop solar installations can drastically reduce operational costs, reduce carbon footprints and improve energy self-reliance.

Satish Sharma further highlighted the vision of the government to ensure large-scale

adoption of rooftop solar systems and expansion of decentralized renewable energy solutions. This will strengthen the capacity of government institutions to reduce energy dependency, facilitating a cleaner and greener development trajectory for Jammu & Kashmir, he added.

The Minister also reviewed the operational readiness of the plant, interacted with the engineers and technical teams. He stressed the importance of periodic monitoring, system upkeep and skill enhancement for ensuring long-term efficiency.

Satish Sharma directed the JAKEDA and the Science & Technology Department to identify more government buildings for immediate rooftop solar installation besides ensuring timely completion of ongoing solar projects. He also called for strengthening awareness programmes for the public and institutional users and promote clean energy solutions across urban and rural pockets of Jammu and Kashmir.

The project will reduce approximately 1.33 lakh kg of CO₂ emissions annually, contributing significantly to the Jammu and Kashmir's climate commitments and national renewable energy targets. This aligns with India's larger goals under the National Solar Mission and its pledge to expand non-fossil fuels.

DLSA Srinagar holds Awareness Programme to Promote HIV/AIDS Rights & Prevention

■ HT NEWS DESK / DIPR

SRINAGAR, DECEMBER 02: In continuation of the week-long awareness campaign on the rights of people living with HIV/AIDS, the District Legal Services Authority (DLSA), Srinagar, in collaboration with the Jammu & Kashmir AIDS Control Society, today organised a special awareness programme at the District Court Complex, Srinagar.

The programme was organized under the aegis of Jammu & Kashmir Legal Services Authority. The programme was held under the supervision of Haq Nawaz Zargar, Principal District & Sessions Judge (Chairman, DLSA) Srinagar, along with Shazia Tabassum, Member Secretary, Jammu & Kashmir Legal Services Authority.

The programme was formally inaugurated by the Chairman, DLSA Srinagar.

In his address, the Chairman DLSA emphasized that awareness and prevention remain the most effective tools in the fight against HIV/AIDS and called upon all stakeholders to work collectively towards building an informed, sensitive and stigma-free society. He highlighted the crucial role of Legal Services Institutions in spreading social and legal awareness at the grassroots level and reaffirmed the unwavering



commitment of the Legal Services Authority towards protecting the rights, dignity and well-being of every individual.

Stressing the importance of early detection, timely treatment and social support, he urged the participants to act as ambassadors of awareness so that the message of prevention, compassion and inclusion reaches every section of society.

Tabassum Qadir Parry, Secretary, DLSA Srinagar, while speaking on the occasion, highlighted the significance of observing World HIV/AIDS Day through sustained awareness efforts.

Imtiyaz Ahmad, Assistant Director, J&K State AIDS Control Society, delivered a comprehensive and informative lecture highlighting the causes, modes of transmission, preventive measures and available treatment for HIV/AIDS. He laid special emphasis on responsible behaviour, routine testing and timely access to medical support.

Tasneem Kausar, Deputy Chief Legal Aid Defence Counsel, also addressed the gathering and sensitized the participants about the deep-rooted social stigma attached to HIV/AIDS, urging the audience to adopt an approach based on empathy, understanding and non-discrimination.

During the interactive session, the queries raised by the Legal Aid Defence Counsels were effectively addressed by the resource person, further enhancing the awareness and clarity regarding HIV/AIDS prevention and management.

The programme witnessed the active participation of staff members, Legal Aid Defence Counsels and Para Legal Volunteers of DLSA Srinagar.

The awareness programme was conducted under the theme "Overcoming Disruption, Transforming the AIDS Response," reflecting the collective commitment of all stakeholders to strengthen public awareness, promote preventive healthcare and ensure access to justice for all.

DEAF Account Settlement Mega Awareness Camp at Kishtwar on December 5

■ HT NEWS DESK / DIPR

KISHTWAR, DECEMBER 02: The Lead Bank Office Kishtwar is organizing a DEAF Account Settlement Mega Awareness Camp on 5th December 2025 at 3:00 PM in the Conference Hall, DC Office, under the chairmanship of the Deputy Commissioner, Pankaj Kumar Sharma.

The camp forms part of the nationwide three-month "Awareness Campaign (Aapki Poonji Aapka Adhikar)" (October-December 2025) on unclaimed assets in the financial sector, titled "Your Money, Your Right", launched by the Department of Financial Services (DFS), Ministry of Finance, Government of India, in coordination with the Reserve Bank of India (RBI) and insurance regulatory authorities.

Representatives from the Reserve Bank of India (RBI), Life Insurance Corporation (LIC), other financial institutions, district administration and banks will be present during the camp to provide on-the-spot guidance and settlement assistance to the public.

The primary objective of the camp is to spread awareness about DEAF accounts, trace depositors and facilitate settlement of accounts that have remained inoperative for more than 10 years.

Citizens are being encouraged through BLBC meetings and other outreach programs by banks and Financial Literacy Centres (FLCs) to attend the camp with valid identity proof and supporting documents to check the status of their unclaimed deposits. Verified claims will be disbursed to the rightful claimants on the spot during the camp.

Mission Director reviews financial progress under JKCIP

■ HT NEWS DESK / DIPR

JAMMU, DECEMBER 2: Mission Director HADP/JKCIP Sandeep Kumar today chaired a comprehensive review meeting of the implementing agencies to assess progress achieved under Jammu and Kashmir Competitiveness Improvement of Agriculture and Allied Sectors Project (JKCIP).

The meeting focused on reviewing financial progress achieved across all components of the project, with detailed discussions on allotments, actual expenditure, booked expenditure and the overall financial performance as per the prescribed format.

The meeting was attended by Directors of Agriculture, Horticulture, Animal Husbandry, Sheep Husbandry, Fisheries and Horticulture Planning & Marketing from twin divisions, along with chief and Sub-Divisional level officers.

The Director Research, SKUAST-Jammu/Kashmir, along with respective Principal Investigators, also participated in the deliberations. Officers from Kashmir and Sub-Divisional officers of Jammu Division joined the meeting online through the designated link, while Directors and senior officers based in Jammu attended the session physically at the venue.

The Mission Director instructed all implementing agencies to furnish financial data covering the components of Climate Smart & Market-Led



Production, Agri-Business Ecosystem Development, Support to Pastoralists & Vulnerable Communities and Project Management & Knowledge Management, ensuring accuracy and timely reporting.

The Mission Director stressed the need for strict adherence to timelines and financial discipline. He directed all departments to complete the expenditure and submit the bills within the next three days. He further instructed the Chief Agriculture Officers of Jammu and Kashmir Divisions to organize Awareness Events under the Project Management & Knowledge Management component in the current month. He emphasized that these events must ensure the participation of Krishi Udyamis, Youth Clubs and active Self-Help Groups

so that the benefits and objectives of the project reach the grassroots level effectively.

The Mission Director advised the Horticulture Department to prioritize area expansion activities, highlighting that the current season is ideal for such initiatives. He also directed the Sheep Husbandry Department to strengthen efforts under the Support to Pastoralists & Vulnerable Communities component to address the needs of vulnerable sections effectively.

Throughout the meeting, issues raised by district officers of all concerned departments were heard with due consideration and suitable solutions were provided on the spot to facilitate smooth and coordinated implementation across districts.

Director Colleges visits Degree Colleges across Pir Panjal Emphasises adoption of SIGMA Platform

■ HT NEWS DESK / DIPR

JAMMU, DECEMBER 02: Director Colleges J&K, Dr. Sheikh Ajaz Bashir conducted an extensive tour of the Government Degree Colleges in the Pir Panjal region to gain firsthand insight into academic activities and engage directly with students and faculty to know their concerns, challenges and expectations.

During interactive sessions at GDC Rajouri, GDC Poonch and GDC Surankote, the Director Colleges highlighted the significance of SIGMA – the Student Integrated Grievance and Messaging Application. He urged the students to subscribe to the platform immediately, describing it as a major reform

initiative aimed at empowering students with real-time updates on departmental initiatives and offering them a direct channel for redressal of issues that may lie beyond the scope of individual Colleges.

The Director Colleges also briefed students on the key takeaways of the National Education Policy (NEP 2020), particularly the academic flexibility provided through multiple entry and exit options. He encouraged students to make informed use of these provisions to shape their academic trajectories.

In the meetings with faculty members, the Director reiterated the importance of strengthening the Mentor-Mentee Model, noting that an effective



mentoring system is crucial for addressing emerging challenges, including concerns related to substance abuse. He sought full

cooperation from faculty to ensure the meaningful implementation of the model across campuses.

At GDC Poonch, the Director Colleges congratulated Principal Dr. Jasbir Singh for initiating the process for seeking Autonomous Status for the college immediately following his visit in August. Expressing satisfaction, he noted that achieving autonomous status would position the institution for academic excellence and institutional innovation.

The Director Colleges also held a detailed interaction with the Boards of both the Girls' and Boys' Hostels at GDC Poonch. The issues concerning hostel facilities were discussed and necessary directions were issued for their prompt redressal.

During his visit to GDC Rajouri, the Director Colleges underscored the academic vision

of the National Education Policy (NEP) 2020 and its emphasis on granting greater autonomy to progressive higher education institutions.

While discussing the prospects of Autonomous Status under NEP, he stated that autonomy offers substantial institutional advantages, including enhanced academic flexibility, scope for curricular innovation, independent examination and evaluation systems and a stronger institutional identity. He highlighted that, as the oldest and largest college in the district, GDC Rajouri is well-positioned to approach the UGC for the grant of Autonomous Status, noting that the present moment is both appropriate and

opportune for the institution to submit its application in line with UGC norms.

At GDC Surankote, the issue of student absenteeism was deliberated extensively. The Director impressed upon the college administration the need to strictly adhere to the Directorate's Policy Planning and Development Portal for the digital onboarding of students, ensuring transparency, accountability and improved student engagement. The visit concluded with the Director reaffirming the Department's commitment to strengthening academic ecosystems, improving student well-being and accelerating reform initiatives across all degree colleges in the region.

Sakeena Itoo officially launches CUJ's Department of Performing Arts

Witnesses Department's maiden production 'Jasma Odan' at Abhinav Theatre

■ HT NEWS DESK / DIPR

JAMMU, DECEMBER 02: Minister for Education, Social Welfare, Health and Medical Education, Sakeena Itoo, today officially launched the Department of Performing Arts of Cluster University of Jammu (CUJ) besides releasing the official logo of the department in a grand celebration held at Abhinav Theatre here today.

Addressing the gathering on the occasion, Sakeena Itoo highlighted that the inauguration marks a significant expansion of university's academic and cultural landscape, aimed at nurturing the young talent in music, theatre, dance and allied art forms.

She expressed delight at witnessing the aspirations of young artists, calling establishment of the Department of Performing Arts a pathbreaking step that will enable the students to pursue specialised education in Art, Theatre and Music within Jammu & Kashmir. She further

added that such initiatives help to shape a future rooted in connectedness, harmony and peace.

Congratulating the Vice Chancellor Cluster University Jammu, faculty and students for staging the Department's first production, the Minister appreciated Jasma Odan for presenting cultural glimpses of Haran, a treasured folk art form of Jammu.

The Minister further highlighted the government's commitment towards promoting holistic and inclusive education. She highlighted that the creation of the Department of Performing Arts reflects a forward-looking vision to integrate cultural education with mainstream academics, thereby offering students expanded avenues for expression and professional growth.

Principal Secretary, Culture, B. M. Sharma, in his address, commended the University's initiative in reviving regional theatre, emphasising that theatre



has historically been one of the most powerful mediums to communicate messages, sensitise communities and inspire positive social change. He also expressed

the Department's willingness to support future collaborations, highlighting that the University and department of culture can formalise an MoU to create more

opportunities for postgraduate students in training, research, and cultural participation.

In his address, Vice Chancellor, Prof. K. S. Chandrasekar

emphasized on the institution's commitment towards nurturing the performing arts, noting that celebrating our regional heritage is central to shaping confident and culturally rooted young artists.

In her welcome address, Dean, School of Humanities & Liberal Arts, Dr. Monika Sharma highlighted the vision of the Department of Performing Arts, and underlined the University's dedication towards promoting indigenous art forms.

During the event, the Department of Performing Arts, School of Humanities and Liberal Arts, Cluster University of Jammu, in collaboration with the Jammu & Kashmir Academy of Art, Culture & Languages also successfully staged the premiere of the Dogri play Jasma Odan, produced by the department itself.

Written by Shanta Gandhi (in Gujarati) and translated into Dogri by Kavi Rattan, the play was directed by Dr. Abhishek Bharti and Aparna Kapoor. The

production was widely praised for its compelling narrative, visual dynamism, and the dedicated performances of the students of the Department of Performing Arts. The staging of Jasma Odan stands as a significant step towards revitalizing regional arts and encouraging young performers within Jammu & Kashmir.

Earlier, the Minister laid the foundation stone for VC Cottage, Cluster University of Jammu through virtual mode.

Additional Secretary, JKAAC, Sonali Arun Gupta; Prominent cultural icons such as Padma Shri Prof. Lalit Magotra and Padma Shri Romalo Ram ji also graced the occasion.

Senior officers from Cluster University of Jammu, including Registrar, Dean Academic Affairs, Controller of Examinations, Dean Research Studies, Financial Advisor, Deans of Faculties, Principals of Constituent Colleges, Directors, faculty and students were also present on the occasion.

DC Baramulla's Directions Lead to Special Disability Certification Camp for Far-Flung Uri Areas

■ HT NEWS DESK / DIPR

BARAMULLA, DECEMBER 02: In a significant outreach initiative aimed at ensuring inclusive and accessible public services, a special disability certification camp was today organised at CHC Uri on the directions of Deputy Commissioner Baramulla, Minga Sherpa.



The camp was coordinated by the Chief Medical Officer Baramulla, Dr. A. G. Raina, with dedicated medical teams deployed to cater to specially-abled individuals from far-flung and remote areas of Uri.

Residents of these distant villages often face considerable challenges in travelling to district headquarters for essential services. Understanding this gap, the district administration brought the service directly to their doorstep, ensuring that beneficiaries could undergo on-spot medical assessment, documentation, and certification without unnecessary hardship.

During the camp, specialists from different medical fields evaluated cases related to physical, visual, hearing, and intellectual disabilities. The process was streamlined to avoid delays, with efforts made to ensure that no eligible person was left out.

Officials emphasised that the initiative is part of the district administration's broader commitment to strengthening last-mile delivery and extending essential welfare services to every corner of Baramulla, particularly to those who need them the most.

The administration has further assured that similar outreach programmes will continue across remote and underserved pockets of the district to promote equity, accessibility, and timely service delivery for all beneficiaries.

DC Srinagar inspects progress of work on Hostel for Wards of Ex-Servicemen/Martyrs at Peerbagh

Executing agency directed to accelerate interior works for timely completion of the 100-bed facility

■ HT NEWS DESK / DIPR

SRINAGAR DECEMBER 02: Deputy Commissioner (DC) Srinagar, Akshay Labroo Tuesday conducted a site visit to under completion Hostel for wards of Ex-Servicemen/Martyrs at Peerbagh to inspect the quality and progress of work being executed on the project.

During the visit, the Deputy Commissioner was accompanied

by the Chief Planning Officer, Fayaz Ahmad Dar; District Social Welfare Officer, Dr Mukhtar Ahmad; Tehsildar Chanpora, Kifayat Hussain, Executive Engineer of R&B, Khalid Mehmood, Zila Sainik Welfare Officer and other Officers.

On the occasion, the DC took round of the various sections of the building and reviewed the progress of ongoing construction works. The DC was informed that civil works part of the project,



being built at an estimated cost of Rs 7.44 Crore is reaching its final stage. The DC instructed the executing agency to expedite the remaining interior works and ensure that the project is fully completed on priority.

The upcoming hostel is a G+2 structure comprising 25 rooms with a capacity of 100 beds, designed to cater to the residential needs of the wards of ex-servicemen and martyrs.

Educational Institutions observe World AIDS Day

■ HT NEWS DESK / DIPR

JAMMU, DECEMBER 02: To mark World AIDS Day, Educational Institutions across Jammu Division organised multiple activities to spread awareness about prevention and remove the stigma attached to the disease.

Government Polytechnic Reasi, under the guidance of Principal Er Arun Bangotra, observed World AIDS Day. The Institution's Red Ribbon Club, in collaboration with J&K State AIDS Control Society organised diverse activities, including poster making competition, debate competition and a Rangoli contest. An awareness rally consisting of 150 students spread prevention messages, followed by faculty-led sessions stressing early testing, safe practices and eliminating stigma against HIV/AIDS.

GDC Ramkote: The Red Ribbon Club of Government Degree College Ramkote, in collaboration with Jammu and Kashmir AIDS Control Society, organized a Poster Making Competition themed "Overcoming Disruption, Transforming the AIDS Response".

The students of BA Semester Ist participated in the competition and expressed their views on HIV/AIDS by making attractive posters. As many as 10 students participated in the competition organized under



the guidance of the College Principal Dr. Rakesh Kumar Koul.

GDC Paloura: As part of AIDS Awareness Week 2025 campaign, Red Ribbon Club of Government Degree College Paloura, in collaboration with NSS Unit of the college, organised a Walkathon to foster awareness about prevention of AIDS and other STI diseases. The walkathon culminated with a collective pledge to support the victims of HIV AIDS by removing taboos related to it.

GCW-Gandhi Nagar: Red Ribbon Club, PSPS GCW, Gandhi Nagar, in collaboration with J&K AIDS Control Society (JKACS), H & ME Department,

organized Poster Making competition, Rangoli making Competition and Walkathon under the aegis of this year's theme 'Overcoming Disruption, Transforming the AIDS Response'. In the Rangoli Making Competition, First position was bagged by Samudhani & Group 7th sem, Second position went to Sanchita & Group-7th Sem and the Third position was shared by Vanshika & Group and Akriti Khanna & Group 7th Sem. Esha bagged first position in the poster making competition, while second position was bagged by Sakshi and the third position was secured by Afsana Kouser- all from the 7th Sem.

Director Agriculture Kashmir Inaugurates Two Day Capacity Building Program at Lalmandi

■ HT NEWS DESK / DIPR

SRINAGAR, DECEMBER 02: Director Agriculture Kashmir, Sartaj Ahmad Shah today inaugurated a two day capacity building programme on "Untie the yield complexities for realising the yield potential in oil seed with special reference to Rapeseed" at Agriculture Complex Lalmandi Srinagar.



The workshop is organised by SKUAST -K in collaboration with agriculture and farmer welfare department Kashmir, under Holistic Agriculture Development Programme, Project no 11 "Promotion of Oilseeds".

Speaking on the occasion, the Director said the primary objective of such workshops is to train the concerned officers from different districts of Kashmir division for efficient and successful implementation of project "Promotion of Oilseeds Project" at grassroot level. He said the officers are provided with the solutions, streamlining procedures and preparation of strategies to identify and explore the potential of oilseed crops in different areas of the region.

Shah emphasised the importance of such a workshop in achieving desired impact. He said the programme is designed to equip the officers with the necessary knowledge and expertise to successfully execute "Promotion of oilseed Project".

The workshop would be a significant step towards empowering the concerned officers from different districts to contribute effectively to the goals of said project.

Experts from ADR, MRCPC Khudwani, SKUAST-K and the agriculture department presented their lectures during different sessions of the day one of the workshop.

The programme was attended by the concerned officers from district kupwara, Baramulla, Ganderbal, Budgam, Srinagar and Bandipora.

DLIC on Mission YUVA approves 102 cases at Ganderbal

DC directs timely disbursement of financial support, facilitation of beneficiaries

■ HT NEWS DESK / DIPR

GANDERBAL, DECEMBER 02: A meeting of District Level Implementation Committee (DLIC) on Mission YUVA scheme was today held under the chairmanship of Deputy Commissioner (DC) Ganderbal, Jatin Kishore, here.

The committee held detailed discussions on the cases submitted and after thorough scrutiny and evaluation unanimously approved

102 cases for financial and institutional support.

Speaking on the occasion, the DC underscored the need to promote self-employment avenues for local youth, particularly those belonging to under-privileged and marginalized communities.

He instructed all concerned departments to ensure the timely disbursement of financial assistance and to extend full facilitation to all beneficiaries approved under



the scheme, so that they are able to initiate their respective livelihood

activities without delay.

The DC directed continuous

monitoring and proper mentoring to ensure the long-term sustainability of the approved ventures.

Among others, the meeting was attended by Additional District Development Commissioner, Manzoor Ahmad; General Manager DIC, Lead Bank Manager, Assistant Director Employment, District Nodal Officer, JKEDI; representative from Social Welfare department.

HT EDITORIAL

All eyes focussed on cabinet meeting of J&K government

The Jammu & Kashmir cabinet is all set to meet in Jammu on December 3 in order to discuss some important agenda. Even though the specific agenda for the cabinet meeting is not known as yet, there are speculations that the reservation issue would top the agenda for the same. As such one can expect that the issue of reservation would come up for discussion and accordingly some decision would be taken.

National Conference's Lok Sabha Member of Parliament from Central Kashmir Aga Syed Ruhullah Mehdi has virtually waged a war against his own party over the reservation issue. Ruhullah wants that the reservation quota should be reviewed so that there is no more injustice with the youth belonging to the general category. As on date the youth belonging to general category are at the receiving end since the lion's share of various posts and openings are reserved for the different categories of the union territory.

Ruhullah had in fact taken part in a protest carried out by a huge group of students outside the residence of chief minister Omar Abdullah last year. It was only after this protest that the chief minister invited some of the protesters and talked to them over the issue. The protest forced the union territory government to form a cabinet sub-committee to look into the matter of reservation. The committee was tasked to submit its report within a time frame of six months.

The committee took more than six months to complete the task and has submitted the report to the government. Once the report was submitted it was expected that the government would implement the proposals at the earliest so that the feelings and emotions of the youth belonging to the general category are satisfied. This did not happen and instead the government forwarded the file to the law department since some clarifications had been raised. As on date there is no further movement about the same and it has infuriated Ruhullah and many other youth.

The NC MP has been raising the reservation issue on a regular basis and there are people within the party who opine that the government has been forced to convene a cabinet and discuss the same. It remains to be seen whether the issue would be discussed in the cabinet meeting or some other points would be taken up in the same.

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MACHHAL: A BEAUTY BEYOND BOUNDARIES



■ MOOL RAJ

Explore Machhal's untamed wilderness, where time seems to stand still amidst the snow-capped peaks and dense conifer forests. Delight in the rich culture and warm hospitality of the locals while indulging in the region's delectable cuisine.

Nestled in the far-flung reaches of North Kashmir, concealed behind the majestic Shamasabari mountains and embraced by the dense emerald green conifer forest of Lolab, lies Machhal (also known as Matchil or Machhil) – a quaint and charming village where warm-hearted locals welcome visitors with open arms and share captivating anecdotes about the region's history and myths. Machhal: A Beauty Beyond Boundaries

Located in the Kupwara district of Jammu & Kashmir, Machhal is a small village situated close to the Line of Control (LOC). It captivates travelers with its scenic beauty and serene surroundings. Perched at an altitude of 8,225 feet, the village is surrounded by thick Deodar forests, snow-clad peaks, and enchanting mountain slopes. The Nao Nar watershed flows into the Machhal Nar, a tributary of the Kishanganga River, adding to the natural allure of the area. Machhal's remoteness becomes evident as it remains cut off from the outside world for over six months each year due to heavy snowfall, experiencing temperatures as low as minus 15 degrees Celsius in winter and soaring to 25 degrees Celsius during the summer. The village receives an annual precipitation of 740.5 mm.

To reach the breathtaking beauty of Machhal, adventurers must first venture into the captivating Lolab valley, proceeding north towards Kalaroos through dense green Deodar forests. Kalaroos is renowned for its caves and the ancient Satbaran monument (Seven Doors), which dates back to Kashmir's Buddhist era. The road from Kalaroos takes travelers to Sarkuli village and further through the dense Sarkuli Thiayan forest, eventually unveiling the awe-inspiring Zamindar Gali (Z-Gali) at an altitude of 10,334 feet. At this vantage point, a breathtaking panorama unfolds, with the majestic Nanga Parbat towering at an impressive 26,660 feet. The Border Roads Organisation (BRO) plays a vital role in keeping the road open during most winters, making the journey to Machhal possible.

The allure of Machhal extends beyond its picturesque landscapes; it also boasts numerous small lakes, pristine meadows, and cascading waterfalls nestled



within the mountains. The name "Machil" itself has roots in the Dardic language, signifying "fish." According to local lore, the name was bestowed due to the abundance of fish in the streams. Another tale recounts the travels of a resident named Mohammad Sultan Harray, who bestowed names upon the places he visited based on his unique experiences.

Agriculture is the primary source of livelihood in the Machhal bowl, with corn, potato, and kidney beans being major produce. The villagers exhibit proficiency in carpentry and artisan work, while women tend to farming and household chores.

Despite its extraordinary potential as a tourist destination and for adventure activities, Machhal remains relatively unknown, with much of Kashmir's tourism being focused on urban centers and traditional tourist spots. The region offers ample opportunities for activities like rowing, kayaking, white-water rafting in the Machhal Nar, trekking through the forests, angling, and camping. Bed-and-break-

fast schemes could thrive in villages like Pushwari and Machhal, further encouraging tourism growth.

Machhal's gastronomy is a delightful experience, with unique and mouth-watering dishes, including the traditional salted tea (Noon chai) cooked in a Samavar, and the aromatic green tea (Kahwa) served on special occasions and festivals. The rich Wazwan, a multi-course meal featuring flavorful and spicy meat-based dishes, is an integral part of local weddings.

With immense potential for tourism and adventure activities, Machhal is poised to captivate the world with its untouched beauty and warm hospitality. It is high time to shed light on this hidden gem, putting it on the global tourism map in the near future.

The author is Environmental Science Lecturer hail from the Village Bhagota Distt and Teh Doda. Views are his personal

Ayodhya-Goa-Bihar: The Triangle of Cultural Revival



■ HARISH SHIVAN

The month of November, marking the completion of the first quarter of the twenty-first century, proved culturally historic. Three notable events occurred this month that will play an important role in preserving and strengthening India's cultural values and the ever-flowing Sanatan tradition. On 25 November, Prime Minister Narendra Modi unfurled the majestic Dharmadhwaja at the Ram Temple in Ayodhya. On 28 November, the world's tallest 77-foot bronze statue of Lord Ram was unveiled at the Shri Sansthan Gokarn Partagali Jeevottam Math premises in Goa. In the same week, the Bihar State Religious Trust Board issued an important circular directing all temples and monasteries in the state to organise Satyanarayan Katha every full moon and Bhagwati Puja every new moon.

A decade ago, the political climate in India was such that speaking about Hindutva or Sanatan culture was considered a risky move for the political class. Under the guise of secularism, it had become almost routine to neglect the religious traditions of the majority community. However, political and

social circumstances have changed in recent years. Policy shifts by the central government and several states—especially Uttar Pradesh—have created an environment where issues concerning the Hindu community and its cultural heritage regained respect and recognition. In this sequence, the recent decision of the Bihar government holds historical significance.

Organising Satyanarayan Katha on full moon days and Bhagwati Puja on new moon days in the temples and monasteries of Bihar indirectly represents a blueprint for nationwide religious consciousness, cultural renaissance, and social cohesion. Special district coordinators will be appointed in every district to ensure smooth functioning, transparency, and discipline in these activities. The Trust is also working on a policy to allot space for traditional akhadas within temple premises. The objective is to transform temples from mere places of worship into vibrant socio-cultural centers.

For centuries, temples in Indian society have served not only as spiritual hubs but also as centers of social and cultural interaction. Reinvigorating activities such as Satyanarayan Katha, Bhagwati Puja, yajnas, discourses, health camps, and traditional sports aims to strengthen community bonding, social harmony, and collective social capital. Holding such community events twice a month will positively impact caste barriers, social divides, and the gaps that exist between various sections of society.

Temples have always been repositories of values, traditions, art, education, and social conduct in Indian civilization. Renowned thinker Vasudev Sharan Agrawal wrote in his 1930 essay Satyanarayan Vrat Katha, "There is hardly any person in the Hindu community, from child to elderly, who has not heard the Satyanarayan Katha. In both auspicious and difficult phases of life, this narrative carries its own distinct essence." Its reach is so widespread that it is practiced not only across India but also among Indian communities in Fiji, Mauritius, South America, and wealthy Sanatani families in Europe and America.

Even Marxist filmmaker Ritwik Ghatk acknowledged: "The character and distinctiveness of this country's culture can be properly understood only by examining Indian spiritualism in the light of its philosophy and religion."

Thus, rituals like Satyanarayan Katha and Bhagwati Puja are not merely religious practices—they are collective memories of the people, memories that had begun to fade due to neglect. This decision allows these traditions to once again become the heartbeat of society. Associated with prosperity and strength since ancient times, these rituals—when revived—represent a restoration of cultural self-confidence.

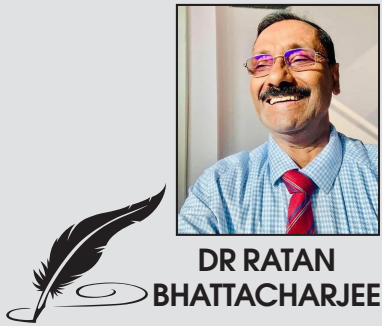
When governance aligns itself with cultural upliftment and values, traditions do not merely survive—they grow, evolve, and empower society. A society becomes more organised, confident, and progressive.

For a long time in Indian politics,

secularism came to be interpreted as the neglect of majority traditions. Raising questions about Hindu beliefs, scriptures, and deities was often equated with modernity. Efforts were made to dismiss the Ramayana and Mahabharata as mere fiction and to reduce Lord Ram and Lord Krishna to mythological constructs. In contrast, under policies of minority appeasement, subsidies for the Hajj pilgrimage were granted for years—until the Supreme Court ordered their termination in 2012. In several states such as Uttar Pradesh, West Bengal, Delhi, and Bihar, imams and their assistants received government salaries, while no such provision existed for priests and temple workers of the majority community. Similarly, in scholarship schemes, discrimination based on community lines was visible, where average-performing minority students were often prioritised over meritorious and deprived majority students.

Much has changed since then—the currents have shifted. In today's world, civilizations everywhere are seeking a return to their cultural roots. Against this backdrop, the Dharmadhwaja installation in Ayodhya, the unveiling of the world's tallest Shri Ram statue in Goa, and the institutional revival of Satyanarayan Katha and Bhagwati Puja in Bihar's temples and monasteries together present a powerful and auspicious sign of the resurgence of India's eternal Sanatan culture.

The author is an Independent Journalist & Writer



DR RATAN BHATTACHARJEE

In 2018-2019 I had been invited to Fairleigh Dickinson University as International Visiting Professor where I got a chance to deliver a lecture on Romantic Poetry of Walt Whitman and Rabindranath Tagore on February 21. It was a difficult task to bring together two outstanding poets of two largest countries of the world. These two great poets stand on opposite shores of geography, culture, language, and historical circumstance, yet their poetic consciousness seems to meet in a vast, borderless space where the local dissolves into the universal. I was overwhelmed to muse on their global missions. Each began with a deep, almost obsessive love for his immediate surroundings—the streets, rivers, bodies, seasons, and rituals familiar to him—but neither remained confined within those limits. Through an expansive vision of the self and the cosmos, Whitman and Tagore transcended the merely regional and articulated a universal human and cosmic consciousness. Their poetry does not deny the local; rather, it uses the local as a gateway to the infinite. In their musings on the universe, both poets reveal how rootedness can paradoxically become the means of transcendence.

Whitman emerged from nineteenth-century America at a moment when the nation was still inventing itself. The United States was raw, restless, fractured by slavery, heading toward civil war, yet charged with democratic idealism. Whitman's Leaves of Grass announces itself not simply as a book of poems but as a cosmic utterance, a body speaking to bodies, a soul singing itself into the universe. He writes from Manhattan ferry decks, Long Island shores, dusty roads, hospitals filled with wounded soldiers. These locations are unmistakably American, yet Whitman refuses to let them remain merely national. When he names America, he expands it until it seems to merge with the world and beyond. "I hear America singing," he says, but those songs quickly become the rhythms of labor, breath, and life itself, recognizable in any time or place. Tagore, writing from Bengal under colonial rule, inhabits a very different historical and political terrain. His landscapes are villages shaded by banyan

Tagore and Whitman Transcended the Local in Musing on the Universal

trees, rivers that swell and recede with the monsoon, ashrams resonant with prayer, and the intimate spaces of home and hearth. Yet in Gitanjali, The Gardener, The Crescent Moon, and his vast body of songs, Tagore's Bengal becomes a symbolic threshold to the infinite. His poetry turns inward toward the soul and outward toward Brahman, the universal spirit. Where Whitman's voice is often elemental, robust, and public, Tagore's is meditative, lyrical, and inwardly luminous. Still, the destination of both journeys is strikingly similar: an awareness of human life as inseparable from the cosmos.

Whitman's sense of the self is radically expansive. "I celebrate myself, and sing myself," he writes, but this celebration is not narcissistic. The self he sings is porous, democratic, and cosmic. "For every atom belonging to me as good belongs to you." With this line, Whitman collapses the boundary between the individual body and the universal order. The atom becomes both scientific fact and mystical symbol, a shared substance linking all existence. His America is built not just of states and cities but of grass, stars, oceans, and souls. By identifying the self with the universe, Whitman transcends the local body and transforms it into a cosmic emblem. Tagore also dissolves the boundaries of the self, but he does so through a spiritual vocabulary rooted in the Upanishadic tradition. In Gitanjali, the human soul longs to merge with the divine, not by abandoning the world but by recognizing the divine within it. "The same stream of life that runs through my veins night and day runs through the world," he writes. The individual self becomes a vessel for universal life. Where Whitman proclaims unity through physicality and democratic inclusion, Tagore approaches it through devotion, surrender, and spiritual realization. Yet both arrive at the same perception: the universe is not external to the human being; it pulses within.

Nature plays a crucial role in this transcendence of the local for both poets. Whitman's nature is exuberant and sensuous. Grass, leaves, animals, and bodies all partake in a sacred equality. He rejects hierarchies between human and nonhuman, soul and flesh. When he observes a blade of grass, it becomes a miracle as profound as a star. His famous declaration that "a leaf of grass is no less than the

journey-work of the stars" collapses cosmic distance into immediate presence. The local object becomes a portal to the universal order. The grass growing outside one's door is linked to the motions of galaxies. Tagore's nature, by contrast, is quieter and suffused with inward meaning. Rivers, flowers, birds, dawn, and twilight appear again and again in his work, not as mere scenery but as participants in a divine conversation. Nature becomes a language through which the universe speaks to the human soul. Tagore's Bengal is inseparable from his spiritual vision; the flowing river or the opening lotus is both locally specific and universally symbolic. The landscapes of his poetry are recognizably Indian, yet the emotions they carry—longing, joy, surrender, awe—are universally intelligible.

Both poets also transcend the local through their understanding of time and eternity. Whitman roams freely across centuries, imagining himself present at ancient battles, future cities, and prehistoric moments. He refuses linear time, embracing instead a vast simultaneity where all moments coexist. This temporal expansiveness allows him to place America within a cosmic continuum rather than a narrow historical frame. His poems often feel as though they are spoken from outside time, even while remaining intimately engaged with the present moment. Tagore's sense of time is shaped by cyclical rhythms drawn from Indian philosophy and nature. Days, seasons, and lives flow into one another in a continuous process of becoming. Eternity is not opposed to time but woven through it. In his songs, the finite moment becomes luminous with the infinite. A single morning, a fleeting encounter, or a child's laughter can open onto timeless truth. By revealing eternity within the transient, Tagore elevates local moments into universal experiences.

Another crucial area of convergence lies in their ethical vision. Whitman's cosmic self is inseparable from his democratic idealism. His transcendence of the local does not erase social reality; instead, it intensifies his commitment to equality, freedom, and compassion. Because every self is linked at the atomic level, no life can be dismissed as insignificant. His poetry reaches outward to include others—workers, slaves, women, the sick, the dying. The universe he imagines is mor-

ally charged, demanding recognition of the dignity of all beings. Tagore's ethical vision emerges from spiritual humanism. His universalism is grounded in compassion, harmony, and reverence for life. Living under the shadow of empire, he resisted narrow nationalism even while loving his homeland deeply. He warned against the idolization of the nation at the expense of humanity, believing that true freedom lay in spiritual and cultural openness. His idea of the universe is one of relational harmony, where individuals and cultures must learn to coexist without domination. In transcending the local, Tagore does not reject identity; he seeks to place it within a broader human family.

Language itself becomes a means of transcendence for both poets. Whitman's free verse was revolutionary in its time, breaking away from inherited European forms. His long, rolling lines mimic the rhythms of breath, waves, and crowds. This openness of form mirrors the openness of his vision. The poem becomes an expanding cosmos, capable of containing contradictions, multitudes, and endless motion. By liberating poetic language from rigid structures, Whitman creates a form spacious enough to accommodate the universe. Tagore, writing primarily in Bengali and later translating his work into English, expanded the reach of his local language toward global resonance. His diction is simple yet profound, lyrical yet philosophically rich. When he translated Gitanjali into English, he did not aim at literal accuracy but at spiritual essence, allowing the poems to speak across cultures. His success in doing so, culminating in the Nobel Prize, demonstrates how deeply local expressions can touch the universal when they arise from genuine human experience.

Despite these convergences, their paths to universality retain distinct tonal qualities. Whitman's universe is loud, expansive, filled with proclamation and embrace. He speaks as a prophet of the body and democracy, announcing a cosmic confidence rooted in earthly experience. Tagore's universe is gentle, luminous, suffused with devotion and quiet joy. He approaches the infinite not by shouting its presence but by listening for its subtle music. These differences do not diminish their shared achievement; rather, they reveal the richness of universal expression when filtered through diverse cultural

sensibilities. Both poets also grapple with death as a threshold to universality. Whitman refuses to see death as an end; it is a transformation, a return of borrowed matter and energy to the cosmic process. His elegy for Abraham Lincoln, "When Lilacs Last in the Dooryard Bloom'd," transforms a specific national tragedy into a meditation on death, grief, and renewal that resonates far beyond its historical moment. Death becomes part of a larger, consoling rhythm of existence. Tagore similarly views death as a passage rather than annihilation. In his poetry, death often appears as a gentle beckoning, a final homecoming to the infinite. The fear of death dissolves in the awareness of continuity between the individual soul and universal life. Even sorrow is transfigured into spiritual depth. Through this vision, Tagore extends the local experiences of loss and mourning into a universal spiritual understanding. In transcending the local, neither Whitman nor Tagore abandons the particular. On the contrary, their universality depends upon the vividness of their local grounding. Whitman's ferry rides, city streets, and hospital wards give flesh to his cosmic ideas. Tagore's villages, rivers, and songs anchor his spirituality in lived reality. The universal does not float above the world; it emerges from intimate engagement with it. Their enduring relevance lies in this balance. In an age threatened by fragmentation, nationalism, and technological alienation, Whitman and Tagore remind us that the universe is not an abstraction but a lived relationship. To feel oneself connected to others, to nature, and to the larger rhythms of existence is not to dissolve identity but to deepen it. They show that one can be profoundly American or deeply Indian and still speak to all humanity.

Ultimately, Whitman and Tagore transcended the local because they trusted the human capacity for connection. They believed that the experiences of a single body or soul, honestly perceived and courageously expressed, could open onto universal truth. Their poetry enlarges the reader's sense of self, inviting us to recognize our place within a vast, living universe. In doing so, they offer notescape from the local, but a revelation of its infinite depth.

About the writer
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Anonymous Spirits, Messenger & Social Subversion



■ DR. PRIYANKA SAURABH

Every morning and evening, some anonymous souls descend upon the virtual courtyard of Messenger, as if the doors of my mind are always open, waiting for them. Their messages flow so constantly, so uninterrupted, that it feels as if an invisible river of hope is flowing from some distant source. It's also strange that they don't seem to worry about the answers to these messages—their words reflect such unconditional hope, as if even the destruction of the world will not rob them of their will to live.

Whenever I open Messenger, colorful strands of artificial flowers, honeyed streams of delicate metaphors, and the sugar-coated sweetness of words spread before my eyes. That moment feels like an unintentional celebration—a celebration that someone has uninvited and unleashed upon my life. Sometimes my mind wanders, wondering—can a stranger woman truly awaken so much tender affection, so much tender emotion, and so much disciplined respect in the heart of an unseen man?

But in this very corner lies a profound irony—in our personal lives, we don't hear even a kind word from our spouse. There, only thorny bushes of complaints and dry twigs of reproach thrive. Sometimes, it seems as if the institution of marriage has bound two incomplete people together and expected perfection from them, while deep down, both are burdened with imperfections and unspoken sorrows.

Yet, a strange gratitude grows within me for these anonymous givers of affection. Perhaps this gratitude stems not from any expectation, but from the feeling that there are still some people in the world who know

how to give affection without self-interest, without identity, without expectation. The sweet realization of this truth imprints an invisible gratitude in my heart. But within my being, there is no place for any emotion—love, attraction, or pull—for these strangers. The space reserved within me is empty and quiet, like the vast sky of detachment.

I know someone who spreads laughter all over the world. He brings smiles to people's faces with his witty remarks and spontaneous humor, but as soon as he reaches the front door of his house, all the glow drains from his face, as if he's just returned from a difficult and tiring journey to "Goddan Niwane." Looking at him, a doubt repeatedly arises in my mind—are these senders equally empty inside? Is this smile merely an external disguise, put on to hide a deep loneliness within?

Today, the flood of messages on Messenger awakened a strong desire within me to delve deeper into social trends. Pictures of the lives of some acquaintances flashed to my mind—happy, struggling, broken, and recovering. Each picture held a story, and each one was a silent testimony to the changing nature of society.

Considering all this, I would first like to pay my heartfelt respect to those families who are bound together by the delicate bonds of love, patience, restraint, and mutual respect. Such families are like the depths of a river—they may appear calm on the surface, but deep within they hold immense waters for the stability and collective balance of society. Their presence forms the basis of peace, tolerance, and a loving atmosphere in society.

But the other side of society is equally pervasive and sharp. Some men and women, upon reaching the age of forty or forty-five, suddenly raise the banner of "victimhood." They feel that they could have reached the pinnacle of their talent if the responsibilities of family and children hadn't swallowed their golden opportunities. This thought gradually begins to tear apart the bonds of their marriage. This so-called "opportunity-snatching" feeling, emerging in the mind, sows the seeds of bitterness in marital life.

Parallel to this, some men share stories of their

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artificial pain, false compulsions, and fabricated sorrows with women outside. Sensitive women, believing these stories to be true, become emotionally entangled. This deception by men pushes them into a prison of their own emotions—where they cannot discern whether their intimacy is rooted in reality or merely a means of someone's momentary amusement.

The dramatic scenes that unfold outside inns and restaurants these days—the wife sitting inside with a "friend," while the husband stands outside seething

with anger—are not the distorted psyche of a single family, but of society as a whole. Watching these scenes, it seems we have entered an era where "trust" has become the cheapest and "disorder" the most expensive.

Some people escape the complexities of home and seek momentary happiness in women or young women of their own age. They become engrossed in these new attractions, believing that this is real life, this is true love, this is perfection. But when even that spark fades, they set off in search of a new attraction—as if life were a market and love its cheapest coin.

The same person returns home carrying the fires of strife, bitterness, and chaos. The sweetness they generously share outside wither away the moment they enter the home—replaced by harsh words, a fickle mind, and the burden of fatigue.

Women also react to these circumstances in the form of revenge, competition, and resistance. They engage in struggle, sometimes to prove themselves, sometimes to regain their lost self-respect, and sometimes simply to protect their own existence. The result is the breakdown of families, disorientation in children, a tendency toward addiction, and the abnormal emergence of attraction to the opposite sex at a young age.

Rising crime, tragedies of unrequited love, depression, suicide, and violence—all stem from the broken family foundation. Instead of healing these wounds, social media often deepens them.

In their pursuit of happiness, people even steal the happiness and peace of others. What's needed today is to restore the dignity of communication, love, respect, trust, and patience in our homes. Only then will we be able to build a healthy, balanced society—one where future generations can move forward with a wealth of love and understanding, not a legacy of broken hearts.

If my words have hurt any sensitive heart, I sincerely apologize.

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

The Science of Inner Voices



■ SURINDERPAL SINGH

Human consciousness is a vast landscape filled with thoughts, sensations, emotions, memories and self-reflection. Among its most fascinating dimensions is the phenomenon of inner voices—the silent dialogues, commentaries and reflections that guide decisions and shape personal identity. While spiritual traditions have acknowledged them for centuries, modern neuroscience and psychology now offer scientific explanations for their origins and significance in personality development.

What Are Inner Voices? A Neuroscientific and Psychological Perspective

Inner voices—also known as internal speech, self-talk or internal monologue—refer to the verbal thoughts experienced silently within the mind. They do not produce external sound, yet they are deeply influential. Neuroscientific research links these inner voices to the default mode network (DMN), the brain system responsible for self-referential thinking, and the left inferior frontal gyrus, a region associated with speech production.

Psychologists view inner voices as a cognitive instrument used by the mind to:

- Process daily experiences
- Regulate emotions
- Plan actions and anticipate outcomes
- Reflect on identity and behaviour

Unlike hallucinations, inner voices

are recognized as self-generated and remain under voluntary control.

Inner Voices and Human Consciousness

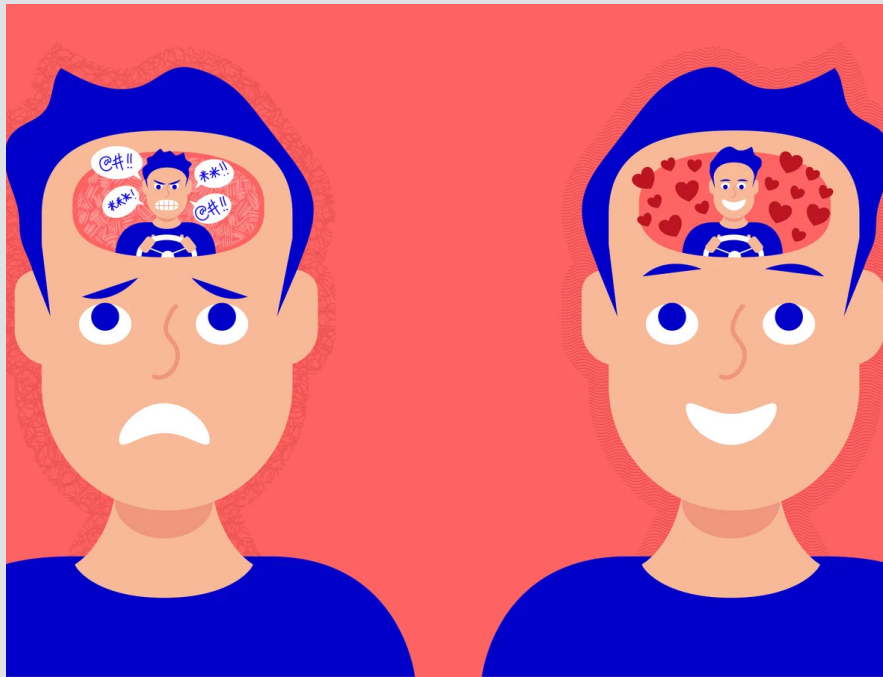
Inner voices lie at the core of human consciousness for several key reasons:

- **Self-Awareness**
Internal commentary enables individuals to reflect on their actions, creating a sense of “I.” This capacity for meta-cognition distinguishes humans from most other species.
- **Moral and Ethical Reasoning**
Often experienced as the “voice of conscience,” inner speech evaluates choices, anticipates consequences and moderates impulses.
- **Emotional Processing**
Inner voices narrate emotional experiences. Depending on their tone, they can reduce stress by offering comfort or aggravate distress by promoting negative rumination.
- **Creative and Analytical Thought**
Scientists, writers and innovators often simulate conversations in their minds—testing scenarios, forming ideas, and analysing possibilities before acting. In essence, inner voices serve as the operating system of consciousness, silently influencing behaviour even when we are not aware of it.

Why Inner Voices Are Crucial in Building Character and Personality

Personality and character are shaped not only by outward actions but also by internal processes. Inner voices influence development in many ways:

- **Self-Discipline and Will-power**
Positive inner dialogue strengthens confidence and persistence. Negative or chaotic inner voices weaken self-belief and decision-making.
- **Habit Formation**
Repeated internal messages—affirmations, reminders, rationalisations—



reinforce behavioural patterns, whether helpful or harmful.

- **Moral Identity**
The inner voice helps individuals judge right from wrong, shaping ethical values and moral behaviour.
- **Emotional Intelligence**
Balanced inner speech allows individuals to recognize, regulate and respond to emotions effectively.
- **Resilience**
Supportive internal dialogue during adversity enhances coping ability and psychological endurance.

Practices That Enhance the Ability to Hear and Understand Inner Voices

Though inner voices are always present, modern life's noise and constant stimulation often drown them out. The following practices help individuals

listen inwardly with clarity:

- **Mindfulness Training**
Observing thoughts without judgment increases awareness of subtle internal messages.
- **Journaling**
Writing captures silent thoughts, helping individuals detect emotional and cognitive patterns.
- **Solitude and Silence**
Even a few minutes of daily quiet strengthens connection with the inner self.
- **Attentive Breathing**
Breathwork calms the nervous system, reducing mental clutter and enhancing clarity.
- **Reduced Digital Stimulation**
Limiting screen time prevents sensory overload and restores mental space for introspection.

These habits refine the mind's ability to tune into its own voice—an essential skill for psychological well-being.

Can Meditation Help Control Inner Voices?

Yes. Scientific studies strongly support the impact of meditation on shaping internal dialogue.

- **Reducing Overactivity**
Meditation reduces excessive activity in the default mode network, quieting anxious or racing thoughts.
- **Increasing Meta-Awareness**
Practitioners learn to observe thoughts without being overwhelmed by them.
- **Cultivating Positive Narratives**
Meditative traditions encourage compassion-based inner voices that promote kindness and emotional stability.

Enhancing Cognitive Control

Long-term meditators show improved management of intrusive thoughts and heightened emotional balance.

Meditation does not silence inner voices but disciplines and harmonizes them, allowing individuals to guide thoughts with intention.

Conclusion

Inner voices are not signs of fragmentation—they are signs of depth. They represent the ongoing dialogue through which human consciousness interprets meaning, identity and morality. Understanding them and cultivating healthier internal narratives is essential for emotional wellness, character development and spiritual growth.

In an age crowded with noise, distraction and digital overload, the inner voice remains a person's most reliable compass. Learning to listen to it—and shaping its direction—may be one of the most important psychological skills of the 21st century.

The Author is a Faculty, Science Department Sri Amritsar Sahib, Punjab



World Aids Day

Unite for HIV Awareness & Support

■ HT NEWS NETWORK

R.S. PURA: Superintendent ITIR, S. PURA Sr. Amandeep Singh, delivered a timely lecture on HIV/AIDS, highlighting the importance of awareness, prevention, and support for those affected by the disease.

The lecture aimed to educate trainees about the risks, consequences, and misconceptions surrounding HIV/AIDS, promoting a culture of understanding and inclusivity. Sr. Amandeep Singh emphasized the need for responsible behavior, regular testing,

and compassion towards individuals living with HIV/AIDS.

The interactive session encouraged trainees to ask questions and share their thoughts, fostering a safe and informative environment.

“HIV/AIDS is a global health issue that requires collective efforts to combat stigma and promote awareness,” said Sr. Amandeep Singh. “We strive to create a supportive community that empowers trainees to make informed decisions about their health and well-being.”

WHO calls for 'responsible use' of GLP-1 drugs for long term obesity care

Obesity care is entering a new phase. The World Health Organization (WHO) has released its first global guideline supporting the use of a class of drugs called GLP-1 receptor agonists for managing obesity in adults. The guidance reframes obesity as a chronic disease requiring sustained, structured care rather than short-term fixes or lifestyle changes alone.

“Obesity is a major global health challenge that WHO is committed to addressing by supporting countries and people worldwide to control it, effectively and equitably. Our new guidance recognizes that obesity is a chronic disease that can be treated with comprehensive and lifelong care,” said Dr Tedros Adhanom Ghebreyesus, WHO director-general.

Originally developed for type-2 diabetes, GLP-1 therapies have seen a rapid rise in global demand as evidence shows they can support significant and sustained weight loss. In September this year, the WHO added these medicines to its Essential Medicines List for managing diabetes among high-risk groups, a move that signalled their growing clinical importance.

The latest WHO guidelines go a step further, recommending that GLP-1 agents such as semaglutide, tirzepatide and liraglutide may also be used for the long-term

treatment of adults living with obesity. The guidance comes at a critical time: obesity now affects more than one billion people worldwide and was linked to an estimated 3.7 million deaths in 2024.

By expanding the therapeutic role of GLP-1 drugs, WHO aims to give health systems safer, evidence-based tools to tackle one of today's fastest-growing public-health challenges.

GLP-1 therapies may be used for long-term obesity management in adults (excluding pregnant women), especially those with a Body Mass Index (BMI) of 30 or above. The recommendation is “conditional” because of limited long-term data on safety, maintenance and discontinuation, costs, and potential health-system constraints.

GLP-1 medicines should not be used in isolation. They must be accompanied by structured behavioural interventions such as healthy diet plans, regular physical activity, and ongoing counselling.

Why medicine alone isn't enough
“While medication alone won't solve this global health crisis, GLP-1 therapies can help millions overcome obesity and reduce its associated harms,” explained Dr Tedros.

Although GLP-1s are the first clinically proven medicines to significantly support weight reduction, WHO cautions that obe-

sity is a complex, chronic disease linked to multiple comorbidities, including heart disease, diabetes and certain cancers, and its management requires more than medication alone. Sustainable change requires broad, long-term, multi-faceted care.

In addition, long-term effects and optimal protocols for stopping or maintaining treatment aren't yet fully understood. There are also serious concerns about equitable access: even with production ramped up, current estimates suggest fewer than 10 per cent of people who could benefit may access these drugs by 2030.

By recognising obesity as a chronic, progressive and relapsing disease, WHO is urging nations to shift from seeing it as an individual failure to tackling it as a public health priority. The guideline calls for three pillars of obesity action:

The latest WHO guideline on GLP-1 medicines marks a historic shift. For the first time, a global health body has formally endorsed pharmaceutical help alongside lifestyle interventions for obesity, recognising it as a chronic disease needing long-term care.

However, it isn't a silver bullet. For real impact, the medicines must form part of a broader, systemic approach combining behavioural changes, healthcare access and public-health strategies.

Healthline

Birth control in HIV: What women can safely use and what doctors warn about

HIV already sounds complicated and confusing, and planning contraception or a pregnancy with HIV can feel even more overwhelming. On World AIDS Day 2025, we turn to specialists for guidance on what HIV-positive women can safely choose when it comes to contraception and partner protection.

When one partner is HIV-positive, the obvious question is transmission risk. As Dr Vinod Bharrati, Senior Consultant Gynaecologist and Obstetrician, Founder and Director, Elite Momz – Rising Medicare Hospital, Pune, explains, biology is not symmetrical. “Male-to-female transmission risks are higher than female-to-male, but the risk is not zero either way. And even when both partners are HIV-positive, unprotected sex can allow different strains to mix and create

superinfection, making treatment harder.”

Male condoms remain the most reliable way to reduce transmission. If a woman's viral load is consistently suppressed for at least six months, the risk during condomless sex drops to almost zero under the “undetectable = untransmittable” (U=U) principle. Still, Dr Bharrati notes that if pregnancy is not the goal, condoms remain the safer choice.

How do ART drugs affect hormonal contraceptives?

According to Dr Bharrati, some antiretroviral therapy (ART) drugs speed up liver enzymes that break down contraceptive hormones, especially those metabolised through the CYP3A4 pathway. Others slow them down. Some have minimal impact. This variation is

exactly what leads to contraceptive failure.

1. Combined hormonal contraceptives (pills, patch, ring)

Efavirenz (EFV) is the major disruptor as it reduces oestrogen and progestin levels enough to risk failure. Nevirapine reduces oestrogen too, though less sharply. Ritonavir-boosted protease inhibitors may increase oestrogen exposure or lower ethinyl oestradiol levels.

Clinicians typically use combined pills with at least 30–35 µg ethinyl oestradiol and monitor for breakthrough bleeding. If EFV is part of the regimen, many doctors recommend switching the contraceptive or shifting to a non-interacting ART.

2. Progestogen-only pills (POPs)

These pills are more vulnerable.



Efavirenz can significantly reduce levonorgestrel levels, raising pregnancy risk. Breakthrough pregnancies are well documented. Most experts avoid this combination or pair POPs with condoms.

3. Implantable contraceptives

Etonogestrel implants and EFV

often interact. EFV lowers hormone levels enough to cause failures. Ritonavir-boosted PIs may also reduce effectiveness.

If a woman wants an implant, doctors often recommend ART that does not interfere or advise using a barrier backup.

4. Injectable DMPA (Depo-Provera)

“This one is the unproblematic hero of HIV care,” says Dr Bharrati. DMPA maintains hormone levels high enough to withstand enzyme-inducing ART. It does not meaningfully interact with EFV, protease inhibitors or integrase inhibitors. It is reliable and widely used.

5. IUDs – copper and hormonal

Copper IUDs do not interact with ART at all. Levonorgestrel-releasing IUDs also work well because very

little systemic hormone enters the bloodstream.

For women with heavy periods or anaemia, LNG-IUDs offer added benefit.

According to Dr Bharrati, a woman with a well-suppressed viral load can safely use almost any contraceptive method. If the viral load is detectable, IUDs remain strong options. Barrier protection becomes more important for both pregnancy prevention and transmission reduction.

What do doctors recommend when ART stability is uncertain?

When treatment stability is uncertain or ART has been recently initiated, many clinicians prefer the “double Dutch” approach—one hormonal method plus a barrier method.

Healthline



Business Community Assembles as Lateef Ahmad Ganie Takes Oath for Second Term

■ DR. AB QAYOOM

LANGATE, DEC 02: The oath-taking ceremony of the newly re-elected President of the Shopkeepers and Traders Union Langate was held today at the Municipal Town Hall, Langate. The event was marked by significant participation from traders, business community members, Tehsildar Langate, Police Choki Officer, BMO, AEE PDD, Cooperative Bank Manager, Ex-Municipal Committee Chairman Shahnawaz Abdullah, Executive Officer Municipal Committee Langate, civil society representatives and members of the transport fraternity from across the Tehsil Langate. During the ceremony, Lateef Ahmad Ganie, Owner of A-One Modern Bakery and re-elected President of the Union, reaffirmed his commitment to work tirelessly for the welfare of the trading community. He assured that all trade-relat-



ed issues would be taken up on priority and highlighted that the interests of the traders will always remain his foremost concern. He further stressed on maintaining close coordination with the Tehsil administration, civil departments and police for the overall betterment of the trade sector in Langate.

The event also witnessed the presence of representatives from the Handwara Traders Federation, including its President, General Secretary and senior trad-

ers from the Handwara market.

On this occasion, President Ganie announced the new portfolios of the Trade Body Langate, including appointments of the General Secretary, Vice President, Spokesperson, Treasurer and Ward Representatives. He expressed gratitude to the civil and police administration for gracing the oath ceremony and appreciated the Election Body of the Trade Union Langate for their dedicated efforts in conducting smooth and transparent elections. The ceremony concluded with renewed enthusiasm among traders, who expressed hope that the re-elected leadership will continue to strengthen trade and business activities in Langate.

Public Notice

My daughters mother's name in her Date of Birth certificate wrongly mentioned as Neelofar Banoo instead Baby Maqbool. Now i am applying for its correction if anybody have any objection in this regard He/She may contact Concerned authorities within seven days from the publication of this notice after that no objection will be entertained.

**MUSHTAQ AHMAD WANI F/O MEHREEN
MUSHTAQ R/O KREERI BARAMULLA**

Public Notice

My Caste wrongly in my daughter's Date of Birth certificate as Khaday instead of Khanday Now i am applying for its correction if anybody have any objection in this regard He/She may contact Concerned authorities within seven days from the publication of this notice after that no objection will be entertained.

**JAVEED AHMAD KHANDAY S/O REYAZ AHMAD
KHANDAY R/O SALOOSA KREERI**

Government Of Jammu & Kashmir Office Of The Tehsildar Kreeri

Subject: Application of SHAMEEMA BANO S/O MOHAMMAD RAMZAN LONE R/O KREERI for the issuance of LEGAL HEIR certificate

PUBLIC NOTICE

Regarding the subject cited above in this context a report sought from patwari halqa concerned and the Death certificate issued by the competent authority reveals that MOHAMMAD RAMZAN LONE S/O ALI MOHAMMAD LONE has passed away on 16/03/2025 .The report of the patwari further depicts that the deceased has left behind following dependent as tabulated below

- 1.... SHAMEEMA BANO 37 years daughter H/W married
- 2.... NASEEMA BEGUM 53 years //
3. HASEENA BEGUM 50 years do //
- 4.... MUDASIRA BANO 35 years Do unmarried

The applicant has applied for Issuance of legal Heir certificate in favour of Self

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

Naib Tehsild Kreeri

Public Notice

My daughters mother's name in her Date of Birth certificate wrongly mentioned as Neelofar Bano instead Baby Maqbool. Now i am applying for its correction if anybody have any objection in this regard He/She may contact Concerned authorities within seven days from the publication of this notice after that no objection will be entertained.

**MUSHTAQ AHMAD WANI F/O MADIHA MUSHTAQ
R/O KREERI BARAMULLA**

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**MUSHTAQ AHMAD WANI F/O MADIHA MUSHTAQ
R/O KREERI BARAMULLA**

Public Notice

I have lost my Date of Birth certificate Session Annual Regular 2020 .Now I am applying for its duplicate if anybody have any objection in this regard He/She may Contact Board of School Education Sub office Baramulla within seven days from the publication of this notice after that no objection will be entertained.

**MOHAMMAD UMAR MIR S/O GHULAM MOHI UD
DIN MIR R/O LOLIPORA KUNZER**

Government Of Jammu & Kashmir Office Of The Tehsildar Kreeri

Subject: Application YAQOOB AHMAD TELI S/O GHULAM RASOOL TELI R/O KREERI Tehsil KREERI for the issuance of OBC (Other Backward classes in favor of self

PUBLIC NOTICE

Regarding the subject cited above the file in the office of the undersigned for the issuance of OBC in this connection a report of patwari halqa concerned has been sought which reveals that the applicant is currently residing in the village of KREERI of Tehsil KREERI and belongs to the TELI community having annual income 534000 // (five lack thirty four thousand) the details of family of the applicant are as follows

- 1...GHULAM RASOOL TELI Father 68 old aged
- 2...SAJA BEGAM Mother 60 years Housewife
- 3... MOHD SHAFI TELI Brother 40 years Labour
- 4...FAMIDA BEGUM sister in Law 38 years H/W
- 5...RIFAT RASOOL 32 years H/W
- 6...YAQOOB AHMAD TELI self 30 years student
- 7...AAYAT SHAFI Niece 05 years infant
- 8....OZUL MEERAN Nephew 02 years infant

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**MUSHTAQ AHMAD WANI
F/O MADIHA MAQBOOL
R/O KREERI BARAMULLA**

Government of Jammu & Kashmir (UT)

Office of the Executive Engineer Machinery Division Kashmir, Mechanical & Hospital Engineering Department, Kashmir

Fax No: 0194-2497093 | xenmds-kmr@jk.gov.in

Corrigendum 01 For Amendment

Name of work: Providing and fixing of informatory Retro Reflective Stickers and machine numbers on various snow Clearance Machines of Snow Clearance Control Room Budgam.

Reference: This office e-NIT No: MDSK/TS /2025-26/69 Date:01.12.2025

Due to a typographical error in the Tender Notice, please read "e-tenders are invited on percentage BoQ basis" instead of "e-tenders are invited on item rate basis."

All other terms, conditions and specifications as stipulated in the e-NIT shall remain unchanged.

No: MDSK/TS/ 4250-54 | Date: 02 -12-2025

Sd/- Executive Engineer, Machinery Division, Kashmir

DIPK: 8651/25 | Dated: 02-12-2025

UNION TERRITORY OF JAMMU & KASHMIR

Office of the Executive Engineer Irrigation Division Kulgam

Notice Inviting e-Tenders | Fresh e-NIT: 23 /IDK/2025-26

For & on behalf of the Hon'ble Lieutenant Governor U.T of J&K, e-tenders are invited (in single cover system) "on Percentage rate basis" from registered/Eligible Contractors registered with J&K UT Government/CPWD/Railways/other Governments/Union Territories whose registration cards are valid in terms of standing rules for the following works:

Name of Work	Advt. Cost	E/M	Class	T.D Cost	Time
Repairing of Siphon for Lift irrigation Scheme Behibagh near the army camp and construction of irrigation channel near the orchards of Muzaffar Ahmad Koka and others at Hanjan	2.50	5000/-	DEE	200	20 Days

MH of Account: District Capex Kulgam (CDF Grants HMLA Kulgam)

Tender Received Authority: Executive Engineer Irrigation Division Kulgam

Position of funds: Budgetary provision under District Capex Budget 2025-26 CDF Grants of Hon'ble MLA constituency Kulgam

Position of AA: Accorded Vide District Development Commissioner Kulgam's ACCORD OF ADMINISTRATIVE APPROVAL NO: 322-DDCK OF 2025 Dated: 07-11-2025

The bidding document and other details can be downloaded from the website: <http://jktenders.gov.in>

The bidding documents consisting of qualifying information, eligibility criteria, specifications, Drawings (if any), bill of quantities (BOQ), set of terms and conditions of contract and other details can be seen/downloaded from the website: www.jktenders.gov.in

As per the Schedule of dates given below:

I	Publishing date of NIT	27.11.2025
II	Download start date	27.11.2025 from 05:00 PM
III	Bid submission start date	27.11.2025 From 05:00 PM
IV	Bid submission end date	03.12.2025 upto 11:00 AM
V	Bid opening date	03.12.2025 at 12:00 PM

2. Bids must be accompanied with cost of tender document in the shape of Treasury Receipt credited to MH-0702 pledged to Executive Engineer Irrigation Division Kulgam (Tender Inviting Authority) and Earnest money/Bid security amount as specified in the above table in the shape of CDR/FDR pledged to Executive Engineer Irrigation Division Kulgam (Tender receiving authority). Bid security will have to be in any one of the forms as specified in the bidding documents and shall be valid for six months after the opening of the bid. Bids will be opened in the office of the Executive Engineer Irrigation Division Kulgam on 03.12.2025 at 11:00 AM. If the office happens to be closed on the date of opening of the bids as specified, the bids will be opened on the next working day at the same time and venue in presence of the bidders who may wish to be present.

3. Bidders must ensure to upload scanned copies of all necessary documents like Earnest Money in the form of CDR/FDR, treasury challan/receipt (MH-0702), GST 3B clearance with the Technical Bid (latest quarter)/Registration card duly verified/renewed. The item No. and name of the work shall be L1 must be legible along with NIT No./date on the face of treasury receipt. The successful bidder i.e. the valid CDR/FDR/ Treasury Receipt /Additional performance security (required if any) in original in the office of tender receiving authority after opening and declaration of successful bidder. Further, the bidder must upload the contact details viz valid Phone No/ email ID while bid submission.

4. Participating Bidder to mandatorily disclose/upload the bank account number, which is linked wit their GST registration number at the time of bid submission. No payments shall be released by the department to any other bank account except the one linked with the GST registered number of the successful bidder as per Finance Department Circular No. 01 (Adm) FD of 2025 Dated: 08-07-2025.

5. The date of CDR/FDR/TR/Affidavit should be between the start of bid and bid submission end date. The EMD in the shape of CDR/FDR of the successful bidder will be retained as performance security deposit till expiry of defect liability period. The EMD of unsuccessful bidders will be returned/released latest by 30 days after award of the contract, only after submission of Treasury Receipt in original by them.

6. The department will not be responsible for delay in online submission due to any reasons.

7. The tenders shall remain valid for a period of 90 days from the date of opening of bid.

8. As soon as the contract is fixed with the successful bidder, he has to enter into an agreement with the department. However, non-drawl of agreement will not prevent the contract from being enforced upon him.

No: KID/Works-02/6370-79 | Dated: 27-11-2025

Sd/- Executive Engineer Irrigation Division Kulgam

DIPK: 8638/25 | Dated: 02-12-2025

15 Vehicles Seized in Kulgam for Illegal Mining; Penalties Cross ₹11 Lakh in Dec

■ FAROOQ RATHER

KULGAM, DEC 02: In a major crackdown on illegal mining, the Department of Geology & Mining Kulgam has seized 15 more vehicles across various areas of the district, taking the total number of seizures in December to over 50. The department has also realised penalties exceeding ₹11 lakh this month, contributing to a total revenue of nearly ₹50 lakh for December 2025.

The action comes in strict compliance with the directions of Deputy Commissioner Kulgam, Ather Amin (IAS), who has emphasised a zero-tolerance policy against illegal extraction of minerals.

Despite limited manpower, District Mineral Officer (DMO) Kulgam, Dar Khurshid Ahmad, has led consistent enforcement drives throughout the month. His efforts, noted for their effectiveness and pace, follow his previously recognised performance in Pulwama, where he was awarded for excellence during his earlier dual assignment.

Speaking to this correspondent, DMO Dar Khurshid Ahmad credited the success of the anti-illegal mining campaign to the unwavering support of the District Administration Kulgam. He added that illegal mining activities have witnessed a significant decline, with only a few isolated spots still requiring further action. "We will continue these efforts with full commitment," he said. However, the DMO expressed concern over administrative delays affecting legitimate mining operations. He revealed that pending Environment Clearances (ECs) and Consent to Operate (CTO) cases have left 15 Minor Mineral Blocks (MMBs) non-functional for the past five months. Out of 19 leased MMBs, only 5 are currently operational, causing shortages and putting pressure on the availability of construction material in the district.

"It is unfortunate that the pending cases with JKEIAA and JKPCC have kept a majority of the MMBs inoperative. We hope these clearances are issued soon so lease holders do not continue to suffer," DMO Dar added.

The department has assured that sustained monitoring and strict action will continue in the coming days to ensure full compliance and curb illegal mining activities in Kulgam

Public Notice

This is to inform the general public that I, residing at Palapora, Noorbagh, Srinagar, intend to correct the spelling of my name from Javid Ahmad Mir to Javeed Ahamad Mir in all relevant records and documents. If anyone has any objection to this correction, they must notify the concerned authority within 7 days from the date of this notice. No objections will be entertained after the deadline.

Public Notice

This is an information for general public, that I have lost all documents of my vehicle bearing Registration No JK01AC 44788, While traveling around Shalteng. Now I want to apply for it's duplicate and also want to submit missing report in police station, in this regard if any person has any objections he/she may file the objections in office of the ARTO Srinagar Kashmir within a period of seven days from the date of the publication of this notice after that no objection shall be accepted.

**WASEEM AHMAD GANAI
S/O: Habib Ullah Ganai
R/O: SHALTENG PARIMPORA
District: Srinagar Jammu and Kashmir 190017**



Javid Dar inaugurates mega district Kissan Mela at Kathua

■ HT NEWS DESK / DIPR

KATHUA, DECEMBER 02: Agrand District Mega Kisan Mela was inaugurated today at Ghatti, Kathua by Minister for Agriculture Production, Rural Development and Panchayati Raj, Cooperatives and Election Department, Javid Ahmed Dar.

The event witnessed massive participation from the farmers, agriculture experts and scientists from SKUAST, making it a vibrant hub of knowledge sharing, technological demonstrations and farmer-scientist interactions.

In his inaugural address, Javid Dar lauded the Agriculture Department for bringing together diverse stakeholders of the farming sector. He reaffirmed the government's commitment towards empowering the farmers through innovation, technology adoption and farmer-friendly policies.

The Minister directed the officers to conduct village-level awareness camps to disseminate



information on agricultural and allied sector schemes. He also urged the farming community to shift from primary to secondary agriculture, enabling them to connect with direct marketing channels for better price realization.

Earlier, the Minister laid foundation stone for strengthening

the Goat Farm at Rajbagh, a project worth 349.94 lakh, aimed at boosting livestock infrastructure and farmer livelihood opportunities.

The Chief Agriculture Officer, Kathua, briefed the gathering on district achievements, departmental schemes, success stories of progressive farmers, precision farming initiatives and efforts to

improve soil health, productivity and market linkages.

Guest of Honour, MLA Jasrota, Rajiv Jasrotia, emphasized the importance of bridging the gap between the scientific advancements and ground-level adoption. He encouraged the farmers to embrace the modern farming technologies to enhance income.

The event was attended by Deputy Commissioner Kathua Rajesh Sharma, Director Agriculture Jammu Anil Gupta, HoDs of allied departments and DDC representatives.

The Mela featured a wide array of stalls showcasing the modern machinery, improved seed varieties, integrated farming models, organic and natural farming technologies besides departmental initiatives aimed at doubling the farmers' income. Besides, live demonstrations and technical sessions by SKUAST scientists offered hands-on solutions to farmers' field challenges.

JMC organises Street Play, Wall Art Activity under 'Wall of Shame' initiative at Jewel Chowk

■ HT NEWS DESK / DIPR

JAMMU, DECEMBER 02: Under the Wall of Shame initiative, the Jammu Municipal Corporation (JMC) today organized an impactful street play near Jewel Chowk Science College to spread awareness about cleanliness and responsible civic behavior. School students from St. Peters also participated enthusiastically. They painted on the surrounding walls, transforming the black spot into an attraction for the visitors.

The location, which was previously neglected and often used for open urination, emitted foul odors and remained unhygienic, was transformed to create public awareness. Natrang artists, along with school students, presented engaging street plays educating people about the importance of not throwing garbage or urinating in the open. The students further contributed by creating vibrant and meaningful wall paintings that promoted hygiene and civic responsibility.

Commissioner, Municipal Corporation Jammu, Dr. Devansh Yadav, was present on the occasion. Addressing the gathering, Dr. Yadav stressed the need for collective participation to maintain cleanliness across the city.

He said, "Every section of society—children, youth, elderly and women—must



come forward to ensure cleanliness. Only when we all will become aware and stop spreading filth then our future generations inherit a clean and healthy environment. Without this collective effort, the dream of the Swachh Bharat Mission will remain incomplete."

The event also witnessed the presence of Joint Commissioner Health & Sanitation, Abdul Sattar, Health Officer, Dr. Vinod Sharma, Incharge IEC, Dr. Divya Sharma, Compost-cum-Transport Officers, Dharamveer Singh, Ranjan Sharma, school students, teachers, swachhta champions and local residents, all of whom contributed to the success of the awareness program.

Reasi administration approves 310 cases under Mission YUVA to boost youth entrepreneurship

■ HT NEWS DESK / DIPR

REASI, DECEMBER 02: In a significant push toward youth empowerment and entrepreneurship, the District Administration Reasi, under the supervision of Deputy Commissioner Nidhi Malik has approved 310 cases under Mission YUVA.



A meeting of the District Level Implementation Committee (DLIC) was convened today, presided over by ADDC Reasi, Sukhdev Singh Samyal, to review and sanction applications received through the Skill and Business Development Unit (SBDU). After detailed scrutiny and evaluation, the Committee cleared 310 cases for financial assistance and institutional support aimed at promoting self-employment and business development among local youth.

Speaking on the occasion, the ADDC highlighted the transformative role of Mission YUVA in strengthening skill development, promoting entrepreneurship and expanding livelihood opportunities across the district. She emphasized the need for robust post-approval guidance, handholding and regular monitoring to ensure the long-term success and sustainability of the sanctioned ventures.

The meeting was attended by Assistant Director Employment, Sachin Sharma, representatives from the banks, the District Industries Centre and other concerned officials.

The approval of these cases marks a major stride in the administration's commitment to nurturing a vibrant ecosystem of youth-led enterprises in Reasi.

DC Kishtwar reviews Heritage Restoration Projects under J&K Architecture & Heritage Scheme

■ HT NEWS DESK / DIPR

KISHTWAR, DEC 02: District Development Commissioner (DC), Kishtwar Pankaj Kumar Sharma chaired a meeting today to review and discuss key heritage conservation and restoration projects proposed under the Scheme for Revival, Restoration, Preservation and Conservation of Architecture & Heritage of the Union Territory of Jammu & Kashmir. The meeting deliberated on multiple heritage and religious infrastructure projects, including

the preservation of Sai Draman Heritage Site at Bhaguna Panchayat, Block Nagseni; preservation of Bhatan Dimiji Buddhist Site at Nagseni; renovation and restoration of Devigol Jwala Mata Temple along with the Holy Spring at Bunjwah; revival and restoration of Raghunathji Temple at Kishtwar and construction of a Dharamshala at Haloti (Machail) in the Padder region.

The projects envisage preservation of the historical, spiritual, and cultural identity of Kishtwar and promote heritage-



based tourism.

The DC directed the PWD R&B Department to invite tenders with the condition that the participants should have executed works of similar nature.

He directed to ensure that the development works align with the traditional architectural patterns and historical aesthetics of the respective heritage sites, ensuring that structural resemblance and

authenticity are preserved while executing the works.

Emphasizing the significance of the scheme, the DDC stated that the preservation of these important cultural landmarks will contribute to the socio-cultural development of the region while enhancing its religious tourism potential.

The meeting was attended by ADDC Vinod Kumar Behnal; Ex-En PMGSY Chatroo, Shakti Kumar Raina; AEE PWD (R&B) Padder, Khursheed Ahmed Choudhary; AEEPWD (R&B) Kishtwar and other sectoral officers.

DC Doda reviews progress of development works under Capex plan

■ HT NEWS DESK / DIPR

DODA, DECEMBER 2: Deputy Commissioner (DC) Doda, Harvinder Singh today chaired a meeting in the conference hall, DC Office Complex to review progress under the District Capex Plan. The meeting took stock of the pace of ongoing development works and assessed the physical and financial progress of the projects undertaken under the current year Plan.

A detailed sector-wise and constituency-wise presentation was made by the concerned departments. The meeting was informed about the sector and grant-wise number of proposed works, works tendered, allotted and taken up, completion status of previous year works and the financial status of the same.

The Deputy Commissioner also



reviewed the closure of works on the BEAMS/PV Portal, constituency-wise status of works under CDF and progress under several flagship initiatives

including SASKI Projects, the Heritage Programme and Dharti Aabha.

The meeting further discussed projects undertaken under UT Capex and NABARD. The officers presented detailed work-wise and road-wise status reports across multiple sectors.

All departments were asked to expedite the pace of pending works and ensure that allotted projects are completed within set timelines. Stress was laid on financial discipline, transparency in execution and strict adherence to quality standards to ensure efficient utilization of public funds.

The meeting was attended by SE R&B, CPO, CAO, CEO, CMO, XENs of R&B, Jal Shakti, Flood Control and PDD, EOs of Doda, Thathri and Bhaderwah Municipalities, besides officers of the line departments.

DC Bandipora conducts extensive inspection of Developmental Projects

Also reviews functioning of Ajar Grid Station

■ HT NEWS DESK / DIPR

BANDIPORA, DECEMBER 02: Deputy Commissioner (DC) Bandipora, Indu Kanwal Chib, today conducted a series of inspections across the district to assess the progress of key developmental projects and review critical power infrastructure.

The visit commenced with the inspection of the Construction of Residential Apartments for PRI's/ Protected Persons at Watapora Bandipora, a major infrastructure project being executed by the Public Works Department (PWD).

The project, with an original cost of 614.37 lakh, is currently under execution and is slated for completion by March 2026.

Reviewing the work, the Deputy Commissioner issued clear directions to the executing agency to strictly maintain



quality standards, ensure efficient material management, and adopt best-engineering practices during construction. She instructed PWD to expedite the pace of work, deploy adequate manpower, and maintain regular on-site supervision to achieve the targeted completion timeline.

Later, the DC visited Aloosa Bandipora to inspect the Construction of Block Development Council Complex, being executed under the Rural Development Department (RDD). She reviewed the progress achieved so far and directed the concerned officers to remove bottlenecks, if any, and complete the project within the stipulated timeframe.

She reiterated that these residential infrastructures play a vital role in strengthening grassroots governance, and therefore require focused

attention.

During the tour, the Deputy Commissioner also visited the Ajar Grid Station to take stock of its functioning, operational capacity, and ongoing maintenance measures.

While interacting with the officials of the Power Development Department, the DC stressed the need to accelerate the installation of smart meters across all areas of the district.

She emphasised that smart metering will improve power regulation, reduce technical and commercial losses, and ensure better service delivery to consumers.

The Deputy Commissioner was accompanied by Assistant Commissioner Development Bandipora, Assistant Commissioner Panchayat Bandipora, AEE R&B Bandipora and other concerned field officials.

DLSA Srinagar holds Awareness Programme to Promote HIV/AIDS Rights & Prevention

■ HT NEWS DESK / DIPR

SRINAGAR, DECEMBER 02: In continuation of the week-long awareness campaign on the rights of people living with HIV/AIDS, the District Legal Services Authority (DLSA), Srinagar, in collaboration with the Jammu & Kashmir AIDS Control Society, today organised a special awareness programme at the District Court Complex, Srinagar.

The programme was organized under the aegis of Jammu & Kashmir Legal Services Authority. The programme was held under the supervision of Haq Nawaz Zargar, Principal District & Sessions Judge (Chairman, DLSA) Srinagar, along with Shazia Tabassum, Member Secretary, Jammu & Kashmir Legal Services Authority.

The programme was formally inaugurated by the Chairman, DLSA Srinagar.

In his address, the Chairman DLSA emphasized that awareness and prevention remain the most effective tools in the fight against HIV/AIDS and called upon all stakeholders to work collectively towards building an informed, sensitive and stigma-free society. He highlighted the crucial role of Legal Services Institutions in spreading social and legal awareness at the grassroots level and reaffirmed the unwavering commitment of the Legal Services Authority towards protecting the rights, dignity and well-being of every individual.

Stressing the importance of early detection, timely treatment and social support, he urged the participants to act as ambassadors of awareness so that the message of prevention, compassion and inclusion reaches every section of society.

Tabassum Qadir Parray, Secretary, DLSA Srinagar, while speaking on the occasion, highlighted the significance of observing World HIV/AIDS Day through sustained awareness efforts.

Imtiyaz Ahmad, Assistant Director, J&K State AIDS Control Society, delivered a comprehensive and informative lecture highlighting the causes, modes of transmission, preventive measures and available treatment for HIV/AIDS. He laid special emphasis on responsible behaviour, routine testing and timely access to medical support.

Tasneem Kausar, Deputy Chief Legal Aid Defence Counsel, also addressed the gathering and sensitized the participants about the deep-rooted social stigma attached to HIV/AIDS, urging the audience to adopt an approach based on empathy, understanding and non-discrimination. During the interactive session, the queries raised by the Legal Aid Defence Counsels were effectively addressed by the resource person, further enhancing the awareness and clarity regarding HIV/AIDS prevention and management.

TERI scientists call for decentralised effluent treatment plants

■ UNITED NEWS OF INDIA

NEW DELHI, DEC 02: Addressing Delhi's unabated water pollution crisis, visibly marked each winter by frothing in the Yamuna, experts from The Energy and Resources Institute (TERI) on Tuesday urged the state government to set up decentralised effluent treatment plants and strengthen enforcement against illegal discharges and non-compliant units.

Environment Department officials said the recommendations also included creating real-time dashboards to track pollution levels and compliance.

To improve the quality of the river, experts further called for

stronger plastic and solid waste management, along with regular health surveys in vulnerable communities that face a high risk of water-borne diseases from drinking or bathing in the contaminated stretches of the Yamuna flowing through the city.

Experts made the policy suggestions after conducting a comprehensive study on microplastics and frothing in the Yamuna River across 50 critical locations along the Delhi stretch.

Through a close analysis of 100 water samples, the study identified hotspots along the river's flow in Delhi where untreated sewage, industrial effluents and solid waste are contributing to frothing, chemical contamination and microplas-



tic load.

Acknowledging the report compiled by TERI scientists and interventions, Environment Min-

ister Manjinder Singh Sirsa said, "The findings shared by TERI give us a roadmap to tackle microplastics, frothing and other pol-

lutants by acting simultaneously on sewage, industries, solid waste and citizen behaviour."

He further added that the Delhi Government will assess and implement suitable recommendations to bring measurable improvements in the Yamuna's water quality.

Scientists presented these solutions at a meeting convened by the Environment Department, where they briefed the Minister concerned and senior officials from the Environment, Industries, Health and Water departments on river water quality, including levels of surfactants, organic pollution, ammonia and microplastics detected in several drains and industrial clusters. UNI

Delhi govt to procure school desks from Tihar Jail's factory

■ UNITED NEWS OF INDIA

NEW DELHI, DEC 2: The Delhi Cabinet chaired by Chief Minister Rekha Gupta has approved a proposal to procure 10,000 dual desks to address furniture shortage in state government schools, and they will be sourced from the Tihar Jail factory.

According to CM Gupta, this move will not only benefit the schools, and students, but also help create employment, and rehabilitation opportunities for inmates lodged in Tihar cells.

Sharing details of the Cabinet decision, the CM said this procurement aligns with the instructions issued by the union Ministry of Housing and Urban Affairs during the third National Chief Secretaries' Conference, which emphasised the rehabilitation of inmates and their engagement in productive activities.

Gupta added that all the dual desks will be supplied at the proposed rates, inclusive of GST.

The total estimated cost for 10,000 desks has been fixed at Rs 8 crore 95 lakh 40 thousand, which includes transportation and other ancillary expenses.

The Education Department has already earmarked Rs 20 crore in the 2025-26 budget for the purchase of furniture and other essential items for the schools.

The CM has clarified that this initiative fulfils the objective of rehabilitation, reform, and reintegration of inmates into society.

She said that the quality of desks manufactured by Tihar Jail is comparable to the furniture used by the Public Works Department (PWD) and is estimated to be approximately 25 per cent more economical than market prices.

According to the Chief Minister, this decision will enhance educational facilities for students while simultaneously providing a robust avenue for skill development and employment for inmates.

According to Delhi's Education Minister Ashish Sood, the Delhi government currently operates a total of 1,086 government schools across the capital, where during recent years, student enrolment has risen steadily, along with the construction of new classrooms, resulting in shortage of the dual desks.

To determine the actual requirement, a special survey campaign was conducted in the month of April, during which reports were collected from school principals, district deputy directors, and regional directors.

Following this exercise, a requirement for 23,321 dual desks was identified across 127 schools.

In addition, further requests were received from other schools, bringing the total demand to nearly 25,000 desks.

To meet this requirement in phases, it has been decided to procure 10,000 desks in the first phase, while the procurement process will continue further. UNI

Toxic haze in Delhi as mercury climbs; transport, industries top polluters

■ UNITED NEWS OF INDIA

NEW DELHI, DEC 2: Delhi remained veiled in noxious smog on Tuesday as the city logged another day of foul air, with the average air quality index (AQI) rising to 372, nearly 70 points higher than the previous day. The spike in air pollutants was noted despite the warmer temperatures recorded in Delhi.

The India Meteorological Department (IMD) reported a sharp rise in the minimum temperature on Tuesday, which climbed to 9.6 degrees Celsius, nearly 4 degrees higher than Monday's season-low of 5.7 degrees Celsius.



According to the Central Pollution Control Board (CPCB) data, Tuesday's reading was driven largely by high PM2.5 and PM10 levels, registering in Delhi's air in the 'very poor' category.

Transport and industries in Delhi and the peripheral areas were listed among the main culprits for the persistent haze in the national capital, according to the centre's data from the Decision Support System (DSS) for Air Quality Management.

Vehicle exhaust remains the dominant source within Delhi, contributing 18.42 per cent of the city's PM2.5 load, followed by industries within Delhi and its periphery (9.22 per cent), according to DSS data.

Pollution drifting from neighbouring regions also added significantly to the city's burden, with emissions from Jhajjar (9.09 per cent), Sonapat (8.21 per cent), and Baghpat (6.23 per cent) ranking among the highest external contributors, as noted in the government data.

Meanwhile, the air quality early warning system for Delhi has forecast 'very poor' air for the city for the next few days until Friday. The national capital is also likely to experience cold wave conditions at isolated places within the city on Friday, IMD stated in a press statement. UNI

Delhi Assembly to end paper submissions; bills & questions to be digital in upcoming winter session

■ UNITED NEWS OF INDIA

NEW DELHI, DEC 2: Delhi Assembly Speaker Vijender Gupta while addressing a digital training programme at the legislature on Tuesday said that, "Every document we digitise is a promise we keep to the environment." Gupta has expressed confidence that this digital transition will eliminate large volumes of paper used earlier for legislative procedures.

He stressed that bundles of questions and answers, bills, papers laid on the Table, Special Mentions, and other Assembly business that once came in printed form will now be processed entirely through the NeVA digital module, ensuring timely, efficient and fully accountable communication between the government departments and the legislature.

The Delhi Assembly has reaffirmed its commitment towards environmental sustainability, innovation in governance and strengthening democratic institutions.

The Speaker emphasised that the Assembly is moving towards a paperless, future-ready ecosystem that will serve as a model for legislatures across the country.



Officials from various departments of the Government of National Capital Territory of Delhi (GNCTD) were provided hands-on training regarding the National e-Vidhan Application (NeVA) for the upcoming Winter Session of the legislature, by the officers of the IT department at the Delhi Assembly on Tuesday.

Senior officers of the legislative assembly secretariat were also present on the occasion, while the Speaker interacted with the officers and urged them to adopt the application efficiently, adding that this transfor-

mation will benefit the departments as well as the legislative functioning of the assembly.

The training session held on Tuesday included officers from the departments of Social Welfare, Welfare for SC & ST Cooperative, Election, Law and Justice, Labour, Employment, Development, Art, Culture & Language, Tourism, Industries, Food and Supplies, Environment, Forest and Wildlife.

The training session will continue on Wednesday, for other officials from the remaining departments. UNI

Headway in pilot safety: DRDO conducts complex high-velocity ejection trial

■ UNITED NEWS OF INDIA

NEW DELHI, DEC 2: The Defence Research and Development Organisation (DRDO) has successfully carried out a high-speed rocket-sled test of a fighter aircraft escape system at control velocity, validating canopy severance, ejection sequencing and full aircrew recovery at its Rail Track Rocket Sled facility in Chandigarh.

In a statement issued here, the Ministry of Defence stated the controlled velocity test was conducted in collaboration with Aeronautical Development Agency (ADA) and Hindustan Aeronautics Limited (HAL). This complex dynamic test places India in an elite club of nations with advanced in-house escape system testing capability.

Dynamic ejection tests are



significantly more complex than static tests such as Net test or Zero-Zero test and real measure for evaluating ejection seat performance & efficacy of canopy

severance system. A dual-sled system with the LCA aircraft forebody was propelled to precisely controlled velocity through phased firing of multiple solid

propellant rocket motors.

The canopy fragilisation pattern, ejection sequencing and complete aircrew recovery process was simulated using an

instrumented Anthropomorphic Test Dummy, which recorded critical loads, moments, and accelerations that would be experienced by ejected pilots.

The entire sequence was captured through onboard and ground-based imaging systems. The test was witnessed by officials from the Indian Air Force, and the Institute of Aerospace Medicine and Certification.

Defence Minister Rajnath Singh complimented DRDO, IAF, ADA, HAL and industry on the successful test. He described it as a significant milestone for India's indigenous defence capability towards self-reliance.

Secretary, Department of Defence R&D and Chairman DRDO Dr Samir V Kamat also congratulated the DRDO team associated with this successful demonstration. UNI

India rejects Pakistan's 'ridiculous' claim of delaying overflight clearance for Sri Lanka

■ UNITED NEWS OF INDIA

NEW DELHI, DEC 2: India on Tuesday rejected as "ridiculous", Pakistan's claim that New Delhi had delayed overflight clearance by "60 hours" for sending humanitarian assistance to Sri Lanka, and said the request was cleared in less than five hours on the same day.

The Indian response came as the Pakistan Foreign Office said India had become an "obstacle" in Pakistan's efforts to deliver humanitarian assistance to Sri Lanka.

According to the Pakistan Foreign Office, a special relief aircraft carrying aid to Sri Lanka was delayed for 60 hours, adding that India "still has not given clearance" for the plane.

Ministry of External Affairs



spokesperson Randhir Jaiswal, in response, termed it as "yet another attempt of spreading anti-India misinformation".

He said in a statement: "We reject the ridiculous statement made by the Ministry of Foreign Affairs of Pakistan which is yet another attempt of spreading anti-India misinformation.

"The request for overflight clearance for Pakistani aircraft carrying humanitarian assistance to Sri Lanka was received by the High Commission of India in Islamabad at around 1300 hrs on December 01, 2025.

"Given the urgency of humanitarian assistance, the Government of India processed the request expeditiously the same day and granted the overflight permission as per the itinerary proposed at 1730 hrs on December 01, 2025.

"India remains committed to assisting the people of Sri Lanka in these challenging times through all available means."

The assistance is being sent following the widespread havoc wrought in Sri Lanka in the wake of Cyclone Ditwah. UNI

India-Maldives Joint Military Exercise Ekuverin 2024 Begins in Thiruvananthapuram

■ UNITED NEWS OF INDIA

NEW DELHI, DEC 2: The 14th edition of the Joint Military Exercise Ekuverin between the Indian Army and the Maldives National Defence Force (MNDF) started at Thiruvananthapuram, Kerala on Tuesday. The exercise will be conducted from 2-15 December.

The Indian Army contingent of 45 personnel, represented by a battalion of the Garhwal Rifles, is participating alongside an equal-strength Maldivian contingent represented by the MNDF. Ekuverin in Dhivehi translates to 'Friends', underscoring the deep-rooted bonds of friendship, mutual trust and military cooperation between the two nations. Conducted alternately in both countries since 2009, Exercise EKVUVERIN remains a



shining example of India's Neighbourhood First Policy and its commitment to building enduring defence partnerships with friendly nations.

Providing the details, the army spokesperson stated that the two-week exercise aims to enhance interoperability and operational synergy in Counter-Insurgency and Counter-Terrorism operations across jungle, semi-urban, and coastal ter-

rain. It will witness participation of troops from both sides sharing best practices, tactical drills and joint operational planning to strengthen their capability to respond to common security challenges in the region.

The exercise reflects the growing defence cooperation and mutual commitment of India and the Maldives towards regional peace and stability in the Indian Ocean Region. UNI



Kotak Hails Ro-Ko Brilliance at 2027 WC



UNITED NEWS OF INDIA

Ranchi: Virat Kohli has the most centuries in ODI history, and yet, each time one sees him bat in the only format he is still active in internationally, thoughts turn to the 2027 World Cup. Kohli is 37 now. Will he still be playing two years on? For Sitanshu Kotak, India's batting coach, "there's no point talking about all this" and fans should stay in the moment.

"I don't know why we need to look at all this - he's really batting well, and I don't see any reason we need to talk about his future," Kotak said after Kohli's 135 from 120 balls took India to victory in the first ODI against South Africa in Ranchi on Sunday.

"Just the way he's batting, it's just brilliant. The way he's performing, [and] his fitness - there are no questions about anything," Kotak said. "I feel such things [the 2027 World Cup] shouldn't even be spoken about after the way he plays and performs. That is something which is two years away. There's no point talking about all this. For us, once the team arrives and we start practice, we just enjoy."

Vastly experienced players like Kohli and Rohit Sharma, who is a year older at 38, add value to the dressing room even otherwise, Kotak pointed out. And it's not like they aren't performing. Rohit's last three innings in ODIs have been worth 73, 121* and 57.

"Obviously, they do share their experience with others," Kotak said. "I don't think we're talking anything about the 2027 World Cup. They are just brilliant, and they are performing. They are contributing to the team, which is a great thing for us."

Like Kohli, Rohit is also active only in ODIs internationally. That leaves both of them with very limited game time. But, despite that, for the second successive match, Kohli and Rohit showed good form while stitching together a match-winning century stand.

After adding an unbeaten 168 against Australia in Sydney last month, they had a stand of 136 in the first ODI against South Africa. While Kohli followed 74* in Sydney with 135 in Ranchi, Rohit scored 57 at better than a-run-a-ball against South Africa after hitting 121* in a win over Australia.

"They are such experienced players; it's always great to have them," Kotak said. "The way they bat - like today also, that partnership - it makes a huge difference. Obviously, they batted really well."

Khawaja gets a good workout ahead of pink-ball Test

ANDREW MCGLASHAN

PERTH: Usman Khawaja batted for the first time since the Perth Test as looked to prove his fitness for the day-night encounter at the Gabba after the back spasms which curtailed his role in the opening match of the Ashes.

Having done some physio and gentle fielding on Sunday, Khawaja was put through his paces by Australia's medical staff on the outfield, including running and stretching, before batting for 30 minutes during the team's day-time session on Monday.

Khawaja purely faced assistant coach Michael Di Venuto with the sidearm during his half hour in the nets, of which a considerable number of deliveries were short, giving his back a good workout. The session was an optional one for Australia, although all the players were present, and they will have another full session under lights on Tuesday.

Speaking last week at an event for his foundation, Khawaja said he "should be right" for his hometown Test and was not requiring further painkillers after initially suffering the back spasms on the opening day at Perth Stadium. England collapsed so quickly on the first afternoon that Khawaja was unable to open due to the time he'd spent off the field and when he emerged at No. 4 could only make 2 before gloving a short ball from Brydon Carse.

On the second day Khawaja took his place at first slip, taking a catch to remove Harry Brook and then spilling a low edge offered by Jamie Smith. His back went into spasm while leaping for another edge provided by Smith, opening the way for Travis Head to make his 123 in Australia's chase. Khawaja's form was under scrutiny heading into the series - he is now averaging 31.84 since the end of the 2023 Ashes with one century in 45 innings - and coupled with the way Head threw down the gauntlet as an opener, and his public statements about being keen for the role, it has sparked a debate about whether now is the time to draw an end to Khawaja's Test career.

"I think Usman is a high quality player," Marnus Labuschagne said. "You look at his record, 85 Tests and what he's done for Australian cricket, especially since his comeback in 2021. He's been super consistent; he's been really the rock [in] the top there. I think there's been a lot of talk about how many opening partners he's had over his time."

"He's an amazing player. The way he's gone about his game, the way he's gone from a No. 3, 4 and then opened the batting...navigated some tricky scenarios, he's just been awesome."

"But I'm not a selector. I think whatever happens is up to the people above my pay grade and what they deem is the best way for us to win the game and win this series. I think it's just game by game and you work out what's your best team." Ahead of the 2023 Ashes, David Warner laid out his retirement timeline, stating that he wanted to finish at the SCG in early 2024. In the end he made it, providing some useful contributions against England then starting his final series against Pakistan with 164 in Perth.

ESPNCricinfo

Dre Russ: KKR's six-hitting legend and prolific wicket-taker

UNITED NEWS OF INDIA

KOLKATA: Andre Russell has retired from the IPL as a player, culminating one of the most influential careers in the league, especially for an overseas player. Making his debut in 2012, Russell featured in 140 IPL games - seven for Delhi Daredevils (now Delhi Capitals) and 133 for Kolkata Knight Riders - scoring 2,651 runs at a strike rate of 174.17 and picking 123 wickets. Here are some of the statistical highlights from his IPL career.

2 - Russell is among only two allrounders in IPL history to achieve the double of 2000 runs and 100 wickets. Only Ravindra Jadeja (3260 runs and 170 wickets) has matched this feat.

174.71 - Russell's strike rate in the IPL is the highest for any

batter with over 1500 runs. The next on the list is Nicholas Pooran, who has a strike rate of 168.97 for his 2293 runs in this league.

204.81 - Russell's strike rate in the 2019 IPL season. It is the only occasion of a batter amassing over 500 runs in an IPL season with a strike rate in excess of 200. Russell scored 510 runs in IPL 2019 at an average of 56.66 in what was his most productive year with the bat. Only two other batters have achieved the double of averaging above 50 at a strike rate of more than 200 in an IPL season - Brendon McCullum in 2008 and MS Dhoni in 2024.

100 - Sixes Russell hit in the death overs (overs 17 to 20), making him one among only four batters with 100 or more sixes in that phase in the IPL.



Overall, Russell struck 223 sixes in the IPL, the joint seventh-most in the IPL, alongside Kieron Pollard.

88* - Russell's highest score in the IPL which came against

Chennai Super Kings (CSK) in 2018 while batting at No. 7. It is the highest individual score by a batter at No. 7 or below in the IPL.

369.23 - Russell's strike rate

during his knock of 48* off 13 balls against Royal Challengers Bengaluru (RCB) in 2019. It is the highest strike rate in a successful chase of 200 or more in the IPL (minimum 30 runs in the innings).

4 - Russell is among only four players to feature in more than 100 IPL games for KKR with his tally of 133 matches, second only to Sunil Narine's 189. Overall, only six overseas players have played more than 100 matches for a franchise. Russell is fourth on that list, highlighting his significance in KKR's camp for over a decade.

16 - Times Russell won the Player-of-the-Match award in the IPL, all for KKR. Only Narine won more such awards in KKR colors (17). Russell also won the Most Valuable Player of the season award in 2019.

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