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Mother Tongue Sustains Culture and Identity: Amit Shah

Urges Families to Speak Local Languages at Home, Calls for Swadeshi Push to Achieve Atmanirbhar Bharat by 2047

■ HT NEWS DESK / AGENCIES

JODHPUR, JAN 10: Union Home Minister Amit Shah on Saturday said that language is the foundation of society, culture and religion, asserting that the use of mother tongues within families is essential to keep India's civilisational roots alive.

Addressing the Maheshwari Global Convention in Jodhpur, Shah said people are free to learn and use any language for education or professional growth, but communication with children at home should be in Hindi or regional languages. He said this practice helps children remain emo-



tionally and culturally connected to their history and native place.

"Language alone keeps society and culture alive," the Home Minister said, adding that speaking in one's mother tongue at home naturally instils values, traditions and a sense of belonging in the younger generation.

Stressing the importance of economic self-reliance, Shah said the vision of making India a developed nation by 2047 can be realised only through Atmanirbhar Bharat, with Swadeshi as its guiding principle. He urged business communities

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Media Is Key Partner in Communicating Science and Governance Reforms : Dr. Jitendra Singh

Hosts New Year Luncheon for Journalists, Discusses Nuclear Energy, Space Missions, Digital Governance and Innovation

■ HT NEWS DESK / AGENCIES

NEW DELHI, JAN 10: Union Minister of State for Science and Technology and Earth Sciences, and Minister of State in the Prime Minister's Office, Dr. Jitendra Singh on Friday said that the media plays a crucial role in effectively communicating complex policy initiatives and scientific advancements to the public.

He was speaking during an informal New Year luncheon hosted for journalists and media persons at his residence here, continuing a decade-long tradition of periodic interactions aimed at fostering open dialogue and constructive feedback.

The luncheon provided an opportunity for candid discussions on a wide range of issues related to science, technology, governance



reforms and national development. Journalists from print and electronic media shared their perspectives on policy implementation and emerging areas of public interest.

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J&K GEARS UP FOR CENSUS 2027

CS-led committee to decide on 30-day window for houselisting operations

■ HT NEWS NETWORK / KNO

SRINAGAR, JAN 10: Jammu & Kashmir has geared up for Census 2027, with the Union Territory-level Census Coordination Committee expected to soon decide on a 30-day window for houselisting operations (HLO) between April 1, 2026, and September 30, 2026.

Talking to news agency—Kashmir News Observer (KNO), Amit Sharma, Director of Census Operations and

Director of Citizen Registration for the Union Territories of Jammu & Kashmir and Ladakh, said that Jammu & Kashmir is expected to decide shortly on the timeline for conducting houselisting operations.

"The census coordination committee will decide on a 30-day window between April 1 and September 30, 2026," he said, adding that houselisting operations will be undertaken between June 1 and June 30 in Ladakh.

The UT level coordination committee for census is headed by Chief Secretary Atal Dulloo. It is expected to decide on a 30-day window for HLO in its next meeting.

Sharma explained that houselisting operations constitute Phase 1 of the census exercise.

He further said that Phase 2—the population enumeration exercise—will be undertaken in September 2026 in snow-bound areas of

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Kashmir Chills Deepen; Shopian at -8.2°C

■ HT NEWS NETWORK

SRINAGAR, JAN 10: Temperatures dipped further across the Kashmir Valley, with Shopian recording a low of minus 8.2 degrees Celsius, and clear skies leading to the freezing of parts of the Dal Lake and other water bodies during the ongoing 'Chilla-i-Kalan', officials said. Srinagar recorded a minimum temperature of minus 5.7 degrees Celsius on Friday night, up from the previous night's minus 6.0 degrees Celsius, which was the

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Srinagar Police Act Against Unregistered Hotels, Homestays

■ HT NEWS NETWORK

SRINAGAR, JAN 10: In a bid to enforce regulatory compliance and ensure safe and responsible tourism, Srinagar Police, in coordination with the Tourist Police Station Srinagar, launched a city-wide verification and inspection drive against homestays, hotels and guest houses operating without mandatory registration.

In a statement, Srinagar Police, in coordination with Tourist Police Station Srinagar, conducted a verification and inspection drive across the city to ensure compliance with statutory norms by homestays, hotels, and guest houses.

During the drive, several establishments were found operating without valid registration from the competent authorities. These included hotels Essar,

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Anaemia Shadows Childhood in J&K : Over 72% Under-Five Affected

Doctors Link Alarming Prevalence to Poor Nutrition, Iron Deficiency and Inadequate Feeding After Six Months

■ HT NEWS DESK / KNO

SRINAGAR, JAN 10: More than 72 per cent of children below the age of five in Jammu and Kashmir are anaemic, placing the Union Territory among the worst-affected regions in the country and raising serious concerns about child health and development.

According to the Children in India 2025 report released by the

Ministry of Statistics and Programme Implementation, 72.7 per cent of under-five children in J&K suffer from anaemia. The prevalence is higher among boys (73.9 per cent) than girls (71.4 per cent), with rural areas reporting 73.5 per cent and urban areas 70.1 per cent.

Medical experts have described the figures as a major public health challenge, warning that anaemia in early childhood can impair

physical growth, weaken immunity, delay brain development and reduce learning ability, besides increasing vulnerability to infections.

Child health specialists say nutritional deficiency particularly iron deficiency is the primary cause. Young children require high levels of iron for rapid growth, but many diets fail to provide adequate

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Wars Break Out When Nations Seek to Impose Their Will on Others: NSA Ajit Doval

■ HT NEWS DESK / AGENCIES

NEW DELHI, JAN 10: National Security Advisor (NSA) Ajit Doval on Saturday said India has to strengthen itself not just at the borders, but in every other way, including economically, to "avenge" a painful history of attacks and subjugation.

Speaking as the guest of honour at the opening ceremony of the Viksit Bharat Young Leaders Dialogue here, Doval invoked the struggles and sacrifices of freedom fighters like Mahatma Gandhi, Subhash Chandra Bose and Bhagat Singh

to drive home his point.

"You are lucky that you were born in an independent India. I was born in a colonised India. Our ancestors fought for independence and went through so many trials and tribulations," the 81-year-old former Intelligence Bureau director told the gathering of 3,000 young delegates from across the country.

"People like Bhagat Singh were hanged, Subhash Chandra Bose struggled all his life and Mahatma Gandhi had to do satyagraha for us to gain independence," he said.

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Troops intensify surveillance along IB, LoC in J&K

■ HT NEWS NETWORK / KNO

SAMBA/AKHNOOR, JAN 10: Security forces in Jammu and Kashmir have intensified vigilance along the International Border (IB) and the Line of Control (LoC) following multiple incidents raising concerns over cross-border smuggling.

The move, the officials said, aims to strengthen border security and prevent any attempts at infiltration or ceasefire violations during the holiday season.

Key frontier zones, including north Kashmir's Gurez, Uri, Karnah, and Tangdhar

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CS Pushes Expansion of AYUSH Services Across J&K

■ HT NEWS NETWORK

JAMMU, JAN 10: Chief Secretary, Atal Dulloo, today chaired a review meeting to take stock of the progress achieved under the National Ayush Mission (NAM), with emphasis on service delivery, infrastructure creation and outreach initiatives aimed at strengthening Ayush-based healthcare across the districts of J&K.

Those who attended includes Secretary, H&ME; Principal, GMC Srinagar; Commissioner, FDA; Director, Health Kashmir/Jammu; Director, Ayush and other concerned officers.

During the meeting, the Chief Secretary was informed that all 523 Ayushman Arogya Mandirs (Ayush) across the UT have been fully operationalized since 31st March 2025. These centres are providing a wide range of Ayush wellness interventions and patient care services based on Ayush principles and practices.

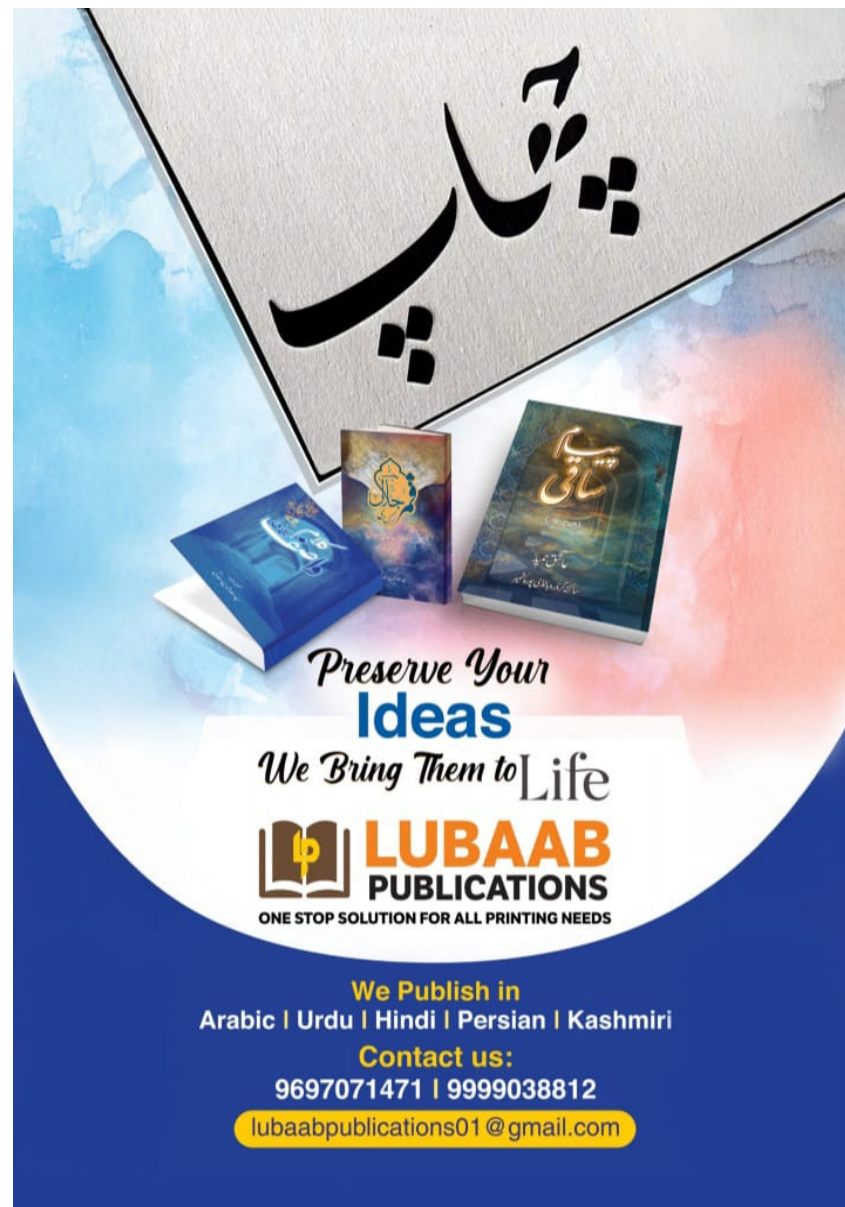
Reviewing the status of infrastructure development, it was apprised that the 50-bedded Integrated Ayush Hospital at Chawalgam, Kulgam, has been completed and made fully operational. The hospital recorded an OPD footfall of 12,852 patients during 2024–25



and 5,546 patients during 2025–26 up to December 2025. An amount of Rs 105 lakh has been approved under SAAP 2025–26 for completion of allied works, including landscaping, herbal garden development and other facilities, besides manpower support.

The meeting was further informed that the 50-bedded Integrated Ayush Hospital at Billawar, Kathua, has achieved around 80 percent physical progress, with finishing works such as tiling and aluminum works underway. An allocation of Rs 70 lakh has been approved for construction of

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Sakeena Itoo visits Panchari Udhampur

Also interacts with DDC, former PRI members, locals, takes stock of developmental issues, other grievances

HT NEWS NETWORK

UDHAMPUR, JAN 10: Minister for Education, Social Welfare, Health and Medical Education, Sakeena Itoo today conducted an extensive tour of far-flung areas of Tehsil Panchari of District Udhampur and felicitated the winners of 6th ISKOI India Karate Championship-2025 during an impressive medal ceremony held at Government Higher Secondary School, Panchari here.

Mission Director, POSHAN, Sajad Ahmad Ganai; Director Social Welfare Jammu, Ranjeet Singh; Director Health Services Jammu, Director Colleges, PO Poshan, Assistant Commissioner Revenue, Joint Director School Education Udhampur-Reasi, DDC Member Panchari, other district officers, parents of medal winners and large number of locals were also present on the occasion.

Addressing the gathering, the Minister congratulated the girl achievers, their parents and the local populace on the remarkable accomplishment of young girls. She lauded their dedication, discipline and fighting spirit and

expressed pride in the fact that many of these medal winners hailed from far-flung and remote areas, overcoming limited resources and challenging circumstances, to bring laurels to Jammu and Kashmir.

Minister Sakeena said that the achievements of these young girl sportspersons reflect their hard work and their parents as well as the growing sports culture in the region. "Your success proves that talent knows no geographical barriers. With determination and proper guidance, our youth can excel on any national and international platform," she stated.

Highlighting the importance of sports, the Minister said that sporting activities provide a common platform for budding sportspersons to showcase their talent and prepare them to face challenges in life. She urged the participants to actively engage in sports for physical fitness, mental well-being and overall personality development. She assured continued government support for promoting sports activities, especially in rural and far-flung areas, to ensure equal opportunities for



talented players.

She also lauded the efforts of the International Shito-Ryu Karate Organisation of India for promoting sports culture among youth, especially in rural areas.

During the ceremony, the Minister interacted with the players, coaches and parents, appreciating the role of coaches and families in nurturing young talent. She encouraged the medal winners to continue their training and aim for greater achievements at national and international competitions.

During the ceremony, as many as 47 medal winners of the 6th ISKOI India Karate championship-2025 were felicitated by the Minister and presented trophies and prizes to them.

On the sidelines of the event, Sakeena Itoo later distributed school bags and umbrellas under the Beti Bachao Beti Padhao scheme.

Later, the Minister also interacted with DDC Member Panchari, former PRI members and

locals who projected several issues and demands pertaining to health, education, road and other sector before the Minister.

While interacting with them, the Minister said that the Director Health Services Jammu has been given strict instructions to prepare a holistic plan for upgradation of medical care facilities at the PHC Panchari as well as addressing shortage of staff, owing to the remoteness of area from district head quarters. She further added that the maintenance of road and allied works will be taken up with concerned quarters for immediate redressal.

She reaffirmed that the Government led by Chief Minister, Omar Abdullah is committed to strengthen road connectivity, health infrastructure and other essential facilities to ensure every basic service is available at the doorsteps of common people.

She also said that the Tourism potential of the Panchari area will be tapped to its full extent by the Government, which will eventually lead to overall development of the area and add to its economic efficiency.

J&K indivisible, division talk mere propaganda: Ansari

HT NEWS NETWORK

SRINAGAR, JAN 10: Peoples Conference General Secretary Molvi Imran Reza Ansari has strongly affirmed that Jammu & Kashmir remains an indivisible entity, bound together by a shared history, deep economic interdependence, cultural links and a common future. He stated that attempts to portray it otherwise ignore both historical reality and ground sentiment.

Acknowledging regional disparities, Ansari noted that for decades, Kashmir has borne the brunt of conflict, instability and economic stagnation, while Jammu has witnessed greater progress in infrastructure, connectivity and access to opportunities. "This imbalance is real but exploiting it to argue for division is neither honest nor constructive," he asserted.

The General Secretary dismissed what he termed the "selective development" narrative, calling it a carefully crafted piece of political propaganda repeatedly pushed to justify fragmentation. He criticized a handful of individuals with clear malafide intent who are projecting themselves as spokespersons for entire J&K.

"They do not represent Jammu and Kashmiris are not even part of these conversations. No individual or pressure group has the moral or democratic authority to speak on behalf of millions or to toy with the future of an entire region. These are not jokes or social media debates, they are serious matters with long-term consequences," Ansari emphasized.

Pointing to Ladakh's experience as a stark warning, he stated that fragmentation did not deliver the promised empowerment or stability; instead, it deepened alienation, uncertainty and administrative disconnect. Ansari concluded that the way forward is not through division, but through unity, through the restoration of full statehood to the entire Jammu & Kashmir, equitable and region-balanced development, respect for democratic voices and a sustained commitment to peace and political empowerment for all its people.



Distribution Camp Held at Ringzabal and Charar-e-Shareef under BBBP Initiative

HT NEWS NETWORK

BUDGAM, JAN 10: A distribution camp was successfully organized at Ringzabal and Charar-e-Shareef under the Beti Bachao Beti Padhao (BBBP) initiative by the SANKALP Hub for Empowerment of Women, Mission Shakti, Budgam.

The programme aimed to support and empower women, adolescent girls, and lactating mothers by providing essential welfare items and creating awareness about various government schemes related to women and child development.

During the camp, beneficiaries were provided with baby care kits, blankets, and sanitary napkins to promote health, hygiene, and overall well-being among women and girls. Special emphasis was laid on addressing the nutritional and hygienic needs of lactating mothers and adolescent girls.

Officials from the Social Welfare Department, along with field functionaries of the SANKALP Hub, were present on the occasion. They interacted with the beneficiaries and highlighted the objectives of Mission Shakti and the BBBP initiative, stressing the importance of women's empowerment, education, health, and self-reliance.

The local community appreciated the initiative and expressed gratitude to the organizers for conducting such meaningful outreach programmes in the area.

Traders, Transporters Attend Labour Laws Awareness Session in Handwara

DR. AB QAYOOM

HANDWARA, JAN 10: An awareness programme on newly introduced labour laws was jointly organised by the Traders Federation Handwara and the Labour Department Kupwara on Saturday. A large number of traders and transporters from the sub-district and adjoining areas participated in the programme to gain a better understanding of the latest labour regulations. Assistant Labour Commissioner Kupwara, Rahil Amin, attended the event as the Chief Guest. While addressing the gathering and later speaking to the media, he said that the primary objective of the programme was to sensitise stakeholders about the provisions, rights, and responsibilities outlined under the new labour laws. He emphasised that awareness among employers and workers is crucial to ensure proper compliance, promote fair labour practices, and safeguard the interests of both employees and employers. He also highlighted the role of such initiatives in creating a transparent and lawful working environment. Representatives of the Traders Federation Handwara, including the President, General Secretary, and other senior members of the executive body, also addressed the gathering.



They stressed the need for regular interaction with government departments to resolve issues faced by the business community and to ensure smooth implementation of the new legal framework. Participants appreciated the initiative, stating that the session helped clear several doubts regarding the new labour laws and their practical implementation.

BJP reviews ST & Minority Morcha functioning in Kashmir

HT NEWS NETWORK

SRINAGAR, JAN 10: J&K BJP General Secretary (Organization) Ashok Koul, accompanied by General Secretary Anwar Khan, today addressed separate meetings of ST Morcha and Minority Morcha office bearers and district presidents at the BJP Office, Jawahar Nagar, Srinagar. The meetings focused on reviewing organizational functioning, strengthening Morcha-level coordination, and preparing the party cadre for upcoming political and social challenges in the region.

J&K BJP Secretary Mudassir Wani, Media Incharge Kashmir Sajid Yousuf Shah, All Cells Co-Convenor Bilal Paray, and other senior leaders and Morcha functionaries were present on the occasion.

Addressing the meetings, Ashok Koul underscored that Morchas are vital instruments for ensuring inclusive political participation and social empowerment. He said that



the ST Morcha and Minority Morcha have a special responsibility to bridge the gap between the party and diverse sections of society by understanding local aspirations and addressing genuine concerns at the grassroots level. Koul emphasized that BJP's commitment to sabka saath, sabka vikas, sabka vishwas, and sabka prayas must be reflected through sustained engagement, issue-based advocacy, and constructive dialogue with communities across Kashmir.

He further stressed the need for Morcha leaders to act as effective communicators of the party's vision, policies, and developmental agenda, while also providing timely feedback from the ground to the party leadership. Koul called upon the Morchas to work in close coordination with district units to strengthen booth-level structures and ensure organizational readiness.

Speaking on the occasion, Anwar Khan highlighted that disciplined organization and proactive leadership at the Morcha level are essential for the party's long-term growth. He said that Morchas must focus on capacity building of their office bearers, regular interaction with the public, and highlighting BJP's consistent efforts towards peace, development, and social justice in Jammu & Kashmir. He added that unity of purpose and clarity of approach would further consolidate BJP's position among all sections of society.

Three-Week Children's Theatre Workshop Concludes in Ganderbal

GULFAM BARI

GANDERBAL, JAN 10: A three-week-long Children's Theatre Workshop, organized by the Azad Dramatic Cultural Club under the Guru-Shishya Parampara Repertory Grant of the Ministry of Culture, Government of India, successfully concluded at the Theatre Studio "ADCC" in Ganderbal.

The large number of children, including both boys and girls, participated in the workshop and received training in modern theatre. During the workshop, the services of several eminent theatre experts from the Valley were availed. These experts used their professional skills to nurture the hidden creative abilities and talent of the children and prepared them for stage performance.

The participating children were trained in acting techniques, body movements, voice



modulation, and confident stage presence. At the conclusion of the workshop, the trained boys presented a short skit titled "Bouch Hout Banio Bapaer", directed by Ashiq Hussain Najar, which thoroughly entertained the audience, while the trained girls presented a traditional Rouf dance.

During the workshop, a child from Uttar Pradesh-Bihar region also received training and delivered an excellent performance. At the concluding ceremony, Bashir Ahmad Mir attended the event as the chief guest.

The workshop was directed by Ashiq Hussain Najar, while Meraj-ud-Din Bhat served as the technical assistant. Parents of the children and local residents highly appreciated the Children's Theatre Workshop and expressed hope that such workshops would continue to be organized in the future as well.

DC Srinagar reviews implementation of Key Citizen-Centric Health Programmes in district

Accelerating Enrolment for Seamless Digital Health Records & Better Healthcare Access

HT NEWS NETWORK

SRINAGAR, JANUARY 10: Deputy Commissioner (DC) Srinagar, Akshay Labroo today chaired a comprehensive review meeting at the Meeting Hall of the DC Office Complex to assess the progress and implementation of various key citizen-centric health programmes in the district.

The meeting was attended by Chief Planning Officer Fayaz Ahmad Dar; Chief Medical Officer, Dr Tahir Sajad; Medical Superintendents of SKIMS, JLN Hospital, SMHS Hospital and CD Hospital, District Tuberculosis Officer and all Zonal Medical Officers of Srinagar district.

During the meeting, the Deputy Commissioner took a comprehensive review of key health indicators with respect to progress of the enrolment of Ayushman Bharat Health Account (ABHA) IDs, the status of enrolment of eligible beneficiaries under the Ayushman Vay Vandhana Card and the implementation of Tuberculosis



(TB) control and surveillance measures in the district.

While reviewing the medical zone-wise progress in the generation of Ayushman Bharat Health Account (ABHA) IDs, the DC stressed the need for accelerating

enrolment to ensure seamless digital health records and improved access to healthcare services. He directed the concerned officers to intensify awareness campaigns and ensure maximum coverage, particularly among vulnerable

sections of the population.

The DC also reviewed the status of enrolment of eligible senior citizens under the Ayushman Vay Vandana Yojana and emphasised swift enrolment to enable senior citizens to avail the benefits of

free and cashless healthcare services. He directed Zonal Medical Officers and other concerned officials to coordinate closely with field staff to ensure that no eligible beneficiary is left out.

Further, the DC underscored the importance of strengthening tuberculosis (TB) control measures and directed health functionaries to intensify surveillance, early detection, and treatment efforts in line with national health goals. He also laid stress on promoting preventive healthcare practices through mass awareness and urged the department to maintain close coordination with other departments to strengthen healthcare delivery and improve outreach at the grassroots level.

The DC also emphasised the need to improve patient care facilities and ensure the adequate availability of medicines and diagnostic services in all health institutions across the district.

DLSA Srinagar organizes awareness program on Child Marriage under Bal Vivah Mukht Bharat

HT NEWS NETWORK

SRINAGAR, JANUARY 10: District Legal Services Authority, Srinagar organized an awareness programme at Gandtal, Dhara, Srinagar, aimed at sensitizing the local population on critical social and legal issues of Child Marriage.

The programme was conducted under the aegis of the Jammu and Kashmir Legal Services Authority as part of the nationwide 100-day intensive awareness campaign "Bal Vivah Mukht Bharat", launched by the Ministry of Women and Child Development, Government of India.



The campaign seeks to strengthen legal awareness, outreach and rapid preventive intervention mechanisms at the grassroots level, in consonance with the ASHA (Awareness, Support, Help & Action) framework.

During the programme, Para Legal Volunteers of DLSA Srinagar actively interacted with the residents of the area and apprised them of the harmful social, legal and health consequences of child marriage. Emphasis was laid on the legal provisions prohibiting child marriage, the rights of children, especially girls and the role of the community in identifying, reporting and preventing such practices at an early stage.

The Para Legal Volunteers also informed the locals about the availability of free legal services, counselling and support mechanisms provided by the Legal Services Authorities. The participants were encouraged to act as vigilant stakeholders and to promptly approach legal aid institutions, helplines or local authorities in cases requiring intervention, thereby contributing towards the collective goal of achieving a child marriage free society.

DLSA Srinagar continues awareness drive ahead of National Youth Day

HT NEWS NETWORK

SRINAGAR, JANUARY 10: District Legal Services Authority (DLSA), Srinagar, in continuation of its ongoing awareness drive on the eve of National Youth Day, scheduled to be observed on January 12, 2026, organized an extensive awareness programme today, marking the 4th day of the sustained campaign.

The programme was held at the Psychiatric Hospital, Ranawari, Srinagar, reflecting DLSA Srinagar's focused and compassionate outreach to sensitive and socially significant institutions.

The awareness programme was conducted under the NALSA DAWN (Drug Awareness and Wellness Navigation-For a Drug Free India) Scheme, 2025, with a special emphasis on mental health, substance abuse prevention, and legal empowerment of youth and vulnerable sections.

Holding the programme at a psychiatric hospital added deeper relevance to the initiative, as it underscored the intrinsic link between mental well-being, social support systems, and legal awareness in combating drug abuse and related challenges.

During the programme, Para Legal Volunteers (PLVs) of DLSA Srinagar actively sensitized patients, hospital staff and visitors about the harmful effects of drug abuse, the importance of early intervention, and the availability of legal aid and welfare-oriented schemes. The interaction-based sessions aimed at breaking stigma around mental health issues while encouraging individuals, particularly youth, to seek timely support, counseling, and lawful remedies.

The PLVs also highlighted the role of legal services institutions in safeguarding the rights of persons facing addiction and mental health issues, and informed the audience about free legal aid services, helplines, and mechanisms for rehabilitation and social reintegration. Special attention was given to promoting healthy lifestyles, resilience among youth, and community participation in building a drug-free society. The programme witnessed positive participation and appreciation from the hospital authorities, staff members, and attendees, who acknowledged the importance of conducting such awareness initiatives in healthcare settings. DLSA Srinagar reiterated its commitment to continue the awareness drive till January 12, 2026, as part of the National Youth Day observance, with the objective of empowering youth through legal literacy, promoting mental wellness, and strengthening preventive mechanisms against drug abuse at the grassroots level.

DC Bandipora reviews Healthcare Service Delivery amid ongoing Winter Season in Gurez

HT NEWS NETWORK

BANDIPORA, JANUARY 10: Deputy Commissioner (DC) Bandipora, Indu Kanwal Chib, today chaired a comprehensive review meeting to assess the functioning of healthcare institutions and the delivery of essential services in Sub-Division Gurez, with particular focus on preparedness during the ongoing winter season.

During the meeting, the Deputy Commissioner reviewed the status of healthcare infrastructure, availability of manpower, and overall service delivery. Emphasis was laid on the effective and optimal utilization of available resources to further strengthen healthcare services and ensure uninterrupted patient care during winter.

The review covered key aspects

including the functioning of health facilities, availability of ambulances, oxygen support systems, diagnostic services, operation theatres, blood storage units, and maternal healthcare facilities.

It was informed during the meeting that, as a precautionary winter measure, most of the pregnant women expected to deliver over the next two months have already been shifted to District Headquarters Bandipora to ensure timely access to advanced maternal and neonatal care.

Progress under major national health programmes such as Ayushman Bharat, ABHA, Non-Communicable Disease (NCD) screening, and RBSK was also assessed. Functional services including laboratories, X-ray, ECG, major operation theatres, and Ayushman Bharat counters were reviewed in detail.

The Deputy Commissioner also reviewed the progress of ongoing works being executed by the Executive Engineer, R&B Gurez, and assessed the preparedness of the Mechanical Engineering Division, Gurez, to meet winter exigencies. She was informed that snow clearance machinery had been kept in readiness and that adequate stocks of fuel, lubricants, generators, and firewood had been ensured to maintain essential services during adverse weather conditions.

Emphasizing the importance of patient-friendly healthcare services and uninterrupted delivery of essential facilities amid the ongoing winter season, the Deputy Commissioner directed the concerned departments to maintain a high level of preparedness and ensure timely, accessible, and quality healthcare services for the people of Gurez.

DC Budgam chairs Media Vartalap on VB-GRAMG Act 2025

Says Media plays active role in ensuring People-Centric Outreach of developmental reforms

HT NEWS NETWORK

BUDGAM, JANUARY 10: One day media workshop (Vartalap) was organised by the District Administration Budgam in collaboration with PIB Srinagar and the Department of Information and Public Relations (DIPR) Budgam for media persons working in Budgam district. The workshop was inaugurated and chaired by the District Development Commissioner Budgam, Dr. Bilal Mohi-ud-Din Bhat. The workshop was aimed at sensitising the media fraternity about the provisions, objectives and implementation framework of the Viksit Bharat-Guarantee for Rozgar and Ajeevika Mission (Gramin) (VB-GRAMG) Act, 2025.

During the session, detailed deliberations were held on the transition from MGNREGA to the new statutory framework, with emphasis laid on enhanced employment guarantees, durable asset creation, decentralised planning and strengthened accountability mechanisms.

It was highlighted that the new Act aligns rural employment generation with the long-term vision of Viksit Bharat 2047, while ensuring transparency, timely wage payments and integration of employment with core rural infrastructure. The importance of accurate and responsible reporting to ensure correct public understanding of the reform was repeatedly underlined.

The workshop also served as



a platform for constructive interaction between the district administration and the media, aimed at strengthening coordination, improving information dissemination and promoting informed public discourse on development initiatives. Addressing participants, the DC Budgam stated that the role of media is critical in translating complex policy reforms into understandable information for

the common people. He said that a well-informed reporting significantly contributes to transparency, accountability and effective implementation of government programmes at the grassroots level.

He emphasised that the Viksit Bharat-GRAMG Act, 2025 represents a transformative shift in rural employment policy and requires active engagement from the media to ensure that its objectives and benefits reach rural households in a timely and accurate manner. The DC stressed the need for fact-based, development-oriented journalism particularly in the context of welfare legislations affecting livelihoods and rural infrastructure.

The DC encouraged the media

fraternity to act as responsible partners in governance by disseminating verified information and highlighting developmental outcomes, thereby strengthening public trust and participation.

On the occasion, Director PIB Srinagar, Qazi Salman; Chief Planning Officer Budgam, Javed Ahmad Najar; District Information Officer Budgam, Erim Khan; Block Development Officers, besides media professionals from the district, were present and actively participated in the deliberations.

The workshop showcased the commitment of district administration towards sustained engagement with the media to promote inclusive development and informed citizen participation.

DC Bandipora Chairs Multi-Disciplinary Monitoring Committee Meeting on Environmental Aspects of Kishanganga HE Project

HT NEWS NETWORK

BANDIPORA, JANUARY 10: Deputy Commissioner Bandipora, Indu Kanwal Chib, today chaired a meeting of the Multi-Disciplinary Monitoring Committee to review environmental aspects related to the Kishanganga Hydroelectric (HE) Project.

During the meeting, the Deputy Commissioner emphasized that all concerned departments should keep comprehensive plans ready for future allocation of funds and ensure that available resources are utilized judiciously and effectively. Detailed discussions were held on various mitigation measures aimed at addressing environmental and livelihood impacts arising from the project.

On the occasion, the Deputy



Commissioner directed the Agriculture Department, in coordination with other allied departments, to assess baseline data to ascertain department-wise losses and impacts. It was further stressed that the district is considering engaging experts for project formulation to ensure scientific assessment and credible analysis.

The meeting also stressed the importance of coordinated data sharing. Departments including IWMP, Horticulture, Social Forestry, Irrigation

& Flood Control, Animal Husbandry, Divisional Forest Office, Agriculture, Fisheries and Wildlife were directed to share baseline data pertaining to the project, particularly with regard to impacted revenue villages, catchment areas, conservation measures and other affected parameters.

The Deputy Commissioner underlined that accurate baseline and impact data would form the foundation for effective mitigation planning and sustainable environmental management related to the Kishanganga HE Project.

Among others, the meeting was attended by ACD Bandipora, ACP Bandipora, CAO Bandipora, CHO Bandipora, Project Officer IWMP Bandipora, Ex-En I&FC Bandipora, representatives of Social Forestry, Animal Husbandry, Fisheries and Wildlife Departments.

DC Kulgam convenes 5th DLIC Meeting, Approves 73 new cases under PMAY-U 2.0

HT NEWS NETWORK

KULGAM, JANUARY 10: To review the implementation and progress of the Pradhan Mantri Awas Yojana (PMAY)-Urban 2.0 in the district, a meeting of the District Level Implementation Committee (DLIC) was today convened under the chairmanship of Deputy Commissioner Kulgam, Athar Aamir Khan, at the Mini-Secretariat, Kulgam. At the outset, the Deputy Commissioner undertook a comprehensive appraisal of the scheme's implementation across the Municipal Council Kulgam and the three Municipal Committees of the district. During the 5th DLIC meeting, 73 new cases were cleared. These included 58 cases under the Beneficiary Led Construction (BLC) component



and 15 cases under the Affordable Housing in Partnership (AHP) component. With this approval, a cumulative total of 451 cases have been cleared so far under PMAY-U 2.0 in the district, comprising 412 cases under BLC and 39 cases under AHP.

The Deputy Commissioner directed the concerned officers to ensure strict adherence to the scheme guidelines so that all genuine and eligible beneficiaries in the urban areas of the district are covered under the programme.



DC Srinagar distributes CSC Biometric Kits, Micro ATMs among Krishi Udhiyamis of KKGs under HADP

■ HT NEWS NETWORK

SRINAGAR, JANUARY 10: Deputy Commissioner (DC) Srinagar, Akshay Labroo, today distributed CSC Biometric Kits and Micro ATMs among Krishi Udhiyamis of Kisan Khidmat Ghars of the district under HADP in a function held here at Conference Hall of the DC Office Complex aimed to promote digital inclusion and enable seamless delivery of government services, financial transactions, and farmer welfare schemes at the village level.

The event was attended by Additional District Development Commissioner, Chief Planning Officer, Chief Horticulture Officer, Chief Animal Husbandry Officer, District Agriculture Officer, Assistant Director Fisheries, District Sheep Husbandry Officer, District Sericulture Officer,



District Programme Officer NRLM and other concerned.

Speaking on the occasion, the DC underscored that the initiative

would empower Krishi Udhiyamis of Srinagar district and significantly improve accessibility to digital and financial services for farmers. He emphasized the importance of digital inclusion and doorstep delivery of citizen-centric services in the district.

The DC added that the distribution of biometric kits and micro ATMs will strengthen the Common Services Centre (CSC) ecosystem enabling Krishi Udhiyamis to provide Aadhaar-based services, banking facilities, and various government services to the public in an efficient and transparent manner.

The DC further highlighted that the initiative would enhance financial inclusion, promote transparency, generate self-employment opportunities and improve access to essential services for farmers and the general public.

DC Kupwara reviews implementation of NRLM in district

■ HT NEWS NETWORK

KUPWARA, JANUARY 10: Deputy Commissioner Kupwara, Shrikant Suse conducted a comprehensive review meeting today to evaluate the implementation and progress of the National Rural Livelihoods Mission (NRLM) throughout the district.

The Deputy Commissioner reviewed NRLM interventions across all Community Development Blocks, with particular focus on the institutional fortification of Self-Help Groups (SHGs), promotion of livelihoods, establishment of credit linkages, capacity enhancement, and synergy with allied departments.

The District Programme Manager (DPM), NRLM, delivered a detailed presentation on performance metrics, informing that the Mission has encompassed 68,638 rural households via a robust institutional architecture comprising 8,316 SHGs, 684 Village Organisations (VOs), and 53 Cluster Level Federations (CLFs).

The Deputy Commissioner conducted a thorough block-wise evaluation of bank linkage advancement, credit disbursal to SHGs, physical accomplishments, identification of prospective Lakhpati Didis, development of Agri-Nutri Gardens, and constitution of Producer Groups. He directed concerned officers to rectify deficiencies in capitalization and guarantee prompt credit provision to all qualifying SHGs.

Achievements under Lakhpati Didi initiative were also discussed. He also directed optimal utilisation of Community



Mobilization and Training Centres (CMTCs). Pending matters at banks were scrutinized, with directives to financial institutions to resolve them on utmost priority. NRLM officials were instructed to enhance collaboration with banking entities for seamless credit facilitation.

Convergence with line departments including Agriculture, Animal Husbandry, and Horticulture as well as with Mission Yuva was reviewed, advocating intensified integration.

He also directed special focus in vibrant villages. Coverage under different social security schemes and mobilisation of SHG members in Nasha Mukta Bharat Abhiyan was also discussed during the meeting.

The meeting was attended by Additional District Development Commissioner Kupwara, Mufti Fareed ud Din; Chief Planning Officer; Chief Animal Husbandry Officer; Lead District Manager; District Sheep Husbandry Officer; Assistant Director Fisheries; Employment Officer; District Programme Manager; and Block Programme Managers (BPMs) of NRLM.

JLNM Hospital hosts CME on Breast Cancer Awareness

■ HT NEWS NETWORK

SRINAGAR, JANUARY 10: JLNM Hospital successfully conducted a one-day Continuing Medical Education (CME) programme on Breast Cancer Awareness today, with the theme "Early Diagnosis = Saving Lives".

The CME featured expert speakers from Oncology and allied specialties including Dr. Nazir Ahmed Khan, Dr. Hakim Ajaz Ahmad, Dr. Sheefa Haq, Dr. Hanifa Akhtar, and Dr. Abdul Wahid Dar, who shared their insights on the importance of early diagnosis in breast cancer detection.

Speaking on the occasion, Medical Superintendent, Dr. Muhammad Tariq Jan said that the objective of the event was to sensitize the participants regarding the significance of breast cancer early diagnosis, adding that more such programs will be organized in future.

Organizing Secretary, Dr. Irfan Rasool Gadda, Senior Oncologist at Rainawari Hospital, highlighted the hospital's achievements, stating, "We have instituted cancer chemotherapy to around 200 patients in 2025, with most of it being free of cost". We have a fully functional oncology ward and plan to expand services under the guidance of Director Health Services, she added.

The event was part of JLNM Hospital's academic activities and aimed to raise awareness about the significance of early diagnosis in breast cancer detection. The interactive sessions saw active participation from around 100 doctors from across Srinagar, with experts addressing queries and sharing valuable insights.

DC Kupwara conducts on-spot verification of Jamabandi Digitization at Tehsil Kupwara

■ HT NEWS NETWORK

KUPWARA, JANUARY 10: Deputy Commissioner Kupwara, Shrikant Suse, today visited the Digitization Centre at Tehsil Kupwara to conduct an on-spot verification and assessment of the ongoing digitization of Jamabandis.

During the visit, the Deputy Commissioner

reviewed the digitization process in detail and assessed the accuracy and quality of the records being digitized.

He emphasized the importance of maintaining accurate, complete, and error-free land records, highlighting that digitization plays a crucial role in ensuring transparency, efficiency, and ease of access for the public.

DC Ganderbal chairs meeting of District Health Society to review District Health Action Plan 2026-27

■ HT NEWS NETWORK

GANDERBAL, JANUARY 10: Deputy Commissioner (DC) Ganderbal, Jatin Kishore, who is also Chairman District Health Society (DHS) to discuss District Health Action Plan (DHAP) for the year 2026-27.

The meeting was convened to review and approve the District Health Action Plan (DHAP) for the year 2026-2027, aimed at strengthening the delivery of quality, accessible, and equitable health services across the district.

Chief Medical Officer Ganderbal through a detailed PowerPoint presentation on the proposed DHAP 2026-27 highlighted key health priorities, sector-wise proposed

interventions, physical and financial planning, human resource requirements, infrastructure strengthening, and priority health programmes under NHM, besides budgetary requirements for the district.

The presentation also emphasized focus areas such as Comprehensive Primary Health Care (CPHC), Non-Communicable Diseases, Maternal and Child Health, Disease Surveillance, National Health Programmes, and capacity building of health institutions.

After detailed deliberations, the DC emphasized the need for strengthening health service delivery and issued directions to enhance the budget under certain priority activities to ensure better outreach, quality of

care, and effective implementation of NHM programmes across the district.

He stressed for effective inter-departmental coordination, timely implementation, optimal utilization of resources to achieve tangible improvements in health indicators and close monitoring of all approved activities to achieve the desired goals under NHM.

The meeting was attended by all members of the District Health Society, including Chief Planning Officer, Assistant Commissioner Panchayat/Development, Chief Medical Officer Ganderbal, Medical Superintendents of District and Sub-District Hospitals, Block Medical Officers, officials of DPMU Ganderbal, and other concerned stakeholders.

DC Ganderbal reviews progress of Power Projects in District Ganderbal

■ HT NEWS NETWORK

GANDERBAL, JANUARY 10: Deputy Commissioner (DC) Ganderbal, Jatin Kishore, today chaired a comprehensive review meeting to assess the progress and operational status of various power projects in District Ganderbal.

During the meeting, detailed discussions were held on the functioning of existing power projects, including actual power generation vis-à-vis installed capacity, daily and monthly generation trends, frequency and causes of breakdowns, Operation and Maintenance Status, availability of operational manpower, asset health conditions, and issues related to grid connectivity.

At the outset, officers from the Power Development Corporation (PDC), including representatives of Upper Sindh Hydel Project-I & II Kangan, Mini Hydro Project Rayil, and other concerned projects, briefed the chair through PowerPoint presentations on the operational performance, challenges, and proposed works of their respective projects.

The DC also reviewed the status of the upcoming 93 MW Multipurpose New Ganderbal Hydroelectric Project (NGHEP). The concerned officials apprised him of the current status of land acquisition, removal of encumbrances, clearances from various departments, and infrastructure developed so far.

The DC further reviewed functioning of USHP-I Sumbal HEP and USHP-II Kangan projects.

He sought updates on land acquisition, forest clearances, and other related issues. He assured the officials of full support from the district administration and stated that all genuine issues flagged during the meeting would be addressed on priority.

Among others the meeting was attended by Chief Engineer PDC, Superintending Engineer PDC, Chief Planning Officer, Executive Engineers, Assistant Executive Engineers, other officials and representatives of Small Hydro Power projects of the district.

DC Ramban reviews JKRLM, sets targets for social security coverage

■ HT NEWS NETWORK

RAMBAN, JANUARY 10: Deputy Commissioner Ramban, Mohammad Alyas Khan, today chaired a comprehensive review meeting to assess the implementation of various initiatives under the Jammu and Kashmir Rural Livelihoods Mission (JKRLM) 'UMEED' in the district.

The meeting was attended by Chief Planning Officer, Dr. Shakeeb Ahmed Rather, District Coordinator JKRLM, Block Managers and MIS functionaries.

During the meeting, the Deputy Commissioner reviewed the

progress achieved under JKRLM with particular focus on the functioning of Self Help Groups (SHGs), financial inclusion and social security coverage of registered members. Emphasizing timely achievement of all prescribed targets, the DC directed officers to adopt outcome-based monitoring and ensure effective implementation at the grassroots level.

It was informed that across 11 CD Blocks, JKRLM has covered 142 Panchayats and 126 villages, benefiting 27,427 households. A total of 3,396 SHGs have been formed, along with 245 Village Organizations and 20 Cluster Level Federations.



It was further informed that SHG savings have reached 648.39 lakh, while 2,292 SHGs have received 343.80 lakhs Revolving Fund and 1,400 SHGs have been provided 910 lakh under Community Investment Fund (CIF).

The Deputy Commissioner directed officials to ensure 100 percent achievement in bank linkages, SHG formation, household coverage, Lakhpati Didi initiatives, women farmers' training in agro-ecological practices, Integrated Farming cluster, agri-nutri gardens, producer groups and establishment of custom hiring centres and other related initiatives.

The Deputy Commissioner also directed to ensure that all SHG members in the district are covered under key insurance schemes, especially the Pradhan Mantri Jeevan Jyoti Bima Yojana (PMJJBY) and Pradhan Mantri Suraksha Bima Yojana (PMSBY), within the

stipulated timeframe.

He also directed field functionaries to intensify awareness about the Atal Pension Yojana (APY) and encourage SHG members to enroll for long-term social security benefits.

Reiterating the objective of empowering rural women and strengthening livelihoods through JKRLM, the DC impressed upon the JKRLM team Ramban to work with dedication and ensure that every eligible beneficiary is brought under the ambit of financial inclusion and social protection schemes. He also sought regular progress reports and strict adherence to timelines.

JKAACL observes Vishwa Hindi Diwas with literary programme

■ HT NEWS NETWORK

JAMMU, JANUARY 10: Jammu and Kashmir Academy of Art, Culture and Languages (JKAACL) today organised a comprehensive literary programme to mark Vishwa Hindi Diwas, reaffirming the Academy's commitment to the promotion, propagation and enrichment of the Hindi language. Speaking on the occasion, Secretary, JKAACL, Harvinder Kour highlighted the growing importance of Hindi at both national and international levels. She stated that Hindi is not merely a means of communication but a powerful cultural bond that connects people from every nook and corner of the country. Emphasizing its global outreach, she stated that Hindi has emerged as one of the most widely spoken languages in the world and serves as a strong medium for expressing India's rich cultural heritage, values and literary traditions on international platforms.

Ms. Kour further remarked that Vishwa Hindi Diwas offers an opportunity to reflect

on the role of Hindi in fostering national unity, cultural harmony and mutual understanding among diverse linguistic communities. She stressed the need for collective efforts to promote Hindi among younger generations while ensuring its healthy coexistence with regional and mother tongues, thereby strengthening India's multilingual fabric.

The programme featured an engaging poetic session in which eminent Hindi poets recited their compositions on a wide range of themes, including social values, human emotions, national consciousness and contemporary realities. The session captivated the audience and underscored the vibrancy and relevance of Hindi literature in addressing both timeless and modern concerns. The poets who participated in the programme included Purshotam Kumar, Sheikh Mohammad Kaliyan, Sanjiv Bhasin, Alka Sharma, Amita Mehta, Yash Pal Yash, Heena Mahajan, Surinder Singh, Dr. Pawan Khajuria, Ranjeet, Suman Sharma, Indu Bhushan Bali, Devinder and Sanjay Kapil.

DC Ramban inaugurates "Yuva Vani 2.0" Youth Club Campaign under JKCIP

■ HT NEWS NETWORK

RAMBAN, JANUARY 10: Deputy Commissioner Ramban, Mohammad Alyas Khan, today inaugurated the "Yuva Vani 2.0" Youth Club Campaign, a one-day Sensitization and Educational Workshop, under the Jammu and Kashmir Competitiveness and Improvement of Agriculture and allied Projects (JKCIP) at Ramban.

The programme was organized by the Department of Agriculture Production and Farmers Welfare with the objective of empowering youth through capacity building, promoting social responsibility and creating awareness about various government schemes, services and development initiatives. The event witnessed about 350 enthusiastic participants from youth clubs, farmers, officials from different departments and other stakeholders committed to youth development.

Among those present were Chief Planning Officer, Dr. Shakeeb Ahmed Khan; Chief Agriculture Officer, Dr.



Vinay Kumar Jandial; SMS KVK Ramban, Dr. Parveen Kumar; Chief Animal Husbandry Officer, Dr. Rakesh Arora; District Sheep Husbandry Officer, Dr. Shabir Ahmed; Chief Horticulture Officer, Rajinder Kumar; SDAO, Ayaz Ahmed; SMS (SDL), Rakesh Padha; DAO, Kuldeep Bassan; Assistant Marketing Officer, Tehsim Chib and other senior officers.

Addressing the gathering, the Deputy Commissioner emphasized the pivotal role of youth in shaping the future of the district and urged

them to actively engage in constructive, community-oriented initiatives.

He highlighted that platforms like "Yuva Vani 2.0" are designed to provide young people with the right guidance, exposure and opportunities to become responsible citizens and contributors to socio-economic development.

The Deputy Commissioner encouraged participants, especially women and youth, to utilize the knowledge gained during the

programme to avail government schemes and act as ambassadors of awareness in their respective blocks.

The Deputy Commissioner inspected the stalls set up by various departments, including Animal Husbandry, Sheep Husbandry, Agriculture, Horticulture and others and interacted with officials to assess the quality of information being provided.

The DC appreciated the efforts of the departments in presenting their initiatives in a citizen-friendly manner and stressed the importance of making such outreach programmes more comprehensive and accessible. He also interacted with youth participants, sought feedback and motivated them to take full advantage of the available opportunities.

These stalls served as information and facilitation points, disseminating details about ongoing schemes, employment and skill development opportunities, welfare initiatives and public services relevant to youth and the general public.



HT EDITORIAL

Time to regulate consultation fee for doctors carrying out private practice

Thousands of doctors are carrying out private practice at the different clinics in the union territory of Jammu & Kashmir, but it is quite surprising that there is no fixed consultation fee for the same. The doctors charge according to their own wish and they are least bothered about the affordability of a particular patient. At times the patients could be seen pleading with the owner of the clinic over this issue, but at the end of the day they fail to convince the other side.

Some years back the health & medical education department had fixed consultation fees for the different levels of medicos carrying out practice at the private clinics. However, it has been observed that the consultation fee charged by a doctor is according to the wish of that particular doctor. At times the consultation fee of a particular medico is decided by the owner of the clinic and the people are more than willing to pay for the consultation fee fixed by the clinic owner.

It seems that the health & medical education department has limited its mandate in this regard to the mere issuance of the order since no follow-up action was taken. No raid was carried out on any clinic and this inaction from the people at helm emboldened the doctors and the clinic owners to fix consultation fees of their own. At the end of the day, it is the common man who suffers and there are very few people who are concerned about the same.

It is very important that the consultation fee of a particular doctor is fixed according to his or her experience in that particular field of medicine. At the same time, it is important that strict vigil is carried out on the doctors working in the government sector. Many of such doctors usually leave the hospitals earlier and can be seen rushing towards their clinics in order to earn quick bucks. This is a serious matter and needs immediate action from the concerned authorities.

In places other than Jammu & Kashmir a medico has to choose between a government job and a private one. The union territory of Jammu & Kashmir has its own set of rules in each and every sphere of life and medicine is no exception. There is no harm in earning more but the doctors should remember that medicine is a noble profession and people consider a doctor no less than a God.

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The Legend (Theatre King),

Mohammad Amin Bhat

(President, Adbee Markaz Kamraz)



■ **Sheikh Ghulam Mohammad**

Discussing Mohammad Amin Bhat is not an ordinary task keeping in view the multifaceted personality of the person who has gained so much popularity among the masses of JK that now Mohammad Amin Bhat is a household name in the plains and mountains of the JK.

Mohammad Amin Bhat- A multifaceted personality, "writer, playwright, theatre expert, broadcaster, film-maker, language activist and above all a good human being having down-to-earth approach in his active life".

Mohammad Amin Bhat- An inspiration for our young talent to flourish. Guiding young writers in the real world of creativity is his passion.

Mohammad Amin Bhat- Discovered many drama script writers/ theatre stage directors/ theatre artists who have now carved a niche for themselves in the field of theatre and theatre activities. His way of fighting for the promotion and propagation of theatre activities and Kashmiri language are unique and unparalleled.

Mohammad Amin Bhat is adequately equipped with all competence in producing awareness among our budding theatreists regarding theatre and theatre activities helping in shaping our society in every walk of life by disseminating constructive theatre messages.

I have been in close touch with Mr Mohammad Amin Bhat since my university days in the early eighties when I was a student of the Department of Zoology University of Kash-



mir. Personally I am of this opinion that Mohammad Amin Bhat has achieved greatness in the field of theatre and literary activities by the dint of his inborn talent and tremendous hard work throughout his professional career (A big struggle).

Brief Profile of Mohammad Amin Bhat

Born and brought up in the northern town of Baramulla (Kashmir), Mohammad Amin Bhat Started his artistic career four decades ago as a Founder member of Mehboob Cultural Society Baramulla, a theatre group of repute in Kashmir. His first Stage Play Man-a-Kis Wanas manz, staged in 1985, won him an Academy Award, followed by his first Nationally Awarded Radioplay Nav Tre - Aana Satovuh, in.... 1987. His innovative style of experimentation in traditional Kashmir Theatre (Band Pather) adopting contemporary Socio Political themes earned critical acclaim and many State Academy awards for plays like Myon Kaya Soonchu? Ye NaarKaem Deut? Yes, Ye Hajat Tas Te Rawa. Written and staged before 1990.

Amin Bhat's most acclaimed plays termed as plays of Identity by Indian

Express, have been staged during the past decade when a bold initiative was taken by Bhat and some of his theatre colleagues to re-start theatre activities in Kashmir. The plays like Naad, awarded as the best play by Academy and Doordarshan; Tchal (The Trap); White Paper, Shinakti Card, acknowledged as a classic in Kashmiri literature and filmed by Doordarshan; White Paper and April Fool, are some of the highly acclaimed stages plays written and directed by Bhat. These plays, portraying the prevailing circumstances and aimed at the objective artistic analysis of the situation, have created a space for intellectual interaction in a charged atmosphere particularly for the uniqueness of their non-propagative approach as most of them speak between the lines and the thematic message is conveyed without any loud expression of words or action.

Bhat has also been writing short stories in the Kashmiri language, and some of the stories written by him, including Kotar mour, Tamashi ta Tamashi, and Rang Barangi Dastar, to mention a few, have earned him critical acclaim.

M.Amin Bhat is the President of

Adbee Markaz Kamraz J&K, the largest and oldest cultural confederation of J&K (a representative forum of 30, reputed cultural organizations) striving for the promotion and preservation of Kashmiri language, literature and culture. Besides, Bhat has written many serials, films and plays for electronic media and his film "Kiran Kiran Ujala" has bagged the best film award from Doordarshan.

Bhat's famous play, Phone Number 786: has been adopted for a feature film titled HAMID, produced by a reputed film production house of Mumbai, and the film has bagged the National Award as best film Urdu during the year 2019. Popular DD Kashir, Morning Show Good Morning J&K previously titled subhai subhai which bagged National Award has been anchored by Bhat for past two decades (around 3000 episodes), making Amin Bhat a household name. He is a well-respected cultural commentator for electronic and print media.

Having said all this I believe that due to his focus on organisational affairs and multifaceted activities he is involved in simultaneously, he has wittingly or unwittingly almost forgotten the publication of his creative works which would help a lot the younger generation. With best wishes for his coming publications I would advise him to do it soon.

Recently Mr Mohammad Amin Bhat Sahib has been selected as a member of the newly constituted Kashmiri Advisory Board of Sahitya Akademy New Delhi (congratulations).

Finally, I am of this belief that Mohammad Amin Bhat needs to be explored further and we have to do lot of work in this direction.

Come, let us continue to follow his path as an inspiration.

The author is a (Rtd.)
 DIET Principal Hajin (Bandipur)

The Rest Is Rust: Engage Yourself and Achieve Your Goals



■ **SAHIL MANZOOR BHATTI**

"The rest is rust." This simple statement carries a deep meaning. If we stop working, learning, and improving ourselves, our abilities slowly fade away. Just like iron rusts when it is not used, human potential weakens when it is left idle. Therefore, every individual must stay active, engaged, and focused on achieving goals in life.

Today, every country in the world is giving great importance to strengthening its education sector. Education is the backbone of development. Where education is strong and well-organized, other fields such as science, technology, health, and the economy automatically grow. A developed education system produces skilled, trained, and sensible professionals who contribute positively to society. Without educated and trained people, achieving success in any field is almost impossible.

Sensible people always give their hundred percent effort to the tasks assigned to them. Success cannot be achieved overnight. It requires proper education, training, dedication, and patience. In today's world, we feel surrounded by machines. We live in an age of technology where machines have become an essential part of our daily lives. These machines are made from materials like iron, plastic, and other elements, but they are designed, invented, and controlled by human beings.

There are many tasks we perform daily with the help of machines, such as using smartphones, photocopy machines, vehicles, computers, and household appliances. All these inventions are the result of the human brain. Almighty Allah has blessed human beings with a powerful and unique brain. The potential of the human brain is far beyond our imagination. Unfortunately, only a few people use their brains effectively and creatively to bring change and innovation to the world.

According to various studies, even great scientists used only a small percentage of their brain capacity, yet they made remarkable inventions and discoveries. This

shows that an ordinary individual also possesses immense hidden potential. However, most people do not explore or use their abilities fully during their lifetime. As a result, their talents remain unused. The rest, as the saying goes, turns into rust.

Every individual has different interests, abilities, and talents. Some people aspire to become good teachers. Teachers play a crucial role in shaping the future of society. They should always support the interests of learners and guide them in the right direction. Students should never be forced into fields against their interests or abilities. When learners follow their passion, they perform better and achieve success with confidence.

Some individuals are interested in the medical field. They dream of becoming doctors, nurses, or healthcare professionals to serve humanity. Such aspirations should be encouraged, not discouraged. Today, governments have launched various schemes, scholarships, and facilities so that deserving students can achieve their dreams, regardless of their financial background.

Similarly, some students are inclined toward engineering and technology. If their interests are supported, they can become skilled engineers who contribute to national development. Engineers help in building infrastructure, improving technology, and strengthening the economy of a nation. Supporting the right talent at the right time can bring long-term benefits to society.

The world is full of opportunities. We must believe in ourselves and our abilities. Self-belief is the first step toward success. When a person trusts their potential and works hard, they can bring positive change and even become an inspiration for others. Every talent has great scope in today's world, provided it is recognized and nurtured properly.

In the modern era, we are connected to each other through social media and digital platforms. Information is easily accessible, and learning has become more convenient than ever before. However, comfort should not make us lazy. Taking too much rest weakens our skills and abilities. Continuous engagement, learning, and self-improvement are essential to stay relevant and productive.

One must try to understand oneself and discover one's hidden talents. Self-awareness plays a key role in personal growth. The day a person recognizes and accepts their true potential is the day real success begins. Success is not just about money or fame; it is about

self-satisfaction and purposeful living.

Today, we have countless opportunities to become whatever we want to be. However, success demands patience, perseverance, consistency, and hard work. In the past, people had very limited sources of learning, such as books and teachers. Today, knowledge is available at our fingertips through the internet, online courses, digital libraries, and educational platforms. We can learn new skills, stay updated, and explore a wide range of subjects anytime and anywhere.

How to Get Good Marks in Examinations

Examinations play an important role in a student's academic life. Getting good marks requires proper planning, discipline, and smart preparation. Below are some simple yet effective tips to score well in exams.

Handwriting:

Handwriting plays a vital role in exams. Neat and clear handwriting creates a good impression on the examiner. Avoid overwriting, cutting, and unnecessary corrections. Write within proper margins and keep your writing uniform.

Answer Strategy:

Always attempt the questions you know best first. This boosts confidence and saves time. Do not spend too much time on one difficult question.

Early Preparation:

Start preparing from the very beginning. Do not postpone your studies. Remember the saying, "Do not put off until tomorrow what you can do today." Procrastination creates stress and confusion during exams.

Write to the Point:

Answers should be precise and relevant. Avoid writing unnecessary details that do not relate to the question. Clear and focused answers fetch better marks.

Presentation:

Use a good-quality pen, pencil, and ruler. Maintain proper spacing between answers and questions to keep your answer sheet neat and organized.

Check Details:

Always write your roll number and other required details carefully. Before submitting the answer sheet, check everything properly to avoid mistakes.

In conclusion, life is full of possibilities, but success depends on how actively we engage ourselves. Never let your abilities remain unused. Keep learning, keep improving, and keep moving forward. Remember, if you stop growing, the rest is rust.

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GULFAM BARJI

Through the uniquely captivating voice of the popular radio programme Shahar Been broadcast from All India Radio Srinagar, Mohammad Hussain Zafar has ruled the hearts of millions of listeners. Now, with equal impact, he has left lasting impressions on the hearts of Urdu short story readers as well. Recently, his first short story collection titled "SHAREEFOUN KA MOHALLA" has been published.

The book's launch ceremony, held at Tagore Hall, Srinagar, was far from an ordinary literary event. It turned into an unprecedented cultural phenomenon. The hall itself proved insufficient to accommodate the audience, while an even larger number of people were seen enjoying traditional Kehwa in the courtyard. Many had to return without entering due to lack of space. This overwhelming public presence compelled literary circles to reflect deeply.

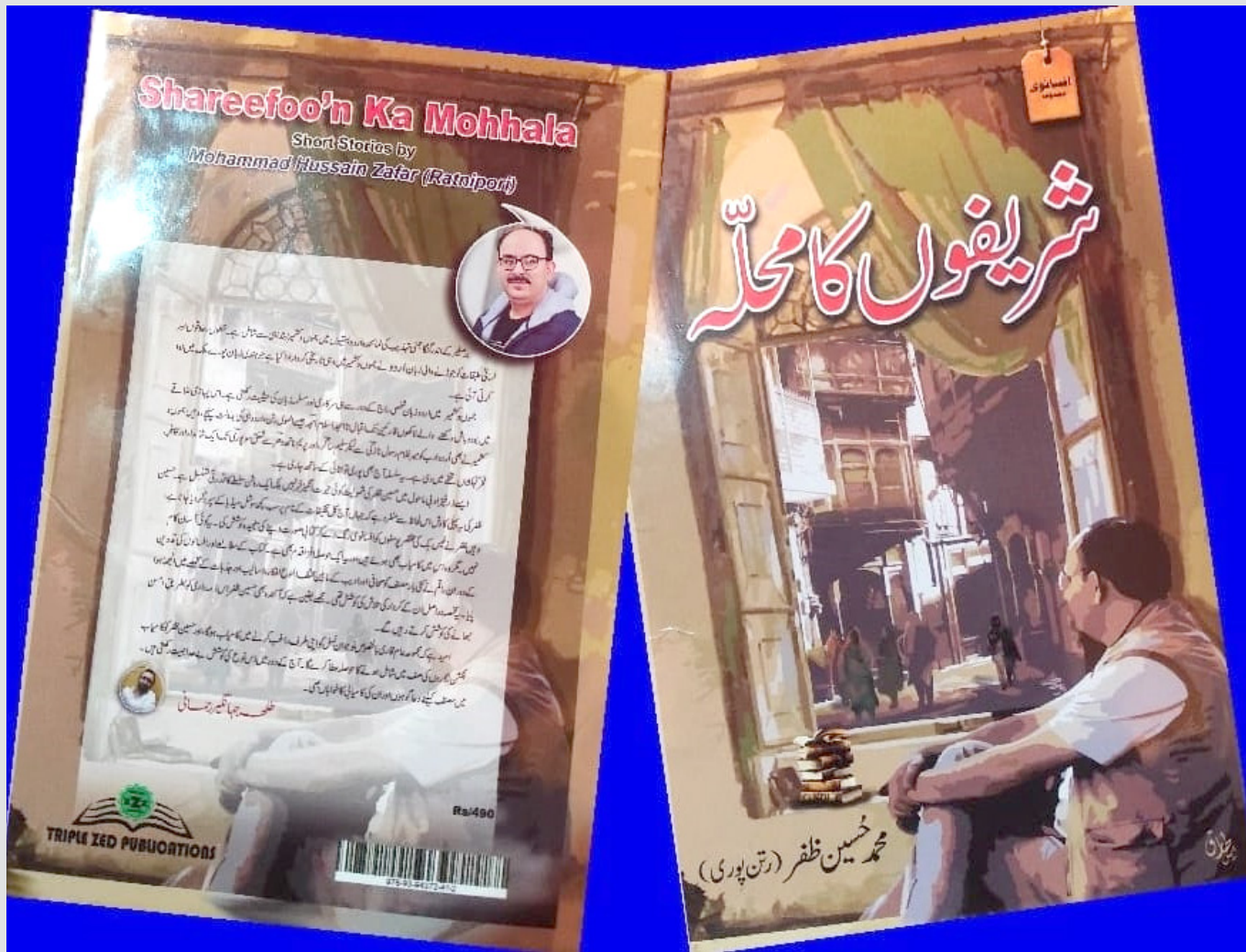
A natural question arises: prior to this event, many book launches of renowned writers were held under various titles, yet such massive public participation was rarely witnessed. What, then, was the reason? Was it the immense popularity Mohammad Hussain Zafar gained through his radio programme Shahar Been, drawing admirers eager to see him in person? Or does Shareefoun Ka Mohalla itself possess some exceptional literary and intellectual quality that compelled people to rush to Tagore Hall to obtain a copy?

Perhaps even Zafar himself may not have definitive answers to these questions. However, it cannot be denied that when a writer, despite financial hardships and with great effort, brings a book into the public domain, it is mostly acquired by those who attend the launch ceremony and whether they later read it or not remains unknown.

On the day of the book launch, I happened to be in Jammu. Nevertheless, discussions about this extraordinary event continued across electronic media, print media, and various social media platforms, and they persist even today. I too found myself curious about what made Shareefoun Ka Mohalla so widely discussed that its name seemed to be on everyone's lips. Eventually, upon returning to Srinagar, I contacted Hussain Zafar, managed to purchase the book, and began reading it.

The very title Shareefoun Ka Mohalla immediately captures the reader's attention. It is striking, emotionally evocative, and irresistibly invites one to read further.

Hussain Zafar's Short Story Collection Shareefoun Ka Mohalla



The book cover is simple yet aesthetically pleasing, subtly hinting at the literary treasure contained within.

The collection includes stories such as DUSHMAN KE BETI, MURDA AURAT KE ZINDA KAHANI, MASOOM SANGBAZ, VOTE, PATWARI, DO JANNU, DISCOUNT, METOO, AYENDAKHAYALRAKHNA, and especially SHAREEFOUN KA MOHALLA. While reading these stories, one often feels not as if one is reading fiction, but confront-

ing bitter social realities.

Zafar employs satire and humor with remarkable skill, yet beneath the wit lies a profound moral lesson. The stories acquaint the reader with the harsh truths of life. The story Discount is a notable example: although it may appear fictional to some, the way it is narrated reveals it as a stark human reality—one that many readers may have personally experienced. Similarly, Patwari initially gives the

impression of a real life account. However, by concluding the story with symbolic references to winter, monsoon, and spring, Zafar masterfully wraps the narrative in satirical commentary. This demonstrates his command over using humor and irony regardless of the subject matter.

The title story Shareefoun Ka Mohalla stands as the ideological core of the collection. At the beginning, the reader is led to believe that the arrival of a sup-

posedly immoral woman will tarnish the reputation of a "respectable" neighborhood. Yet the way the story concludes delivers a powerful and thought-provoking message. Through this brief narrative, Zafar conveys a lesson of immense moral significance—one that resonates with every human being.

In The Masoom Sangbaz Zafar presents not merely a story, but a painful reflection of the tragic circumstances through which we as a society have passed. Here, fiction recedes and reality takes center stage.

Across the collection, the author transforms even the smallest anecdote into a complete short story through satire and humor—an ability that only a seasoned writer can possess. Moreover, Zafar experiments with several stories that function without traditional characters, offering an enriching experience for readers and emerging short story writers alike.

By publishing his debut collection Shareefoun Ka Mohalla, Mohammad Hussain Zafar has secured a place among distinguished short story writers who have earned lasting recognition in the world of fiction. I personally congratulate him on this achievement.

After reading the book, I also found answers to the questions raised at the beginning of this article. While countless people attended the Tagore Hall event to express their affection for Zafar, it was the satirical brilliance and intellectual depth of Shareefoun Ka Mohalla that truly drew readers toward it. Had the interest been purely personal admiration, the book would not have witnessed such remarkable sales, nor would it have required multiple reprints—a phenomenon I have personally observed for the first time.

In conclusion, Shareefoun Ka Mohalla may appear to be a simple title, but beneath its surface lie the complex layers of society that jolt the reader into reflection. This collection portrays the life of the middle class, its moral values, contradictions, and hidden hypocrisies with remarkable authenticity. The language is simple and fluent, the dialogues natural, and the narratives deeply engaging.

In these stories, "respectability" is not a claim but a question:

Is respectability merely outward decorum, or does it stem from inner truth?

This very question grants the collection its intellectual depth. SHAREEFOUN KA MOHALLA is not just a book of short stories—it is a mirror of our society, compelling readers to recognize themselves and their surroundings within it. Undoubtedly, this marks a new and meaningful Udaan in Mohammad Hussain Zafar's fictional journey.

May Allah Almighty grant him greater strength of pen.
Ameen.

The author from Harwan Srinagar

Old But Gold What We Told



BY-MOOL RAJ

Our ears and eyes have grown so accustomed to mortality from disease and disaster, that increased life expectancy, courtesy cutting edge medical technologies and their implications, seldom catch attention. The foremost impact is an ageing world population. likely to overtake the child population. This change will be more pronounced in middle to lower-income countries. Before we traverse the distance any further, it is important to understand what are the issues which elderly people face universally. Top of the charts is deteriorating health which can be age-related or due to a specific disease. Ailing with ageing infests inability thus affecting the quality of life. The life cycle characterized by total dependence to reduced dependency and independence completes the circle to culminate again on partial or total dependence. It starts from physical incapacitation, leading to economic insecurity. People who have been pillars of strength for their families, start feeling unwanted and redundant. Mental depression sets in, and with it comes

isolation from rest of the society. This isolation can be manifested in different ways. It can lead to neglect, neglect of oneself or neglect by those who are around them. Unfortunately, physical and mental abuse can be triggered by none other who otherwise are considered part of social support networks like children, siblings and even caregivers. A sense of fear can creep in. Fear of looming death or the unknown, fear of moving around, fear of all round dependency and the ultimate fear of being useless and being redundant. Boredom is yet another fallout of neglect which further impairs the social behavior of ageing people. The overall outcome can be low self-esteem and loss of control of one's life.

From the caregivers' perspective, irrespective of, providing kin-care or paid care to the elderly people, it imposes few challenges. It is a common observation that elderly people are demanding individuals who put on extra expectancy load on caregivers. Owing to the effects cited above, they tend to be reclusive and less sharing, more rigid and stubborn in their attitudes and opinions. The sheer notion of life experience makes them authoritarian who are more nagging and ruthless critics. Therefore, taking care of elderly requires calm, composure, training and above average interpersonal communication skills. The aforesaid issues call for ease of access to healthcare and economic security for the ageing people, discussion on dynamics of which is not aimed here, however focus

From the caregivers' perspective, irrespective of, providing kin-care or paid care to the elderly people, it imposes few challenges. It is a common observation that elderly people are demanding individuals who put on extra expectancy load on caregivers. Owing to the effects cited above, they tend to be reclusive and less sharing, more rigid and stubborn in their attitudes and opinions

shall remain on social aspect and fallouts of the same

Western societies, providing for growth opportunities for everyone, are more liberal in formulation of basic unit of society i.e. home and family. Family ties have different meanings and cultural connotations of social support. Children attaining adulthood make their way out of parental controls. They start a life of their own only communicating with or attending to their parents as and when hectic schedules allow them to do so. In many cases communication completely breaks down. Siblings normally show up for family reunions only.

Broken families or passing away of life partners also beacons a lonely old age, in those societies.

In eastern societies like ours, the basic social unit; family, is still rigidly intact. With religion as the driving force in lives, such like caregiving remains more of an obligation than a favor. Off springs tend to be cognizant of the sacrifices the parents made in rearing and providing for them. This obligation is also fulfilled by grandchildren, siblings, nephews and nieces, where required. Kin-care to be precise. But times are changing, with five percent of Pakistan's population over sixty-five years and unabated rural to urban migration for better livelihoods, demography is being altered, resulting in parents being left behind, warranting dependent care for elderly.

What to do? We got three choices at hand keeping in view our social setup. One, we keep mum, as we are now and keep contesting the idea of elderly care away from families. Two, we follow the west and leave the elderly in old homes and secludes. Three, we develop a hybrid of the first two options. instead of inflicting the psycho-social trauma of isolation, neglect and abuse to the elderly at home, afford them an opportunity to be socially active, wanted, and feel good, through a combination of family and peer support. Places, need to be developed where elders can be brought in from nearby places or dropped in by the families to share their thoughts and activities. Group discussions can be arranged, experience of

healthy and active peers can be put to use. Yoga sessions under the supervision of trainers can be planned. Lectures on health issues of the elderly and its management, can be delivered. Elderly can be grouped as per their interests and pertinent activities can be generated. At the end of the day these elderly people can go back to their families, giving a rundown of the day. Imagine the positive effects of it on their mental and physical health and of course, family ties.

All this will need direct and indirect patronage by the government. Requisite infrastructure (can be make shift initially) for these recreational homes housing, kitchens, clinics, gymnasiums, lounges, prayer places, libraries and gardens can be developed. Qualified human resource like healthcare workers, nutritionists, fitness trainers, and hobby specialists shall be required to run such places. Transportation facility, to and from such like recreational homes can be charged. Separate spaces can be allocated for elderly men and women keeping in view our cultural and religious confines. A pilot project to this effect can be launched at the selected district headquarters and basing on the response and efficacy these facilities can be extended nationwide. Later, private sector can be incentivized to develop such facilities. For sure, society has got a responsibility towards its senior citizens, they may be old but, are gold.

THE AUTHOR IS A REGULAR COLUMNISTS AND FREELANCE

Best Foods to Help You Live a Longer, Healthier Life, According to Research

HEALTHLINE

Looking to boost longevity in 2026? A Mediterranean diet may be the best place to start. Numerous studies indicate the Mediterranean diet affords many health benefits. Trusted Source, including promoting longevity.

"This diet is anti-inflammatory, it's cardio-protective [and] protects our heart and other organs," said Dana Hunnes, PhD, a senior clinical dietitian at UCLA Health.

"It is full of unprocessed, whole foods," Hunnes said of the Mediterranean diet.

"It is high in fiber, which helps keep us regular and can help decrease inflammation. It has heart-healthy fats, primarily monounsaturated fats and some polyunsaturated omegas from plant sources. It's full of water from the high amount of plant-based foods, and it's a lifestyle, so the calorie intake is within reason to keep us maintaining our weight properly," she noted.

Mediterranean diet linked to lower mortality rates

The Mediterranean diet consists of fruits, vegetables, legumes, tree nuts, and whole grains. It emphasizes minimally processed, plant-based foods, along with lean meats or fish, and olive oil.

Of all diets, the Mediterranean diet is one of the most extensively studied, and the science supports it as a good choice for health promotion.

Research indicates that following a Mediterranean eating pattern is associated with a 25% reduction in overall mortality rates as well as significant reductions in rates of cardiovascular disease.

The foods eaten in a Mediterranean diet pattern have omega-3 fatty acids, monounsaturated fats, and polyphenols, which all provide antioxidant and anti-inflammatory benefits.

"Reducing oxidation, inflammation, and maintaining a healthy gut microbiome promotes health and longevity," Mir Ali, MD, board certified general surgeon, bariatric surgeon, and medical director of MemorialCare Surgical Weight Loss Center at Orange Coast Medical Center in Fountain Valley, CA, told Healthline.

"Foods that promote life expectancy include proteins,

non-starchy vegetables, some fruits like berries, whole grains, nuts, legumes, and seeds. These types of foods promote cardiovascular health, reduce insulin resistance, decrease inflammation, and help to maintain a healthy weight."

Dietary patterns, such as the Mediterranean diet, are popular in countries like Greece, southern Italy, and Spain, as well as in some "Blue Zones," which have high concentrations of centenarians or people living to 100 and beyond.

Noom's 5-minute quiz unlocks a weight loss program customized for you - now with GLP-1 options - so you can manage your health and form habits that last.

How nutrition impacts the life span

It is believed that diet can play a significant role in longevity. "Food in general has a huge impact on health and longevity; eating foods that can promote adverse health effects like diabetes, hypertension, and obesity will decrease a person's lifespan; whereas, foods that help someone avoid adverse health conditions, and maintain a healthy weight and lifestyle will increase lifespan," Ali said.

Research suggests that nutrition plays a crucial role in mitigating the effects of aging mechanisms on the body and enhancing longevity.

Diet can influence the level of oxidative stress in the body, age-related damage, inflammation, and cellular function.

"There are foods [and] diet patterns that keep us healthier, decrease inflammation in the body, and may decrease the rate at which our DNA [telomeres] shortens or gets damaged," Hunnes said.

Coffee may play a role in longevity

Along with the foods that form part of the Mediterranean diet, coffee may also be beneficial for improving longevity.

Around 60% of Americans drink coffee every day, and research suggests that may be a good thing.

Moderate coffee intake (about three to five cups of coffee per day) is associated with reduced overall mortality. It may also reduce the risk of major diseases like diabetes, stroke, cardiovascular disease, respiratory conditions, cognitive decline, and some types of



cancers like uterine and liver cancer.

"Coffee is rich in antioxidants and does have a positive metabolic effect as well. It also may improve glucose control and slow DNA breakdown (which can lead to early cell death)," Ali said.

Coffee can also improve lung function and increase fat oxidation. However, Hunnes warns that adding too many ingredients to a cup of coffee could reverse some of its benefits.

"It has many antioxidants in it and phytonutrients (nutrients derived from plants) that may reduce inflammation and therefore morbidity (illness), chronic disease, and mortality. Reducing inflammation in the body is associated with longevity, so, the more we can do to reduce inflammation, the better. Coffee benefits aside, what you put into your coffee is also important. Heavy cream or excess sugar could negate some of the health benefits, Hunnes said.

Red meat may accelerate aging

Whilst coffee and the Mediterranean diet are believed to boost longevity, red meat is believed to do the opposite.

Research suggests that red meat can accelerate aging and is associated with a variety of adverse health outcomes.

"Red meats are higher in saturated fats and nitrites, which has been shown to have a negative effect on cardiovascular health as well as cancer, which will decrease life expectancy," Ali said.

However, research on satu-

rated fats has been inconclusive so far. Research also shows that nitrites may only be problematic when they are additives, not when they are from natural sources.

Along with red meat, sugary beverages are also believed to have a negative impact on aging. Recent research Trusted Source suggests an inverse association between sugary beverages and healthy aging.

"Drinks high in sugar lead to weight gain, diabetes, and cardiovascular disease, all of which contribute to decreasing life expectancy," Ali said.

In the standard Western diet, sugary drinks are a leading cause of added sugars.

Data Trusted Source from the Centers for Disease Control and Prevention (CDC) suggests that roughly half of adults consume a sugar-sweetened beverage every day, while more than 60% of kids do the same.

"(Sugary beverages) replace healthier foods/beverages in the diet that don't add calories (and nothing else healthy) to the diet. They increase insulin need, inflammation, increase the risk for fatty liver, diabetes, heart disease, metabolic syndrome, and do not provide vitamins or minerals (naturally occurring). We don't need empty calories in our diets," Hunnes said.

Ultra-processed foods may raise death risk

Sugary drinks are just one of many ultra-processed foods that can have a negative impact

on overall health and longevity.

In the United States, 73% Trusted Source of the food

supply consists of ultra-processed foods. However, these foods are linked to numerous

health issues.

"Ultra-processed foods are high in preservatives and unhealthy chemical additives to promote shelf life and increase taste. They are also high in sugar, low in fiber, and low in critical nutrients. All of this promotes cardiovascular disease, diabetes, and cancer, thus leading to a decreased life expectancy," Ali said.

Making dietary swaps from ultra-processed foods to whole foods is a good starting point toward improved longevity, but experts acknowledge that, at an individual level, this is a process that takes time. "The biggest health concern in the U.S. and most westernized countries is obesity, and implementing healthy foods, as discussed, can reduce obesity, and thereby increase longevity," Ali said.

"This has been known for some time; however, implementing significant dietary changes and educating many people remains a challenge."

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Vaccination and screening target cervical cancer

LISA YOUNG

Doctors are urging people to be screened and vaccinated in a bid to eliminate cervical cancer by 2040.

NHS England South West said there were more people in the region proportionally who have been diagnosed with cervical cancer than in the rest of England.

Public health consultant Dr Matthew Dominey, the screening and immunisation lead, said the 2040 goal was achievable and encouraged people to have cervical screening and be vaccinated for human papilloma virus (HPV).

He said cervical cancer "absolutely can be eradicated" and evidence from the HPV vaccination programme started in Scotland in 2008 showed no-one fully vaccinated had developed cervical cancer.

Dr Matthew Dominey Dr Matthew Dominey is smiling at the camera. He has short grey hair and blue eyes. He is wearing a white shirt under a black V-neck jumper. Dr Matthew Dominey

Dominey said cervical cancer leads to about 685 deaths in England each year and more than 99% of cases were caused by HPV.



He said the higher average of cases in the region was partly because there was a "really good screening program in South West that is really good at picking up cancer at an early stage".

The other reason was the region being rural, so there were issues around accessing hospital appointments and challenges

of public transport that could delay treatments.

Dominey said: "The most important thing is, if you are a woman aged between 25 and 64, attend for your cervical screening appointment."

"For younger people, boys and girls get a vaccination in school."

He said women could check with their GP surgery if they were due for a cervical screening test.

"If you're overdue, they'll be able to book you for appointments, so it's absolutely never too late to go and get screened."

The consultant encouraged anyone who was worried about the cervical cancer screen test to take a friend or family member with them and advised women they could request a female doctor or nurse carry out the test.

Some women may benefit from a familiarisation visit beforehand to see how the test would happen and surgeries would organise that, he added.

Dominey concluded: "There is treatment and we know that this is a disease that, if we get younger people vaccinated, we can prevent and we can eliminate in its entirety if we get people vaccinated." (BBC)

JKMSME Health Clinic conferred SKOCH Gold Award in 104th SKOCH Summit at New Delhi

HT NEWS NETWORK

NEW DELHI, JAN 10: The Jammu and Kashmir Micro, Small and Medium Enterprises (JKMSME) Health Clinic, a flagship initiative of the Industries and Commerce Department, J&K, has been conferred with the prestigious SKOCH Gold Award in recognition of its impactful implementation and transformative contribution to the MSME sector at 104th SKOCH Summit held in New Delhi.

The JKMSME Health Clinic initiative was conceptualised under the guidance of the Chief Secretary, Atal Dulloo, and is being implemented by the Industries and Commerce Department under the supervision Commissioner Secretary, Industries and Commerce, Vikramjit Singh.

The award was received by Director, Industries and Commerce, Jammu, Dr. Arun Manhas on behalf of J&K Government.

Speaking on the occasion, Dr. Arun Manhas termed the JKMSME Health Clinic as a critical institutional mechanism for safeguarding the backbone of the local economy and enabling timely redressal of industrial stress. He further stated that the clinic is one of the first attempts in the region to treat MSME distress the way a physician treats early symptoms: detect early, intervene precisely, and monitor continuously.

He added that the program marks a shift from reactive relief to preventive economic care, combining data, field intelligence and expert-led mentoring.



Launched in July 2025, JKMSME Health Clinic has emerged as a pioneering institutional mechanism aimed at build-

ing a resilient, growth-oriented industrial environment in the Union Territory. The initiative is designed to identify stress factors

affecting industrial units at an early stage and facilitate systematic assessment and customised remedial measures to enable timely revival and sustainable growth of MSMEs.

Pertinently, the SKOCH Award stands as a testament to the Industries and Commerce Department's commitment towards creating a transparent, responsive and growth-enabling industrial ecosystem especially for MSMEs reinforcing Jammu and Kashmir's position as a progressive and investor-friendly destination. The recognition underscores the department's focused efforts towards strengthening the MSME ecosystem through structured diagnostics, data-driven governance and targeted institutional interventions.

Public Notice

This is for information of general public that the (Electric bill) power connection is registered on my Fathers name Late BASHIR AHMAD MIR S/O AB AHAD MIR R/O DOLIPORA WAGOORA .Now this Connection bearing Consumer ID NO 0212040011000 wants to be registered on my JAVID AHMAD MIR S/O BASHIR AHMAD MIR R/O DOLIPORA WAGOORA If anybody have any objection in this regard He/She may file his/ her objection in the concerned PDD office within seven days from the date of publication of this notice after that no objection will be entertained.

Name....JAVID AHMAD MIR
S/O ... BASHIR AHMAD MIR
R/O ...DOLIPORA

Public Notice

This is for information of general public that the (Electric bill) power connection is registered on my GRAND Fathers name Late FATAH THOKAR S/O MOHD RAMZAM THOKAR R/O KALANTRA BALA .Now this Connection bearing Consumer ID NO 0212040002550 wants to be registered on my GH MOHI UD DIN THOKER S/O MOHD RAMZAM THOKAR R/O KALANTRA BALA .If anybody have any objection in this regard He/She may file his/her objection in the concerned PDD office within seven days from the date of publication of this notice after that no objection will be entertained.

Name...GH MOHI UD DIN THOKAR
S/O ... MOHD RAMZAM THOKAR
R/O ...KALANTRA BALA

Robust security arrangements in place for R-Day: SSP Sopore

Warns of strict action against VPN usage

HT NEWS NETWORK / KNO

SOPORE, JAN 10: Senior Superintendent of Police (SSP) Sopore Iftikhar Talib on Saturday said that security arrangements ahead of Republic Day are being finalised to ensure smooth celebrations across the police district.

SSP Talib, as per the news agency—Kashmir News Observer (KNO), said the police, along with the civil admin-

istration, are finalising the arrangements for January 26. The main function will be at Khushal Stadium. He urged people to attend the event in large numbers.

Speaking on the sidelines of a sports event, the SSP also warned against unauthorised VPN usage. He said the district administration has banned VPN use, and the authorities are strictly implementing it.

"Any violations will be dealt with

seriously. We have already initiated action against identified individuals using VPNs," he said.

Talib added that the ongoing efforts to engage youth would continue throughout 2026. "We don't want to be just a law enforcement agency; engagement and public outreach are our aim. That's why we are organising events, be it sports, cultural, or any other," he said—(KNO)

Public Notice

My daughters Mothers Aadhar No has been wrongly written as 7298 6522 9014 in her Date of Birth certificate issued by Block Development Officer WAGOORA while her correct Mother's Aadhar No is 7298 6522 9041 which needs to be corrected if anybody having any objection in this regard he/she may file his/her objection in the office of BDO office WAGOORA within seven days from the publication of this notice after that no objection will be entertained.

NAME....SAIMA BEGUM
M/ O... HANIYA JAAN
R/O ...WAGOORA TANGWARI BALA

Government Of Jammu & Kashmir Office Of The Tehsildar Kreeri

Subject: Application for issuance of OBC certificate applicant MEHRAJ GANI MIR & RASHID GANI MIR S/O ABDUL GANI MIR R/O KAKOTHAL Tehsil KREERI in favour of self for the issuance of OBC (Other Backward class in his /her / their favor

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 KAKOTHAL KREERI of Tehsil KREERI and belongs to the MIR community having annual income 696560 // the details of family of the applicant are as follows

- 1..ABDUL GANI MIR Father 65 years RETIRE EMPLOYEE
- 2..TASLEEMA BEGUM Mother 55 years House wife
- 3..YASMERNA GANI sister 25 years Student
- 4.. RASHID GANI MIR self Brother 20 years student
- 5..MEHRAJ GANI MIR Brother 20 years student

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

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Government of Jammu and Kashmir

Office of the Commissioner Food and Drugs Administration, Drugs & Food Control Organisation, J&K Civil Secretariat, Jammu

FOOD ALERT/ STOP USE NOTICE

Whereas, a sample of food article "Raisins)" was lifted by the Food Safety Officer ,Zone-III , Distt Srinagar from the premises of M/S B-Mart Departmental Store ,Zakura Srinagar for analysis; and Whereas, the Notified Food Analyst for the UT of J&K, National Food Laboratory, Ghaziabad, where the said sample was analyzed, has declared it as 'Unsafe', the report whereof is as under:-

Name of the Food Article	Trade Name/ Manufacturer/ Packer	Batch No / Date of Packing/ Expiry/ Net Content	Test Certificate/ Report No. & Date	Opinion of the Food Analyst	Reasons of failure
"Raisins")	M/S Winsome Foods Rainawarie Srinagar FSSAI No: 21018411000588	WRN-10/ Oct 25/ Oct 26	JK-691/DEC/25/817 Dated: 15.12.2025	Unsafe	The Sample contains pesticide residue sum of Benomyl & Carabendazim (expressed as carbendazim) above the maximum prescribed limit..

Now, therefore, through the medium of this notice, it is hereby notified for information of the general public to discontinue usage of the food product "Raisins" Winsome with Batch No. MRN-10, date of Packing: October 2025

Further, the stakeholders who are in possession of any stock of the food product detailed above shall not only inform the concerned Designated Officer(s) about the stock position but also recall the said product from the market forth with.

The food alert is being issued as a abundant caution and shall in no case prevent FBOs from having the said food product reanalyzed from any FSSAI notified RFLs after following due procedure as laid down under the FSS Act 2006.

No: FADA-Tech /16/2021-05 | Dated: 09.01.2026

Sd/- (Smita Sethi), JKAS
Commissioner Food & Drugs Administration, J&K

DIPK: 9913/25 | Dated: 10-01-2026

ACB traps, arrests Patwari in Budgam for demanding bribe

HT NEWS NETWORK

SRINAGAR JAN 10: Acting on a complaint, the Anti-Corruption Bureau (ACB) Jammu and Kashmir on Saturday said it has arrested a Patwari from Budgam for allegedly demanding and accepting a bribe of rupees 10,000 / 30,000 for issuance of a revenue extract and bank lien certificate.

According to a statement issued to the news agency—Kashmir News Observer (KNO), the Jammu and Kashmir Anti-I Corruption Bureau received a written complaint wherein the complainant has alleged that he had applied before the concerned Revenue authorities for issuance of Revenue extract and bank lien certificate for the said property situated at Rakh Soothu BK Pora for Bank Guarantee. For getting these documents he approached the concerned patwari of Halqa Rakh Soothu, namely Riyaz Ahmad Khan, but instead of processing the case in due manner, the concerned patwari demanded bribe of rupees 10,000 / 30,000 before he would prepare and provide the required documents.

The statement reads, the complainant, stating that he is against corruption, has approached ACB



Srinagar seeking legal action against the accused official. On receipt of the complaint, discreet verification was conducted, which confirmed the demand of bribe by the accused public servant.

"Accordingly, Case FIR No. 02/2026 U/S 7 PC Act 1988 was registered at Police Station ACB Srinagar and investigation was taken up. During the course of investigation, a trap team was constituted which laid a successful trap and caught the accused Riyaz Ahmad Khan, Patwari Halqa Rakh Soothe, Budgam red-handed while demanding and accepting the bribe amount of ₹10,000 from the complainant."

It reads, after completing all necessary medico-Legal formalities, the accused Public Servant was taken into custody. Further investigation is going on—(KNO)

TCI Max releases heritage calendar

HT NEWS NETWORK

SRINAGAR, JAN 10: TCI Max on Saturday released a Kashmiri heritage calendar in Srinagar that brings together the region's landscapes, artisanal traditions, and the poetic philosophy of Sheikh-ul-Alam Nooruddin Noorani (RA), offering a visual and cultural record of the Valley across the year.

According to a statement issued to the news agency—Kashmir News Observer (KNO), the wall calendar is themed around Kashmir's seasonal rhythm, traditional craftsmanship, and the enduring influence of Sheikh-ul-Alam (RA), the 14th-century saint-poet whose verses remain central to Kashmiri cultural thought.

Each month pairs imagery of Kashmiri shawls and craft traditions with selected couplets attributed to Sheikh-ul-Alam (RA), presenting poetry as a living cultural presence rather than a historical reference.

The calendar's design draws on traditional motifs such as paisleys, chinar leaves, almond blossoms, and the tree of life, commonly found in Kashmiri textile and decorative arts.

A recurring focus throughout the calendar is the shawl as a cultural object – from raw Pashmina fibre to intricate weaving techniques – positioned alongside Sheikh-ul-Alam's verses that speak of simplicity, ethics, labour, and harmony with nature.

محترم محمد رمضان میر صاحب میر پورہ دارن بانڈی پورہ کا انتقال!

سینئر صحافی راجہ محب کامیر خاندان سے اظہار تعزیت

بروز جمعہ محرم فیاض احمد میر، نثار احمد میر، تقویٰ احمد اور نذرت احمد میر کے والد محترم محمد رمضان میر صاحب (رمضان ناک) ساکن میر پورہ دارن اس دنیا فانی سے طے فرما گئے ہیں نہایت درج و غم کے ساتھ اپنے عزیزان کے مرحوم والد محترم کے انتقال پر دلی افسوس اور گہرے دکھ کا اظہار کرتا ہوں۔ میں لواحقین کے غم میں برابر شریک ہوں۔ یہ سانحہ بلاشبہ ایک عظیم مصدمہ ہے جس کا زال ممکن نہیں۔ والد ایک ایسا مایہ نعت ہوتا ہے جو پوری زندگی اولاد کے لیے جو حال بنا رہا ہے۔ ان کی بدائی ایک ایسا نالا چھوڑ جاتی ہے جو کبھی پر نہیں ہوسکتا۔

باپ کا سایہ جو سر سے اٹھ جائے زندگی دھوپ میں بدل جائے

اللہ رکھے مرحوم کو اپنی رحمت میں اور دے صبرا اہل خانہ کو ہمت میں

اللہ تعالیٰ مرحوم محرم کی کامل مغفرت فرمائے۔ ان کے درجات بلند کرے اور پسماندگان کو صبر جمیل عطا فرمائے۔

آمین یا رب العالمین

Satish Sharma seeks major sports infrastructure push for J&K

Submits comprehensive memorandum to Union Sports Minister

■ HT NEWS NETWORK

NEW DELHI, JANUARY 10: Minister for Food, Civil Supplies & Consumer Affairs (FCS&CA), Information Technology, Youth Services and Sports and Transport, Satish Sharma, today met with Union Minister for Youth Affairs and Sports, Dr. Mansukh Mandaviya and projected several issues and initiatives related to sports upgradation aiming transformation of Jammu and Kashmir into a national hub of sports excellence.

The Minister submitted a comprehensive Memorandum outlining an ambitious, multi-sectoral roadmap to upgrade sports infrastructure, promote youth engagement, generate employment and position Jammu and Kashmir as a premier destination for sports tourism and high-performance training.

Highlighting cricket as a passion for the people of Jammu and Kashmir, Satish Sharma sought sanction of international-standard cricket stadiums at Srinagar and Jammu. He stated that the absence of such facilities has long restricted the region from hosting national and international fixtures. He emphasized that these stadiums would not only revive top level cricket in the UT but also boost tourism and inspire a new generation of athletes.

The Minister also proposed creation of a Border Sports Development Circuit spanning Kathua-Samba, Akhnoor-Chhamb, Poonch-Nowshera-Rajouri, Uri-Baramulla-Kupwara and Karnah-



Gurez, aimed at harnessing the sporting talent of youth living in border and far-flung areas. He sought special grants for development of Dangal Akharas, cycling tracks, hockey and football fields besides provision of sports equipment in all border panchayats to strengthen grassroots sports and youth engagement.

To promote employment through sports, Satish Sharma requested for a financial support of 600 crore over five years for establishing 10 Border Sports & Employment Hubs (BS-EH), five each in Jammu and Kashmir, equipped with multi-sport facilities,

skill training classrooms and residential infrastructure. He also proposed a Border Youth Sports Apprenticeship Programme with an outlay of 300 crore, a Coaches & Trainers Wage Support Scheme of 150 crore and a High-Altitude & Winter Sports Livelihood Programme of 120 crore for areas like Gurez, Tangdhar and Teetwal.

The Minister laid special emphasis on water and winter sports, seeking establishment of a National Water Sports Centre of Excellence at Basohli (Kathua) by upgrading the world-class facility at Ranjit Sagar Dam. He also proposed declaring Jammu &

Kashmir as India's National Hub for Paddle and Water Sports, leveraging its unparalleled natural water resources.

Satish Sharma further sought revival of the Arun Jaitley International Cricket Stadium Project at Hiranagar, whose upgradation had been sanctioned earlier but stalled due to external impediments. He requested the Union Ministry's intervention to remove obstacles and ensure completion of the project, calling it a landmark for the Jammu region.

To optimally utilise the growing sports infrastructure in J&K, the Minister proposed a Special Coaches

Engagement Scheme for hiring qualified national and international-level coaches on contract basis, especially in priority disciplines like gymnastics, water sports, winter sports and cricket. He also called for regularisation and utilisation of registered NYCs as a skilled human resource base in sports.

Recognising the need for quality accommodation to host national and international sporting events, Satish Sharma sought development of modern Youth Hostels at Jammu and Srinagar under the Khelo India framework to boost sports tourism and training capacity.

Satish Sharma also called for expediting the long-pending National Winter Sports Centre of Excellence at Gulmarg, seeking direct facilitation for engagement of international consultants and release of funds to the J&K Sports Council to kick-start this landmark project.

Speaking on the occasion, Satish Sharma said that Jammu and Kashmir has immense untapped sporting potential and world-class natural advantages. "With focused national support, our youth can become champions on the global stage while sports can become a powerful engine of employment, tourism and regional development," he said. The Minister expressed confidence that the proposals, aligned with the Khelo India vision and National Sports Development Agenda, would help establish Jammu and Kashmir as a leading sporting destination and talent hub of India.

DSU organises one day training cum review meeting under IHIP-IDSP

■ HT NEWS NETWORK

JAMMU, JANUARY 10: A Divisional-Level One-Day Training cum Review Meeting under the Integrated Health Information Platform (IHIP)-Integrated Disease Surveillance Programme (IDSP) for District Surveillance Units (DSUs) was organised by the State Surveillance Unit (SSU), IDSP, Jammu Division, under the guidance and supervision of Mr. Basser-ul-Haq Chaudhary, Mission Director, National Health Mission (NHM), Jammu & Kashmir and supervised by Dr Abdul Hamid Zargar, Director Health Services Jammu.

The meeting was organized with the objective of reviewing district-wise implementation of IHIP-IDSP, strengthening disease surveillance systems, improving timeliness and quality of reporting and enhancing preparedness and response to public health emergencies across the Jammu Division.

Dr. Harjeet Rai, Epidemiologist & State Surveillance Officer (SSO), IDSP, Jammu Division, briefed the participants about the purpose and agenda of the training cum review meeting. Dr. Abdul Hamid Zargar, Director Health Services, Jammu, underscored the importance of IHIP as a robust digital platform for real-time disease surveillance, data-driven decision-making and strengthening public health response mechanisms.

Dr. Harbaksh Singh, Chief Medical Officer, Jammu, emphasized the critical role of District Surveillance Units in early detection, reporting and containment of outbreaks. The Technical Sessions focused on district-wise review and thematic discussions of all the districts of Jammu division. Key thematic sessions included Community Reporting under IDSP by Dr. Prem Lata, Medical Officer (Epidemiology); Outbreak Investigation and New Initiatives under IHIP-IDSP by Dr. Simran Nag, State Epidemiologist, IDSP; DPHL Assessment by Ajay, State Microbiologist, IDSP and Community Assessment for Public Health Emergencies by Umar Anayat, District Epidemiologist, IDSP, Doda. The sessions emphasized strengthening laboratory support, community-based surveillance, outbreak investigation protocols and recent initiatives under IHIP. The meeting was attended by Chief Medical Officer, District Surveillance Officers, Epidemiologists, Microbiologists, Data Managers and Data Entry Operators who also presented their performance, challenges and best practices related to IHIP-IDSP implementation.

Director Colleges chairs Principals' meet to reinforce Academic, Student Support and Governance initiatives across Jammu Division

■ HT NEWS NETWORK

JAMMU, JANUARY 10: To strengthen the quality architecture of Higher Education in the Union Territory, the Director Colleges J&K, Dr. Sheikh Ajaz Bashir on Saturday chaired a meeting of Principals of all Government Degree Colleges of Jammu Division to reinforce academic discipline, student support systems and governance in alignment with the Mission and Vision of the Department.

Dr. Ravinder Tickoo, Nodal Principal, Jammu Division Colleges, initiated the proceedings and informed the meeting regarding the core objectives and agenda of the meeting. Dr. Romesh Kumar Gupta, Principal of the host institution, GGM Science College Jammu, extended a warm welcome and introduced the newly appointed Principals.

Addressing the gathering, Director Colleges emphasized unified institutional alignment, operational excellence and the need to prioritize welfare of students. A detailed review of the Department's digital governance initiatives was undertaken. The

Planning & Development Portal was reiterated as the single verified repository of institutional data, enabling real-time reporting, principal-level accountability and streamlined online staff services including Passport NOCs, Foreign visit permissions, PhD approvals and CAS scrutiny. It was also highlighted that digital interventions, particularly the engagement of need-based Academic Arrangements for the current session, have significantly enhanced efficiency, ease of operations and transparency. Principals were sensitised on maintaining clean, verified and updated data for evidence-based planning and development. The Connect with Policy Planning & Development initiative was also reviewed, and college-wise performance indicators based on timely form submissions and data updation were shared.

Institutional development initiatives were reviewed, including the functioning of Institutional Innovation Councils in 79 colleges, expansion of eYantra Labs in 30 colleges in collaboration with IIT Bombay and the rollout of SWAYAM Local Chapters to promote blended



and credit-based digital learning.

On student welfare, Principals were briefed on strengthening the Mentor-Mentee Programme and the Pyramidal Sports and Co-curricular Model to ensure inclusive participation and structured talent development. The Department's framework for countering substance abuse was also elaborated, focusing on preventive awareness, vigilant student monitoring and timely institutional support.

The SIGMA-Student Integrated Grievance and Messaging Application Portal was reviewed in detail. Principals were encouraged to enhance student registration and effective

utilisation.

A major announcement was the upcoming launch of SCALE-Student Connect for Academic Leverage and Excellence initiative, to be implemented in every Government Degree College. SCALE will provide structured outreach and guidance on NEP-2020, academic progression pathways and career planning.

Developmental works across colleges were also reviewed, and Principals were advised to ensure regular monitoring and close coordination with executing agencies.

The way forward focused on academic discipline, availability of comprehensive time-tables on

institutional websites, systematic maintenance of academic records and preparedness for academic audits and quality enhancement exercises.

The Director Colleges emphasised that college staff are the real knowledge deliverers and the strongest drivers of institutional quality, calling upon all teaching and non-teaching personnel to collectively pitch in for academic excellence. Principals were also advised to prioritise genuine service-related and workplace concerns, recognising that a motivated workforce is central to sustaining quality education. The Director emphasised the need to prioritize the overall welfare of students, underscoring that an Informed student is an Empowered student.

Concluding the meeting, the Director Colleges urged all Principals to collectively own the Department's mission by reinforcing student-centric governance, transparency and accountability, so that Government Degree Colleges of Jammu and Kashmir emerge as vibrant centres of academic excellence and societal transformation.

Sahitya Akademi, JKAACL host symposium on Legendary Punjabi Poet Shiv Kumar Batalvi at Jammu

■ HT NEWS NETWORK

JAMMU, JANUARY 10: The Sahitya Akademi, in collaboration with the Jammu and Kashmir Academy of Art, Culture and Languages (JKAACL), today organized a day-long symposium on the celebrated Punjabi poet Shiv Kumar Batalvi, bringing together scholars, writers and literature enthusiasts to reflect on his life, poetry and enduring literary legacy.

Welcoming the dignitaries and participants, Secretary JKAACL, Harvinder Kour expressed her gratitude to the Sahitya Akademi for organizing such a meaningful literary programme in Jammu & Kashmir. She reaffirmed the Academy's commitment to promoting literature and languages across the Union Territory and stated

that similar programmes would be organized in other regions to further strengthen cultural and literary engagement. Speaking on the life and works of Shiv Kumar Batalvi, the Secretary highlighted that despite his short lifespan, the poet made an immense contribution to Punjabi literature. She observed that Batalvi's poetry resonates deeply with the emotions of the common man, enabling readers to connect with his expressions of love, pain, longing and human experience. She further informed that JKAACL plans to extend such literary activities to colleges and other educational institutions across the UT. Programmes in various languages, she said, would help cultivate interest in languages among the public in general and students in particular, thereby

contributing to their promotion and preservation.

Editor (Punjabi), Sahitya Akademi, Ms. Sandeep Kour also addressed the gathering and emphasized the need for concerted efforts to promote the Punjabi language on par with other languages in the Union Territory. She called for a structured and sustained plan to organize more literary programmes dedicated to Punjabi literature and its rich heritage.

Eminent scholars Prof. Rawail Singh, Khalid Hussain, and Ashok Angurana presented insightful papers highlighting the life, literary works and lasting contributions of Shiv Kumar Batalvi to Punjabi literature. Their presentations provided critical perspectives on Batalvi's poetic themes, stylistic innovations and cultural significance.

JMC Commissioner conducts extensive inspection of Municipal wards under Swachh Republic Day campaign

■ HT NEWS NETWORK

JAMMU, JANUARY 10: As part of the ongoing Swachh Republic Day campaign, the Commissioner Jammu Municipal Corporation (JMC) Dr. Devansh Yadav today undertook an extensive inspection tour of ward number 50, 51, 52, 53, and 54, covering localities such as Channi Himmat, Channi, Trikuta Nagar Extension, Basant Vihar, Nanak Nagar and surrounding areas.

During the visit, Dr. Yadav reviewed the overall sanitation scenario, including cleanliness of roads, lanes, drains and public spaces. He also assessed the progress of ongoing development works and examined the availability and condition of civic amenities being

provided to residents. Stressing the importance of maintaining high standards of hygiene, the Commissioner directed the concerned officials to ensure regular garbage lifting, proper segregation of waste, and timely cleaning of drains to prevent waterlogging and health hazards.

As part of the enforcement measures under the campaign, illegal encroachments and unauthorized stalls raised on footpaths and roads were removed to restore public spaces and ensure unhindered movement of pedestrians and vehicles. Dr. Yadav instructed the enforcement teams to remain vigilant and take strict action against repeat violators.

Interacting with officers and

field staff on the spot, the Commissioner issued clear directions for improving coordination among departments, strengthening monitoring at the ward level and ensuring effective implementation of sanitation-related initiatives. He emphasized that cleanliness drives should not remain limited to special occasions but must become a sustained and routine effort.

Dr. Yadav also appealed to residents to actively cooperate with the Jammu Municipal Corporation by following proper waste disposal practices and refraining from encroachments. He reiterated JMC's firm commitment to making Jammu city clean, organized and citizen-friendly ahead of the Republic Day celebrations.

Western Command Investiture: Four bravehearts posthumously awarded Sena Medal

■ UNITED NEWS OF INDIA

NEW DELHI, JAN 10 : Captain Brijesh Thapa, Lance Naik Stanzin Targias, Rifleman Mohit Rathour, and Rifleman Hilal Ahmad Bhat were posthumously awarded the Sena Medal (Gallantry) during the Western Command Investiture Ceremony organised on Saturday at the Manekshaw Centre in New Delhi.

The ceremony also saw the conferment of other prestigious honors, including Yudh Seva Medals (6), Sena Medal (Gallantry, 30), Bar to Sena Medal (Distinguished, 1), Sena Medal (Distinguished, 19), and Vishisht Seva Medal (44).

Hailing from the Army Air Defence and serving with the 10 Rashtriya Rifles, Captain (Late) Brijesh Thapa displayed extraordinary courage on 14 July 2024, leading a search operation based on specific input regarding the presence of terrorists in the forested area of Kishtwar district.

The next day, drawing upon his extensive knowledge of the terrain gained through exhaustive reconnaissance and patrolling, he correctly assessed the likely escape routes of the terrorists and initiated a thorough search of the Gwaries of Gujjars in the higher reaches.

During the operation, the search party came under intense and



indiscriminate fire from terrorists, resulting in his scouts being hit and falling to the ground.

The officer dashed forward under heavy fire and pulled his injured scouts to safety while during the terrorist. Owing to limited cover in the open meadows, the officer was hit by terrorist fire and later succumbed to gunshot wounds.

Rifleman Hilal Ahmad Bhat of 19 Rashtriya Rifles demonstrated exemplary courage during a joint operation in Sheikhpura Forest on 8 October 2024.

While tactically closing in on suspicious movement along with his buddy, the duo was suddenly confronted at close range by terrorists lying in ambush.

Realising the imminent threat, Rifleman Bhat fearlessly counter-challenged the terrorists in a close-quarter engagement, deliberately drawing enemy fire upon himself to allow his buddy to disengage, move to safety and alert other surveillance teams.

Despite being repeatedly fired upon, he continued to engage the terrorists until his comrade was

clear of danger. In the course of this gallant action, Rifleman Hilal Ahmad Bhat sustained multiple gunshot wounds and later succumbed to his injuries.

Rifleman Mohit Rathour of 57 Rashtriya Rifles Battalion, serving with the Battalion Ghatak Team, was engaged in an enemy attack in the Gulab Sub Sector on July 27, 2024.

At around 0340 hours, Border Action Team terrorists positioned near the perimeter fence of a post launched a coordinated assault by lobbing grenades and opening

intense small arms fire on the troops.

Responding instantly, Rifleman Rathour moved out from the living bunker and took up a position to engage the terrorists. He crawled forward under heavy fire and engaged the enemy, successfully injuring a terrorist.

During the fierce exchange, he sustained multiple gunshot wounds, yet despite severe injuries and profuse blood loss, he continued advancing towards the enemy. He was struck again by enemy fire and subsequently collapsed and succumbed to his injuries.

Lance Naik Targias of 51 LADAKH SCOUTS was a key member of the Faculty Development Programme for the ascent of Mount Kun (7077 m).

On 08 October 2023, during a route-opening mission on Mount Kun, he voluntarily took the initiative to open the route from Camp-I to Camp-II, to be established at an altitude of 20,250 feet, in extremely steep, treacherous terrain and harsh climatic conditions.

He led the effort to open the route to ensure the smooth conduct of the expedition. During the course of the hazardous mission, a lethal avalanche struck, burying Lance Naik Stanzin Targias, following which he lost his life. UNI

Delhi assembly seeks explanation from Punjab police within 48 hours over FIR linked to Atishi video

■ UNITED NEWS OF INDIA

NEW DELHI, JAN 10 : Delhi Legislative Assembly Secretariat has issued notices to senior Punjab Police officials over the registration of an FIR in Jalandhar related to an alleged doctored video clip of Delhi Assembly proceedings involving Leader of Opposition Atishi.

According to the notices dated January 10, the FIR was registered by the Jalandhar Police Commissionerate on the basis of a press release claiming that a video clip from the Delhi Assembly proceedings of January 6, 2026, was forensically examined and found to be deliberately doctored.

The matter was brought to the notice of the Speaker during the House sitting on January 9.

Secretariat stated that the Delhi Assembly is already seized of the issue concerning remarks allegedly made by Atishi on the floor of the House.

The matter has been referred to the Committee of Privileges of the Delhi Assembly. It was also noted that the video clip had already been sent for forensic examination on the request of opposition members.

Speaker has expressed grave concern over the action taken by the Punjab Police, stating that the issue falls exclusively within the domain of the privileged House. The proceedings of the Assembly are privileged and are the property of the House, the notice said.

Speaker has directed that an explanation be sought on how the Punjab Police interfered in a matter that was under the consideration of the Delhi Assembly. The notices ask the concerned officials to submit a written explanation along with relevant documents, including copies of the complaint, FIR and forensic report, within 48 hours.

Separate notices have been issued to the Police Commissioner Jalandhar, the Special DGP Cyber Cell Punjab, and the Director General of Police Punjab. Delhi Assembly also mentioned that the notices have been issued with the approval of the Speaker.

On Friday, the Jalandhar Police Commissionerate said an FIR has been registered on the complaint of Iqbal Singh regarding the uploading and circulation of an edited and doctored video of Atishi, MLA and Leader of Opposition in the Delhi Vidhan Sabha.

According to the police, several social media posts circulated a short video clip allegedly showing Atishi making derogatory and blasphemous remarks against Gurus, along with inflammatory captions.

A police spokesperson said the investigation was conducted in a scientific manner. The video clip containing Atishi's audio was downloaded from a social media post shared from the X account of Kapil Mishra and was sent to the Director, Forensic Science Laboratory, Punjab, SAS Nagar, for examination.

Jalandhar police statement claimed "as per the forensic report dated January 9, 2026, the word Guru was not uttered by Atishi in the audio contained in the video clips circulated on social media. The report said the video was deliberately doctored and words were falsely attributed through captions that were never spoken by her."

After the FIR was registered by the Punjab Police, Kapil Mishra reacted on social media platform X, saying that FIRs and police pressure cannot scare him.

He claimed that the video is part of the Delhi Assembly records and has been heard by everyone. He alleged that Atishi has not attended the Assembly since that day despite being called several times by the Speaker.

Mishra also accused the Punjab Police of ignoring crimes in Punjab and instead filed an FIR to shield the Leader of Opposition. UNI

What sports needs is a TV push

■ RUPINDER SINGH

NEW DELHI, JAN 10 : Olympic sports like athletics, swimming, gymnastics, or, for that matter, the Paralympic Games must have quality telecasts as a first step to nurture and produce champions.

Anyone who has followed Indian sports would know that there is only one sport that dominates the Indian sporting arena, and that too by miles, and that's cricket. While we flounder in our progress in Olympic sports, cricket does teach us a very important lesson or two. The first real step forward in cricket was achieved by the administrative duo of Jagmohan Dalmia and Inderjit Singh Bindra, who realised that quality telecasts of the sport were vital for its popularity and progress.

They fought a battle in the Supreme Court to allow the uplinking of signals, which would allow private TV sports channels to telecast the sport in India and worldwide. Once that victory was achieved, the private sports channels started to bring the sport alive by their quality production and paying of TV rights to the cricket board.

The next step up came with the introduction of the IPL in 2008, following the 2007 World Cup T20 victory for India. The IPL has now been hosted continuously for 18 years and the progress of the sport is there for everyone to see. Stories of Yashasvi Jaiswal, Mohammed Siraj, and, more recently, Vaibhav Suryavanshi abound, while Rishabh Pant's contract of Rs 27 crores has become every sportsperson's and indeed every parent's ambition.

We coach many talented 14-year-olds in athletics who may be technically at a higher level than Vaibhav Suryavanshi, but can we support them even with basic financial assistance to continue playing? Coming from economically challenged backgrounds, they can hardly afford the basic nutrition or protein necessary to pursue their sport. If India is serious about progressing in Olympic sports, and it has shown interest in bidding for the 2036 Olympics, quality telecasts of core Olympic sports like athletics, swimming, and Paralympics must be the first step taken by the government. Many more steps to incentivise sporting activities could follow. Right now, our sports channels have 85 per cent cricket being shown, and thus 85 per cent of the sponsorship and advertising from corporate India also goes to cricket and cricketers. So, the Indian population at large does not know that Sachin Yadav and Sarvesh Kushare are the only two finalists from the current World Championships and may bring glory at the next Asian or Commonwealth Games, and perhaps even the next Olympics too. They struggle to be seen on TV and consequently have very little or no chance to be aided in their endeavours through sponsorship. It is time to immediately get the federation, government, and the corporate world to work on this first step towards making India an Olympic powerhouse. UNI

Delhi's AQI remains 'severe' amid dense fog, Airlines issue travel advisories

■ UNITED NEWS OF INDIA

NEW DELHI, JAN 10 : Delhi continues to face hazardous air quality and dense fog this morning, with adverse weather conditions disrupting both daily life and air travel. As of 8:02 am local time on Saturday, Delhi's Air Quality Index (AQI) remained at 431, placing it in the 'Hazardous' category. PM2.5 levels reportedly stood at 289 micrograms per cubic metre, while PM10 levels were recorded at 405 micrograms per cubic metre, far above permissible limits. The capital's air quality is currently about 1.6 times worse than the national average.

In India, the Air Quality Index (AQI) categorises polluted air into six levels: Good (0–50 AQI), Satisfactory (50–100), Moderate (100–200), Poor (200–300), Very Poor (300–400), and Severe (400–500).

Very Poor (300–400), and Severe (400–500). Winter conditions intensified across large parts of the country from January 10, with the India Meteorological Department (IMD) issuing warnings for cold wave, cold day and dense fog across north and central India.

In Delhi-NCR, cold wave and cold day conditions are likely at isolated places, accompanied by dense fog during morning and late-night hours. The minimum temperature in the national capital dropped to 4.6 degrees Celsius, about 2.3 degrees below the seasonal average. Dense fog continues to blanket the city, sharply reducing visibility and trapping pollutants near the surface amid high humidity and light winds. The unfavourable weather conditions have also disrupted aviation operations, leading to delays of flights

at airports. IndiGo Airlines, in a travel advisory issued on X, said, "Delhi and Hindon airports continue to remain wrapped in chilly winter air and lingering fog this morning. The fluctuating visibility has led to changes in flight schedules, and operations may be slower than usual as conditions evolve." The airline added that "teams on-ground are prioritising safety and compliance with visibility requirements," and advised passengers to keep track of their flight status.

IndiGo further cautioned that low visibility conditions over Amritsar, Chandigarh, Jammu, Patna, Udaipur, and Varanasi may also impact flight schedules, while assuring passengers that efforts are underway to ensure smooth operations once weather conditions improve. UNI

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14 killed, 50 injured as bus plunges into 500-foot gorge; PM announces ex-gratia

■ UNITED NEWS OF INDIA

NEW DELHI, JAN 10 : Fourteen people, including eight women, were killed and 50 others injured after a private bus travelling from Shimla to Kupvi plunged into a 500-foot-deep gorge in the Haripurdhara region on Friday.

Preliminary investigations indicate that the accident occurred in Himachal Pradesh's Sirmour district. The bus, which has a seating capacity of 39, was reportedly carrying more passengers than its capacity when it lost control and fell into the gorge.

Prime Minister Narendra Modi announced on X, that an ex-gratia of Rs 2 lakh from the PMNRF would be provided to the next of kin of each deceased, while the injured would receive Rs 50,000.

Expressing grief, President Droupadi Murmu wrote on X, "I express my deepest condolences to the bereaved families who have lost their loved ones in this accident. I pray for the swift recovery of the injured individuals."

Himachal Pradesh Chief Minister Sukhvinder Singh Sukhu conveyed his deepest condolences and directed district authorities to provide all possible assistance and ensure the best medical care for the injured.



The Solan District Administration has been coordinating closely with the Sirmour Administration.

The Deputy Commissioner of Solan personally visited the site and issued necessary directions to ensure prompt assistance. UNI

India presses EU on climate rules as FTA talks near crucial juncture amid US threats

■ JAYANTA ROY CHOWDHURY

NEW DELHI, JAN 10 : In the midst of US tariff threats to India and an imbroglio over American demands that Greenland be handed over, New Delhi and Brussels are racing to bridge gaps on carbon pricing, steel access and market openings, with a new urgency to clinch a long-delayed free trade pact. India's commerce minister

Piyush Goel had remained locked in marathon trade talks on Friday with his European union counterpart Maros Sefovic to try and come to a consensus on contentious issues including Europe's controversial carbon tax and India's red lines on farm subsidies.

Top commerce ministry officials told UNI, "We need the deal, they need it too as both want stable markets, which are shielded from tariff threats

and we both want to decouple from China-led supply chains.

India and EU both want to clinch the deal ahead of the Republic Day visit by European Commission President Ursula Von Der Leyen and European Council President Antonio Costa.

"We are near... very near as far as I know. Compromises are being found over EU's carbon border adjustment mechanism tax and India's labour

movement demands," said Prof Biswajit Dhar, former Head of the Centre for WTO Studies at Indian Institute of Foreign Trade (IIFT). "By the time European union leaders arrive in New Delhi for the Republic Day celebrations later this month, trade negotiators on both sides hope to have something concrete to show," Dhar said. Other than the threat from US tariffs and policy decisions, other strategic

considerations are also reshaping the talks. Under its Critical Raw Materials Act, the European union has identified India as a key potential partner for diversifying supplies of rare earths and other strategic minerals in an effort to reduce dependence on China.

India's state-run miner, Indian Rare Earths, produces between 1,300 and 1,500 tons of neodymium oxide annually, a material vital for electric

vehicles, wind turbines and advanced electronics. "Friend-shoring" such supply chains, European officials argue, could cushion the bloc against future disruptions. The talks, which had dragged on for more than decade, have more or less settled other contentious points and India can hope for tariff concessions on a host of goods ranging from textiles, gems and jewellery to electronics and steel. UNI

Shreyas Iyer Cleared To Join India Squad For NZ ODIs

■ UNITED NEWS OF INDIA

JAIPUR: Shreyas Iyer has been cleared to join India's squad for the upcoming three-match One Day International series against New Zealand, bringing welcome news for the team management ahead of the crucial assignment. The middle-order batter, who was named in India's 15-member squad earlier this month subject to fitness clearance, has successfully proven his readiness through competitive match action and is now set to return to international cricket. Shreyas will link up with the Indian squad on Friday, just two days before the opening ODI against New Zealand, scheduled to be played in Vadodara. His clearance follows a solid outing in the ongoing Vijay Hazare Trophy, where he featured for Mumbai and demonstrated both physical fitness and batting form. The selectors and team management had been closely monitoring his progress, and his performances in the domestic 50-over tournament played a key role in confirming his availability.

India's ODI vice-captain has been out of action since October after suffering a serious spleen injury during the Sydney ODI against Australia on October 25. The injury occurred while he was attempting a catch, and he was subsequently admitted to hospital due to internal bleeding caused by a spleen laceration. As a result, Shreyas was ruled out of India's home series against South Africa, raising concerns about the timeline of his recovery. However, after months of rehabilitation and medical supervision, he has made a full recovery and is now ready to resume duties at the international level.

Shreyas used the Vijay Hazare Trophy as a platform to regain match sharpness and confidence. He scored an impressive 82 and a steady 45 in his two appearances for Mumbai, showing composure and fluency at the crease. In the absence of the injured Shardul Thakur, Shreyas also took on additional responsibility by leading Mumbai as captain in those matches, further underlining his leadership credentials and fitness. Meanwhile, most members of India's ODI squad arrived in Vadodara on January 7 to begin preparations for the series. The opening match holds special significance as the city will host its first men's international fixture in more than 15 years. The newly constructed Kotambi Stadium, which has already staged Women's Premier League matches and women's ODIs, will make its men's international debut on Sunday.



It was meant to be: Young India spinner Vaishnavi on cricket career

■ UNITED NEWS OF INDIA

NEW DELHI: It was written in the stars, or so believed her father. Long before Vaishnavi Sharma picked up a cricket ball, she says her future as a sportsperson was known to her astrologer father, Narendra Sharma. The 20-year-old left-arm spinner from Gwalior made her India debut in the T20 International format just last year in a home series against Sri Lanka.



"When I was four years old, my journey in sports began. As you all know, my father is an astrologer. He looked at my horoscope and said that I should either go into sports or into the medical field," Vaishnavi told 'PTI Videos'.

"After that, it was a question of where my own interest was. After some time, he understood that my interest was in sports. When I was seven, I started playing more seriously, like going for evening practice sessions.

"And when I was 11-12 years old, I played my first Under-16 match for Madhya Pradesh. It wasn't under the BCCI then, but that's where my journey really started," she recalled.

In the five-match series against Sri Lanka, she finished as the joint-highest wicket-taker for India with five scalps.

The youngster says she has been certain about cricket from the very first day.

"When I started cricket, this was always my goal. I never focused on any other goal. Whenever I go to the ground, I just forget everything else, because the feeling I get after playing cricket, I don't get it from anything else," she said.

"I can't sit idle at home. Even if I'm doing my favourite things, when I have that love for cricket, I don't think about anything else," she added.

Adithya Ashok's Indian connection and Michael Rae's All Blacks connection

■ UNITED NEWS OF INDIA

WELLINGTON: Without a number of first-choice players, who are preparing for the T20I leg of New Zealand's tour of India and the following T20 World Cup, New Zealand's ODI squad has a fresh look. This is a chance for the fringe players to impress and earn another opportunity for the away series against Bangladesh for which the seniors may not be available once again as it will clash with IPL 2026. Get acquainted with some new(ish) faces in the Black Caps' ODI side.

Jayden Lennox

A left-arm fingerspinner, who is also a competent batter down the order, the uncapped Jayden

Lennox is a like-for-like swap for Mitchell Santner, who will return to take charge of the white-ball side for the T20Is and then the T20 World Cup in India and Sri Lanka. Lennox, 31, has been a "player of interest" for New Zealand over the past few seasons, according to coach Rob Walter. Like Santner, he fronts up to bowl the tough overs in white-ball cricket, including in the power-play in T20s. After playing his part in Central Stags' run to the Super Smash title last season, Lennox was difficult to put away in the Global Super League in Guyana, coming away with four wickets in three innings at an excellent economy rate of 5.07.

Kristian Clarke

After being around New Zealand's squads across formats during the home summer, seam-bowling allrounder Kristian Clarke is in line for a potential international debut, away from home. A tall bowler who can hit the deck and also give it a whack with the bat lower down the order, Clarke is regarded as an allrounder with a high ceiling in New Zealand cricket. In the first chunk of the one-day Ford Trophy, Clarke clattered his maiden List A century against a Central Districts attack, which included Lennox and Ajaz Patel, and followed it with a three-wicket haul. His family - his parents and his partner - have planned to travel to India for

Clarke's potential debut and watch him go up against Virat Kohli and Rohit Sharma.

Adithya Ashok

A legspinner with a sharp googly in his repertoire, Adithya Ashok has been earmarked as Ish Sodhi's successor. Adithya, 23, has already played three white-ball internationals, the last of which came in December 2023. He won his maiden New Zealand contract just before Gary Stead exited as coach, but Walter, the new coach, has preferred the experience of Sodhi. Can Adithya move up the hierarchy in the New Year?

Michael Rae

What's common between All Blacks coach Scott Robertson and Black Caps fast bowler Mi-

chael Rae? Well, both share the same nickname: 'Razor'.

A tall fast bowler, who can move the new ball and bang the older one into the pitch, Rae also rocks the headband like Chris Martin did back in the day. When he felt that his time at the top level had passed, Rae was called into the New Zealand Test squad after a litany of injuries. The 30-year-old played two pre-Christmas Tests and drew messages from a number of people, including someone who sold him a Kiwisaver scheme at his parents' house when he was in his teens. Rae's inbox might be flooded with more such messages if he takes out the likes of Kohli and Rohit in India.

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