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Our Spiritual, Cultural Heritage Will Shape Society and Fuel Nation's Holistic Growth: Manoj Sinha

LG Underscores Values-Led Education, Innovation and Heritage Investment for J&K's Bright Future

■ HT NEWS NETWORK

JAMMU, JAN 13: Lieutenant Governor Shri Manoj Sinha on Tuesday launched the special edition of Sangarmal magazine, published by the Hindu Education Society Kashmir, at Gandhi Memorial Camp College, Raipur, Jammu.

Addressing the gathering, the Lieutenant Governor highlighted the role of cultural-spiritual heritage and education as a unifying force to strengthen social cohesion and chart a blueprint for a thriving future. He called for nurturing values such as compassion, humility and resilience to reinforce community bonds.



"In an era marked by rapid technological growth and globalization, our timeless spiritual and cultural heritage—our shared beliefs, traditions, arts, rituals and values—will shape society and fuel the holistic growth of the nation," he said.

Describing Jammu and Kashmir's spiritual legacy as a "dynamic asset," the Lieutenant Governor noted that since Vedic times, traditional values have served as guiding principles, laying a strong ethical foundation for overall development. He added that the Union Territory's ancient cultural heritage and spiritual wisdom remain an invisible force capable of

● Turn on Page 2

Local Terrorism on the Brink of Extinction in J&K: General Dwivedi

- Army Chief Reiterated That Local Recruitment of Terrorists is Almost Nill
- Op; Sindoor Continues and Future Misadventure Would be Met With a Resolute Response

■ HT NEWS DESK

SRINAGAR, JAN 13: Indian Army Chief General Upendra Dwivedi on Tuesday declared that local terrorism in Jammu and Kashmir has been pushed to the margins, with active local terrorists now in single digits and fresh recruitment nearly non-existent a sharp turnaround in the region's security scenario.

Addressing his first press conference of 2026, the Army Chief said that despite the situation along the Western Front and in J&K remaining sensitive since May 10 last year, it is firmly under



control. He disclosed that 31 terrorists were eliminated in 2025, of whom about 65 per cent

● Turn on Page 2

Quality Healthcare Reaches India's Farthest Shores: Rajnath Singh

Tri-Services Medical Camp in Lakshadweep Restores Vision, Delivers Advanced Care to Island Communities

■ HT NEWS DESK / AGENCIES

NEW DELHI, JAN 13: Reaffirming the government's resolve to ensure equitable healthcare for all citizens, Defence Minister Rajnath Singh on Tuesday said that providing quality medical services to people living in remote and island territories remains a top priority. He was virtually addressing a joint services

● Turn on Page 2

'Crackdown on Terror Nexus' Five More 'Terror-Linked' Govt Employees Sacked in J&K

Total Dismissals Since 2021 Touches 89 as Administration Tightens Noose Around Terror Support Network

■ HT NEWS DESK / KNO

SRINAGAR, JAN 13: In a major crackdown on the terror ecosystem operating within government institutions, Lieutenant Governor Manoj Sinha on Tuesday terminated the services of five more government employees for their alleged links with terrorist organisations, officials said.

The action, taken under Article 311(2)(c) of the Constitution,

has pushed the total number of such dismissals since 2021 to 89, marking one of the most extensive internal clean-up drives launched by the J&K administration.

Officials said the terminated employees were found to be actively involved in providing logistical, operational, and ideological support to banned terrorist outfits, including Lashkar-e-Taiba (LeT) and Hizbul Mujahideen (HM), while holding positions of



public trust and drawing salaries from the public exchequer.

According to details available with the news agency Kashmir

News Observer (KNO), those dismissed include Mohammad Ishfaq, a teacher in the Education Department; Tariq Ahmad Rah, a lab technician in the Health Department posted at Sub-District Hospital Bijbehara; Bashir Ahmad Mir, an assistant lineman with the Public Health Engineering Department; Farooq Ahmad Bhat, a field worker in the J&K Forest Department; and Mohammad

● Turn on Page 2

Cold wave persists in Kashmir

■ HT NEWS NETWORK

SRINAGAR, JAN 13: Cold wave conditions continued across Kashmir on Tuesday as minimum temperatures remained well below the freezing point at most places, while parts of Jammu recorded low single-digit temperatures. Ladakh remained in the grip of intense cold with double-digit sub-zero readings.

In the Kashmir region, Srinagar recorded a minimum temperature of minus 4.9 degrees Celsius, while Srinagar Airport settled lower at minus 5.8 degrees Celsius. Qazigund registered minus 5.0 degrees

● Turn on Page 2

Massive Healthcare Push Positions J&K As Emerging Medical Hub

■ HT NEWS NETWORK

JAMMU, JAN 13: Jammu & Kashmir is witnessing a historic and far-reaching transformation in its healthcare sector, marked by massive infrastructure development, unprecedented expansion in medical education, and sustained support from the Government of India. Strategic investments made over the past several years by the Ministry of Health & Family Welfare (MoHFW) have fundamentally reshaped healthcare delivery across the Union Territory, ensuring that quality medical services

are accessible not only in urban centres but also in rural, border and geographically challenging areas.

Large-scale healthcare infrastructure projects and systematic upgradation of services at the grassroots level have played a pivotal role in redefining the healthcare landscape of Jammu & Kashmir. These initiatives have not only enhanced the quality of medical services but have also ensured their availability closer to the doorsteps of people residing in far-flung and remote regions of the UT.

■ Flagship Institutions

Redefining Tertiary Healthcare

A cornerstone of this transformation is the establishment of two All India Institutes of Medical Sciences (AIIMS) in Jammu & Kashmir—an achievement that has elevated the UT's healthcare ecosystem to national and global standards.

AIIMS Jammu, now fully operational, is providing world-class tertiary and super-specialty healthcare services. Equipped with advanced diagnostic, surgical and critical care facilities, the

● Turn on Page 2

Sanatan Dharma Is Eternal, Can Never Be Erased : Amit Shah at Somnath Event

Says Invaders Vanished but India's Faith Endured as Somnath Temple Rose Again After Centuries of Destruction

■ HT NEWS DESK / AGENCIES

AHMEDABAD, JAN 13: Union Home Minister Amit Shah on Tuesday said India's Sanatan Dharma, cultural heritage and people's faith are eternal and cannot be erased, citing the rebuilding of the Somnath temple despite repeated attempts to destroy it over the centuries.

● Turn on Page 2

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Div Com Kashmir calls for comprehensive arrangements for Shab-e-Meraj Observance

■ HT NEWS NETWORK

SRINAGAR, JAN 13: In view of the forthcoming observance of Shab-e-Meraj (S.A.W.) and Friday following, the Divisional Commissioner Kashmir, Anshul Garg, on Tuesday convened a meeting of Deputy Commissioners and senior Divisional Officers to review and finalize arrangements for facilitating devotees at major shrines and mosques across the Valley.

During the meeting, the Div Com directed all concerned departments to ensure comprehensive and seamless arrangements, including uninterrupted power and water supply, establishment of medical camps, availability of essential commodities, adequate transportation and parking facilities, effective traffic management, robust security deployment, and proper sanitation and fire safety measures.

He emphasized special arrangements at prominent religious sites, including Asar-e-Sharief Hazratbal, Asar-e-Sharief Kalashpora, Jenab Sahib Saura, Ziyarat Sharief Kabamarg, Ziyarat Sharief Khirram (Anantnag),



Ziyarat Sharief Makhama (Budgam), and Ziyarat Aham-e-Sharief (Bandipora).

On the occasion, DCs were instructed to closely monitor and facilitate the observance in their respective districts.

Kashmir Power Distribution Corporation Limited (KPDCL) was directed to ensure uninterrupted power supply across the Valley on the eve of Shab-e-Meraj and the following Friday, with adequate power backup at all major religious places.

State Road Transport Corporation (SRTC) and Smart City Limited (SSCL) were instructed to

deploy additional buses on designated routes, particularly to facilitate devotees visiting the Hazratbal Shrine.

The Urban Local Bodies (ULBs) and Srinagar Municipal Corporation (SMC) were asked to conduct special sanitation drives at major shrines and mosques in the city and other districts.

The Div Com also directed officials of the J&K Waqf Board to install waterproof tents within the premises of Hazratbal Shrine and provide adequate tentage facilities at other major shrines across districts.

Public Health Engineering (PHE) Department was instructed to ensure uninterrupted supply of drinking water at all religious places and keep water tankers on standby, especially at Hazratbal Shrine.

All other concerned departments were directed to extend full cooperation and ensure hassle-free services for devotees. DCs were further asked to assess preparedness in advance and ensure timely execution of all arrangements for the smooth observance of Shab-e-Meraj (S.A.W.) in their respective jurisdictions.

KU begins two-day workshop on grassland invasion management

■ HT NEWS NETWORK

SRINAGAR JAN 13: The Department of Botany, University of Kashmir (KU), on Tuesday began a two-day workshop titled "Managing Invasions for Grassland Restoration and Resilience" under the RUSA 2.0 project in collaboration with ICAR-Indian Grassland & Research Fodder Institute, Regional Research Station Srinagar, at the Main Campus.

The workshop aims to examine the ecological integrity of grasslands, assess the threats posed by invasive species, and identify practical restoration and management strategies.

In her address at the inaugural session, Vice-Chancellor KU, Prof. Nilofer Khan, said, "Grasslands are among the most threatened ecosystems, yet they remain critical for biodiversity, livelihoods, and climate resilience. Universities must play a proactive role in generating region-specific knowledge and solutions for their conservation."

Registrar, KU, Prof. Naseer Iqbal highlighted the importance of institutional support and capacity-building initiatives in strengthening research-led approaches to ecological conservation. Dean, School of Biological Sciences, KU, Prof. Abdul Hamid Wani, noted that interdisciplinary research and collaboration are essential for addressing complex ecological challenges such as grassland degradation.

Head, Department of Botany, KU, Prof. Aijaz Wani, said that the workshop provides a platform for researchers, practitioners, and students to engage with contemporary issues related to grassland ecology and management.

The inaugural session also featured thematic addresses by domain experts focusing on the socio-ecological dimensions of grasslands. Director, Sheep Husbandry, Kashmir, Dr. Rafiq A. Shah, highlighted the role of grasslands in ensuring fodder security and maintaining soil fertility. Dr. G. Balachander, CEO, Krishi Bounty Biotech, Bangalore, discussed the relationship between grasslands, pastoralist livelihoods, and nature-based solutions (NbS). Dr. Mahesh Sankaran, NCBS, Bangalore, spoke on grassland science and ecosystem resilience, emphasising the need for long-term ecological research to strengthen adaptive management strategies.

Earlier, Coordinator of the workshop, Prof. Manzoor Shah, in his welcome address, outlined the objectives of the programme and stressed the relevance of local and regional perspectives in grassland restoration efforts.

The two-day workshop features expert sessions, field visit, and panel discussions on grassland ecology, invasive species dynamics, restoration practices, resilience-building measures, and policy frameworks relevant to grassland management. It is being attended by academic experts, delegates, research scholars and students.



CIK executes proclamation against 3 absconding accused in digital propaganda case

■ HT NEWS NETWORK / KNO

SRINAGAR, JAN 13: The Counter Intelligence Kashmir (CIK) on Tuesday executed proclamation orders against three absconding accused involved in a serious anti-national and unlawful activities case.

In a statement, issued to news agency—Kashmir News Observer (KNO), a spokesperson said that the proclamation was carried out in compliance with the Special NIA court order in Srinagar Kupwara in connection with FIR No. 07/2020 under Sections 153-A & 505 IPC and Section 13 of the Unlawful Activities (Prevention) Act at Police Station CIK.

The statement reads that the absconding offenders are Mubeen Ahmad Shah S/o Late Ali Mohammad Shah, Aziz-ul-Hassan Ashai alias Tony Ashai S/o Nazir Ahmad Ashai—both residents of Srinagar and Rifat Wani D/o Ghulam Mohammad Wani of Kupwara.

"The case pertains to grave and serious offences



threatening public order, communal harmony and national integrity. Investigation has conclusively revealed a well-orchestrated conspiracy hatched by unscrupulous anti-social and anti-national elements acting at the behest of secessionist forces operating from within and outside Kashmir," it reads.

It added that during the course of investigation, it has surfaced that the accused deliberately masqueraded as journalists, freelancers and news portals, while in reality running a covert digital warfare campaign.

"By abusing social media platforms such as Facebook, X (formerly Twitter) and WhatsApp, they systematically created and disseminated fake, motivated, exaggerated, secessionist and out-of-context content".

It reads that the calculated objective of this campaign was to incite street violence, disrupt normal civic life, provoke damage to public property, disturb public order and fuel mass unrest, thereby promoting anti-national sentiments and attempting to create disaffection against the Union of India.

CIK reiterated that freedom of expression cannot be allowed to be misused as a weapon against the nation. "Any individual or group attempting to camouflage unlawful, secessionist or communal activities under the garb of journalism or online activism will face swift, relentless and legally robust action," it added—(KNO)

Pride for Handwara as Dr. Khursheed Ahmad Dar Earns Senior Scientist Rank

■ DR. AB QAYOOM

HANDWARA, JAN 13: Dr. Khursheed Ahmad Dar of Jaggerpora, Handwara, has been elevated to the prestigious position of Senior Scientist at Sher-e-Kashmir University of Agricultural Sciences and Technology of Kashmir (SKUAST-K), marking a major milestone in his distinguished academic and research career spanning over 17 years. The elevation is in recognition of Dr. Dar's unwavering dedication to agricultural science, research excellence, and education, particularly in the field of sericulture and allied agricultural sciences. His career stands as a testament to innovation, community impact, and growing international engagement.

Dr. Khursheed began his scientific journey with the College of Temperate Sericulture (CoTS), SKUAST-K, nearly two decades ago. Over the years, he has emerged as a leading expert, skillfully blending field-level extension work with high-impact research. His efforts have consistently addressed grassroots challenges while aligning with broader goals of sustainable rural development, empowering farming communities, especially in remote and border areas. During his career, Dar has successfully led and contributed to more than six major research projects funded by national and state agencies. These projects have played a significant role in enhancing livelihood opportunities through sericulture and allied enterprises, strengthening rural economies across the region. A prolific scholar, Dr. Khursheed has authored over 70 research papers in reputed peer-reviewed national and international journals. He has also contributed to several books and technical publications, with his scholarly work focusing on sustainable sericulture technologies, value chain development, and rural livelihood enhancement. The academic excellence of Dr. Khursheed has earned him international recognition.



He has presented his research at global scientific forums, including international conferences in Romania, where he established collaborations with leading scientists and industry stakeholders. His expertise and vision attracted the attention of an Egyptian agri-tech company, leading to his nomination as a Scientific Advisor to Egypt's El-Salhiya Agriculture Company and its European partner. In this role, he is contributing to the development of sericulture infrastructure in desert environments of North Africa, underscoring his global scientific influence. Colleagues and students describe Dar as a dynamic researcher, inspiring mentor, and relentless innovator. His contributions extend beyond academic publications, as his work has significantly strengthened rural livelihoods by promoting sericulture as a sustainable and viable economic activity. The elevation of Dr. Khursheed Ahmad Dar as Senior Scientist is a recognition of his exceptional contributions to research, professional leadership, and societal development. The achievement is widely seen as a stepping stone to greater accomplishments as he continues to advance agricultural science, mentor future scholars, and contribute to transformative solutions for sustainable development.

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Admissions open for Montessori Teacher Training Program in NCDC

The National Child Development Council (NCDC) has announced admissions in an educational program aimed at empowering women and enhancing their teaching skills.

As per an official, the council announced admissions in Montessori Teacher Training Program exclusively for women, through Zoom Live Class, with globally accepted certification.

ADMISSIONS

OPEN

sions in Montessori Teacher Training Program exclusively for women, through Zoom Live Class, with globally accepted certification.

This job oriented program is set to commence soon. For more information on the Montessori course and enrollment details, interested candidates can contact 7356607191 or visit NCDC's official website at https://ncdconline.org/.

ADVT

200 Bhadarwah Farmers Receive Walnut Saplings in Joint Welfare Drive

TSWOOI, AIPWS, Horticulture Department Join Hands

■ AMIR IQBAL KHAN

BHADARWAH, JAN 13: All India People's Welfare Society (AIPWS) and The Social Welfare Organisation of India (TSWOOI), in collaboration with the Department of Horticulture district Doda, distributed over 1,000 walnut saplings to 200 farmers from Atkhar and surrounding areas during a training programme under the Aspirational Block Development Programme here on Tuesday.

The one-day event targeted farmers from Sirtangal, Chabba, Butla, Sehri, Lower Bhejja, Upper Bhejja, Katyara, Behani Nallah, Sherakhi and other nearby villages in additional district Bhadarwah to promote horticulture and enhance rural incomes through fruit orchards.

AIPWS President and TSWOOI Vice President Zaffar Hussain Wani, who



led the distribution along with General Secretary Umar Farooq Tak, Managing Organiser Anikat Sharma, Treasurer Mohd Salim Butt, Secretary Badri Nath, Abdul Hafiz Dar, Nazir Ahmed Shah, Jaan Mohd and Mohd Shameem, handed over the saplings at multiple locations in Atkhar.

"This initiative will empower our farmers by turning barren lands into productive orchards, boosting livelihoods and sustainable development in Bhadarwah," Wani told.

Horticulture Development Officer (HDO) Bhadarwah Rohan Kumar Bhagat, who attended the event, along with team members Rasim Farid and Mohd Ashraf, briefed participants on government schemes, incentives and support for orchard cultivation under CAPEX and non-plan heads.

Bhagat said the area holds immense promise for fruit cultivation, assuring full departmental assistance. Mohd Ashraf, another official, echoed the call for embracing horticulture to strengthen the local economy.

Local farmers expressed enthusiasm, with one beneficiary noting that orchard farming could significantly improve quality of life.

"Once a Soldier, Always a Soldier ": Satish Sharma at Rajouri Veterans Rally

Pays glowing tributes to Veterans on 10th Veterans day

■ HT NEWS NETWORK

RAJOURI, JAN 13: Minister for Food, Civil Supplies & Consumer Affairs, Information Technology, Transport, Youth Services & Sports, Satish Sharma, today paid rich tributes to veterans, war widows and serving soldiers during the 10th Veterans' Day and Ex-Servicemen Day mega rally held at Rajouri, organised by the Northern Command of the Indian Army.

The event witnessed presence of senior Army officers including Lieutenant General Prateek Sharma, GOC-in-C Northern Command; Lieutenant General P. K. Mishra, GOC White Knight Corps and Major General Kaushik Mukherjee, GOC 25 Infantry Division besides a large gathering of ex-servicemen, Veer Naris and their families.

Addressing the gathering, Satish Sharma said that Veterans' Day is not merely a ceremonial occasion but a solemn reminder of the unparalleled sacrifices made by the Armed Forces to safeguard the sovereignty, unity and integrity of the nation. He said the bravery, discipline and professionalism of Indian soldiers have earned global respect for India.

Describing veterans as lifelong torchbearers of patriotism, the



Minister said, "Once a soldier, always a soldier. A fauji never truly retires. His sense of duty, courage and discipline continue to guide the society even after retirement."

Sharing his personal note while getting emotional, Satish Sharma said that his father was an ex-serviceman and he grew up imbibing the values of the

Army. He said that even after retirement, his father continued to serve the people through public life, reflecting the spirit of lifelong service that defines a soldier.

The Minister highlighted the crucial role of veterans in Jammu and Kashmir, stating that retired soldiers continue to contribute to peace-building, social har-

mony and youth mentorship through initiatives such as Operation Sadbhavana. He said Jammu and Kashmir is today witnessing a new era of peace, stability and development due to the sacrifices and dedication of the Armed Forces.

Reaffirming the government's commitment to ex-servicemen and their families, Satish Sharma

said their welfare remains a top priority. He informed that mechanisms such as the Army Welfare Placement Organisation (AWPO), State Soldiers' Welfare Board, Soldier Assistance Centres and Veer Sainik Assistance Centres are being strengthened to provide employment, legal, medical and rehabilitation support to veterans and their dependents.

Paying heartfelt tribute to Veer Naris and families of martyrs, the Minister said their courage and sacrifice are a source of inspiration for the entire nation. He assured them of continued support from the Government of Jammu and Kashmir and the Armed Forces.

On the occasion, specially designed scooters were distributed among the disabled soldiers to enhance their mobility and independence.

Satish Sharma personally handed over the scooters and interacted with the beneficiaries.

The programme also featured cultural performances by personnel of the Madras Regiment and Punjab Regiment, adding patriotic fervour to the event.

The rally concluded with interactions between the Minister, senior Army officers, veterans, NCC cadets and members of the public.

MD Dairy Development reviews progress in Udhampur; emphasises sustainability, circular economy

■ HT NEWS NETWORK

UDHAMPUR, JAN 13: Mission Director Dairy Development (Animal Husbandry Department), Narinder Singh Bali conducted a comprehensive field visit in Udhampur district to evaluate the implementation of key developmental programs.

The visit focused on the impact of the Holistic Agriculture Development Program (HADP) and the Integrated Dairy Development Scheme (IDDS) on local livelihoods.

Accompanied by the Chief Animal Husbandry Officer, Dr. Shivatamri Khajuria and district-level officers, the Mission Director conducted on-the-spot assessments of government schemes, including establishment of satellite heifer units, commercial layer farms and free-range poultry units.

Interacting with the beneficiaries, the MD emphasized that the goal of government subsidies is to create long-term, sustainable income. He advocated for a "Group Approach" utilizing Self-Help



Groups (SHGs) and Farmer Producer Organizations (FPOs) to scale operations effectively.

A key highlight of the visit was the Director's focus on the circular economy. He urged farmers to integrate biogas production, utilizing cow dung for renewable energy, organic farming by converting slurry into vermicompost to reduce chemical dependency and develop climate resilience to align livestock rearing. He urged for conducting plantation drives and adopt environment-friendly practices to mitigate effects of climate change.

The Mission Director also inspected the District Veterinary Hospital and Modern Hatchery to review critical service delivery. He took stock of the progress of the construction of hospital's new clinical block, modernization of facilities to provide better health-care to livestock and strengthening the hatchery delivery system to serve the entire Jammu Division.

Expressing satisfaction over the district's performance, the MD noted that the effective execution of HADP and IDDS in Udhampur serves as a benchmark for dairy-led economic growth.

"The successful implementation of these schemes is vital for strengthening the livestock sector, generating employment and improving the socio-economic conditions of our farmers," the MD stated.

Ex-servicemen felicitated at Kupwara on 10th Veterans Day

■ HT NEWS NETWORK

KUPWARA, JAN 13: On the eve of 10th Veterans Day 2026, a felicitation programme was organised by Zila Sainik Welfare Office Kupwara at D.C Office Complex Kupwara.

The programme was organised with the objective of acknowledging the role of Ex-servicemen in nation building and continued service to the society even after retirement from the Armed Forces.

The felicitation ceremony was graced by Deputy Commissioner, Kupwara, Shrikant Suse in presence of Sainik Welfare Officer, Col SS Raja (Retd), who felicitated them with certificate of appreciation and



mementos, acknowledging their invaluable contribution to the country and society.

The DC appealed the ex-servicemen to take benefit under various centrally sponsored schemes by visiting nearest CSC or Centre of excellence established at D.C Office Complex Kupwara.

On the occasion, Gallantry Award Winners were honoured for their exceptional courage, bravery and distinguished service to the nation and also prominent Ex-servicemen who have been actively working and contributing to nation building.

Secretary RDD visits Budgam, Khansahib blocks; reviews development works

■ HT NEWS NETWORK

BUDGAM, JAN 13: Secretary, Rural Development Department (RDD) & Panchayati Raj, Mohammad Aijaz Asad, today conducted an extensive tour of Budgam district to review the physical and financial progress of various ongoing developmental works being executed under different rural development schemes.

During the tour, the Secretary visited several key project sites in Budgam and Khansahib blocks, emphasizing the importance of timely completion, quality execution and optimum utilization of public funds.

The tour commenced with a visit to the Regional Extension Training Centre (RETC), Budgam, where Aijaz Asad held an interaction with all the Block Development Officers (BDOs) of Budgam and Khansahib blocks.

The Secretary stressed upon the officers to ensure early completion of developmental works while adhering to the set timelines and scheme guidelines.

Subsequently, the Secretary inspected the under construction District Development Council (DDC) Building located near the Office of the Assistant Commissioner Development (ACD), Budgam. The project has an estimated cost of Rs. 253.29 lakh, against which an expenditure of Rs. 94.95 lakh has been incurred, so far.

The Secretary reviewed the pace of execution and directed the executing agency to expedite the remaining works without compromising on quality.

The tour then proceeded to Panchayat Halqa Shoolipora in Block Budgam, where the Secretary inspected construction of a concrete protection wall at Aastan Syed Musa Deewan, being executed under CD &



Panchayat schemes. The project has an estimated cost of Rs. 131.93 lakh. Against this, releases amounting Rs. 112.14 lakh have been made, with a current expenditure of Rs. 35.89 lakh. The Secretary instructed the concerned officers to ensure proper supervision and timely completion of the work.

In Block Khansahib, Aijaz Asad reviewed the progress on a playground at Panchayat Halqa Shinipora, being developed under MGNREGA, with an allotted cost of Rs. 10.00 lakh.

The Secretary underscored the significance of creating durable community assets that promote youth engagement and sports activities in rural areas.

Later, the Secretary visited the under-construction Panchayat Ghar at Reyar Beerwa, Block Khansahib, being executed under the Rashtriya Gram Swaraj Abhiyan (RGSA). The project has an Administrative Approval (AA) cost of Rs. 35.00 lakh and an

allotted cost of Rs. 25.00 lakh, against which both release and expenditure stand at Rs. 15.38 lakh.

The Secretary directed the officials to accelerate the pace of work so that the facility is made functional at the earliest.

While interacting with the field functionaries, Aijaz Asad reiterated that regular monitoring, field inspections and outcome-oriented implementation are key to achieving the objectives of rural development schemes. He emphasized that all projects must be completed within the stipulated timelines to ensure maximum benefit to the rural populace.

The Secretary was accompanied by the Joint Director, Rural Development Department, Kashmir; Chief Planning Officer, Budgam; Assistant Commissioner Development, Budgam; Sub-Divisional Magistrate, Khansahib; Executive Engineer, RDD and all concerned Block Development Officers during the tour.

CM-led selection panel to meet soon to finalise SEC recommendation

LoP Sharma, Speaker Rather among members of selection committee

■ HT NEWS NETWORK / KNO

SRINAGAR, JAN 13: A high-level selection committee headed by Chief Minister Omar Abdullah is likely to meet later this month to finalise recommendation for the appointment of the State Election Commissioner.

Sources told news agency—Kashmir News Observer (KNO) that the

selection committee, also comprising Leader of Opposition Sunil Sharma, Legislative Assembly Speaker Abdul Rahim Rather, senior cabinet minister Sakina Itoo, and Minister for Rural Development and Panchayati Raj Javid Ahmad Dar, is expected to meet anytime after January 20 to finalise its recommendation.

Under sub-section (3) of Section 36 of the Jammu and Kashmir Panchayati Raj Act, 1989, the State Election Commissioner (SEC) is appointed by the Lieutenant Governor on the recommendation of the Chief Minister-led selection panel.

In the absence of an elected government, whenever Jammu & Kashmir is under President's

Rule as per Section 73 of the Jammu & Kashmir Reorganization Act, the State Election Commissioner is appointed directly by the Lieutenant Governor of the Union Territory.

In October last year, the J&K Assembly passed a bill to enhance the maximum age limit for holding the office of the State Election Commissioner from 65 years to 70.

The appointment of the SEC would set the ball rolling for holding local body elections in Jammu & Kashmir, which is currently without them. While the term of urban local bodies ended in November 2023, the elected Panchayats ceased to exist from January 9, 2024. The tenure of District Development Councils is set to end in February—(KNO)

Directorate of School Education Jammu extends Makar Sankranti greetings

■ HT NEWS NETWORK

JAMMU, JAN 13: The Directorate of School Education Jammu extended warm and thoughtful Makar Sankranti greetings to students and teachers - a festival that quietly heralds the northward journey of the sun and the subtle optimism that such celestial transitions inspire.

The Director School Education Jammu, Dr. Naseem Javaid Chowdhary conveyed heartfelt wishes to the students of the Jammu Division whose curiosity keeps the academic machinery from rusting; to their parents—whose trust forms the unseen scaffolding of the schooling ecosystem; to the teaching fraternity—whose craft stands at the delicate intersection of discipline and imagination; and to every non-teaching and administrative staff member—whose persistent labour rarely occupies headlines but always shapes outcomes.

"Makar Sankranti is not merely a date on the calendar," remarked Dr. Chowdhary, "it is a reminder that movement, growth and aspiration are encoded into the rhythms of nature itself. As our students and educators continue their academic journeys, may this occasion infuse them with renewed clarity, purpose and goodwill. I extend my sincere wishes to the entire Department of School Education of Jammu Division and hope the season brings warmth, learning and harmony to every home."

The Directorate urges the community to embrace the spirit of positivity and social harmony associated with the festival and to carry its ethos into classrooms, homes and neighbourhoods alike.



SKUAST-K organises awareness program on Safe Use of Pesticides

■ HT NEWS NETWORK

SRINAGAR, JANUARY 13: Directorate of Extension, Sher-e-Kashmir University of Agricultural Sciences and Technology of Kashmir (SKUAST-K) in collaboration with the HIL (India) Limited organized an awareness programme on the Safe and Judicious use of pesticides and promotion of IPM practices today, at the Shalimar Convention Centre, SKUAST-Kashmir.

The programme witnessed enthusiastic participation from farmers, scientists, policymakers, and agricultural stakeholders.

Nivedita Shukla Verma, Secretary (Chemicals & Petrochemicals), Ministry of Chemicals and Fertilizers, Government of India, graced the occasion as the Chief Guest. Besides, the event was attended by Maninder Kaur Dwivedi, Additional Secretary (Agriculture), Ministry of Agriculture and Farmers Welfare, Government of India; Prof. Raihana H. Kanth, Director, Directorate of Extension and Dean, Faculty of Horticulture, SKUAST-K; Deepankar Aron, Joint Secretary (Chemicals), DCP; Kuldeep Singh, Chairman and Managing Director, HIL (India) Limited; Prof. Azmat Alam Khan, Registrar, SKUAST-K; Sartaj Ahmad Shah, Director Agriculture, Kashmir; Yashpal Ramdev, Technical Advisor, UNIDO India, and other senior officials.



The programme aimed to sensitize farmers about the judicious, safe, and responsible use of pesticides, with a focus on promoting sustainable, environmentally sound, and economically viable agricultural practices. A key highlight of the event was the launch of an IPM (Integrated Pest Management) Compendium for regional vegetable crops, which will serve as a valuable resource for farmers and extension workers.

The programme also witnessed the signing of a Memorandum of Understanding (MoU) between

HIL (India) Limited and SKUAST-K for the joint implementation of the FARM Project (Fostering Agrochemical Reduction and Management) in Kashmir.

Secretary (Chemicals), Ministry of Chemicals and Fertilizers, Government of India, underscored the importance of safe and regulated pesticide use to ensure agricultural sustainability and food safety. She appreciated the collaborative efforts of HIL (India) Limited and SKUAST-K and emphasized farmer training, IPM adoption, and awareness as key to reducing pesticide misuse.

Director, Directorate of Extension and Dean, Faculty of Horticulture, SKUAST-K, highlighted the vision, mission, and farmer-centric objectives of SKUAST-K, emphasizing the university's role in promoting sustainable and scientific agriculture through extension and capacity-building initiatives. She stressed the judicious and responsible use of agrochemicals and advocated Integrated Pest Management to protect soil health, the environment, and human health.

Director Agriculture, Kashmir,

emphasized the need for crop-specific, judicious pesticide use and encouraged farmers to follow scientific advisories, adopt IPM practices, and utilize government schemes for improved farm productivity and environmental safety.

Registrar, SKUAST-K, reiterated the University's commitment to strengthening research, extension linkages and fostering meaningful collaborations aimed at farmer empowerment and sustainable agricultural development. He further emphasized that the University has undertaken several projects under the HADP focused on the judicious use of agrochemicals, integrated pest management, and the development of eco-friendly alternative solutions for effective pest control.

Technical sessions were conducted by subject-matter experts on important themes including safe and judicious use of pesticides, soil health and its significance, IPM practices for vegetable crops, crop-specific pest identification and management, and Government financial schemes supporting farmers. The interactive sessions enabled farmers to gain practical knowledge and clarify field-level challenges.

Approximately 500 farmers from different districts of Kashmir participated in the programme, reflecting the strong outreach and relevance of the initiative.

Winter Internship Program concludes at Islamia College of Science and Commerce

■ HT NEWS NETWORK

SRINAGAR, JAN 13: Islamia College of Science and Commerce, Srinagar, in collaboration with Rapture Biotech and sponsored by Jammu & Kashmir Science, Technology and Innovation Council (JKSTIC), successfully concluded Winter Internship Programme today.

The programme, Commenced on 29 December, 2025, emerged as a strong model of industry-academia collaboration, aimed at enhancing student employability and industry readiness. About two hundred students from the departments of Biochemistry, Biotechnology, Chemistry, Botany, and Zoology participated in the internship.



The programme offered intensive hands-on training and real-time exposure to laboratory and industrial practices, covering key areas such as Phytochemistry Fundamentals, Pharmacognosy and Herbal Standardization, Antibiotic Assays (MIC/MBC), Quality Control and Quality Assurance, Pharmaceutical Microbiology, Molecular Biology Techniques, and Plant Tissue Culture, with special emphasis on SOPs, documentation, and laboratory compliance.

Speaking on the occasion, Principal, Islamia College of Science and Commerce, Prof. (Dr) Tehmina Yousuf, deliberated upon the significance of hands-on training and skill-based education in alignment with the objectives of the National Education Policy 2020 (NEP 2020).

Coordinator Internships, Dr. Abid Hussain Bandy, highlighted the importance of internships in bridging the gap between academic learning and industry requirements.

The initiative effectively bridged the gap between academic instruction and industry expectations, equipping students with practical skills and a clearer pathway toward careers in pharmaceuticals, biotechnology, research laboratories, and allied sectors.

The programme concluded with the distribution of certificates to the participants by the respective Heads of Departments, marking the successful completion of the internship.

SWD Srinagar organises Awareness Programme on “Bal Vivah Mukti Bharat” under BBBP

■ HT NEWS NETWORK

SRINAGAR, JANUARY 13: Social Welfare Department (SWD), Srinagar, through SANKALP-Hub for Empowerment of Women under Mission Shakti, today organised an Awareness-cum-Sensitisation Programme focusing on the national campaign “Bal Vivah Mukti Bharat” at JLNH Hospital, Rainawari.

The programme was conducted under the Beti Bachao Beti Padhao (BBBP) initiative with the objective of raising awareness about the adverse social, health



and legal consequences of child marriage and strengthening collective efforts to eradicate the practice.

Speakers emphasised that achieving the vision of Viksit Bharat is intrinsically linked to the holistic development, protection and empowerment of girls.

Participants were informed that the Bal Vivah Mukti Bharat campaign aims to reduce the prevalence of child marriage by 10 percent by 2026 and to make India child marriage free by 2030.

The event witnessed active participation from doctors, nursing staff and FMPHWs of JLNH Hospital.

DC Kulgam visits Sheikh-ul-Alam (RA) Shrine at Qaimoh, reviews development Works

■ HT NEWS NETWORK

KULGAM, JANUARY 13: Deputy Commissioner Kulgam, Athar Aamir Khan, today visited the revered Sheikh-ul-Alam (RA) Shrine at Qaimoh to review the ongoing beautification and development works being executed under the district's heritage project.

During the visit, the DC emphasized the need for timely completion of the project, directing the executing agencies to ensure high-quality workmanship,



aesthetic excellence, and strict adherence to heritage preservation norms.

The shrine is being developed on a heritage-pattern design at an estimated cost of Rs 3.19 crore, with the objective of preserving its cultural and architectural essence while upgrading facilities for devotees and

visitors.

The project aims to enhance the shrine's infrastructure while safeguarding its historical and spiritual significance, thereby transforming it into a well-maintained centre of faith, heritage, and community for present and future generations.

The Deputy Commissioner was accompanied by the Assistant Commissioner Revenue (ACR), ACD, Executive Engineers of R&B and Jal Shakti, Tehsildar, and other concerned officials during the visit.

JKEDI commences Sixth Batch of MDP under RAMP in Bandipora

■ HT NEWS NETWORK

BANDIPORA, JANUARY 13: Jammu & Kashmir Entrepreneurship Development Institute (JKEDI) District Centre Bandipora today commenced the sixth batch of the Management Development Programme (MDP) under the Raising and Accelerating MSME Performance Programme (RAMP) at the District Employment & Counselling Centre Bandipora.

A total of 22 female candidates have registered for the programme. The MDP is being conducted with the objective of enhancing managerial capabilities, entrepreneurial skills, and business management competencies among existing and prospective entrepreneurs, with a special focus on women-led enterprises.

The programme aims to sensitise participants on key aspects of enterprise management, including financial planning, marketing strategies, statutory compliances, and growth-oriented business practices, enabling them to efficiently manage and scale their business ventures in a competitive



environment.

Speaking on the occasion, Syed Asraar Qadri, District Nodal Officer, JKEDI Bandipora, highlighted the objectives of the programme and emphasised the importance of women entrepreneurship in the Valley, underscoring its vital role in fostering inclusive and sustainable economic development.

The initiative by JKEDI, is aimed at promoting entrepreneurship, strengthening the startup ecosystem, and encouraging self-employment opportunities in the district by equipping participants with practical knowledge and managerial insights essential for sustainable business development.

DC Kulgam reviews progress of Developmental Projects in Qaimoh Area

■ HT NEWS NETWORK

KULGAM, JANUARY 13: Deputy Commissioner (DC) Kulgam, Athar Aamir Khan, today conducted an on-site inspection of various developmental projects in the Qaimoh area to review their progress and ensure timely completion.

During the visit, the DC inspected the under-construction steel girder bridge at Sakarsum Kawaki Bazar, Qaimoh, a key infrastructure project aimed at improving connectivity in the area.

He directed the executing agency to expedite the remaining work and strictly adhere to the stipulated timelines.

It was informed that the project involves the construction of a 1x33 metre span intermediate lane steel girder bridge at an estimated cost of Rs 6.10 crore, with the current physical progress at 80 percent.

The DC also reviewed the progress of the Construction of Library-cum-reading room at Qaimoh, being executed at an allotted cost of Rs 41.72 lakh.

It was informed that the project commenced in December 2024 and is



expected to be completed by February 2026, with the current physical progress at 95 percent.

Further, the DC took stock of the Construction of 50-bedded Sub-District Hospital at Qaimoh, Kulgam, being executed at cost of Rs 19.32 crore. The DC was informed that the civil part of the project has been completed.

The Deputy Commissioner also reviewed the progress of works on the R&B PWD Complex. He issued directions to the concerned departments to ensure quality execution and early completion of all ongoing works so that these facilities can be dedicated to the public at the earliest.

The Deputy Commissioner was accompanied by ACR, ACD, Executive Engineers, Tehsildars, and other concerned officers.

MSME holds District level PM Vishwakarma Capacity Building program in Baramulla

■ HT NEWS NETWORK

BARAMULLA, JANUARY 13: Branch MSME Development & Facilitation Office (DFO), Srinagar, under the Ministry of MSME, Government of India, in coordination with the District Administration Baramulla organised PM Vishwakarma Awareness-cum-Capacity Building Programme focusing on Business Development, Financial Literacy, and E-Commerce. The programme was graced by Additional Deputy Commissioner Baramulla, Syed Altaf Hussain, who highlighted the significance of the PM Vishwakarma Scheme in strengthening the livelihoods of Vishwakarma artisans

and promoting sustainable self-employment.

On the occasion, Assistant Director MSME, Saheel Alagband, provided detailed insights into the objectives of the PM Vishwakarma Scheme. He stated that the scheme aims to help artisans transform their traditional skills into viable businesses, explore avenues for business growth, and access wider markets. He also emphasized the importance of onboarding artisans onto digital and e-commerce platforms to enhance market reach.

Officials from the banking sector delivered sessions on financial literacy, stressing the importance of sound financial management for small businesses.

DC Shopian reviews arrangements for Republic Day 2026, Shab-i-Miraj Calls for flawless, coordinated execution

■ HT NEWS NETWORK

SHOPIAN, JANUARY 13: Deputy Commissioner (DC) Shopian, Shishir Gupta today presided over a comprehensive review meeting here at Mini Secretariat to assess and finalize arrangements for the forthcoming Republic Day celebrations and the observance of Shab-i-Miraj (SAW) across the district.

The DC undertook a detailed sector-wise review of preparedness and issued clear directions to all

line departments to ensure smooth, peaceful and dignified conduct of both occasions. Emphasis was laid on security and traffic regulation, sanitation and cleanliness, uninterrupted power and water supply, health and medical preparedness, fire and emergency services, venue management, public address systems and contingency planning.

The DC stressed the importance of inter-departmental coordination, punctual execution of assigned responsibilities and

strict adherence to established protocols. Officers were directed to maintain heightened alertness, ensure public convenience and uphold communal harmony during the events.

Special instructions were issued for proper crowd management, cleanliness drives at public places, readiness of medical teams and ambulances and uninterrupted essential services.

The DC also directed departments to keep their field

staff on standby and ensure real-time response to any exigency.

SSP, Shopian, Mushtaq Ahmed Choudhary, SDM, Zainapora, Chairman, Aqaf Aasri-sharief Pinjora, Senior officers from the civil administration, Police, Health, Municipal Services, Power

Development Department, Jal Shakti, Fire & Emergency Services, Transport and other concerned departments attended the meeting and apprised the chair of the status of preparations.



HT EDITORIAL

Put in place separate toilet facilities for girls in all government schools

Other day Chief Secretary, Atal Dulloo was given information about the availability of toilet facilities for the students, especially girl students of the government schools of the union territory of Jammu & Kashmir. During the meeting the Chief Secretary assessed the infrastructure created under various schemes aimed at ensuring adequate sanitation facilities for girl students, emphasizing that access to clean and functional toilets is a critical factor in promoting attendance, retention and dignity of students in schools.

It was informed that out of a total of 18,724 government schools across the UT 18,023 schools (99.25 percent) have toilet facilities. Out of this, 17,403 schools (92.29 percent) have separate toilets for girls, while just 1,321 schools (7.71 percent) are presently without such facilities. It was also informed that construction of 265 girls' toilets is currently under execution, while the remaining 1,056 schools without separate toilet facilities for girl students are being taken up in a time-bound manner.

During the meeting the Chief Secretary directed that the ongoing works should be completed before the start of the academic session in winter-zone areas and by 15th February in summer-zone schools across the UT. There is no denying the fact that the infrastructure has improved a lot in the government schools but a lot more needs to be done in this regard. It is important that the concerned department pulls up its socks and takes the corrective measures and that too at the earliest.

During the meeting the Chief Secretary stressed that mere creation of infrastructure is not sufficient and underlined the need to ensure that all existing toilets are fully functional, with assured water supply and other allied utilities. The Chief Secretary asked the school education department to ensure that toilets already constructed are made operational in every respect well before the stipulated deadline. He ordered the constitution of zone-level committees comprising officers from both the school education department and the R&B department.

These committees would identify gaps, assess repair, improvement requirements and oversee execution of necessary works to make the facilities fully functional. The Chief Secretary underscored that access to clean and functional sanitation facilities is essential for creating a safe, inclusive and girl-friendly learning environment and called for close inter-departmental coordination and continuous monitoring to ensure timely completion and sustained maintenance of the facilities. The Chief Secretary was quite right in his observations and the people at helm need to act on these observations for a better future.

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RAJ SOUB REDEFINES KASHMIRI SUFI POETRY



■ **BURHAN NAZIR**

Amid the rush of modern life a gentle voice from Veersiran in the tourist town of Pahalgam is being heard Suhail Ahmad who writes as Raj Soub is emerging as a young Sufi poet His poetry blends Kashmir's spiritual roots with words that feel honest and close to life.

Raj's verses speak of inner peace love for Allah and lessons drawn from Sufi saints especially Shah Rasheed Sahib His writing focuses on patience kindness purity of heart and trust in the divine His



poetry does not try to impress It stays soft and thoughtful and invites the reader to pause.

Raj Sahab said he began writing seriously in 2021, he described it not as a hobby but as a calling, he believes big spiritual ideas should live in simple everyday language that people can feel and understand.

Born among the hills of Kashmir his work carries local pride and universal emotion It speaks of love without limits faith without fear and humanity above all divides, at mushairas and cultural events his presence is drawing attention.

After a recent Srinagar gathering literature enthusiast Aisha Bhat said his words feel like a mirror to the soul and a reminder of Kashmir's old Sufi traditions.

Though still early in his journey Raj Soub is already connecting the wisdom of the past with the world of today In times filled with speed and noise his verses offer calm healing and a sense of unity.

ASPIRANTS NEED EARLY UPSC, JKAS COUNSELLING



■ **SAHIL MANZOOR BHATTI**

It is quite delightful and exceptional that the level of competition among the youth of the Kashmir Valley is increasing positively with each passing day. In the name of Allah, we hope that the literacy rate in Kashmir will increase rapidly in the future. Earlier, there were very few qualified teachers who prepared students for state-level competitive exams like the CET (Common Entrance Test), which decided the fate of thousands of students, as they got selected for MBBS (Bachelor of Medicine and Bachelor of Surgery), BVSc (Bachelor of Veterinary Science), BDS (Bachelor of Dental Surgery), BUMS, BAMS, BSc Agriculture, and engineering courses.

Now, CET has been revamped into UG-NEET (Undergraduate National Eligibility cum Entrance Test). This examination is conducted at the national level. Students in the science stream begin preparing for this prestigious exam from the 11th grade. Since the syllabus of UG-NEET is based on 11th and 12th standard content, almost every student in Kashmir aspired to become a doctor or an engineer. However, this trend has changed over time, as the Valley has produced several IAS, IPS, and other civil servants such as Shahid Iqbal Choudhary, Shah Faisal, Aijaz Asad, and Amir Athar Khan. These officers are serving at higher administrative levels such as Deputy Commissioners, Secretaries, Commissioners, and other important posts.

Now, the trend has taken a U-turn. The majority of students are aiming to qualify for UPSC, JKAS, and other national-level examinations. One thing that strikes me as impressive and gives me great pleasure is that many students are interested in administrative services. However, there are very few vacancies when compared to the large number of aspirants who show interest in civil services. UPSC is widely regarded as the most difficult examination in the country. In my opinion, it is among the top ten most difficult examinations in the world.

The syllabus of UPSC has vast diversity and requires immense concentration, dedication, and consistency from aspirants. Nothing is impossible, as the word "impossible" itself says "I'm possible." I have



seen students who made up their minds to enter civil services just after their matriculation. UPSC invites applications for IAS (Indian Administrative Service), IPS (Indian Police Service), IRS (Indian Revenue Service), and several other allied services every year.

Similarly, the Jammu and Kashmir Combined Competitive Examination offers services such as JKAS (Jammu and Kashmir Administrative Service), Accounts Service, and JKPS (Jammu and Kashmir Police Service). The selected candidates get immense opportunities to serve the nation at higher administrative levels and play a vital role in the upliftment of weaker sections of society. They can also contribute positively to generating employment opportunities for the unemployed youth of the country.

With authority comes accountability. When one gets a chance to serve the nation at different administrative levels, honesty, humility, and kindness towards the general public are essential. UPSC at the national level and PSCs at the state level are autonomous bodies, free from interference by political parties or other agencies. These commissions function independently after the appointment of their chairpersons and members.

For several decades, most students did not think about civil services due to the vast and lengthy syllabus. Now, it is encour-

Similarly, the Jammu and Kashmir Combined Competitive Examination offers services such as JKAS (Jammu and Kashmir Administrative Service), Accounts Service, and JKPS (Jammu and Kashmir Police Service).

The selected candidates get immense opportunities to serve the nation at higher administrative levels and play a vital role in the upliftment of weaker sections of society. They can also contribute positively to generating employment opportunities for the unemployed youth of the country.

aging to see that almost every student's bookshelf contains books like Indian Polity by M. Laxmikanth, economics books, atlases, and other general knowledge material. The commonly suggested books for civil service preparation include NCERT textbooks from classes 6th to 12th, Arihant publications for reasoning, and Indian Polity. This study material was recommended to me by a friend who qualified for JKAS and is currently serving the country at various administrative levels.

Suggestions:
School and college-level counselling programmes should be introduced to guide students properly and motivate them in all career options. Tuition centres should be given proper permissions and monitoring. Public libraries should be established at the tehsil and district levels. Scholarship schemes must be introduced in the Union Territory of Jammu and Kashmir to support deserving aspirants. Current affairs magazines and newspapers should be made available daily in tuition centres, schools, and college libraries. Proper accommodation facilities should be ensured in a safe and secure environment, especially so that female students feel protected and confident.

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Autumnal Serenity in the Life of John Keats



■ DR. RATAN BHATTACHARJEE

The life of John Keats, brief as a candle flickering against the winds of mortality, remains one of the most poignant narratives in literary history. His poetry, suffused with sensuous imagery and philosophical depth, continues to resonate across centuries, and nowhere is his genius more luminously revealed than in his evocation of autumn. To speak of autumn in Keats's life is not merely to speak of a season, but of a state of being, a serenity that he cultivated amidst the turbulence of illness, poverty, and premature death. Autumn becomes for Keats not only a natural phenomenon but also a metaphor for acceptance, ripeness, and the quiet dignity of decline. In the Op-Ed tradition, reflecting on Keats's autumnal serenity is to reflect on how art can transform suffering into beauty, how mortality can be transfigured into meaning, and how the human spirit, even when frail, can achieve a grandeur that defies time.

Keats's life was marked by relentless struggle. Born in 1795, he lost his father at the age of eight and his mother to tuberculosis when he was fourteen. The specter of death haunted him from childhood, and his own health was fragile. He trained as an apothecary, but his passion for poetry eclipsed all other pursuits. His career as a poet was compressed into a few short years, from 1816 to 1820, yet in that span he produced some of the most exquisite verse in the English language. Critics of his time were often harsh, dismissing him as a "cockney poet," but posterity has vindicated him as one of the great Romantics. What is striking is that Keats, despite the bitterness of rejection and the agony of illness, found in the contemplation of autumn a serenity that transcended his personal suffering. His ode "To Autumn," written in September 1819, is not only a celebration of the season but also a meditation on the fullness of life and the acceptance of its inevitable decline. Autumn, for Keats, is not a season of decay alone. It is a season of ripeness, of fulfillment, of the gathering of fruits and the mellowing of the year. In "To Autumn," he writes of the "season of mists and mellow fruitfulness," a phrase that has become emblematic of his vision. The

imagery is rich with abundance: the swelling of gourds, the plumping of hazel shells, the bending of apple trees with their load. This is not the bleak autumn of desolation but the autumn of plenitude, where nature reaches its climax before surrendering to winter. Keats's autumn is serene because it accepts the cycle of life without resistance.

The season is personified as a figure at ease, sitting carelessly on a granary floor, or drowsed with the fume of poppies, or watching the last oozyings of cider. There is no anxiety here, no lamentation, only a quiet participation in the natural rhythm of existence. For Keats, autumn embodies the wisdom of acceptance, the beauty of transience, and the dignity of decline.

This serenity is all the more remarkable when we consider Keats's circumstances. In 1819, when he composed "To Autumn," he was already suffering from the early symptoms of tuberculosis. He had witnessed his brother Tom die of the same disease the previous year, and he knew that his own fate was sealed. His love for Fanny Brawne was intense but shadowed by the impossibility of marriage, given his illness and poverty. Yet in the midst of this personal anguish, he turned to autumn and found in its imagery a solace that transcended despair. The ode is devoid of personal complaint; it is universal in its vision. Keats does not speak of his own suffering but of the season's serenity, and in doing so he transforms his private agony into a public meditation on life's cycles. The poem becomes a testament to the power of art to transmute pain into beauty, to find serenity in the face of mortality.

The autumnal serenity in Keats's life is not confined to "To Autumn." It permeates his letters and other poems, where he often reflects on the nature of existence and the inevitability of death. In a letter to his friend John Hamilton Reynolds, he wrote, "We are now in the luxuriant state of autumn. I have been roaming through the country, and I have found it richer than ever." This sense of richness, of luxuriance, is characteristic of Keats's vision. He does not see autumn as a decline but as a culmination, a fulfillment of nature's promise. In another letter, he muses on the idea of "negative capability," the capacity to remain in uncertainties, mysteries, and doubts without any irritable reaching after fact and reason. Autumn, in its serenity, exemplifies this negative capability. It does not demand explanations; it simply is. Keats's acceptance of autumn mirrors his philosophical acceptance of life's uncertainties, his willingness to dwell in beauty without the need for resolution. The serenity of autumn in Keats's life also reflects his

aesthetic philosophy. For Keats, beauty was truth, and truth beauty, as he famously declared in "Ode on a Grecian Urn." This equation of beauty and truth is not a logical proposition but a poetic intuition, a recognition that the experience of beauty reveals the deepest truths of existence. Autumn, in its serene beauty, embodies this philosophy. It is true because it is beautiful, and it is beautiful because it is true.

The ripeness of fruit, the song of gnats, the soft-dying day—all these are beautiful, and in their beauty they reveal the truth of transience. Keats's serenity lies in his ability to embrace this truth without resistance, to find in the fleeting moment a permanence of meaning. Autumn becomes a symbol of the eternal in the temporal, the infinite in the finite, the serene acceptance of mortality as part of the cycle of life. In the broader context of Romanticism, Keats's autumnal serenity stands out as a unique contribution. While other Romantics, such as Byron and Shelley, often emphasized rebellion, passion, and the sublime, Keats turned inward to the quiet contemplation of beauty. His odes are not thunderous proclamations but intimate meditations. "To Autumn" is perhaps the most serene of all Romantic poems, devoid of dramatic conflict, focused instead on the gentle progression of the season. This serenity is radical in its own way, for it resists the Romantic tendency toward excess and embraces instead the sufficiency of the moment. Keats's autumn is not about conquest or transcendence but about acceptance and presence. In this sense, his autumnal serenity offers a counterpoint to the Romantic ethos, reminding us that the deepest truths may be found not in storm and stress but in quiet ripeness.

The relevance of Keats's autumnal serenity to contemporary life is profound. In an age marked by anxiety, speed, and relentless pursuit of progress, Keats's vision of autumn invites us to pause, to savor, to accept. His ode teaches us that serenity is not found in denial of mortality but in its acceptance, not in the accumulation of possessions but in the appreciation of transience. The autumnal imagery of ripeness and decline reminds us that life's cycles are natural, that endings are part of beginnings, that serenity lies in harmony with nature's rhythms. Keats's life, though brief, exemplifies this wisdom. He did not live to see old age, but he achieved a serenity that many fail to find even in long lives. His poetry remains a guide to those who seek meaning in the face of mortality, beauty in the midst of suffering, serenity in the autumn of existence.

It is worth noting that Keats's serenity was not naïve or escapist. He was acutely aware of suffering, both personal and universal. His letters reveal his struggles with despair, his longing for love, his frustration with poverty. Yet his poetry rises above these struggles, not by denying them but by transfiguring them. Autumn, in its serenity, becomes a metaphor for this transfiguration. The season does not deny the coming of winter; it embraces it by fulfilling its own ripeness. Similarly, Keats does not deny death; he embraces life by fulfilling his own poetic vision. His serenity is not the absence of pain but the presence of meaning. This is what makes his autumnal vision so compelling: it is rooted in reality, yet it transcends reality through art.

Keats's autumnal serenity also has a spiritual dimension. Though not conventionally religious, Keats often expressed a sense of reverence for beauty and nature that borders on the sacred. Autumn, in its fullness, becomes a kind of sacrament, a revelation of the divine in the natural. The ode's imagery of abundance and music evokes a liturgy of the earth, where the season itself becomes a priest of serenity. Keats's acceptance of mortality is thus not merely philosophical but spiritual, a recognition that life's cycles are part of a larger order. His serenity lies in his ability to see beauty as a manifestation of truth, truth as a manifestation of beauty, and both as manifestations of the eternal. Autumn, in its serenity, becomes a symbol of this eternal order, a reminder that mortality is not an end but a transformation. In reflecting on Keats's autumnal serenity, we are reminded of the power of art to shape our perception of life. Keats's ode does not change the fact of mortality, but it changes how we see it. By presenting autumn as serene, he invites us to see decline not as tragedy but as fulfillment. His imagery of ripeness and music transforms the fear of death into the acceptance of beauty. This is the gift of poetry: to reframe reality. John Keats's poetry is a sanctuary of serenity, where beauty, nature, and imagination converge to offer solace from the harshness of reality.

His odes and lyrical verses reflect a deep yearning for peace, permanence, and transcendence—qualities that continue to resonate with readers seeking calm in a turbulent world. He lived a brief and often painful life. Orphaned young, plagued by illness, and dismissed by critics during his lifetime, Keats nonetheless produced a body of work that radiates tranquility and emotional depth. His poetry is not escapist but restorative—it acknowledges suffering while

offering beauty as a balm. In Keats's world, serenity is not the absence of pain but the presence of something greater: truth, imagination, and aesthetic grace.

Some of Keats's most celebrated poems besides 'Ode to Autumn' that reflect his serene vision of life: "Ode to a Nightingale" This poem is a meditation on mortality and the desire to escape into the eternal song of the nightingale. Keats writes: "Thou wast not born for death, immortal Bird! / No hungry generations tramp thee down." The bird's song becomes a symbol of timeless beauty, untouched by human suffering. The serenity lies in the poet's surrender to the music, his momentary flight from pain into poetic ecstasy. "Ode on a Grecian Urn" In this ode, Keats contemplates the frozen scenes on an ancient urn, marveling at their eternal stillness. "Heard melodies are sweet, but those unheard / Are sweeter." The urn's silent images offer a serene alternative to life's fleeting passions. The poem ends with the famous line: "Beauty is truth, truth beauty,—that is all / Ye know on earth, and all ye need to know." Here, serenity is found in the permanence of art and the simplicity of aesthetic truth. "Bright Star" In this sonnet, Keats longs for the constancy of a star, wishing to remain forever in a moment of love and stillness: "Pillow'd upon my fair love's ripening breast, / To feel for ever its soft fall and swell." The serenity here is intimate and tender, a desire to freeze time in a moment of emotional and physical closeness. Keats's poetry is rich in sensory detail—fragrance, texture, sound, and color. This immersion in the physical world creates a meditative effect. His lines often slow the reader down, inviting contemplation rather than action. He believed in the power of "negative capability"—the ability to dwell in uncertainty and beauty without rushing to resolve it. This philosophical stance itself is a form of serenity. Though Keats died at just 25, his works continue to offer refuge to readers. In a world of noise and haste, his poetry invites us to pause, to listen to birdsong, to admire the curve of a Grecian urn, to feel the softness of autumn light. His serenity is not naïve—it is earned through suffering, and it endures because it speaks to the universal human longing for peace.

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Young graduates are now looking beyond traditional paths to build their careers



■ DR VIJAY GARG

While the fields of engineering, medicine, and business have long dominated the employment market, a quiet revolution is brewing among students who are choosing career paths that defy conventional norms. The demand for highly skilled professionals in technology and business remains strong. However, many young graduates are now looking beyond traditional paths, crafting unique, purpose-driven careers that align with their passions and ambitions. They are embracing interdisciplinary learning, digital entrepreneurship, and socially conscious innovation.

Here are some top distinctive careers that young graduates are increasingly opting for that combine creativity and

flexibility:

Podcaster

Podcasters design and organise audio shows on digital platforms like YouTube, Spotify, etc. They invite prominent personalities from diverse fields, such as healthcare, business, and politics, to discuss new trends and controversies. They also ask questions on behalf of their audience, engage in meaningful conversations, and offer fresh perspectives.

The field offers low entry barriers and significant freedom for creativity. Moreover, collaboration with renowned brands generates substantial monetisation opportunities, making it a desirable, beautiful career option.

Union Information and Broadcasting Minister Ashwini Vaishnaw recently announced a \$1 billion fund to boost the creator economy. This announcement came during the World Audio-Visual and Entertainment Summit (WAVES) 2025, highlighting the potential of social media.

Ethical Hacker

With the advent of the digital age, cyber intrusions have been a persistent threat.

According to a report titled India Cyber Threat 2025 by the Data Security Council of India (DSCI), the country stood second globally regarding cyber-attack targets in 2024. The attacks for data theft affected 95 entities in India.

Ethical hackers, also known as white-hat hackers, detect vulnerabilities in networks, applications, and computer systems. They simulate cyberattacks to test defences and enable mission-critical organisations to strengthen their digital security further. Today, graduates increasingly lean towards ethical hacking to pursue their passion for technology and contribute to a safer digital world.

Sustainability Influencer

With smartphones and digital devices becoming integral to our daily lives, social media influencers are gaining rapid prominence, promoting brands and creating entertaining content. Sustainability influencers utilise social media platforms to encourage environmentally conscious living, sustainable fashion, zero-waste practices, and climate activism.

They associate with brands that follow ethical practices and often launch their

lineup of eco-friendly products. With Gen Z focusing extensively on environmental causes, graduates leverage their creative and soft skills to shape consumer behaviour and promote responsibility.

Brain-Computer Interface

Another trailblazing field is Brain-Computer Interface (BCI) technology. Once confined to science fiction, BCI has emerged as a tangible, research-intensive domain offering a host of unconventional roles. Students specialising in electrical engineering, neuroscience, and biomedical instrumentation are delving into work that connects brainwaves to machines, enabling mind-controlled prosthetics, mobility aids, and even communication systems for patients with motor disabilities.

These jobs require expertise in Electroencephalography (EEG) signal processing, machine learning, and neurophysiology expertise, and are gaining recognition among young engineering graduates.

IoT-based Healthcare

Applying IoT in personalised healthcare, especially post-COVID-19, has led to career roles such as Healthcare IoT Specialist and

Bio-Signal Integration Expert. These professionals are designing wearable devices that monitor neural and muscular activity in real time, providing continuous feedback to patients and clinicians through internet-connected platforms.

With high-speed data connectivity such as 5G, IoT in healthcare holds immense potential for graduates. According to Statista, the healthcare segment in India is witnessing remarkable growth in the adoption of IoT technologies, with revenue predicted to touch \$2.42 billion by 2025 and \$3.89 billion by 2029.

These careers might not have the same visibility as conventional roles in engineering, technology, or healthcare, but their impact is arguably deeper, more human, and increasingly essential. Students craft careers that challenge traditional job market expectations by merging deep academic inquiry with social relevance.

**Dr Vijay Garg Retired Principal
Educational columnist Eminent
Educationist street kour Chand MHR
Malout Punjab**

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Selective Panic and Silent Profits: When Public Health Loses Its Moral Compass

From food debates to addiction, from insurance to unnecessary surgeries



■ AUBAID AHMAD AKHOON

In today's public discourse, society seems trapped in a dangerous paradox. Foods that have nourished generations, like eggs, milk, and meat, are dragged into sensational debates. Meanwhile, substances that clearly destroy lives continue to be accepted in legal, social, and commercial contexts. Cigarettes and alcohol, despite decades of clear medical evidence linking them to cancer, liver failure, mental illness, domestic violence, and road fatalities, remain normalized. They are taxed, advertised indirectly, and consumed openly, as if familiarity has lessened their danger.

This selective panic reveals a deeper crisis, not just of food safety, but of ethical failure in public health governance. We fear contaminants in our nutrition but tolerate addiction as part of our culture. We debate protein on our plates while ignoring poisons in our lungs and bloodstream.

■ Cigarettes and Alcohol: The Accepted Killers

Cigarettes and alcohol are not misunderstood substances; they are some of the most studied public health hazards in human history. Tobacco directly causes lung, oral, and throat cancers, while alcohol leads to liver disease, cardiovascular issues, mental health problems, and family breakdowns. Hospitals see their consequences daily; yet shops selling these products face less scrutiny than street vendors selling eggs or milk.

This contradiction is not accidental—it is convenient. Addiction brings in money. Disease boosts industry. Silence safeguards profits. The real danger often lies not in what we eat, but in what we repeatedly inhale and drink, accepted because it is profitable and familiar.



■ Eggs, Poultry, and the Forgotten Logic of Natural Nutrition

Kashmir once practiced organic living without even naming it. Domestic poultry was a household tradition. Chickens, ducks, and geese provided fresh eggs and meat free from artificial feed, hormones, and chemical accelerators. These foods were nutritious, affordable, and trustworthy.

Eggs remain one of the most complete natural foods, rich in protein, essential vitamins, antioxidants, and nutrients that support brain health. Chicken, when consumed in moderation and prepared hygienically, supports metabolism, muscle repair, and heart health. Yet these foods face disproportionate suspicion while cigarettes and alcohol escape moral outrage. This reversal of concern shows a society that has misplaced its health priorities.

■ Government Poultry and Food Regulation: Infrastructure Without Accountability

Despite having land, manpower, and departments focused on poultry and food safety, government performance often appears symbolic. Poultry farms exist but contribute little. Supplies appear occasionally during festivals, leaving markets dependent on external and often unregulated sources for the rest of the year.

Also, enforcement against unhygienic meat is reactive rather than preventive. Raids happen after outrage, not through regular inspection. Shops reopen, practices resume, and consumers remain at risk. Public health cannot thrive on sporadic actions; it requires ongoing regulation and serious institutional commitment.

■ Milk: From Nature's Elixir to a Source of Anxiety

Milk, once the most trusted daily staple, now carries uncertainty. Adulteration, synthetic enhancers, and a lack of district-level testing facilities have weakened consumer confidence. Milk consumed by infants, patients, and the elderly cannot rely on market ethics alone.

Without clear testing centers, strict monitoring, and accountability, trust collapses. The lack of these protections turns nourishment into a risk, and silence into complicity.

■ The Golden Card: Healthcare Access or Ethical Trap?

The Ayushman Bharat "Golden Card" was meant to be a revolutionary step by offering up to ₹5 lakh in cashless treatment to vulnerable families, giving them access to secondary and tertiary care. In principle, it is a lifeline. However, in some cases, it has also become a new trap for unethical medical practices.

There are growing concerns that under the guise of cashless insurance, unnecessary surgeries are being recommended when non-surgical treatments are available. Procedures become profitable, patients become statistics, and fear becomes a tool. When the cost is covered by the card, the ethical burden quietly shifts away from the patient, making exploitation easier.

Healthcare insurance should never incentivize unnecessary interventions. A surgery should always be a last resort, not the most profitable option. When healing becomes a transaction, trust in medicine erodes.

■ Medicine, Markets, and Moral Decline

This crisis extends beyond insurance. Poor prescriptions, influenced by pharmaceutical incentives, worsen public suffering. Patients are overmedicated, overcharged, and under-informed. While food vendors face scrutiny, prescription practices often remain unaccountable.

- The pattern is clear:
- Weak regulation.
- Selective outrage.
- Institutional silence.

■ The Way Forward

Eggs, meat, and milk certainly need regulation, testing, and transparency. Yet cigarettes and alcohol must be rejected, not normalized. Medical practices require ethical audits, not blind trust. Health insurance needs oversight, not unchecked intervention. Government departments must aim for performance, not mere existence.

Public health cannot be built on hypocrisy.

■ Bottom line

The biggest threats to health are not always hidden in food—they are found in systems that reward addiction, profit from disease, and permit unethical behavior. When society fears nutrition more than intoxication, questions farmers more than corporations, and debates food while neglecting ethics, it loses its moral compass.

Health is one of the greatest gifts. Protecting it requires courage—not selective panic, but genuine reform; not silence, but accountability; not profit, but conscience.

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The Ice Bath Decoded



■ DR. SURINDERPAL SINGH

Ice bath therapy, scientifically referred to as cold-water immersion (CWI), has emerged as a widely discussed and increasingly practiced method in the fields of sports medicine, rehabilitation science, mental health research, and holistic wellness. Once considered a niche recovery tool used primarily by elite athletes, ice baths have now entered mainstream health conversations due to their potential physiological, psychological, and even spiritual benefits. As modern science begins to validate practices long rooted in ancient traditions, ice bath therapy stands at a unique crossroads between empirical research and age-old wisdom.

An ice bath typically involves immersing the body partially or fully in cold water maintained at temperatures ranging between 10 and 15 degrees Celsius for a controlled duration. Though it may appear extreme to the uninitiated, cold exposure has been an integral component of healing systems across civilizations. Ancient hydrotherapy practices, cold-water plunges, and yogic austerities known as tapasya emphasized the disciplined exposure of the body to environmental stressors to build resilience, purify the system, and enhance mental clarity. Today, these traditional concepts are being revisited and examined through the lens of modern physiology and neuroscience.

At the core of ice bath therapy lies the body's natural thermoregulatory response. When the human body is exposed to cold

water, it initiates a complex series of adaptive mechanisms designed to preserve internal stability. Peripheral blood vessels constrict in a process known as vasoconstriction, which reduces heat loss through the skin and extremities. This redirection of blood flow toward vital organs such as the heart, lungs, and brain helps maintain core temperature and protect essential bodily functions. Simultaneously, metabolic heat production increases as the body works to counteract the cold environment. These responses collectively lead to a reduction in tissue temperature, metabolic activity, and localized inflammation, particularly within muscles and connective tissues.

One of the most well-documented applications of ice bath therapy is in the context of inflammation control and muscle recovery. Intense physical activity often leads to microtrauma in muscle fibers, resulting in delayed onset muscle soreness and inflammation. Cold-water immersion has been shown to reduce the severity of this soreness by limiting secondary muscle damage and decreasing the release of inflammatory cytokines. The cold also slows nerve conduction velocity, which temporarily reduces pain perception and provides analgesic effects. These mechanisms explain why ice baths have become a routine recovery practice among athletes following strenuous training sessions or competitions.

Beyond musculoskeletal benefits, ice bath therapy exerts a significant influence on the nervous system. Exposure to cold stimulates sensory receptors in the skin, activating the vagus nerve and promoting parasympathetic nervous system dominance. This shift is associated with a reduction in heart rate, improved heart rate variability, and enhanced autonomic balance. In an era marked by chronic stress and sympathetic overactivation, such parasympathetic engagement plays a crucial role in promoting recovery, relaxation, and overall

systemic resilience. The regular modulation of the nervous system through controlled cold exposure may contribute to improved stress tolerance and long-term cardiovascular health.

Practicing an ice bath safely and effectively requires preparation, awareness, and discipline. The process typically begins with selecting an appropriate container such as a bathtub, barrel, or cold plunge pool. Water temperature should be carefully monitored and maintained within the recommended range, with ice added gradually to prevent sudden shock. It is advisable to avoid heavy meals before immersion, as digestion diverts blood flow that may be needed for thermoregulation. Mental preparation is equally important, as anxiety and resistance can intensify the body's stress response.

Entering the ice bath should be done slowly, allowing the body to adapt progressively. Immersion usually begins with the feet and legs before advancing to the waist or chest, while head immersion is optional and recommended only for experienced practitioners. Controlled, slow breathing is essential throughout the session, as it helps regulate the cold shock response and prevents hyperventilation. After the allotted duration, exiting the bath gradually and drying the body immediately aids in restoring circulation and warmth.

Duration plays a critical role in determining both the benefits and risks of ice bath therapy. Beginners are generally advised to limit exposure to one or two minutes, allowing the body to adapt gradually. Intermediate practitioners may extend sessions to three to five minutes, while advanced users can tolerate up to ten minutes under proper supervision. Prolonged exposure beyond recommended limits significantly increases the risk of hypothermia and should be strictly avoided.

In addition to physical recovery, ice bath therapy has demonstrated notable psychological benefits. Cold exposure triggers the

release of endorphins, the body's natural pain-relieving chemicals, which contribute to an elevated sense of well-being. It also stimulates the release of norepinephrine, a neurotransmitter associated with heightened alertness, focus, and mood regulation. These neurochemical changes may help alleviate symptoms of stress, anxiety, and mild depression, offering a non-pharmacological approach to mental health support.

Regular engagement in ice baths also fosters mental resilience and discipline. The deliberate decision to confront physical discomfort cultivates emotional regulation and enhances stress tolerance. Over time, practitioners often report increased mental toughness and improved cognitive control over physiological reactions. This conditioning effect extends beyond the ice bath itself, influencing how individuals respond to challenges and stressors in daily life.

The spiritual and mind-body dimensions of ice bath therapy, though subjective, are frequently emphasized by practitioners from contemplative and yogic traditions. Cold immersion demands complete presence, forcing the mind to disengage from distractions and focus on breath and bodily sensations. This heightened awareness aligns closely with meditative principles, creating a state in which body, breath, and consciousness converge. For many, ice baths become a form of moving meditation, offering moments of clarity, introspection, and inner stillness.

From a holistic health perspective, the benefits of ice bath therapy extend to both physical and psychological well-being. Physically, regular cold exposure may enhance circulation, improve vascular tone, and support immune system modulation when practiced appropriately. Psychologically, it contributes to reduced stress levels, improved sleep quality, and enhanced emotional resilience. The structured routine of ice baths also promotes self-discipline and consistency, qualities essential for preven-

tive health and healthy aging.

Despite its numerous advantages, ice bath therapy is not without limitations. While it is a cost-effective and non-pharmacological intervention, improper use can pose risks. Individuals with cardiovascular disease, severe asthma, or other chronic medical conditions should avoid ice baths unless cleared by a healthcare professional. Additionally, excessive use of cold-water immersion immediately after strength training may blunt muscle hypertrophy by suppressing inflammation necessary for muscle growth. Therefore, timing and moderation are crucial in integrating ice baths into a fitness regimen.

Safety considerations must remain paramount when practicing ice bath therapy. Consulting a healthcare provider is essential for individuals with underlying medical conditions. Ice baths should be avoided during illness, extreme fatigue, or dehydration. Practitioners must adhere strictly to recommended durations and remain attentive to warning signs such as dizziness, numbness, or chest discomfort, discontinuing the session immediately if such symptoms arise.

In conclusion, ice bath therapy represents a compelling fusion of traditional wisdom and modern medical science. When practiced responsibly, cold-water immersion offers substantial benefits for physical recovery, psychological resilience, and holistic well-being. Although it is not a universal remedy, it serves as a powerful adjunct to healthy lifestyle practices, reinforcing the body's innate capacity for adaptation and balance. As research continues to expand our understanding of cold exposure, ice baths may well remain a cornerstone of integrative health approaches for generations to come.

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



One day training program for Cook cum Helpers conducted by ZEO office Langate under PM POSHAN Scheme



HT NEWS NETWORK

KUPWARA, JAN 13: The Zonal Education Office Langate successfully organised one day training program of Cook cum Helpers today as on 12/01/2026 at BHSS Langate.

The programme was attended by worthy ZEO Langate Mr.Naseer Ahmad Moulvi,Vice Principal BHSS Langate, some erstwhile cluster Heads,Mr.Mushtaq Ahmad Dar Sr Asstt, Mr.Shabbaz Ahmad Lone Jr.Asstt , active participation of all other staff members of ZEO office

was witnessed which included Mr. Tanveer Ahmad Dar Sr Asstt,Mr Nadim Ahmad Jr.Asstt and other MTS staff. The said training was held under able supervision of ZEO Langate Mr Reyaz Ahmad Shah.The program was anchored and coordinated by Mr.Altaf Hussain Dar ZCC Langate besides that Mr. Ruksar Ahmad Lone and Mtr. Suraya Majeed interacted with the participants as Resource Persons who shared their valuable thoughts in the training program. Cook cum Helpers from every school participated in the said

training program.

The program mainly focused on maintenance of hygiene, nutritional standards, quality preparation of cooked food and proper serving of food to students under PM POSHAN scheme. The Cooks were sensitised about the cleanliness of kitchens, use of safe drinking water and personal hygiene during cooking and serving of food. At last, certificates of appreciation were awarded to the cooks for their active participation in the program.

Bal Vivah Mukht Bharat Awareness Programme Held at Khag and Pakherpora

HT NEWS NETWORK

BUDGAM, JAN 13: Under the aegis of Mission Shakti – Hub for Empowerment of Women, the SANKALP Hub Budgam organized a Bal Vivah Mukht Bharat (Child Marriage Free India) awareness programme at Khag and Pakherpora areas of the district.

The programme aimed to create awareness about the harmful social, legal, and health consequences of child marriage, with a special focus on the rights, education, and empowerment of girls. Participants were sensitized about the Prohibition of Child Marriage Act and the role of the community in preventing early marriages.

Officials and resource persons from the Mission Shakti team interacted with women, adolescents, and community members, emphasizing the importance of girls' education, health, and informed decision-making. The speakers urged parents and guardians to support girls in completing their education and to stand against social practices that hinder their development.

The programme witnessed active participation from local women, Anganwadi workers, and community representatives, who pledged to support the vision of a child-marriage-free society. The initiative forms part of the government's broader commitment to women empowerment, gender equality, and social reform in the district.

Government Of Jammu & Kashmir Office of the Naib Tehsildar, Anantnag

PUBLIC NOTICE

Subject: Application of the following applicants for issuance of RBA / OBC Certificate:
Zahid Nazir Baba, S/o Nazir Ahmad Baba
Mohammad Sayeem Baba, S/o Nazir Ahmad Baba
Shafkat Nazir Baba, S/o Nazir Ahmad Baba
All residents of Village Kawarigam, Tehsil Anantnag, District Anantnag.

Whereas the above-named applicants have applied in this office for issuance of RBA / OBC Certificate in their favour. In this connection, report from the concerned Patwari Halqa has been obtained, which reveals that the applicants are permanent residents of village Kawarigam, Tehsil Anantnag, District Anantnag.

The annual income of the families as per records is within the prescribed limits and the family particulars stand verified as per revenue records.

Now, therefore, any person having any objection with regard to the issuance of the said certificate(s) in favour of the applicants may present his/her objection along with documentary proof in this office within 07 (seven) days from the date of publication of this notice. After expiry of the stipulated period, no objection shall be entertained.

Issued under my hand and seal of this office.

By Order
Naib Tehsildar, Achabal

Public Notice

I, Altaf Ahmad Ganaie, son of Abdul Rahim Ganaie, resident of Rakh Shehal, Handwara, hereby inform the general public through this notice that my name has been wrongly mentioned in the electricity bill. Due to an error, the name has been recorded as Mohammad Altaf Ganaie instead of the correct name Altaf Ahmad Ganaie. I now intend to get the said name corrected in the electricity records. If any person or persons have any objection regarding this correction, they may submit their objection within seven (7) days from the date of publication of this notice at the Government Electricity Department Office, Chatipora, Handwara.

Consumer ID No.: 0214010014121

After the expiry of the stipulated period, no objection shall be entertained.

Altaf Ahmad Ganaie
S/o Abdul Rahim Ganaie
Resident of Rakh Shehal, Handwara
District Kupwara

Government Of Jammu & Kashmir Office of the Naib Tehsildar, Achabal

PUBLIC NOTICE

Subject: Application of Faizan Ahmad Shah, S/o Nazir Ahmad Shah, R/o Kwarigam, Tehsil Achabal, District Anantnag for issuance of RBA / OBC Certificate.

Whereas the above-named applicant has applied in this office for issuance of RBA / OBC Certificate in his favour. In this connection, report from the concerned Patwari Halqa has been obtained, which reveals that the applicant is a resident of village Kwarigam, Tehsil Achabal, District Anantnag.

The annual income of the family as per records is within the prescribed limits and the family details stand verified.

Now, therefore, any person having any objection with regard to the issuance of the said certificate in favour of the applicant may present his/her objection along with documentary proof in this office within 07 (seven) days from the date of publication of this notice. After the expiry of the stipulated period, no objection shall be entertained.

Issued under my hand and seal of this office.

By Order
Naib Tehsildar, Achabal

Government Of Jammu & Kashmir Office Of The Tehsildar Kreeri (Executive Magistrate 1st Class)

Subject: Issuance of Registration Orders in respect of delayed Birth/ Death certificate.

PUBLIC NOTICE

The Registrar Births and Deaths (Block Development Officer Wagoora)/ chokedar has submitted case file pertaining to Birth/ Death of FAROOQ AHMAD RATHER S/O AB RASHID RATHER R/O TAKIYA YOUSUF SHAH Tehsil KREERI Distt. Baramulla having verified the date of Birth /death as 04/06/1993 and event has been shown to be occurred at HOME for issuance of delay order .In this connection.

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

Sd/- Executive Magistrate 1st Class Kreeri

OFFICE OF THE PRINCIPAL EVERGREEN PUBLIC INSTITUTE, KAWARIGAM

PUBLIC NOTICE

This is to inform the general public that the Managing Body of Evergreen Public Institute, Kwarigam is constituted as under, along with Parentage and Qualification, as per official records:

1. Mr. Ghulam Mohi-ud-Din Mir, S/o Abdul Ghani Mir, B.A, B.Ed, Chairman
2. Mr. Manzoor Ahmad Bhat, S/o Mohd Akbar Bhat, 9th Pass, Secretary
3. Mr. Farooq Ahmad Bhat, S/o Ghulam Hassan Bhat, M.A, Principal
4. Mr. Bilal Ahmad Bhat, S/o Ab. Rashid Bhat, B.A, B.Ed, Vice Principal
5. Mr. Ghulam Nabi Mir, S/o Ghulam Rasool Mir, 8th Pass, Member
6. Mr. Mohd Amin Ganie, S/o Ghulam Hassan Ganie, 8th Pass, Member (Ex-Service Man)

7. Mr. Mushtaq Ahmad Magray, S/o Ali Mohd Magray, 9th Pass, Member
 8. Mr. Raiees Ahmad Wani, S/o Manzoor Ahmad Wani, B.A, Parent Member
 9. Mr. Bilal Ahmad Reshi, S/o Gul Mohd Reshi, 9th Pass, Parent Member
- The above Managing Body is duly constituted and this notice is issued for general information of the public and concerned authorities.

By Order
Principal Evergreen Public Institute Kwarigam

Public Notice

This is for the information of the general public that Late Ab Ahad War, resident of Chogal, Tehsil Handwara, District Kupwara, who was the registered consumer of Power Development Department (PDD), has expired a few years back.

Now, his son Manzoor Ahmad War, resident of the above-mentioned address, has applied for transfer of the existing electricity connection in his name.Details of the connection are as under: Consumer ID: 0214010010596

Installation No: CBH 2/53 If any person has any objection to the said transfer, the same may be submitted to the concerned office of Power Development Department (PDD) within seven (7) days from the date of publication of this notice. After expiry of the said period, no objection shall be entertained.

Manzoor Ahmad War
Chogal, Tehsil Handwara
District Kupwara

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

Laptop Care House

Wholesale Dealer Of New And Pre Used Laptops

DEALS IN ALL KINDS OF LAPTOPS AND ACCESSORIES

REPAIRING OF: ALL TYPES OF LAPTOPS & DESKTOPS



Govt. of Jammu & Kashmir (UT)

Office of the District Sheep Husbandry Officer Budgam

Email: budgamdsho-shdk@jk.gov.in | Tel: 01951-255229

Subject: Invitation of applications under "Dharti Aaba Janjatiya Gram Utkarsh Abhiyan" for establishment of sheep-units scheme for the year 2025-26.

ADVERTISEMENT NOTICE

Applications are hereby invited from eligible scheduled tribes beneficiaries of district Budgam in a prescribed format from villages having a population of 500 or more and with at least 50% Schedule Tribe population for the establishment of sheep units for the below components of the PM-JUGA scheme.

Scheme	Component	Description
PM-JUGA	Establishment of 10 ewes/does + 1 ram/buck unit	Subsidy from the Central Government will be provided upto 90% of the project with a ceiling of Rs. 1.00 lacs for 10+1 unit and 0.50 lacs for 5+1 unit. The subsidy shall be provided for procurement of animals, construction of night shelter, cost of feed for six months, veterinary care and insurance coverage for one year.
	Establishment of 05 ewes/does + 1 ram/buck unit	

Eligibility:

Scheduled Tribe residents of villages from District Budgam having population of 500 or more and with at least 50% Schedule Tribe population.

The applicant must hold Patta as per Forest Right Act (FRA).

The applicant should have taken training for goat and sheep rearing.

The applicant should be able to provide 10% of his or her share towards the project.

IMPORTANT DATES:

Date of commencement of the issuance of application forms: 16-01- 2026.

Last date for submission of applications: 30-01-2026.

HOW TO APPLY:

Interested and eligible applicants can submit their applications along with following documents to the office of the concerned block officer during the working hours (10 to 4 PM). Documents to be submitted:

- ST Certificate
- Copy of FRA (Forest Rights Act) entitlement
- Adhaar Card
- Bank Passbook
- PAN
- Ration

GENERAL TERMS AND CONDITIONS OF THE SCHEME:

The age of applicant must be above 18 years and below 55 years as on 01-01-2026.

Beneficiary family (as per the ration card) that has already availed the benefits of any of the schemes of SHD once shall not be entitled to the benefit again.

More than one application shall not be entertained from the same household.

Selection of the beneficiaries shall be carried by the Designated Selection Committee.

No: DSHOB/Tech/2025-26/3740-47 | Dated: 10-01-2026

Sd/- District Sheep Husbandry Officer Budgam

DIPK: 10005/25 | Dated: 13-1-2026

Public Notice

My name wrongly mentioned in my driving licence under licence number JK05 200400,14625 as Gh Mohammad Lone instead of Ghulam Mohammad lone.Now I am applying for its correction if anybody have any objection in this regard He/She may contact ARTO Baramulla within seven days from the publication of this notice after that no objection will be entertained.

GHULAM MOHAMMAD LONE S/O MOHAMMAD
SULTAN LONE R/O NOWPORA JAGIR BARAMULLA

Public Notice

I have lost my provisional cum character certificate at somewhere bearing registration No N17441720060 .Now i am applying for its duplicate certificate if anybody having any objection in this regard he/she may file his/her objection in the office of JKBOSE srinagar / Govt Higher Secondary School KREERI. within seven days from the publication of this notice after that no objection will be entertained.

Name...ARBEENA TARIQ
D/O ...TARIQ AHMAD MIR
Session....Annual Regular 2020
R/O ...SALOOSA
District.... Baramulla

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 to inform the general public that my name has been wrongly mentioned in my Aadhaar Card bearing Aadhaar No. 2772 3564 0646 . Now I want to change my name from Abdul Majeed Wani(Old Name) to Ab Majid Wani(New Name). In this regard, if anyone has any objection, he or she may approach the concerned authorities within a period of seven days. After that, no objection shall be entertained.

Name: Ab Majid Wani
S/o: Abdul Aziz Wani
R/o: ompora Budgam Budgam ,
Jammu And Kashmir- 191111

Public Notice

I, Ommar Vekar Lone, S/o Ghulam Mohammad Lone, R/o Lawaypora, Srinagar, hereby declare that my name has been wrongly mentioned in my Driving Licence No. JK-0120050006756.

Incorrect Name:

Ommar Vikar Lone

Correct Name:

Ommar Vekar Lone

This notice is issued to rectify the above error for all official and legal purposes.

If anyone has any objection to this correction, he/she may contact the undersigned within 7 days from the date of publication of this notice. Thereafter, no objection shall be entertained.

Sat Sharma participates in Lohri celebration at Gangyal, highlights cultural unity and peace

■ HT NEWS NETWORK

JAMMU, JANUARY 13 : J&K BJP President and Member of Parliament (Rajya Sabha) Sat Sharma CA today participated in a Lohri programme organized by BJP J&K General Secretary Baldev Singh Billawaria under the banner of Dogra Sewa Sambhal Trust (Regd.) at Gangyal. The programme was marked by traditional rituals, and enthusiastic participation from local residents. J&K BJP Vice President Rekha Mahajan and several senior BJP leaders were also present on the occasion.

Addressing the gathering, Sat Sharma said that Lohri is not merely a festival but a celebration of life, nature, and collective prosperity. He said that Lohri symbolizes the deep-rooted bond between people and nature and reflects gratitude for a bountiful harvest and the tireless efforts of farmers. Emphasizing the spirit of the festival, he said that Lohri reminds



society of the values of togetherness, optimism, and renewal.

Praying for peace, harmony, and progress, Sat Sharma wished

for bumper harvests, economic prosperity, and lasting peace in

Jammu & Kashmir and the entire nation. He also reiterated the BJP's firm commitment to peace, strongly condemning terrorism and violence, and prayed for lasting stability and development in Jammu & Kashmir. He further emphasized that such traditional celebrations play a vital role in strengthening social harmony and keeping the rich cultural heritage alive, particularly among the younger generation.

On the occasion, Baldev Singh Billawaria said that the Dogra Sewa Sambhal Trust has been consistently working to preserve and promote Dogra culture and traditions. He said that festivals like Lohri bring people together beyond political or social differences and strengthen the spirit of unity, brotherhood, and cultural pride in society.

The programme concluded with traditional Lohri rituals and cultural performances, reflecting the rich Dogra ethos.

Movement Kalki Celebrates Lohri with Traditional Fervour at Amphalla Chowk

■ HT NEWS NETWORK

JAMMU, JANUARY 13 : Movement Kalki today celebrated the festival of Lohri at Amphalla Chowk, Jammu, with great traditional enthusiasm and a message of social unity. The event was organized to carry forward the Lohri celebration tradition established by former MLC Late Ramesh Arora. The programme conveyed a strong message that such cultural festivals will continue to be celebrated every year with the same spirit.

Speakers highlighted the significance of Lohri as a festival associated with harvest, the sun's northward



journey (Uttarayan), worship of fire, and social harmony. The festival symbolizes prosperity, new beginnings, and positive energy.

Apart from Movement Kalki members, senior citizens from old-age homes, respected members of society, and local residents actively participated. Corporator Sanjeet Sharma from the Karan Nagar area of Jammu was specially present. President of Karni Sena, Thakur Arjun Ji, also attended the programme along with his team.

Senior RSS worker Ashok Gupta Ji, Chanan Singh Ji from Ustad Mohalla, brothers of Late Ramesh Arora—Rajender Arora and Sumant Singh from Karan Nagar—trader Shakeel Gupta, Pawan Sharma Ji, and several other prominent locals were present. Arora Sabha made arrangements for prasad and its distribution. The participants celebrated Lohri with enthusiasm, paid tribute to Late Ramesh Arora, and collectively pledged that discrimination against Jammu will no longer be tolerated.

The programme was held under the chairmanship of Rajdev Singh. Movement Kalki Board Members Atulya Bakshi, Antu Kotwal, Sapna Hindu, Sushma Sharma, Anuradha Yogi, Saurav Sharma, Rajkumar, Rajender Hindu, Vinkal Sharma, and Founder Deepak Singh, along with other office bearers, were present.

BJP CELEBRATES LOHRI WITH TRADITIONAL FERVOUR AT PARTY HEADQUARTERS

■ HT NEWS NETWORK

JAMMU, JANUARY 13 : Bharatiya Janata Party (BJP), Jammu & Kashmir, celebrated the festival of Lohri with great enthusiasm and traditional fervour at its headquarters in Trikuta Nagar, Jammu, reflecting the rich cultural ethos of the region.

The celebrations were led by J&K BJP President and Member of Parliament (Rajya Sabha) Sat Sharma CA and General Secretary (Organization) Ashok Koul.

Traditional nuts and sweets were distributed among all those present to mark the occasion. BJP leaders and activists also danced to the tune of traditional drums.

Extending warm Lohri greetings to the people, Sat Sharma said that Lohri is not merely a festival but a celebration of life, nature, and collective prosperity. He said that Lohri symbolizes our deep-rooted bond with nature and reflects gratitude for a bountiful harvest and the tireless efforts of our farmers. He said that the festival reminds us of the values of togetherness, optimism, and renewal. Praying for peace, harmony, and progress, he prayed for bumper harvests, economic prosperity and lasting peace in Jammu & Kashmir and the entire nation. He also reiterated the party's commitment to peace, strongly condemning terrorism and violence, and prayed for lasting stability and development in Jammu & Kashmir.

Sat Sharma further emphasized that such traditional celebrations strengthen social harmony and keep cultural heritage alive, especially among the younger generation.

Addressing the gathering, Ashok Koul said that Lohri heralds the harvest of winter crops and honours the Sun God for warmth and vitality, coinciding with the auspicious transition of Makar Sankranti. He noted that the festival signifies brotherhood, hope and the anticipation of good fortune with changing seasons. May this festival usher in happiness, positivity and unity among all sections of society, he added.

J&K BJP Vice Presidents Priya Sethi, Rakesh Mahajan and Rekha Mahajan, General Secretaries Sanjita Dogra and Baldev Singh Billawaria, MLAs Yudhvir Sethi, Ch. Vikram Randhawa and Arvind Gupta, senior party leaders Reema Padha, Pawan Sharma, Tilak Gupta, Dr. Pardeep Mahotra, Balbir Ram Rattan, Dr. Tahir Choudhary, Rajni Sethi, Zoravar Singh Jamwal, S. Varinderjit Singh, Arun Prabhat, Adv. Neha Mahajan, Rakesh Pant, Dharminder Kumar, Ayodhya Gupta, Vinay Gupta, Praduman Singh, Parmod Kapahi, HS Pammi, Vaishno Devi, Dr. Makson Tikoo, Gourav Balgotra, Nareish Singh Jasrotia, Ashu Mahajan, Rajnish Jarin, Dil Bahadur Singh Jamwal, Prof. Kulbhushan Mohtra, Jaideep Sambyal, Ankush Mahajan, Vikrant Gupta, Naveen Sharma, Sanjay Baru, Karan Sat Sharma, Puneet Mahajan, Sanjay Bakshi, and other senior leaders of party were present on occasion.

Balbir raises alarm over winter power crisis in Jammu

Prolonged outages pushing residents into severe distress

■ HT NEWS NETWORK

JAMMU, JANUARY 13 : Jammu and Kashmir BJP spokesperson and former Vice Chairman Balbir Ram Rattan has expressed grave concern over prolonged and erratic power cuts across the Jammu region, stating that the unreliable electricity supply has made the harsh winter conditions even more unbearable for the people.

In a statement issued today, Balbir said that frequent power outages, especially during early mornings and late nights when temperatures fall sharply, have caused immense hardship.

He noted that the biting cold combined with long power cuts has pushed people into distress, with children, senior citizens and patients being the worst affected due to their vulnerability to cold-related

ailments.

He pointed out that electricity is a basic necessity during winters, as most households depend on electric heaters, blowers and geysers to keep warm. However, unpredictable power supply has rendered these appliances useless. Power cuts without prior notice, he said, leave families helpless in freezing conditions.

Balbir also highlighted that areas equipped with smart meters are facing the same situation. Despite assurances that smart meters would ensure uninterrupted supply, residents continue to suffer long outages. The promised improvement in power management has failed to materialize on the ground, he added.

Referring to students, Balbir said their studies are being badly affected

due to lack of electricity during evening and night hours. He further stated that traders, shopkeepers and small business owners are also incurring losses as work in shops, workshops and small industrial units comes to a halt during frequent outages.

Criticising the concerned departments, Balbir said that claims of winter preparedness have fallen flat, as people continue to suffer year after year. He urged the government to intervene immediately and ensure minimal power cuts during peak winter hours.

Appealing for a humanitarian approach, Balbir emphasized that electricity during winters is not a luxury but a necessity, and the people of Jammu should not be forced to battle extreme cold due to administrative failure.

Day 3: MARCOS, SDRF continue search in Jhelum for Gandbal boat tragedy victim

Underwater efforts are on to recover remains of Showkat Ahmad Sheikh

■ HT NEWS NETWORK / KNO

SRINAGAR, JAN 13: The search operation by Marine Commandos (MARCOS) and the State Disaster Response Force (SDRF) continued for the third consecutive day on Tuesday in the Jhelum river at Gandbal, Srinagar, to trace the remains of Showkat Ahmad Sheikh, one of the victims of the 2024 Gandbal boat tragedy.

Officials told the news agency—Kashmir News Observer (KNO) that the elite divers of MARCOS, assisted by the SDRF's Quick Response Team (QRT), resumed underwater scanning early Monday morning despite cold and low water visibility.

"We are combing every section of the stretch where the suspected remains were spotted. The operation will continue until further directions," an SDRF officer said.

The renewed operation follows the recovery of what appeared to be "human remains" on Sunday near the same riverbank where eight lives were lost when a boat ferrying school-children and locals capsized on April



16, 2024. Locals, still haunted by the tragedy, have been gathering at the site since the weekend. "We have lived with unanswered questions for two years," said Zainab, a lady from the area. "If they find even a part of him, at least we will have something to pray over."

Officials said the recovered remains have been sent for forensic examination to establish their origin and possible identification.

The operation, involving sonar-assisted scanning and manual dredging by MARCOS divers, continued late into the evening.

Meanwhile, the Gandbal boat tragedy, which claimed eight lives, including children, remains one of the deadliest incidents in Srinagar's recent memory. Despite massive rescue operations by SDRF, NDRF and MARCOS in 2024, Showkat's body was never found—(KNO)

DH Bandipora attaches two officials

■ HT NEWS NETWORK / KNO

BANDIPORA, JAN 13: Two officials of District Hospital Bandipora have been attached to the office of the Chief Medical Officer Bandipora in connection with an inquiry into the alleged burning of medicines inside the hospital premises, officials said on Tuesday.

According to the details available with the news agency—Kashmir News Observer (KNO), Sanitary Inspector Mustafa Ahmad and Junior Pharmacist Altaf Hussain Mir have been attached with immediate effect till the final outcome of the inquiry committee constituted by the Medical Superintendent, District Hospital Bandipora. The Medical Superintendent has constituted a committee to inquire into the incident of burning the medicines, which is alleged to be in violation of the General Financial Rules, Store Purchase Rules and the Biomedical Waste Management Rules, 2016. The committee, headed by Dr. Javid Ahmad Bhat, Consultant Medicine, has been asked to examine records related to procurement, storage, condemnation and disposal of medicines and to fix responsibility. It has been directed to submit its report within seven days.

Meanwhile, Pharmacist and In-charge stores Altaf Hussain has been relieved of the charge of stores and directed to hand over the charge to pharmacist Reyaz-ul-Haq Bhat with immediate effect. In the meantime, Medical Officer Dr. Umair Qayoom has been directed to ensure proper handover as per rules. In a separate order, Sanitary Inspector Gh. Mustafa Ganie has been asked to submit a written explanation within 24 hours regarding the presence of sanitary workers during the burning of medicines. Officials said the Biomedical Waste Management Rules prohibit sanitary workers from participating in such activities—(KNO)

JKBOSE to announce Class-10 results in morning, Class-12 in afternoon

■ HT NEWS NETWORK / KNO

SRINAGAR, JAN 13: The Jammu and Kashmir Board of School Education (JKBOSE) Tuesday said that it will announce annual regular results of Class-10 in the forenoon followed by 12th class results in the afternoon on Wednesday.

An official informed the news agency—Kashmir News Observer (KNO) that "In the recent meeting, JKBOSE has decided to an-

nounce the results of 10th standard in after 10 Am and 12th class result after 2 Pm."

The official further said that JKBOSE has been planning to announce the results of both classes from the previous academic year.

"We have been planning to declare the results of 10th and 12th standard on the same day from the previous academic year. This year we succeeded in doing so," the official said.

It also said that the purpose of declaring results on

the same day is to give a sigh of relief for the students and their parents.

On Monday, Education Minister Sakina Itoo said that the Jammu and Kashmir Board of School Education (JKBOSE) will announce the result of annual regular exams of class 10th and 12th on January-14.

The minister said that the government has decided to announce the results of both the classes on the same day.

"The results process was completed in the first week

of January but it got delayed because of the delay in appointment of chairman for JKBOSE," she said.

Over 94,000 students had appeared in the annual regular exams of 10th standard that commenced on November-03 in the Kashmir division.

Jammu and Kashmir Board of School Education (BOSE) had set-up 994 examination centers across the Kashmir region.

BOSE had said that 68,804 students enrolled for

the annual regular exams of 10th are from ten districts of Kashmir division and 25,224 students are from eight districts of winter zone areas of Jammu division.

Besides, the board had also informed that at least 660 from Kargil and 95 from Leh district were also enrolled for the examinations.

Earlier, BOSE Secretary had said that nearly 95,000 students were enrolled to appear for 10th class exams and the board has made 994 exam centers for them.

Pertinently, BOSE had announced syllabus relaxation of 15 percent for 10th, 11th and 12th standard examination.

Director Academics of BOSE in a notification said that the decision was taken upon the recommendations received from the DSEK and DSEJ and pleas received from other stakeholders regarding reduction in syllabus due to delayed commencement of academic session this year coupled with disruptions in academic calendar due to

heat wave, torrential rains, cloudbursts and floods.

"As approved by the competent authority, it is notified that the prospective eligible students appearing in class 10th, 11th and 12th in the ensuing annual regular, 2025 examination in Kashmir Division and winter zone areas of Jammu Division including UT of Ladakh, shall attempt 85 percent marks which will correspond to 100 percent marks, availing thus 15 percent relaxation in syllabus," reads the notification—(KNO)

Delhi govt gives nod to implement carbon credit monetization framework

■ UNITED NEWS OF INDIA

NEW DELHI, JAN 13 : Delhi government on Tuesday gave its nod to implementing the Carbon Credit Monetization Framework through the Department of Environment, Forests & Wildlife, as part of efforts to transform the city's green projects into revenue-generating assets for pollution control and sustainability, subject to Cabinet approval.

An official said that each verified reduction of one metric tonne of CO2 equivalent from Delhi's climate initiatives will yield a tradable carbon credit, sellable in voluntary or compliance markets worldwide.

"This no-financial-liability model leverages existing green efforts across departments, Transport (EV policy and CNG, electric buses), Power (solarisation and energy efficiency), Forests (tree plantation and green cover), Delhi Jal Board (water reuse and wastewater efficiency), and Urban Development (waste management and legacy waste biomining), to unlock untapped economic value while advancing ecological goals," the official added.

Delhi Environment Minister Manjinder Singh Sirsa said this framework allows us to quantify these achievements, certify them under global standards like VERRA,



Gold Standard, and the Indian Carbon Market, and monetize them transparently.

The Department of Environment, Forests & Wildlife, will serve as the nodal agency to oversee rollout: To institutionalize a robust system to identify, validate, and register emission-reduction projects from diverse sectors. Develop a credible Monitoring, Reporting, and Verification (MRV) mechanism to ensure data integrity

and international auditability.

Also to enable seamless issuance and trading of credits via approved platforms, maximizing value realization. Strengthen departmental capacities for long-term carbon market engagement. Establish Delhi as a climate finance leader, directly contributing to national goals.

The official said by engaging expert agencies on a success-fee basis, where payment depends

utilization for pollution prevention, climate adaptation, and environmental management will be managed through a dedicated mechanism.

The proposal has garnered support from key departments including Finance, Planning, Law, Power, Forests, Urban Development, and Health, following detailed consultations. Finance Department endorsed the revenue-sharing model, emphasizing no fiscal burden and compliance with GFR and procurement norms. Forests Department advocated for comprehensive carbon stock assessments aligned with national programs like Green Credits.

The official claimed that Indore Municipal Corporation earned Rs 50 lakh by selling credits from compost plants, biomethanation, and solar under Verified Carbon Standard (VCS). Meghalaya's MegCare program paid farmers EUR 40 per tonne- the highest in India- for agroforestry across 22,000 hectares. Arunachal Pradesh's 3 MW hydro project secured 16,326 tonnes of credits, targeting 97,783 by 2028.

According to the official, these successes validate Delhi's path, promising substantial returns on sustainability investments. UNI

EAM Outlines Four Priorities for BRICS 2026

■ UNITED NEWS OF INDIA

NEW DELHI, JAN 13: External Affairs Minister (EAM) S Jaishankar on Tuesday noted down "four broad priorities" guiding India's BRICS 2026 Chairship, stating that "resilience, innovation, cooperation, and sustainability" are the precedents that will lead the 18th summit of the grouping.

Speaking at the launch of the BRICS 2026 logo and official website, the EAM said these priorities will provide a coherent framework across the grouping's three foundational pillars: "political and security, economic and financial, and cultural and people-to-people exchanges."

"Under the resilience pillar, we will endeavour to build structural institutional strengths capable of weathering global shocks. India intends to work with BRICS partners to build resilience in agriculture, in health, in disaster risk reduction, energy and supply chains, including through cooperative frameworks that enhance collective preparedness and response," Jaishankar said.

He added that innovation remains a central driver of global economic development, noting that leveraging new and emerging technologies is crucial for tackling socio-economic challenges, especially those faced by developing nations, while keeping a people-focused perspective.

"The deployment of new and emerging technologies is essential to addressing socio-economic challenges, particularly those confronting developing countries, while maintaining a people-centric approach. Enhanced cooperation in areas such as start-ups, MSMEs, and emerging technologies can contribute meaningfully to building a more equitable world," the EAM said.

Jaishankar also emphasised cooperation and sustainability as equally important priorities.

"India will work to advance climate action, promote clean energy, and support sustainable development pathways in a manner that is fair and sensitive," he added. Highlighting the significance of the newly unveiled BRICS logo, the EAM said it reflects India's approach to its chairship by combining elements of "tradition and modernity".

"The petals incorporate the colours of all BRICS member countries, representing unity in diversity and a strong sense of shared purpose. The logo conveys that BRICS draws strength from the collective contributions of its members while respecting their distinct identities," he said.

The BRICS India website, also launched during the event, will serve as a common platform for information on meetings, initiatives, and outcomes during India's chairship and is expected to enhance transparency, engagement, and timely dissemination of information among member countries and global stakeholders.

The acronym BRIC was first coined in 2001 by Goldman Sachs in their Global Economics Paper, "The World Needs Better Economic BRICS", based on analyses projecting that Brazil, Russia, India, and China would individually and collectively occupy a larger share of the global economy and become among the world's largest economies over the following decades. In 2010, it was agreed to expand BRIC to BRICS, with South Africa joining at the 3rd BRICS Summit in Sanya in 2011.

India Rules Out Bangladesh Front Amid China-Pak Axis

■ UNITED NEWS OF INDIA

NEW DELHI, JAN 13 : Army Chief General Upendra Dwivedi has dismissed fears of Bangladesh emerging as a third front after Pakistan and China, saying the Indian military leadership has been in talks with the top brass in Dhaka and there is no such indication as of now. General Dwivedi said this in response to questions at the annual press conference here on Tuesday. He clarified that the Army is constantly monitoring the situation there. "First of all, it is important to understand what kind of government is in Bangladesh. If it is an interim government, we have to see whether the steps they are taking are for four to five years or only for four to five months," he said. "One has to think about whether we need a response immediately or not. Secondly, the channels of the three services are fully open. I am in regular touch with the Army Chief there. Similarly, we are in touch through other mediums as well. We had sent a delegation there, which met all the concerned people. Similarly, the Chief of the Naval Staff and the Chief of the Air Staff have also held talks," he said.

The Army Chief said that the aim is to ensure that there is no misunderstanding or lack of communication. "I want to assure you that whatever steps are being taken by the three services in today's situation, they are not against India in any way," he said.

Referring to the growing closeness of the Bangladesh army with the Pakistani and Chinese armies, he said capability building is a continuous process. India is doing it and so are other countries. He said that the Indian Army is constantly monitoring the situation there. The Army chief said that India will have to create a rocket missile force on the lines of China and Pakistan and also increase its drone stockpile in view of the increasing use of rockets, missiles and drones in wars. Stating that the country needs a missile force, Gen. Dwivedi said that rockets and missiles are interconnected and they can work in the same way. "We are seeing the need for a rocket-missile force because Pakistan has set up a rocket force and China has created a similar force. It is the need of the hour that India should also create such a force," he said. On the increasing use of drones in wars, Gen Dwivedi said the Army has decided that it will make more and more drones on its own. "It depends on the capability of the command but it can be said that each command of the Indian Army can either make or has already made 5,000 drones," he said adding that these are not small drones. "The Army has tested drones that can hit a distance of about 100 kilometers, and in the future we are going to increase their range."

Asked about the increasing movement of drones on the border from Pakistan, he said that Islamabad has been warned about drones coming from Pakistan and told that India does not accept such actions.

He said the issue has been discussed in the DG level talks and they have been told in clear terms that it is not acceptable to us and it should be stopped. "The drones that we have seen are very small drones. They fly with their lights on. They do not fly at very high altitudes and have been seen on very few occasions. About 6 drones were seen on January 10, and 2 to 3 drones were seen on January 11 and 12."

The Army chief said that according to him, these were defensive drones which wanted to see if any action was being taken against them. "It is also possible that they want to see if there is any shortcoming, leniency, or any route by which they can send the terrorists. UNI

NGT directs Howrah Municipal Corporation to comply with waste rules

■ UNITED NEWS OF INDIA

NEW DELHI, JAN 13 : The National Green Tribunal (NGT) has directed the Howrah Municipal Corporation (HMC) to undertake comprehensive measures to ensure full compliance with the Solid Waste Management Rules, 2016, and other applicable environmental regulations.

The direction was issued by a bench comprising Justice Arun Kumar Tyagi (Judicial Member) and Justice Ishwar Singh (Expert Member).

The bench passed the direction after observing that the West Bengal State Pollution Control Board (WBSPCB) had failed to file any report or response

indicating the compliance status with respect to the mandatory biannual review of the implementation of the Rules, to be conducted in close coordination with the Directorate of Municipal Administration or the Secretary-in-Charge of the State Urban Development Department.

WBSPCB has not taken any action in respect of violations of the SWM Rules, 2016, by the Municipal Corporation, Howrah, NGT states.

In this instrumental observation, NGT directed HMC to file a detailed report on progress against timelines and budgetary allocations for all SWM activities, within two months.

NGT also directed HMC to ensure compliance with Rule 17, requiring brand owners of non-biodegradable packaging to fund and support waste management systems.

Tribunal has fixed the next hearing for 18 March 2026. Non-compliance with the order may constitute an offence under Section 26 of the NGT Act, 2010, and orders are enforceable as a civil court decree.

Earlier following the NGT's September 25, 2025 directive an affidavit was filed by Joly Chaudhuri, Director of the State Urban Development Agency (SUDA), Joly Chaudhuri, Director of the State Urban Development Agency (SUDA), UNI

Education minister calls for united push to make campuses drug-free at Delhi University

■ UNITED NEWS OF INDIA

NEW DELHI, JAN 13 : Delhi's Education Minister Ashish Sood on Tuesday called for a united national effort to keep educational institutions free from drugs, saying addiction destroys not just individual students but also the future of families and the nation.

He was addressing students and faculty at the University of Delhi during the Drug-Free Campus Campaign, held in the presence of the Vice President of India C. P. Radhakrishnan and union Education Minister Dharmendra Pradhan.

Speaking as a former student

of Delhi University, Sood said he was not addressing the gathering as a minister but as an alumnus and a fellow traveller. He recalled his student days and said the university had shaped his journey in life.

Referring to National Youth Day celebrated on January 12, Sood quoted Swami Vivekananda's words, "Youth power is nation power," and said youth can truly contribute to the nation only when they are mentally strong, emotionally empowered and free from addiction. He said the presence of senior national leaders showed that the Drug-Free Campus Campaign was not just a programme but a national resolve.

Sood said drugs should not be seen as a personal choice or part of youth culture. He described addiction as a trap that harms students' thinking, discipline and health, while also damaging the dreams of parents and slowing the nation's progress. He said poor attendance, weak academic performance and dropouts are only visible signs, while the real loss is the wasted potential of young people.

The education minister said the central government, under the leadership of Prime Minister Narendra Modi, is turning the Drug-Free India Campaign into a mass movement. He added that campuses should focus on character

building, not just awarding degrees.

He also highlighted Vice President C P Radhakrishnan's long-standing work against drug abuse, recalling his 19,000-kilometre Rath Yatra aimed at spreading awareness. Sood said union Education Minister Dharmendra Pradhan has strengthened the campaign through education reforms and believes in preparing students to become job creators, not job seekers.

Sood welcomed the launch of the Drug-Free Campus Portal and mobile app, saying it would help students seek support without fear. He said mental health support is a key tool in preventing addiction

and praised the use of technology to reach students directly.

On behalf of the Delhi government's Education Department, Sood announced that the Drug-Free Campus Campaign will be linked with Delhi's Science of Living Curriculum. He said the programme will be actively implemented in all schools and colleges, with a focus on peer-to-peer mentoring to spread awareness among students.

Addressing the youth, Sood said drugs are not a symbol of being "cool" but a sign of losing direction in life. He urged students to find real happiness in success and in making their families proud. UNI

You Are the Future of Viksit Bharat', CDS to NCC Cadets

■ UNITED NEWS OF INDIA

NEW DELHI, JANUARY 13 : The Chief of Defence Staff (CDS) General Anil Chauhan on Tuesday exhorted the NCC cadets to take up a career in the armed forces and to help build a Samridhh, Sashakt, Surakshit (prosperous, powerful, protected) Bharat by 2047. "You are the future leaders of Viksit Bharat," he told the cadets during his visit to the National Cadet Corps (NCC) Republic Day Camp at Delhi Cantt.

Addressing NCC cadets and officers, the CDS expressed his pride in attending the camp for the fourth consecutive time. He lauded the high standards and enthusiasm of the cadets, noting a renewed sense of energy and patriotism each year.

Emphasizing the importance of vision and will for the youth, he said, "If you take the right path, you reach the right destination; it is important to choose the right path today."

Emphasizing the significance of January, he described it as an important month

marked by key events like National Youth Day on 12 January celebrating Swami Vivekananda's birth anniversary, Veteran's Day on 14 January, Army Day on 15 January, Parakram Diwas on 23 January celebrating Netaji Subhash Chandra Bose's jayanti, Republic Day on 26 January marking the adoption of the Constitution, and Martyr's Day on 30 January. He said these occasions celebrate India's independence, republican values and the true spirit of nationalism.

Concluding his address, General Chauhan asked the cadets to act now and not to wait for tomorrow to work towards their goals and to keep a positive and optimistic attitude in life.

CDS appreciated the crisp display of 'Guard of Honour' by the army, navy, and air wing cadets and the melodious band display by the cadets of Sainik School Ghorakhal, Uttarakhand. He lauded the cadets indulged in Aero and Naval models briefing, Drone display and highlighted how it showcases their discipline and technological prowess. UNI

Bishnoi gang fires shots outside gym in West Delhi

■ UNITED NEWS OF INDIA

NEW DELHI, JAN 13 : Two unidentified men on a motorcycle opened fire outside a gym in outer Delhi's Paschim Vihar on Monday night. Subsequently, a message purportedly on social media claimed responsibility for the attack on behalf of the Lawrence Bishnoi gang.

A police officer said the authenticity of the post is under verification, while a case has been registered in connection with the firing. The two assailants drove past R K Fitness on the Outer Ring Road, with one firing two shots outside, police said. No one sustained injuries.

Following the incident, a purported message surfaced on a Facebook account identified as belonging to Randeep Malik, claiming responsibility for the attack.

The post claimed that the firing was orchestrated by Randeep and Anil Pandit, who resides in the US, after the gym owner failed to respond to their calls.

"Next time call nahi uthaya to dharti se uthwa dunga tuihe jaise Nadir Shah ko uthaya tha..." (If you do not pick up our call, you will be eliminated like Nadir Shah)," it added. The message added that anyone who opposed Lawrence Bishnoi would continue to be considered an enemy and pledged unwavering loyalty to him until death.

The message also listed other gang members, including Hashim Baba, Kala Rana, and Jitender Gogi.

Nadir Shah, a gym owner in Greater Kailash, was killed outside his gym in September 2024. Police subsequently arrested over a dozen individuals linked to the Lawrence Bishnoi gang.

Lawrence Bishnoi is currently in Sabarmati Jail, Gujarat. He faces charges in the murder of Punjabi singer Sidhu Moosewala, as well as cases involving threats and firing outside Bollywood actor Salman Khan's residence.

Hashim Baba and Kala Rana are lodged in Delhi's Tihar Jail. UNI



Kohli Revels in a New, Delightful Version of Himself

UNITED NEWS OF INDIA

NEW DELHI: Virat Kohli's batting has been all about becoming so good and so fit that he doesn't have to take any risk. This is not an attempt at Kohli exceptionalism. Yes, batting is all about risk management, but there are levels to it. Kohli has been obsessed with avoiding or delaying it as much as possible.

Conditions in Test cricket make it physically impossible to score runs without taking the odd risk, and Kohli's relationship with risk in T20s has been fraught. ODIs, though, are his playground. Kohli has stayed either the best or among the two or three best batters in ODIs for the best part of 18 years without ever being the most spectacular.

Since the start of the South Africa series, though, Kohli has unveiled a newer version of himself. It would be simplistic to call it an upgrade because everything is a trade-off - and this is just the start and everything is coming off for now - but you almost feel like cheated that Kohli denied you this delightful version of himself. What defined Kohli the ODI batter, this ruth-

less accumulation and obsession with completing the job, also perhaps denied us experiencing the highest of highs. It is almost as if now he has allowed himself to be freer, or in his own words, "not play the situation" so much.

As a result, Kohli is taking more risks and taking them sooner. It hadn't seemed possible, but we have an even more delightful version of Kohli the ODI batter. Since the start of the South Africa series, he is striking at 103.75 in the first 20 balls, hitting a boundary every six balls. A good comparison would be the 2023 World Cup, when he was in similar good form and scored plenty of hundreds. There he started at 80.19 and hit a boundary every nine balls.

Especially when batting first, Kohli is going harder sooner. In the two matches that India batted first against South Africa, he hit a six each in the first 20 balls he faced. In the two preceding years he did so only once, and that too off a free hit. The Ranchi ODI was the first time he hit more than one six in the powerplay when batting first. By the end of the 20th over, he had hit four sixes; the most he

had ever hit in the first 20 overs before this was two. You need every last one of those extra runs because the dew in the night is often worth 50 or so runs.

In Vadodara against New Zealand, Kohli walked in and freed up Shubman Gill, who is going through a tough phase personally and was facing just about the perfect bowling New Zealand could have mustered at that time given their resources and the conditions. No more dabbling balls to third to get going. He charged at the bowlers and lofted them.

As Kohli confirmed later, it was only because he was chasing that he held himself back later on in the innings. He had to rein himself in. In what should be a warning for sides around the world, Kohli said the way he is batting right now he doesn't feel the need to play situations or think of milestones.

There is also an element of letting go to it. As Kohli said at the post-match presentation, he appreciates some ball has your name on it. So don't carry the weight of the whole innings. Trust others in case you get out.



Everything, everywhere, all in Devine hands

UNITED NEWS OF INDIA

MUMBAI: Sophie Devine is everywhere. She's opening the batting, closing out games with the ball, prowling the ring, talking tactics between overs, and somehow finding time for lighter moments too. But with her game, there is no particular method. Her success in T20 cricket has been defined by her ability to force the opposition to react faster than they'd like.

She's been doing it for 20 years, once as a bowler who batted in the lower-middle order, then steadily evolving into a top-order player, and ultimately, becoming the all-round force she is right now. On Sunday, a WPL match that twisted and turned remained under her imprint from the first over to the last ball.

At the end of the night, when Gujarat Giants captain Ash Gardner turned to her, Delhi Capitals needed just seven off the last over. At the crease



were Laura Wolvaardt and Jemimah Rodrigues, the pair who had dragged the chase back from trouble.

Devine missed her length with a full toss first up, but Wolvaardt could manage only a single to deep midwicket. Before the next delivery, Devine walked over for an extended conversation with Gardner and had fine leg and long-on put in place. She then bowled a slower ball outside off, tempting Rodrigues into the sweep, who could only glove it through to the wicketkeeper. The contact was uncertain but UltraEdge settled the debate, and Devine helped Giants wrest back control.

DY Patil is a ground where dew, history and chasing sides all conspire against bowlers. In the first game of the season, 20 runs were scored off the last four balls as Royal Challengers Bengaluru sealed a thriller against Mumbai Indians. Even Giants had needed a 26-run cushion in the final over in their previous game, Devine finishing the job but not without damage. This time, the equation was down to five required from two balls, with Wolvaardt on strike.

Badoni replaces injured Washington in India squad for NZ ODIs

UNITED NEWS OF INDIA

AHMEDABAD: India all-rounder Washington Sundar has been ruled out of the ODI series against New Zealand after suffering a rib injury in the series opener in Vadodara. Uncapped batter Ayush Badoni has been brought in as cover.

Washington, who bowled five overs for 27 runs, walked off midway through the New Zealand innings and did not return to field on Sunday. Then, despite the discomfort, he later came out to bat at No. 8 as India picked a four-wicket win.

"Washington Sundar reported an acute onset discomfort in his left lower rib area while bowling during the first ODI against New Zealand at the BCA Stadium, Vadodara, on Sunday," a BCCI statement said on Monday. He will undergo further scans, following which the BCCI Medical Team will seek expert opinion."



Badoni, 26, received his maiden call up to international cricket. He's played 27 List A matches and averages 36.47 with one hundred and five fifties. Although primarily a batter, he has been trying to prepare himself for situations where he'll need to bat down the

order and even chip in with a few overs of offspin.

Badoni has bowled 22 overs in three innings in the ongoing Vijay Hazare Trophy for Delhi. He's picked up four wickets at an average of 19.75 and economy rate of 3.59. He hasn't done much

with the bat this season, but over the years has had success coming in at No. 5 or lower. His one List A hundred came from No. 5. Badoni can draw on IPL experience as well, having played 56 games for Lucknow Super Giants. Washington is the third In-

dian player to pick up an injury, wicketkeeper-batter Rishabh Pant was ruled out of the ODI series after suffering a side strain last week while Tilak Varma will be unavailable for the first three T20Is that follow due to a groin injury which required surgery. ODI captain Shubman Gill had given an update on Washington following India's win on Sunday. "Washington Sundar has a side strain and will go for a scan after the match," he said at the post-match presentation.

After the first ODI in Vadodara, India and New Zealand play in Rajkot (January 14) and Indore (January 18) before shifting focus to the five-match T20I series, in Nagpur (January 21), Raipur (January 23), Guwahati (January 25), Visakhapatnam (January 28) and Thiruvananthapuram (January 31), which will set them up for the T20 World Cup, to be played in India and Sri Lanka in February-March.

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