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Uttar Pradesh Is India's Cultural Heartland, Cradle of Timeless Wisdom: LG Sinha

Hails State's Spiritual Legacy and Development Journey at Uttar Pradesh Foundation Day Celebrations in Jammu

■ HT NEWS NETWORK

JAMMU, JAN 24: Lieutenant Governor of Jammu and Kashmir, Shri Manoj Sinha, on Saturday described Uttar Pradesh as the cultural and spiritual heart of India, saying the ancient region has shaped the nation's civilisational consciousness and continues to offer enduring guidance to humanity.

Addressing the Uttar Pradesh Foundation Day celebrations at Jammu Kashmir Lok Bhavan, the Lieutenant Governor extended warm greetings to the people of the state and paid tribute to its great luminaries, freedom fighters and revolutionaries for their pivotal role in the making of modern India.



"Literary figures have identified the ancient Uttar Pradesh region as India's heartland—the cradle of the Vedas, Upanishads, Ramayana, Mahabharata and the Puranas. To me, Uttar Pradesh represents a wellspring that has nurtured the country's cultural consciousness," LG Sinha said.

He observed that words alone are insufficient to capture the richness of Uttar Pradesh, noting that its essence must be felt and lived. Referring to the sacred confluence of the Ganga, Yamuna and Saraswati, the Lieutenant Governor said the region has served as a spiritual centre for millennia, offering timeless wisdom and inspiring global consciousness through

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Trade, Mobility Pacts Unlock New Opportunities for India's Youth: PM Modi

Prime Minister Hands Over 61,000 Appointment Letters at 18th Rozgar Mela, Calls Public Service a Mission of Nation-Building

■ HT NEWS DESK / AGENCIES

NEW DELHI, JAN 24: Prime Minister Narendra Modi on Saturday said India's growing trade and mobility agreements with various countries are opening up fresh employment and career opportunities for the youth, both within the country and abroad.

Addressing the 18th edition of the Rozgar Mela through video conferencing, the Prime Minister electronically handed over 61,000 appointment letters to newly recruited candidates at 45 locations across the country. He said such agreements are expanding global and domestic avenues for India's young workforce at a time when the nation has the world's largest youth population.

Modi described the appointment letters as an invitation to participate in nation-building and urged the recruits to work with dedication



towards the vision of a developed India. He asked them to ensure citizen-friendly governance and to prevent people from facing difficulties

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Ahead of Republic Day, J&K on high alert

■ HT NEWS NETWORK / KNO

SRINAGAR, JAN 24: Ahead of Republic Day, security has been tightened across Jammu and Kashmir with forces carrying out extensive area domination exercises, and sanitization operations.

A senior security official told the news agency—Kashmir News Observer (KNO) that the security has been beefed up in all the 20 districts of J&K, particularly in the border areas. "Sensitive areas in Kashmir have seen enhanced security, including road blockades, vehicle checks, security cordons, and search operations," he said.

He said there is an extensive deployment

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Tight Security in Place for Smooth R-Day Celebrations: IGP Kashmir

■ HT NEWS NETWORK

SRINAGAR, JAN 24: Kashmir Police chief V K Birdi on Saturday said strict, multi-tier

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Over 20 Lakh Stagnated Promotions Cleared In Last 11 Years: Dr Jitendra

■ HT NEWS DESK / AGENCIES

NEW DELHI, JAN 24: More than 20 lakh long-pending promotions have been cleared in the last 11 years, ending a prolonged phase of stagnation that once saw many government employees retire from the same post at which they were appointed, Union Minister of State for the Ministry of Personnel, Public Grievances and Pensions, Dr. Jitendra Singh, said while delivering the welcome address at the 18th Rozgar Mela today.

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J&K records severe cold; snowfall, rain expected on Jan 26

■ HT NEWS NETWORK / KNO

SRINAGAR, JAN 24: Kashmir recorded a sharp drop in night temperatures on Saturday, with several places reporting sub-zero minimums, even as the Meteorological Department forecast rain and snow across most areas on January 26.

According to data obtained by the news agency—Kashmir News Observer (KNO), Zethan Rafiabab recorded the lowest temperature at minus 10.9 degrees Celsius, followed by Gulmarg at minus 12.0 degrees Celsius and Sonamarg at

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Budget session of J&K Assembly to be stormy

■ HT NEWS NETWORK / KNO

SRINAGAR, JAN 24: The upcoming budget session of Jammu & Kashmir is expected to be stormy, with opposition parties, especially the Bharatiya Janata Party, set to challenge the National Conference-led government on a range of issues, from its pre-election commitments regarding freebies to what they describe as governance failures.

In a clear indication that the BJP will leave no stone unturned in questioning the government's performance over the past 16 months, the party held a

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Daksh Kisan: Transforming Smartphones into Classrooms for Farmers

■ HT NEWS NETWORK

JAMMU, JAN 24: In 2023, smartphone penetration among farmers in Jammu & Kashmir crossed more than 70 per cent, as was learned during a survey conducted under the dedicated farmer outreach campaign Kisan Sampark Abhiyan. While the digital shift was clearly visible, its potential remained largely untapped.

Recognising this opportunity, the J&K Administration took a forward-looking decision to reposition the smartphone from being

merely a communication device to a powerful instrument of learning for the farming community. This vision culminated in the creation of Daksh Kisan, a Learning Management System (LMS) that today stands as the first initiative of its kind in India, and possibly in Asia, dedicated to the knowledge upgradation of farmers.

Launched amid cautious expectations, Daksh Kisan has, within just two years, emerged as one of the most successful digital capacity-building platforms for

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Administrative Readiness Cushions Snowfall Impact Across J&K

Swift Action Restores Power, Roads and Essential Services Across J&K After Gusty Winds, Snowfall Struck J&K

■ HT CORRESPONDENT

SRINAGAR, JAN 24: A spell of destructive winds followed by moderate to heavy snowfall across Jammu and Kashmir put public infrastructure and essential services under sharp stress, but a rapid, decentralised response led by Deputy Commissioners across the Kashmir Valley and the hilly districts of the Jammu division ensured that the disruption was contained and normalcy restored with speed.

The weather system first swept through the plains with strong gusts, damaging rooftops, power lines, hoardings and orchards in Srinagar, Budgam, Pulwama, Baramulla, Jammu and Udhampur. As snowfall followed—intensifying in north and south Kashmir and the Pir Panjal and Chenab Valley belts—district administrations had already activated control rooms, deployed emergency response teams and placed snow clearance machinery on high alert.

Despite widespread damage to the power

distribution network, officials said electricity supply was restored in nearly 85 per cent of affected areas within the first 12 hours, including all major towns and district headquarters. Srinagar city recorded near-complete restoration within hours, while Anantnag, Pulwama, Shopian and Baramulla followed swiftly. In north Kashmir, Kupwara and Bandipora districts saw longer outages in upper reaches, while in the Jammu division, restoration remains underway in

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Srinagar Admin Felicitates Meritorious Officials Ahead of Republic Day

DC, SSP & SMC Commissioner hand over awards to officials for excellence in Public services

HT NEWS NETWORK

SRINAGAR, JAN 24: To acknowledge and recognize the services rendered by the Officers and Officials of District Administration Srinagar, SMC and District Police, who have delivered distinguished and meritorious services, the District Administration Srinagar on Saturday held a Felicitation & Award Ceremony here at Meeting Hall of the DC Office Complex.

The felicitation ceremony was presided over by Deputy Commissioner Srinagar, Akshay Labroo, Commissioner SMC, Fazul Haseeb and Senior Superintendent of Police, Sandeep Chakraborty who awarded the Commendation Certificates and Mementos to the employees who have showcased meritorious service in the run up to Republic Day Celebrations.

Addressing the felicitation function, the Deputy Commissioner congratulated all the award winners and said that hard work and dedication towards one's profession are the keys to achieving success and earning a unique place in society.

The DC lauded the contributions of all awardees and other officials who have made a difference through their hard work,

exemplary performance, and dedication towards ensuring a prompt, efficient, and effective public service delivery system in the district.

The DC also highlighted the importance of coordination among the District Administration, Srinagar Municipal Corporation (SMC), and Police in ensuring effective and efficient administration in the district.

Speaking on the occasion, the Commissioner SMC highlighted the importance of coordinated efforts in fostering a better work culture for the benefit of the public. He urged the participants to continue working with added zeal, responsibility, and commitment in the future for public welfare and the overall betterment of society. Senior Superintendent of Police (SSP) Srinagar also addressed the gathering and lauded the awardees for their dedication and outstanding service.

Additional District Development Commissioner, Srinagar, Rifat Aftab Qureshi; Additional Deputy Commissioner, Mir Imtiyaz Ul Aziz; Additional Deputy Commissioner, AAdil Fareed; Chief Planning Officer, Fayaz Ahmad Dar, other senior Officers of District Administration, District/Sectoral Officers and other concerned were present on the



occasion.

The Officers/Officials who were felicitated during the programme included Tanveer Ahmad Dar and Ms Aaliya Amin from the Employment Department for successful implementation of Mission YUVA. Ms Rumana, Tariq Ahmad, Rouf Sheikh, Asif Sarwal, and Javed Kathu from J&K Bank were also honoured for their contributions.

From KPDCI, Ghulam Mohammad Ganai, Irfan Ahmad, Mohammad Ashraf, Tafazul Ahmad, Tanveer Ahmad, and Bilal Ahmad were felicitated for effective implementation of Solar Rooftops

under PM Surya Muft Bijli Yojana.

Similarly, from District Police, Mohammad Iqbal Sheikh, Masarat Ahmad Mir, Nazir Ahmad Mir, Showkat Ahmad, Waseem Mohi-ud-Din Lone, and Adil Ahmad Tak were honoured for their dedicated service.

From Srinagar Municipal Corporation (SMC), Er Sajad Kawoosa was felicitated, while Zahid Rashid from the Irrigation and Flood Control Department was also honoured.

From the R&B Department, Er Khalid Mehmood, Er Muzamil Bashir and Er Noor Mohammad Malik were awarded for their contributions.

Likewise, Yameen-ul-Nabi and his team from the Food Safety Department were felicitated. From Fire and Emergency Services, Dr. Aqib Hussain Mir, Mr Adil Hussain Zargar, and Mr Aijaz Ahmad Shah were honoured.

Additionally, Mst Shahida, Mst Shayista, Tahir Abbas, Mst Rifat Nazir, and Zaid Allaqband from the DC Office, SDM Office and Chief Planning Office Srinagar were felicitated. From the Education Department, Aabid Ahmad Wangnoo was awarded.

Besides, Aditya, Ghulam Hassan, Aijaz Ahmad, and Wasim Bashir were also felicitated during the programme.

Srinagar Admin organises programme on National Girl Child Day-2026 under BBBP at Women's College M.A Road

DC highlights role of Women in societal development; Calls for ending Gender Stereotypes

HT NEWS NETWORK

SRINAGAR, JAN 24: In connection with celebrations of National Girl Child Day-2026, a programme under Beti Bachao Beti Padhao (BBBP) was held here at Government Women's College M.A Road aimed to sensitise participants about the significance of the birth of the girl child and to create awareness regarding various government schemes and initiatives focused on women empowerment and emancipation.

Deputy Commissioner (DC) Srinagar, Akshay Labroo was the Chief Guest of the Programme organized jointly by the District Administration Srinagar and District Social Welfare Office.

Addressing the gathering on the occasion, the DC highlighted the pivotal role of women in the overall development of society. He underlined the role of women in nurturing and shaping the lives of all in the society. He observed that women are the driving force behind the success and progress of society as a whole. He cited examples of various women achievers and officers who have led society



and inspired positive change.

The DC urged parents to focus on identifying and nurturing the talents of their children so that they can achieve their best.

He emphasised the need to collectively work towards ending gender stereotypes and ensuring equal opportunities for girls in education, employment, and leadership. He stressed on building a positive environment that values the girl child and prevents gender-bias.

The DC also highlighted the initiatives of the Government launched for empowerment and overall development of girl child to educate and empower them, besides providing avenues to foster their economic, social and political growth and securing their financial future.

During the programme, the Deputy Commissioner also felicitated JKBOSE girl toppers and young achievers for their exceptional contributions in academics and various other fields, lauding their determination and inspiring achievements.

District Social Welfare Officer, Dr Mukhtar Ahmad, earlier welcomed the participants and addressed the gathering with opening remarks about the programme.

The programme was attended by District Social Welfare Officer, Dr Mukhtar Ahmad, Chief Education Officer, Ghulam Mohi-Ud-Din, Principal GGHSS Kothibagh, District Health Officer, other Officers of District Social Welfare Office, Staff and Students of the College, Anagnwari/Asha workers and other participants.

JKEDI Pulwama concludes Two MDPs under RAMP at Tral, Trains 42 Female Entrepreneurs

HT NEWS NETWORK

PULWAMA, JAN 24: Jammu & Kashmir Entrepreneurship Development Institute (JKEDI), Pulwama successfully concluded two batches of Management Development Programmes (MDPs) under the RAMP initiative at the NRLM Centre, Tral.

The programmes witnessed the participation of 42 female entrepreneurs, who were imparted structured training to enhance their entrepreneurial skills and strengthen their business capabilities.

The valedictory ceremony was attended by Nafia Nazir, Range Officer, South Kashmir, who also served as the reviewer of the programmes. While interacting with the participants, she lauded their active involvement and enthusiasm, and encouraged them to effectively utilize the knowledge gained for establishing sustainable and growth-oriented enterprises.

Raiyees Manzoor, District Nodal Officer, JKEDI Pulwama, was also present on the occasion. He highlighted the significance of such capacity-building initiatives in promoting entrepreneurship and empowering women at the grassroots level, particularly in rural and semi-urban areas.

The JKEDI course team was present during the valedictory function and provided continuous academic and mentoring support throughout the training period. The participants expressed their gratitude to the course team and JKEDI for their guidance, support, and efforts in organizing the programmes successfully.

National Girl Child Day celebrated at CCI Palaash, Bandipora

HT NEWS NETWORK

BANDIPORA, JAN 24: National Girl Child Day was celebrated today at Child Care Institution (CCI) Palaash, Bandipora.

The programme was organised by SANKALP-HEW, Mission Shakti, Department of Social Welfare, in collaboration with CCI Palaash, Child Welfare Committee (CWC), DCPU, POIC, and Pareesha.

The event witnessed active participation of officials, staff members, and children of CCI Palaash.

The programme aimed to raise awareness about the rights, protection, education, and empowerment of the girl child and to sensitize children about the facilities and schemes available for their welfare.

During the programme, Dr. Atiqullah, Protection Officer (PO), CCI Palaash, highlighted the importance of nurturing, protecting, and empowering girl children. Member, Child Welfare Committee (CWC), emphasized child rights, legal safeguards, and the role of institutions in ensuring a safe and supportive environment for children.

Gender Specialist, DHEW, spoke about gender equality, self-confidence, and opportunities available for girls under various government initiatives, while, Financial Literacy



Specialist, DHEW, sensitized the participants about financial literacy, savings, and economic independence at an early age.

The children of CCI Palaash actively participated by sharing their thoughts and experiences, adding value to the programme. An interactive question-answer session was held wherein children raised queries regarding different welfare schemes, facilities, and support systems available to them. The session helped clarify doubts and encouraged children to seek guidance without hesitation.

The programme concluded with a message reaffirming the commitment of the Social Welfare Department towards safeguarding the rights, dignity, and holistic development of every girl child.

SSP Kulgam Reviews Traffic Arrangements at Qazigund Amid NH-44 Closure

FAROOQ RATHER

KULGAM, JAN 25: In view of the ongoing closure of the Jammu-Srinagar National Highway (NH-44) due to adverse weather conditions, Senior Superintendent of Police (SSP) Kulgam Anayat Ali Chowdhury (IPS) on Saturday visited the Qazigund stretch to review traffic regulations and ensure the safety of stranded commuters and tourists.

The SSP was accompanied by ASP NHW Qazigund Mumtaz Ali Bhatti (JKPS), SDPO Qazigund, and DySP Traffic Qazi-



gund Kulgam Mohammad Aslam (JKPS). The officers jointly monitored traffic management on the ground and coordinated with deployed personnel to maintain order and ensure smooth regulation of traffic.

During the inspection, the SSP said that the visit aimed to facilitate smooth movement in the limited stretches open for traffic, prevent accidents and provide necessary guidance to tourists and commuters stranded due to the highway closure. Special attention was given to vulnerable passengers, including families, women and elderly travellers.

"The safety of tourists and commuters remains our top priority. Our teams are actively managing traffic, guiding stranded vehicles and ensuring that no untoward incident

occurs during this period of disruption," the SSP said.

The police also interacted with stranded travellers and assured them of all possible assistance. Traffic and police personnel were directed to remain alert, responsive and courteous while dealing with the public.

Meanwhile, authorities have urged commuters to remain cautious, strictly follow traffic advisories and cooperate with law enforcement and traffic officials until normal traffic movement is restored on NH-44.

Republic Day-2026: Full Dress Rehearsals held across Kashmir Division

Div Com unfurls National Flag, Inspects Parade at Bakshi Stadium

■ HT NEWS NETWORK

SRINAGAR, JAN 24: As part of the extensive preparations for the 77th Republic Day celebrations, Full Dress Rehearsal functions were held across the Kashmir Division on Saturday, featuring a vibrant preview of the grandeur and patriotic fervour that will mark the national festival on January 26.

The rehearsals featured an impressive March Past by several contingents and captivating cultural presentations by students and troupes that underscored the values of patriotism, discipline and national integration that Republic Day represents.

SRINAGAR: Divisional Commissioner Kashmir, Anshul Garg, unfurled the National Flag, inspected the parade, and took the salute during the full dress rehearsal for the forthcoming Republic Day celebrations at Bakshi Stadium, Srinagar.

Several contingents participated in the march-past, including contingents from Police, CRPF, NCC Cadets, Students and other security agencies.

Following the parade, the Divisional Commissioner witnessed a series of cultural performances featuring patriotic and cultural songs presented by various artist groups, troupes, and students, aimed at instilling national fervour among the people.

Senior officers present on the occasion included IGP Kashmir, DIG Central Kashmir, Deputy Commissioner Srinagar, Commissioner SMC, SSP Srinagar, and other senior officers from security and line departments.

Earlier, the Divisional Commissioner paid floral tributes to the martyrs at Balidan Stambh. He was accompanied by IGP Kashmir Vijay Kumar Birdi, DIG Central Kashmir, Deputy Commissioner Srinagar and other officials.

Speaking on the occasion, Anshul Garg extended his warm greetings to the people on the eve of Republic Day and stated that all preparations have been completed to ensure an impressive celebration at Bakshi Stadium. He said that all parade contingents and participants have been rigorously preparing for the national event.

He further noted that despite weather-induced disruptions, concerned departments worked round the clock to ensure completion of all arrangements.

The Divisional Commissioner once again invited the people of Srinagar and the Valley to participate in the Republic Day and requested attendees to be seated at the venue by 8:30 am.

BUDGAM: In connection with Republic Day 2026 celebrations, a full dress rehearsal function was held today in sports stadium Budgam.

In the full dress rehearsal, ADC Budgam, Mehraj-ud-din Shah unfurled the National flag, took salute from parade commander and contingents besides inspected the parade of contingents.

The contingents that participated in the March past parade included Police, JKAP, CRPF, NCC and student contingents from various schools of District Budgam.

Besides, artists and other troupes performed colorful cultural programmes enthralled the audience and invoked huge applause.

Among others present were PO ICDS, ASP Budgam, CEO, CMO, DySP Head quarter, DIO, AEE R&B, head of Departments of all line departments, senior police officers, students, media persons besides officers of CRPF and other security agencies.

KULGAM: A full-dress rehearsal was held today at the District Police Lines (DPL), Kulgam. The Additional Deputy Commissioner (ADC) Kulgam, Viqar Ahmad Giri, unfurled the National Flag, inspected the parade, and took the salute at the March Past.

The March Past was presented by contingents of CRPF, JK&K Police, Home Guards, NCC, Women Police, students, and other participating contingents.

Addressing the gathering, the ADC highlighted the significance of Republic Day and stated that a slew of measures and initiatives have been undertaken for the holistic development of the district.

He enumerated various developmental projects executed in Kulgam and said that the district has registered significant achievements across multiple sectors. He added that under District Capex, 1,633 works have been completed at a cost of Rs 50.29 crore. He also added that under PMAY-G, 5,540 houses have been constructed.

Highlighting the achievements under



JJM, HADP, and other schemes, the ADC said that 109 projects were completed and 55,624 households have been provided tap water connections under JJM.

He further added that for outstanding performance in various development indicators, District Kulgam was conferred the PM Award.

On the occasion, colourful cultural programmes were presented by students and artists which enthralled the audience.

Among others present on the occasion were ADDC, ACR, ASP, Executive Engineers, officers and officials from the civil and police administration, besides a large number of locals who participated in the programme.

ANANTNAG: A full dress rehearsal for the upcoming Republic Day-2026 celebrations was held at the District Police Lines, Anantnag. The Additional District Development Commissioner (ADDC), Sandeep Singh Bali, unfurled the National Flag and took salute at the march past which was presented by the contingents from the CRPF, JK&K Police, Home Guards, Fire & Emergency Services, NCC, and various schools.

Addressing the gathering, the ADDC paid rich tributes to the nation's freedom fighters and leaders who made supreme sacrifices for independence of the country. He emphasized that it is due to their countless efforts that we are living in a sovereign country that is governed by a full fledged constitution.

Sandeep Singh Bali also highlighted the district's achievements in key sectors including education, healthcare, agriculture, rural development, Jal Shakti, women and youth empowerment, macadamization and road connectivity besides Mission Yuva and self-employment initiatives.

On the occasion, a series of vibrant cultural items on patriotism and local folk were presented by students from different educational institutions.

The rehearsal was attended by ADC, SE Hydraulics, ACR, SP, Executive Engineers R&B & I&FC, CEO, CAO, DYSSO, Tehsildar Anantnag, and officers from police, engineering wings and other departments alongside the general public.

KUPWARA: Full dress rehearsal for Republic Day celebration 2026 was held at District Police Lines Kupwara where Additional Deputy Commissioner (ADC) Kupwara, Gulzar Ahmad Khan unfurled the National Flag, inspected the parade and took salute at march-past presented by contingents of JKAP, JKAP, CRPF, IRP, Home Guards, FP and school children.

Addressing the function, the ADC highlighted the historical background and importance of the Republic Day and the Indian Constitution.

The ADC also highlighted various major developments which have been made during the current financial year in the district. A variety of cultural programmes were presented by the school children during the function.

On the occasion, ASP Kupwara, ACD, CEO, besides, other officers and employees from Civil and Police department were present.

Meanwhile, full dress rehearsal was also held at District Police Lines Handwara where Tehsildar Handwara, Naveed Ahmad Bhat unfurled the National Flag, inspected the parade and took salute at march past presented by contingents from JKAP, JKAP, BSF, CRPF, IRP and Police band.

Officers from civil administration, police department and other concerned were present on the occasion.

Full dress rehearsal functions were also held in Lolab and Karnah Sub-Divisions where concerned Tehsildars unfurled the National Flag and took salute at March Past. School children also presented colourful programmes.

Full dress rehearsal functions were also held in various educational institutions across the district.

BARAMULLA: As part of the preparations for the 77th Republic Day celebrations, a full dress rehearsal was conducted today at the District Police Lines (DPL), Baramulla.

Additional Deputy Commissioner (ADC) Baramulla, Syed Altaf Hussain Musvi, unfurled the National Tricolour and took the salute during the march-past, marking a key milestone in the run-up to the Republic Day function scheduled for January 26, 2026. The rehearsal was conducted in a well-coordinated manner, reflecting meticulous planning and coordination among all participating departments.

Students from various schools of the district actively participated in the rehearsal and enthralled the audience with a vibrant array of cultural performances. The colourful presentations highlighted the rich cultural heritage of the region and infused patriotic fervour among the attendees. Officers from the district administration, police, line departments, participating contingents, students, and staff were present on the occasion. The rehearsal provided an opportunity to review arrangements related to security, protocol, cultural items, and overall conduct of the main function.

The district administration reaffirmed its commitment to ensuring a smooth, dignified, and memorable celebration of the 77th Republic Day at Baramulla.

BANDIPORA: As part of the preparations for the upcoming 77th Republic Day celebrations, full dress rehearsals were conducted across Bandipora district on Saturday, with the main rehearsal held at S.K. Stadium, Bandipora.

The Additional Deputy Commissioner (ADC) Bandipora, Zaffar Husson Shawal, unfurled the National Flag and inspected the parade, taking the salute from the marching contingents representing CRPF 3rd Battalion, JKAP Executive Wing, IRP 21 Battalion, JKAP Women Battalion, JK&K Forest Division Bandipora, Special Police Officers, NCC Cadets, and students from

various government and private schools. The event also witnessed a spirited performance by the JK&K Police Band.

Addressing the gathering, the ADC highlighted the significance of Republic Day and outlined the developmental progress achieved in the district. He reiterated the administration's commitment to public welfare, effective governance, and the successful implementation of various government schemes and programmes.

The programme was further enriched by colourful cultural performances presented by students from different educational institutions across the district.

The ADC expressed appreciation for the efforts of all participating departments, security forces, educational institutions, and the general public for their cooperation and enthusiastic participation in the rehearsal.

Among others, the event at S.K. Stadium was attended by SSP Bandipora, Ajaz Ahmad Zargar, ASP Bandipora, ACR Shabir Ahmad Wani, senior officers of the district and police administration, district-level officers, officials from various departments, and a large gathering of the public.

Meanwhile, full dress rehearsals were also conducted at subdivision, tehsil, and block levels across the district. In Sumbal, Tehsildar Sumbal Syed Shabar Sarwar unfurled the National Flag at Irrigation Colony, while in Gurez, Tehsildar Gurez unfurled the National Flag.

PULWAMA: A full-dress rehearsal for the Republic Day celebrations was successfully conducted today at the District Police Lines (DPL), Pulwama. The Additional Deputy Commissioner (ADC), Pulwama, Dr. S.M Ashraf, unfurled the tricolor and took the salute at the March-past.

The March-past featured contingents from various security agencies, including the CRPF, District Police, JKAP Women's Wing, IRP, JKAP, Home Guard, Commandant Forces, NCC volunteers and school children from various educational institutions across the district.

During his speech, the ADC highlighted the district's remarkable developmental milestones and achievements, emphasizing the collective efforts of the administration and the public in fostering growth and progress.

Adding to the patriotic fervor, a variety of cultural programmes were presented, which captivated the audience. Students and artists from the region delivered soul-stirring patriotic songs and vibrant cultural performances, showcasing the district's rich cultural heritage interwoven with the theme of the National song "Vande Mataram". The event was a testament to the spirit of unity and pride among the people of Pulwama, as the district gears up for the grand Republic Day celebrations.

On similar lines, a full-dress rehearsal was also organised at the District Police Lines, Awantipora, to ensure smooth and coordinated conduct of Republic Day celebrations in the sub-division.

GANDERBAL: A full dress rehearsal for

the forthcoming 77th Republic Day was held today at Qamaria Stadium, Ganderbal, presenting the glimpses of the grand spectacle to unfold at the Republic Day function.

Additional District Development Commissioner (ADDC) Ganderbal, Manzoor Ahmad Bhat, unfurled the National Flag, took salute at the March Past and inspected Parade and Band contingents.

The impressive march-past was presented by contingents of CRPF-118/115, 49 BN, SSB 4&63 BN, DPL Ganderbal, JKAP 14BN, DPL Ganderbal (Women), PTS Manigam, SPO Ganderbal, Forest Protection Force Ganderbal, Home Guard and Police Band besides Band I/C JK&K Police.

Among schools, Boys contingents participated from JK Sainik School Manasbal, BHSS Ganderbal, BHSS Manigam and BHSS Kurhama, while Girls contingents comprised GHSS Ganderbal, BHS Shallabugh, Sadat Valley and GHS Shallabugh.

The event also featured a vibrant cultural programme, wherein school children enthralled the audience by presenting a performance on 'Vande Mataram' celebrating 150 years of the National Song. Besides, they also performed on a series of patriotic songs and traditional folk dances. Their spirited performances reflected a deep sense of national pride and cultural richness, adding colour and enthusiasm to the occasion while highlighting the role of youth in preserving the nation's heritage and values.

Reviewing the year 2025, ADDC said Ganderbal district demonstrated strong administrative capability by successfully hosting major events, including the Shri Amarnath Ji Yatra, Kheer Bhawani Mela, Urs of Syed Qamar-ud-Din Bukhari, and other religious gatherings. He stated that the administration ensured seamless facilities, effective security arrangements, and a welcoming environment for millions of pilgrims, reflecting the district's tradition of religious harmony and efficient governance.

Highlighting development initiatives, the ADDC said emphasis was laid on improving rural connectivity, upgrading infrastructure, strengthening water and power supply, expanding digital education, and enhancing healthcare services.

Headed that eco-friendly and sustainable tourism is being promoted while preserving the district's natural and cultural heritage.

Speaking on youth empowerment, he said that under Mission YUVA, young entrepreneurs are being supported through skill development, financial assistance, and digital platforms to encourage self-reliance.

Emphasizing the vital role of women in the district's progress, the ADDC stated that women are being empowered through self-help groups, skill-based training programmes, and entrepreneurial opportunities, enabling them to achieve financial independence and play a greater role in social and economic development.

Concluding his address, ADDC expressed heartfelt gratitude to all stakeholders, and lauded the dedication of district officers, security forces, volunteers, and the general public for their collective efforts in maintaining peace, fostering communal harmony, and driving Ganderbal's continued progress.

The event was attended by Senior Superintendent of Police Ganderbal, Khalil Ahmad Poswal; Additional Deputy Commissioner, Syed Fahim Bihaqi; Additional Superintendent of Police; Assistant Commissioner Revenue; and other senior officers from civil and police administration.

SHOPIAN: As part of the preparations for the forthcoming Republic Day celebrations, a full-dress rehearsal was today held at the District Police Lines (DPL) Shopian with great enthusiasm and patriotic fervour. Additional Deputy Commissioner (ADC) Shopian, Dr. Zakir Hussain Faaz unfurled the National Flag, took salute and inspected the parade, comprising contingents of CRPF, JK&K Police, JK&K Police Women's Contingent, Home Guards and Forest Protection Force.

Addressing the gathering, the ADC said that Republic Day is celebrated in honour of those brave souls who worked with dedication and laid down their lives for the nation. He emphasized that the day reminds citizens of the sacrifices made by freedom fighters and the responsibility of upholding the values of the Constitution.

ACR, Shakoor Ahmad Dar and ASP, Shopian, Rameez Rashid were Guests of Honour on the occasion. Besides, Senior officers of district administration and citizens and officials were also present.

Republic Day 2026: Full Dress Rehearsal held at M A Stadium Jammu

■ HT NEWS NETWORK

JAMMU, JAN 24: The full dress rehearsals for celebration of 77th Republic Day 2026 was held at M A stadium Jammu amidst patriotic fervour, enthusiasm and spirit of unity in diversity.

Divisional Commissioner Jammu, Ramesh Kumar hoisted the tricolor, inspected the Parade and took the salute at the impressive March Past.

The parade consisted of men and women contingents from Army, BSF, CRPF, SSB, IRP, JKP, JKAP, UTDRF, Fire & Emergency Services, J&K Forest Protection Force, Excise & Taxation Departments, Ex servicemen, NCC cadets, Bharat Scouts and guides, JK and different school students from Jammu. Pipe and Brass bands of BSF, JKP, JKAP, Army and school students played tunes to the march past.

Tableaux on themes "Operation Sindoor", "Mission Yuva", Road Safety: "A shared responsibility, awareness saves lives", "Nasha Mukht Jammu Kashmir",



"Shram Ko Samman, Adhikar Ek Saamaan" "Sashkat Shramik", "GST Reforms 2.0: Benefits Unwrapped for Citizens" and Food Safety- Sahi Bhojan, Behtar Jeevan" highlighted initiatives and achievements of the Government.

School children and artists of J&K Academy of Art Culture and Languages presented a colorful cultural programme featuring theme based presentations on "Aaj Ka Hindustan", "Itihaas Ki Goonj" and "Vande Bharatam".

The cultural items depicted national integration, unity in diversity, harmony and composite culture of Jammu Kashmir UT, besides National song "Vande Matram", folk music and dance. Dare Devils of Jammu and Kash-

mir Police mesmerised the audience by their spectacular and thrilling Motorcycle Acrobatics Display.

Senior officers from UT administration, Nodal officers and the in-charges were present.

Horticulture department Jammu sensitizes Tribal youth to livelihood schemes

■ HT NEWS NETWORK

JAMMU, JAN 24: The Department of Horticulture, Jammu in collaboration with the district offices, organized an awareness and training programme for the tribal community on Government schemes aimed at livelihood and employment generation. The programme was held at Gujjar Desh Charitable Trust Office Channi Himmat.



The awareness programme covered key Horticulture schemes including JKCIIP, CSS, SMAM, ATMA, PMKSY and MIDH, highlighting opportunities in horticulture-based livelihoods. The programme was chaired by the Mission Director HADP/JKCIIP, Sandeep Kumar in the presence of Director Horticulture Jammu, Gul Syed.

Also present on the occasion were Director Animal Husbandry, Sanjay Gupta, Director Extension, Amrish Vaid, Chief Horticulture Officer, Jammu, R.K. Kotwal, Head of Extension Department Skuast Jammu/JKCIIP Pawan Sharma and Chief Canning Instructor (CCI), Jammu, Sanjeev Kumar.

The officers deliberated in detail on the departmental schemes and emphasized skill development through training programmes, particularly in fruit and vegetable preservation, to enhance income generation among tribal beneficiaries.

The programme witnessed active participation from the tribal community, reflecting keen interest in adopting horticulture as a sustainable source of livelihood.

District-Level Awareness Rally organized in Jammu to commemorate National Voters' Day

■ HT NEWS NETWORK

JAMMU, JAN 24: To commemorate National Voters' Day, a District-Level Voters' Awareness Rally was successfully organized today in Jammu by the Higher Education Department, in collaboration with the Office of the Chief Electoral Officer-J&K.

The rally was flagged off from Government College for Women (GCW), Parade Ground Jammu and culminated at MAM College, covering a distance of approximately 3.5 kilometres.

About 700 students drawn from the government colleges of Jammu district participated enthusiastically in the event, displaying strong commitment towards democratic values and responsible citizenship.

The rally was organized under the national theme "Nothing Like Voting, I Vote for Sure", with the objective of creating awareness among youth—especially first-time voters and women—about the importance of voting and active participation in the democratic process.

Students and faculty from Government College for Women, Parade Ground; MAM College, Jammu; Government Gandhi Memorial Science College, Jammu; Government College for Women, Gandhi Nagar; SPMR College of Commerce, Jammu; Government College of Education, Jammu; Government Degree College, Akhnoor; Government Degree College, Paloura; Government Degree



College, Bishnah; Government Degree College, Kunjwani and Government Degree Sidhra took part in the rally.

At MAM College, Nodal Principal Jammu Dr. Ravender Kumar Tickoo addressed the gathering and highlighted the significance of voting as a fundamental democratic right and civic responsibility. He urged students to become informed, ethical and responsible voters and to actively participate in strengthening the democratic fabric of the nation.

Principal MAM College Prof. Archana Kaul also addressed the participants and emphasized the crucial role of youth in shaping the future of democracy. She encouraged students to exercise their franchise conscientiously and to spread voter awareness within their communities.

The event witnessed the active presence and support of principals,

faculty members from all participating colleges, NSS Programme Officers, NCC Cadets and student volunteers, who ensured disciplined conduct and smooth coordination throughout the rally.

Participants marched in orderly columns carrying placards and banners displaying messages such as "My Vote, My Right," "Every Vote Counts," and "Empowered Voters, Strong Democracy." Uniform caps with voter awareness slogans added to the visual impact and public outreach of the rally.

The successful organization of the rally reaffirmed the collective commitment of the Higher Education Department, educational institutions, faculty and students towards promoting democratic consciousness, electoral awareness and responsible citizenship among young voters.

Transport Deptt launches drive against high-intensity headlights

■ HT NEWS NETWORK

JAMMU, JAN 24: The Transport Department, Jammu & Kashmir, has launched a Union Territory-wide enforcement drive against motor vehicles fitted with unauthorized high-intensity white LED headlights and other non-standard lighting systems in view of growing concerns over road safety.

The Transport Commissioner has directed all enforcement agencies, including Regional Transport Officers (RTOS), Assistant Regional Transport Officers (ARTOS), Motor Vehicle Inspectors (MVIS) and field enforcement staff, to initiate strict action against vehicles using high-intensity lights that cause glare and impair visibility for other road users.

Officials stated that the blinding effect of such non-standard lighting systems has emerged as a serious road safety hazard, particularly during night-time driving and low-visibility conditions. These lights have been found to contribute to road traffic accidents, including fatal incidents, by significantly reducing visibility and reaction time for oncoming drivers and pedestrians.

The enforcement drive will be conducted across urban areas, highways, rural roads and accident-prone zones throughout the Union Territory. Vehicles found fitted with unauthorized or modified lighting systems will be penalized in accordance with the provisions of the Motor Vehicles Act and relevant rules and such lights shall be removed on the spot wherever legally permissible.

The Transport Department has also appealed to vehicle owners and drivers to refrain from using non-standard lighting systems and to ensure that their vehicles strictly adhere to approved specifications in the interest of public safety and the safety of fellow road users.

This initiative aims to enhance night-time road safety, reduce road accidents and ensure safer driving conditions for all citizens.

GDC Kastigarh celebrates National Voters' Day

■ HT NEWS NETWORK

DODA, JAN 24: The Government Dy.SP Aman Thakur Memorial Degree College- Kastigarh celebrated National Voters' Day 2026 as part of the ongoing activities marking 150 years of "Vande Mataram". The programme was organized under the guidance of Prof. Koshal Kumar Mangotra, Principal of the College with active participation from students, faculty members and members of the public.

The students and staff took the Voter Pledge, reaffirming their commitment to democratic values. The programme aimed to encourage, empower and facilitate timely enrolment of new voters, while also promoting maximum participation in the electoral process, which is essential for the progress and development of the nation.

Addressing the gathering, the College Principal emphasized the importance of voter education and awareness, urging students to act as ambassadors of democracy by motivating people in society to exercise their right to vote. He highlighted that greater participation leads to a stronger and vibrant democracy, echoing the message, "There is nothing like voting; I vote for sure."

The Voter Pledge was administered by Dr. Anupam Lata, who highlighted the significance of voting and explained how it contributes to effective governance, social development and national progress.

National Girl Child Day celebrated with zeal and enthusiasm in Doda

■ HT NEWS NETWORK

DODA, JAN 24: National Girl Child Day was celebrated with great zeal and enthusiasm across Doda district to highlight the importance of empowering girls and promoting their rights, education, health and safety. The main programme was organized by the District Administration in collaboration with the Social Welfare Department, Education Department and other allied departments under the supervision of District Social Welfare Officer Zubair Ahmed. A large number of girl students participated actively in the event.

The programme featured a variety of activities including awareness sessions, speeches, debates and painting competitions, highlighting the significance of the day.

Girl students eloquently expressed their views on eliminating gender discrimination and ensuring equal opportunities for the girl child in all spheres of life. Key issues such as girls' education, healthcare, nutrition and protection from social evils were highlighted during the discussions. The academic and sports topper were



felicitated at the event.

The Chief Guest, District Development Commissioner (DDC), Harvinder Singh emphasized the importance of National Girl Child Day and highlighted the remarkable achievements of women in fields such as politics, education, sports, literature, civil services and other sectors. He urged parents and the community to collectively work towards creating a

safe, inclusive and supportive environment for girls to achieve their full potential.

The DDC also commended the enthusiastic participation of the girl students and felicitated meritorious students with medals and awards.

The programme was attended by ACP, CEO, DSWO, Executive Officer Municipality Doda along with concerned teachers and other officials.

OVER 944 MW LOAD RESTORED POST RAIN, SNOW: JPDCL

■ HT NEWS NETWORK

DODA, JAN 24: In the aftermath of incessant rainfall and heavy snowfall across various parts of the Jammu Division, Jammu Power Distribution Corporation Limited (JPDCL) has undertaken power restoration works on a war-footing to normalize electricity supply at the earliest.

As a result of restoration efforts, the power load of JPDCL has been progressively enhanced and has presently reached 944 MW, as against the normal average running load of approximately 1056 MW, reflecting significant improvement in supply conditions.

At the Sub-Transmission level, 165 out of 181 numbers of 66/33 kV lines have been restored. Further, 440 out of a total of 483 Receiving Stations, accounting for 91% stand restored.

Similarly, at the Distribution level, 987 out of 1373 numbers of 11 kV feeders have been restored. Further, 36,491 Distribution Transformers out of a total of 49,858, accounting for 73.19%, have been energised, while restoration of the remaining accessible feeders and Distribution Transformers is being taken up on priority basis.



Power supply in urban areas has been restored to a large extent, including essential and dedicated feeders catering to critical services. With improving weather and continuous ground-level monitoring, power supply in higher reaches and interior locations is expected to be restored progressively in the shortest possible time.

JPDCL has mobilized manpower, machinery and material across the

Division to assess damages and ensure early restoration of power supply in all affected areas. JPDCL is also maintaining close coordination with the district administrations to expedite restoration works, with special focus on remote and difficult terrains. The public is requested to bear with the temporary inconvenience, as all efforts are being made to restore normal power supply in a time-bound manner.

HT EDITORIAL

Pre-budget meetings need to be made more practical

Ahead of the budget session of the Jammu & Kashmir assembly chief minister Omar Abdullah is holding deliberations with the various sections of the society. Omar who is also the finance minister of the union territory is trying to get suggestions from the different people so that the budget comes out to be people friendly encompassing the aspirations as well as wishes of the people belonging to the different strata of the society.

In the past many people have voiced their disappointment that the pre-budget meetings are a futile exercise since the suggestions are never accepted by the people at helm. Everything said and done it is customary for the union finance minister and the finance minister of any state or union territory to hold pre-budget meetings. But at the same time, it is important that the valuable suggestions are taken into consideration so that nobody gets disheartened or dejected.

It is an established fact that all the suggestions given by the different stakeholders cannot be accommodated by the finance minister or the government of a particular state or union territory. But there is no harm in accepting the viable suggestions from the stakeholders who may be ordinary men, businessmen, legislators or people belonging to any section of the society. Once some suggestions are accepted by the government then it is quite possible that in the subsequent years people would come out with more practical and workable suggestions.

Pre-budget meetings are very pivotal in framing the budget and as such both the government as well as the different stakeholders are quite serious in this regard. Holding a meeting for the sake of meeting does not serve any purpose and it needs to be practical oriented. Even though the government doesn't accept a suggestion from a stakeholder or stakeholders it should not disappoint them. The suggestions can be reworked in order to make them more viable and acceptable to the people at helm.

The officers and officials of the finance department who are present in the pre-budget meetings should make a proper note of the suggestions given out by the different stakeholders. These people can do some home-work and reframe the suggestions so that it forms part of the policy document aimed at the overall development of the union territory of Jammu & Kashmir. These policies lead to the overall economic progress and development of this place.

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Winter Excitement



■ SAHIL MANZOOR BHATTI

By the blessings of the Almighty, Kashmir witnessed the season's first major snowfall on 23rd January 2025. People across Kashmir are feeling thrilled, though many are also facing immense difficulties, such as poor road accessibility due to heavy snow accumulation. It has become quite hard for people living in remote areas of the Kashmir Valley.

The Kashmir Valley is blessed with four beautiful seasons, each carrying its own charm, colour, and climate. With the arrival of winter comes the famous forty day harsh period known as Chillai Kallan, beginning on 21st December and lasting until the end of January. On this day, when day and night are of equal duration, daylight gradually starts increasing by a minute or two until 21st June, the longest day of the year. These are wonders of nature phenomena beyond human control. The best we can do is appreciate them and keep ourselves healthy, grateful, and happy.

Blessings of the Almighty

Nature has bestowed upon us countless blessings—fresh water, clean air, green forests, nutritious fruits, vegetables, cereals, and many other resources. We must remain thankful for every favour of the Almighty.

How to Be Thankful

Gratitude is a beautiful quality. We should thank one another for help in daily life and be grateful for every little blessing, including the food we eat.

Alhamdulillah for everything the Almighty has provided us. May Allah forgive our shortcomings and grant us endless rewards in this world and the Hereafter. Ameen.

Seasons of Kashmir

Every season in Kashmir is delightful for those who have a healthy heart and a positive outlook. Autumn: 21st September -21st December. Winter: 22nd December -21st March. Spring: 22nd March -21st June. Summer: 22nd June -21st September

Why Do Days and Nights Occur?

Day and night occur due to the Earth's rotation, which takes 24 hours to complete. This cycle determines our day, starting at midnight and continuing until the next midnight.

How Are Seasons Formed?



Seasons occur due to the Earth's revolution around the Sun, which takes 365 days and 6 hours to complete one orbit.

Leap Year

Every four years, these extra six hours accumulate into one full day, which is added as 29th February, making it a leap year.

Staying Healthy During Winter

Our bodies are designed by the Almighty to adapt to changing environmental conditions. However, winter demands extra care.

Important Winter Health Tips

- Consume a healthy and balanced diet
- Drink plenty of fluids to avoid dehydration
- Reduce long sitting hours and maintain physical activity
- Choose warm, nutritious foods such as cereals, meat, vegetables, and homemade recipes
- Stay warm and dress in proper layers
- Importance of Physical Exercise

During winter, people tend to avoid outdoor activities due to cold weather. This is where gym centres play an important role.

Benefits of Gym Centres

- A productive way to utilize free time
- Encouragement through the company

of health-conscious individuals

- Keeps you away from unhealthy habits, especially drugs
- Helps in building a better personality and positive mindset
- Assists in maintaining weight, developing strength, and boosting immunity
- Provides professional guidance to prevent injuries
- Makes you feel warm during winter and strong during summer

Gym centres also promote counselling on fitness, hygiene, lifestyle, and overall well-being.

Balanced Diet and Happiness

A balanced diet includes all essential nutrients proteins, minerals, vitamins (A, B-complex, C, etc.), carbohydrates, and healthy fats.

Being happy keeps you mentally healthy, reduces anxiety, and improves cognitive abilities, making you more productive, confident, and focused in life.

Final Suggestions

Eat healthy and stay healthy. Avoid junk food and excessive oily items. Include fresh fruits and vegetables in your daily diet. Exercise regularly. Stay grateful and enjoy every moment of your life.

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My Vote, My India, My Power

Celebrating Every Citizen's Role in Strengthening India's Democracy



■ SHOIAB MOHAMMAD BHAT

National Voters' Day is celebrated every year on 25th January with great pride and enthusiasm, honouring the vibrant democratic spirit of India. The day commemorates the formation of the Election Commission of India in 1950, a constitutional body entrusted with the responsibility of conducting free, fair, and transparent elections across the country. First celebrated in 2011, National Voters Day has become a milestone in promoting responsible voting and encouraging citizen participation in shaping the nation's future.

The day emphasizes that voting is more than a fundamental right, it is an opportunity for every citizen to express their opinions, participate in governance, and contribute to national progress. Each vote shapes the future of the country, and even a single vote can influence the course of governance. By exercising this right, citizens demonstrate their faith in democratic institutions and actively contribute to building a stronger, more accountable, and transparent nation.

A central message of National Voters' Day is that every vote matters and shapes the nation's future. Even a single vote contributes to determining the course of the nation. Millions of citizens exercising their right to vote

transform democracy into a living, thriving system. This day reminds citizens that their involvement is a powerful instrument to bring about positive change and strengthen India's democratic fabric.

A special emphasis of the National Voters' Day celebrations centres on "young and first-time voters". Indian youth represent the energy, creativity, and hope of the nation. Their awareness and empowerment through voter participation help create responsible citizens who believe in themselves to get the community and the nation going in the right direction. For young voters in the country, the receipt of Elector Photo Identity Cards (EPICs) becomes an important moment of great pride for them during the National Voters Day celebrations, as it truly marks the beginning of their important political journey through the democratic process.

The Election Commission of India plays an essential role in making the elections more accessible, inclusive, and transparent. By making it more accessible through Electoral Reforms and technologies like EVMs, online voter registration, awareness programs, etc., the ECI enables citizens to participate in the democratic process with confidence. It is an occasion to appreciate the contributions of the Election Officials in holding free and fair elections. Their efforts make every vote count and give more value to every vote.

This year, 2026, National Voters' Day is being observed under the theme "My India, My Vote", which has the tagline "Citizen at the Heart of Indian Democracy." The theme demonstrates that every voter plays a crucial role in

democracy, while their votes help to build the country's development. The program shows voters that they need to participate in democracy because it enables them to exercise their individual and collective power. The theme unites citizens of all ages and backgrounds, inspiring them to take ownership of the future through informed and active voting.

The celebration of National Voters' Day is conducted at various levels: national, state, district, and local. Various activities are organised through schools, institutions of higher learning, and government institutions in the form of debates, essay contests, rallies, and cultural events. Educated citizens become aware of their voting rights, feel proud about participating in this exercise, and grow into responsible citizens. New voters also receive their EPIC during these celebrations, marking the start of their active participation in democracy.

The day also ensures that people of this great democracy believe in inclusion and equality, where all citizens, regardless of gender, age, socio-economic background, or ability, possess an equal say in the democratic process. Special measures are put in place to ensure that women, the elderly, persons with disabilities and marginalized groups can vote with comfort and dignity. National Voters' Day demonstrates that India unites its diverse population through its dedication to equal opportunity because every citizen must take part in the democratic process.

In the present-day digital age, National Voters' Day receives advantages from technological advance-

ments and communication technologies. Voter information becomes accessible through social media campaigns, online platforms, mobile applications and interactive resources. Citizens can check their registration status, understand polling procedures, and explore details about candidates conveniently.

National Voters' Day promotes informed voting because it encourages citizens to think critically and respect different opinions while making decisions based on knowledge and their personal values. A well-informed electorate strengthens governance, supports social harmony, and fosters accountability. Citizens build a better democracy through their votes because they express their voting choices. Each vote serves as a fundamental element of progress, which shows that active citizenship plays a vital role in determining India's future through its governance and policy creation process.

Essentially, National Voters' Day is a celebration of hope, participation, and responsibility, as every citizen of India is reminded that a strong and functioning democracy depends entirely on the participation of its citizens. The right to vote, therefore, becomes a valuable right that every citizen of this country must exercise, participating in a manner that ensures a bright, promising future for generations yet to come. Every vote counts, a reminder of a vibrant democratic country, and every citizen plays a role in creating a brighter, more prosperous nation, as National Voters' Day emphasizes this enduring truth.

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Market of Deceit is Thriving



■ BY SYED MUSTAFA AHMAD

In the guise of messiahs, there is a swarm of thieves everywhere. Wherever one looks, thieves are staring back at us. Setting aside distinctions of religion and community, when we look deep within ourselves, the filth of theft has soiled every person's soul. Where do I begin and where do I end? Whose names do I take and whom do I omit? There are millions of such examples which make it clearer than the sun that guardianship here is in the hands of thieves everywhere. O man! I have no complaint against you, but one complaint I certainly have: how did you commit the grave sin of adulteration? What was going through your mind when you were mixing impurities into food items? How did your conscience permit you to adulterate the basic necessities of life and slowly push innocent people towards the jaws of death? Did you feel no fear of the Lord of the Worlds when feeding people rotten meat, that I will have to stand before Him on the Day of Judge-

ment and account for these foul deeds?

The standards of the world are man-made. These standards have no guarantee. To live up to these standards, transgressing the limits of what is lawful and unlawful, and incurring God's wrath for the temporary happiness of a few days is the height of degradation. What is the name of progress? What is called mercy? What things are essential for living life? Is a tall building the comprehensive definition of progress? Is seeing false dreams for one's children by making them slaves of the government considered progress? What is real life? To be bound in false traditions to fulfil psychological desires is called progress? If this is progress, then we are all wrong, and this very mistake has made us all stand in the dock of thieves.

What need is there to ask anyone else? Let a person ask himself: what have I done in this life? Where do I stand? How many people have I deceived? How many people have I pushed towards death with sophistication? How have I betrayed the trust of innocents and taken unfair advantage of them? It is better than asking any cleric or priest that you ask yourself these questions. The day the stench of your own filth begins to reach you, on that day you will tear all your clothes and weep helplessly, but on that day God Himself will smile at your helplessness and pronounce such a punishment upon you that everywhere, tales of your dis-

grace will be told. Actually, this has become possible due to several reasons.

The first reason is blind love for the world. People have become so blind in their love for the world that they have lost the ability to distinguish between truth and falsehood. Attachment to the transient things of the world has become so strong that modern man cannot bear separation from them for even an hour. Day and night are spent worrying about how to capture the whole world and become peaceful and happy, but if today's man had read Leo Tolstoy, he would not have forgotten, like the blind, to differentiate between the genuine and the counterfeit.

The second reason is false ego. This filth has compelled man to wear the cloak of beastliness. To satisfy his false ego, this egoistic person finds so much peace in embracing every unlawful thing and action that he thinks: to hell with the beautiful idols of principles. Should I die here like a pauper? Let other people enjoy life in cars and bungalows while I lie here rotting. When both married and unmarried people obtain sexual gratification illegally, then why should I be left behind?

The third reason is distance from the true religion. I am talking about the religion which is the true religion. We have all embraced misguidance in the name of religion. A person feels that he is on the right path but others are mis-

guided. Falling into this delusion, a so-called religious person has caused so much harm to himself that everywhere the market of thieves is thriving. Religion is the name of honesty. Religion is the name of sincerity. People are given the most beautiful deception under the guise of religion. A person appearing religious on the outside very delicately employs theft and forgery.

The fourth and final reason is imitation. This calamity has played the role of the final nail in the coffin. For the sake of show, today's man can go to any extent. To promote his false image, today's man feels no shame in even leaping over the boundaries of murder and plunder. To please a false society, he burns his own grave. He is always obsessed with how to appear as what he is not. A single obsession takes over his heart and soul: how to go about promoting false grandeur so that he can be considered a worthy person in the eyes of society. Let my name be on everyone's lips in every street and every square.

There is still time for man to come to his senses and strive to perform his duties diligently. What has happened has happened. The lives that were meant to be ruined have been ruined. Those who have fallen prey to diseases like cancer, now only God is their protector. Now this fraudulent and hypocritical man of today should take the bowl of forgiveness and go from door to door, weeping over

his helplessness. The forgiveness of those who adulterate and deceive is almost impossible. The matter of the rights of people (Huqooq-ul-Ibad) is a very serious matter. Alongside honouring the rights of God (Huqooq-ul-Allah), the rights of people also fall under the category of honor, but we are all illiterate regarding knowing our own rights, so how can we know what the rights of others are?

Reaching this point, I am descending into the fathomless depths of despair. Now I too am not a candidate for salvation. How will the account of the betrayals committed against people be settled? How can I extract the unlawful wealth that has entered my stomach, transformed into blood, and provides me life, spill it in some war, and attain the status of a martyr? What religious deed can I perform when even the soul, detached from the body, has been sacrificed to the altar of adulteration and filth? The doors of forgiveness are closed for us. We can only wander from door to door like fools in this world. As for the matter of our repentance, I repeat again that we must refrain from the futile attempts of chasing after this naive notion. I do not have the words to write what and what not to write. Whenever my gaze falls upon my own filth, I feel how despicable we humans are. In the guise of humanity, we have performed feats that would put animals to shame! I am in no condition to offer any kind of advice.

Wiladat of Imam Husayn ibn'Ali (AS): An Islamic and Historical study



■ SYED SAHRAAN HUSSAIN AL-NAQVI AL-BUKHARI

The Prophet(s.a.w) named his Husayn by divine command. According to narrations, the name was revealed by Allah, paralleling the naming of Prophet Harun's son "Shabayr", the arabic equivalent of Husayn. This reflects the continuity between prophetic traditions

moral foundations of the Muslim community.

Prophetic Involvement in the Wiladat

The birth of Imam Husayn(AS) was marked by direct prophetic involvement, emphasising his exceptional status:

Naming of Imam Husayn(AS)

The Prophet(s.a.w) named his Husayn by divine command. According to narrations, the name was revealed by Allah, paralleling the naming of Prophet Harun's son "Shabayr", the arabic equivalent of Husayn. This reflects the continuity between prophetic traditions.

Aqiqah and Sunnah Practices

The Prophet(s.a.w) performed the 'aqiqah for Imam Husayn(AS), sacrificing a ram, shaving his hair, and giving silver equivalent to its weight in charity. These acts established Sunnah practices still observed in Islam today.

Qur'anic and Hadith Foundations

Although Imam Husayn(AS) is not mentioned by name in the Qur'an, several verses are understood by Islamic scholars to include him:

Ayat al-Tathir (Qur'an 33:33) affirms the purity of

the Ahl al-Bayt(a.s)

Ayat al-Mawaddah (Qur'an 42:23) commands love for the Prophet's family Numerous authentic hadith emphasises his status, including the famous narration:

"Husayn is from me and I am from Husayn. Allah loves whoever loves Husayn."

– (Tirmidhi, Musnad Ahmad).

This hadith highlights the inseparable bond between the Prophet(s.a.w) and Imam Husayn(AS), extending beyond lineage to mission and message.

Spiritual and Theological Significance of the Wiladat

Islamic theology views the wiladat of Imam Husayn(AS) as part of divine planning. Reports indicate that Angel Jibril informed the Prophet(s.a.w) of Husayn's future martyrdom, causing the Prophet to weep even at the time of his birth. This demonstrates that his life was destined to become a symbol of sabr (patience), shahadah (martyrdom), and resistance against injustice.

Wiladat as a Prelude to Karbala

The birth of Imam Husayn(AS) cannot be separated from his eventual stand at Karbala. Islamic scholars argue that his wiladat marked the arrival of a divinely guided reformer who would preserve Islam when political power threatened its moral core. Thus, his birth represents the beginning of a movement centered on truth, justice, and sacrifice.

Conclusion

The wiladat of Imam Husayn ibn Ali(AS) was a moment of immense spiritual and historical importance in Islam. Rooted in prophetic tradition, divine revelation, and Qur'anic values, his birth foreshadowed a life dedicated to the preservation of Islamic principles. An academic and Islamic study of his wiladat reveals that Imam Husayn(AS) was not only born into the Prophet's household but was divinely prepared to become the eternal symbol of resistance against oppression and moral corruption of Islam.

Written with sincere devotion
Syed Sahraan Hussain Al-Naqvi Al-Bukhar

My Guiding Light

*Her name is Rafiqqa Bano, soft and kind to hear,
Her heart is full of warmth that makes all troubles clear.
In her caring eyes, I see the world made bright,*

*She keeps our home together with love, both day and night.
She shows me the right path with wisdom calm and true,
Protects me with her prayers in all I say and do.*

*She lives within my heart, a blessing pure and deep,
I ask Allah to guard her and her soul to keep.*

*May Allah grant her health and happiness each day,
For she is my true guide as life moves on its way.*

*Her love is my shelter when times are hard and cold,
A story of devotion that will forever be told.*

When illness comes or darkness fills the air,

She stays strong and patient, showing constant care.

Her hands bring comfort, her presence brings peace,

A gift from Allah, a mercy that will never cease.

I will treasure her always, as long as I live and breathe,

My guiding star, my safe place, my strongest belief.

Rafiqqa Bano—my mother—this truth I always know:

She is the purest love Allah could bestow.

Iqra Bashir

The budding poet is a class 9 student of Sofi's Institute of Excellence, Khushipora, H.M.T, Srinagar

DETOXIFICATION OF THE MIND



■ DR. SURINDERPAL SINGH

In the contemporary world, the human mind exists in a state of near-constant stimulation. Rapid technological advancement, relentless information flow, competitive social structures, emotional insecurity and unresolved psychological conflicts have collectively burdened mental health at an unprecedented scale. Unlike earlier eras, where stress was episodic and survival-oriented, modern stress has become chronic, internalized and psychologically corrosive. The mind today is continuously exposed to what may be termed psychological toxins—chronic stress, emotional trauma, excessive sensory input, negative cognitive conditioning, suppressed emotions and existential uncertainty.

While physical detoxification has received significant attention in medical and wellness discourse—through dietary cleanses, fasting, and metabolic regulation—the concept of mental detoxification remains comparatively neglected. This neglect persists despite growing scientific evidence demonstrating that mental states exert profound influence over neurological, hormonal and immune functioning. Detoxification of the mind is therefore not a metaphorical or spiritual abstraction alone, but a biologically measurable, psychologically verifiable and clinically relevant process.

The human mind functions as the central regulator of perception, emotion, behavior and physiological balance. It mediates the interpretation of experience and governs responses to internal and external stimuli. Modern neuroscience confirms that prolonged exposure to stress, negativity, fear and sensory overload leads to dysregulation of the autonomic nervous system, persistent elevation of stress hormones, neuroinflammation and impairment of cognitive and emotional functioning. Unlike the physical body, which possesses specialized organs such as the liver, kidneys and lymphatic system to eliminate toxins, the mind lacks an automatic detoxification mechanism. Instead, it relies on conscious regulation, emotional processing, awareness and neuroplastic adaptation for cleansing and renewal.

Mental detoxification, therefore, is a deliberate and sustained process of identifying, releasing and transforming maladaptive thought patterns, unresolved emotional burdens and destructive mental conditioning. It is the systematic restoration of psychological equilibrium and inner clarity in an environment that continuously undermines both.

MEDICAL AND SCIENTIFIC BASIS OF MENTAL DETOXIFICATION

Advances in neuroscience, psychology and behavioral medicine have increasingly illuminated the intimate relationship between mental states and physical health. The scientific foundation of mental detox-

ification lies in understanding how chronic mental stress alters brain structure, neurochemistry and immune function, and how intentional mental practices can reverse or mitigate this damage.

Neurobiological Mechanisms

One of the most significant pathways through which psychological stress impacts health is the hypothalamic-pituitary-adrenal (HPA) axis. Chronic mental stress leads to sustained activation of this axis, resulting in prolonged secretion of cortisol, the primary stress hormone. While cortisol is essential for short-term survival, persistent elevation becomes neurotoxic. Research demonstrates that excessive cortisol exposure contributes to hippocampal atrophy, impairing memory formation, learning and emotional regulation. It is also strongly associated with anxiety disorders, depression, sleep disturbances and immune suppression.

Mental detoxification practices such as mindfulness, meditation, controlled breathing and cognitive restructuring reduce sympathetic nervous system overactivity while enhancing parasympathetic dominance. This shift promotes neurochemical balance, lowers cortisol levels and restores autonomic regulation. Functional neuroimaging studies reveal that regular contemplative practices reduce hyperactivity in the amygdala—the brain's fear and threat-processing center—while strengthening the prefrontal cortex, which governs judgment, impulse control, empathy and self-awareness. This neuroplastic remodeling forms the biological basis of mental cleansing and emotional resilience.

Neuroplasticity, once believed to be limited to early childhood, is now understood as a lifelong capacity of the brain to reorganize itself in response to experience. Mental detoxification harnesses this capacity by gradually weakening maladaptive neural circuits and reinforcing healthier cognitive and emotional pathways.

Psychoneuroimmunology

The field of psychoneuroimmunology has further established the connection between mental states and immune function. Negative emotional states such as chronic anger, fear, grief and hopelessness are associated with elevated inflammatory markers, including C-reactive protein and interleukin-6. Persistent inflammation is a known contributor to cardiovascular disease, metabolic disorders, autoimmune conditions and psychosomatic illnesses.

Mental detoxification practices reduce psychological stress and emotional volatility, thereby lowering inflammatory responses and enhancing immune resilience. This scientific evidence confirms that detoxifying the mind has tangible physiological consequences, bridging the traditional divide between mental and physical health.

SPIRITUAL APPROACHES TO MENTAL DETOXIFICATION

While science explains how mental detoxification works, spiritual traditions across cultures have long explored why it is necessary. Spiritual approaches do not contradict scientific understanding; rather, they complement it by addressing dimensions of consciousness, meaning and self-identity that extend beyond neurobiology.

Meditation and Mindfulness

Meditation remains one of the most



effective and universally endorsed tools for mental detoxification. Neurophysiological studies show that meditation induces alpha and theta brain waves, which correspond to states of deep relaxation, heightened awareness and emotional integration. These states facilitate the processing and release of suppressed emotions and cognitive residues accumulated over years of stress and conditioning.

From a spiritual perspective, meditation allows observation of the mind without attachment. Thoughts, emotions and impulses are witnessed rather than resisted or indulged. This non-reactive awareness weakens habitual patterns such as anger, fear, guilt, resentment and ego-driven identification. Over time, the mind naturally purifies itself as unconscious material surfaces and dissolves through awareness.

Self-Inquiry and Awareness

Self-inquiry, emphasized in various contemplative traditions, involves examining the source and nature of thoughts, emotions and beliefs. Rather than suppressing mental activity, self-inquiry questions its validity and origin. This process gradually dismantles false identifications—such as equating self-worth with success, approval or control—and reduces psychological suffering rooted in illusion.

Psychologically, self-inquiry disrupts rigid cognitive schemas and promotes cognitive flexibility. Spiritually, it leads to inner clarity and liberation from conditioned mental narratives.

Prayer and Surrender

Prayer, regardless of religious affiliation, engages neural circuits associated with trust, emotional safety and hope. Studies indicate that prayer activates regions of the brain linked to emotional regulation and social bonding. The act of surrendering outcomes to a higher consciousness reduces rumination, anxiety and the illusion of excessive control that fuels mental exhaustion.

Surrender does not imply passivity; rather, it represents acceptance of uncertainty and recognition of human limitation. This acceptance significantly reduces mental resistance and internal conflict, facilitating detoxification at a deep psycho-

logical level.

Ethical Living and Inner Discipline

Spiritual traditions consistently emphasize ethical living as foundational to mental purity. Practices such as truthfulness, non-violence, moderation, humility and compassion reduce cognitive dissonance and inner conflict. When actions align with values, the mind experiences coherence and stability.

From a preventive perspective, ethical discipline minimizes the generation of new mental toxins by reducing guilt, regret and interpersonal friction. Ethical living thus functions as both detoxification and inoculation against future psychological distress.

DURATION AND STAGES OF MENTAL DETOXIFICATION

Mental detoxification is not an instantaneous or linear process. It unfolds gradually and varies according to individual psychological history, trauma exposure, consistency of practice and neuroplastic capacity.

The initial phase, typically spanning one to two weeks, is marked by heightened awareness of mental clutter. Individuals often experience emotional discomfort, restlessness, irritability and resistance as suppressed material begins to surface. This phase can be misinterpreted as regression, but it represents the beginning of purification.

The intermediate phase, extending from three to eight weeks, involves gradual emotional release and improved emotional regulation. Mental noise decreases, clarity increases and habitual reactivity weakens. Individuals often report enhanced concentration, emotional balance and a sense of inner spaciousness.

The stabilization phase, occurring over three to six months or longer, reflects the consolidation of new neural pathways. Emotional resilience becomes more stable, stress responses moderate naturally and inner calm persists even under external pressure. Mental detoxification at this stage transitions from effortful practice to an integrated way of being.

PROS OF MENTAL DETOXIFICATION

The benefits of mental detoxification extend across emotional, cognitive, physiological and spiritual domains. Emo-

tional regulation improves significantly, with reductions in anxiety, anger and depressive symptoms. Cognitive functioning becomes sharper, with enhanced attention, memory and decision-making capacity.

Physiologically, individuals experience improved sleep quality, lower blood pressure, reduced inflammation and better stress tolerance. From a spiritual perspective, mental detoxification fosters heightened self-awareness, compassion and inner peace. Behaviorally, it encourages healthier coping mechanisms, improved interpersonal relationships and greater emotional intelligence.

CONS AND LIMITATIONS OF MENTAL DETOXIFICATION

Despite its benefits, mental detoxification is not without challenges and limitations. The surfacing of repressed emotions may cause temporary distress, particularly for individuals with unresolved trauma. Without proper understanding or guidance, some may misinterpret emotional discomfort as failure and abandon the process prematurely.

There is also the risk of over-spiritualization, where individuals may neglect clinically significant mental health conditions in favor of spiritual explanations alone. Mental detoxification is not a substitute for medical or psychiatric care in cases of severe mental illness. Furthermore, the lack of structured guidance can lead to inconsistent or ineffective practice.

Commercialization and cultural dilution of mental detox concepts pose additional risks, as simplified or commodified approaches may undermine both scientific rigor and spiritual depth.

INTEGRATION OF SCIENCE AND SPIRITUALITY

The convergence of neuroscience and spirituality reveals that mental detoxification is neither mystical nor purely philosophical. It is a process grounded in neurobiology, psychology and lived experience. Spiritual practices serve as practical tools to harness neuroplasticity, regulate stress physiology and restore emotional homeostasis. When approached with scientific understanding and spiritual wisdom, mental detoxification transcends disciplinary boundaries. It becomes a comprehensive framework for human well-being, integrating body, mind and consciousness.

CONCLUSION

Mental detoxification is an essential yet overlooked dimension of holistic health. In an era characterized by information overload, emotional fragmentation and existential anxiety, cleansing the mind is not a luxury but a necessity. Sustainable mental health cannot be achieved through external interventions alone; it requires inner discipline, awareness and conscious transformation.

When the mind is detoxified, disciplined and aligned with higher awareness, individuals experience not only psychological well-being but also deeper self-realization and harmony with life. Mental detoxification, therefore, represents both a personal responsibility and a collective imperative in the pursuit of a healthier, more conscious society.

The author is a Faculty,
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WITH Dr.SUMIT , Mr.TURAB, Former Sr. Audiologist at Max Hospital Saket ,Delhi)
@ Kifayatkifi
🕒 8:00PM On January 18th , Sunday

Republic Day-2026

Impressive full dress rehearsal held across Jammu Division

■ HT NEWS NETWORK

JAMMU, JAN 24: The full dress rehearsal for the Republic Day-2026 celebrations was conducted today across the Jammu division amid elaborate security and administrative arrangements.

At district headquarters and sub-divisional levels, participating contingents comprising police, security forces, NCC, school students and cultural troupes took part in the rehearsal. The parade was inspected by senior civil and police officers, who also reviewed the overall arrangements.

The rehearsal featured march-past by various contingents, band performances and practice of cultural programmes highlighting national unity and regional diversity. Officials monitored traffic regulation, seating, public convenience and security measures to ensure smooth conduct of the main event on January 26.

AT KATHUA: Deputy Commissioner, Rajesh Sharma hoisted the National Tricolour and took the salute at the march past presented by the contingents comprising Police, Home Guards, NCC, school students and other participating units, displaying impeccable discipline, coordination and patriotic zeal.

Expressing satisfaction over the arrangements, the Deputy Commissioner said "The full dress rehearsal reaffirmed that the main Republic Day celebrations on 26 January will be conducted with full dignity, discipline and patriotic fervour."

ADDC, Surinder Mohan Sharma; ASP Kathua, Rahul Charak; ADC, Vishavjeet Singh; ACR Vishav Partap Singh; GM DIC Mushtaq Chaudhary; PO ICDS, CPO Ranjit Thakur and other officers of district administration, mentors and students were also present.

AT REASI: The full-dress rehearsal for the 77th Republic Day celebrations was held today at the General Zorawar Singh Sports Stadium in a spirited and well-coordinated manner.

As many as 21 march-past contingents, comprising personnel from various security forces and students from schools across the district, participated in the rehearsal. The event was further enlivened by the pipe and brass bands of the Police, which added grandeur to the march-past with patriotic tunes.

The rehearsal commenced with the hoisting of the National Flag by Additional Deputy Commissioner, Rakesh Kumar, followed by the inspection of the parade. A colourful cultural programme was also presented by students of various schools and colleges, showcasing the rich cultural diversity of the nation and paying tribute to the freedom fighters.

Among others present on the occasion were Additional SP, Iftekhar Ahmed; ACR, Nitin Verma; ACD, Vijay Kumar; Chief Medical Officer, XEN PWD, Tehsildar, District Information Officer and other senior district officers.

AT DODA: The full dress rehearsal was held at the District Police Lines. The programme began with the unfurling of the National Flag, followed by the singing of the National Anthem. Additional Deputy Commissioner (ADC), Anil Kumar Thakur inspected the parade and took the salute of the marching contingents.

The march past included personnel from CRPF, SSB, Jammu and Kashmir Armed Police, Jammu and Kashmir Police, Police Protection Force (PPF), NCC cadets and students from various government and private schools. The Chief Guest appreciated the discipline and coordinated performance of all participants.

The event also featured a presentation of patriotic songs by students to celebrate 150 years of the National Song Vande Mataram.

The rehearsal ended with colourful cultural performances by school students, who presented patriotic songs and dances, reflecting India's rich culture and unity ahead of Republic Day celebrations.

Meanwhile, the full dress rehearsal for republic day celebrations was held at New Bus Stand Bhaderwah. Tehsildar, Kamal Preet Singh



unfurled the tricolour and took salute at the march past presented by the contingents of JK Armed Police, NCC Senior Division Government Degree College (GDC), NCC Junior Division Boys and Girls Higher Secondary School Bhadarwah and various Government and Private schools.

AT UDHAMPUR: The full dress rehearsal was held at Government PG College Boys.

Additional District Development Commissioner, Jugal Kishore unfurled the National flag at 9:55 AM and took salute at an impressive march past comprising 31 contingents drawn from District Police, SKPA, Home Guards, NCC and other civil troops.

Additional Deputy Commissioner, Prem Singh, PO Poshan Subash Dogra, Assistant Commissioner Revenue, Dr Umesh Shan, Additional Sp Sandeep Bhat, Chief Planning Officer, Uttam Singh and other district heads were present to witness the event.

The full dress rehearsal featured five cultural troops from the educational institutions, presenting theme-based cultural performances, adding a vibrant touch to the celebration.

AT SAMBA: The District Administration Samba today conducted the full dress rehearsal for the upcoming 77th Republic Day celebrations at the historic Rani Suchet Singh Sports Stadium.

The rehearsal, presided over by Additional Deputy Commissioner, Jagdish Singh, as Chief Guest, unfolded with military precision and patriotic fervor, setting the stage for what promises to be a memorable celebration of India's republican heritage on January 26.

The ADC unfurled the National Flag and took the salute at an impressive march past that showcased the discipline, coordination and unwavering commitment of the security forces and youth to the ideals enshrined in the Indian Constitution.

The parade featured impeccably coordinated contingents from the District Police Samba, Central Reserve Police Force (CRPF), Indian Reserve (IR) Battalion and Forest Protection Force, each demonstrating exceptional drill standards and ceremonial excellence that befit the solemnity of the occasion.

Adding vibrancy and youthful energy to the proceedings, students from government and private schools across the district marched in perfect synchronization, their disciplined bearing and patriotic spirit reflecting the strong foundation of civic values being instilled in the younger generation.

AT POONCH: As part of the preparations for Republic Day 2026, the Full Dress Rehearsal was conducted with great enthusiasm and precision at the Sports Stadium, Poonch.

Additional Deputy Commissioner (ADC), Tahir Mustafa Malik took the salute and hoisted the National Flag. He was accompanied by Additional Superintendent of Police (Addl. SP), Mohan Lal Sharma during the inspection.

The parade showcased a high level of discipline, coordination and dedication by the participating contingents. The ceremonial march and overall arrangements reflected the meticulous planning by the district administration and security forces.

The parade was led by Deputy Superintendent of Police (Operations) Azhar Amin with Sub-Inspector Venkatesh serving as the Second-in-Command. Officers and officials involved expressed satisfaction over the preparedness and conduct of the rehearsal.

The full dress rehearsal concluded successfully, reinforcing confidence that the Republic Day celebrations in Poonch will be conducted with pride, order and patriotic fervor.

ducted with pride, order and patriotic fervor.

AT RAMBAN: The Full Dress Rehearsal for the 77th Republic Day celebrations was held with patriotic fervour here at the District Police Lines. Additional Deputy Commissioner (ADC) Varunjeet Singh Charak, unfurled the National Flag and took the salute from the participating contingents.

The ADC inspected the parade comprising contingents led by Dy. SP Operations Manisha Kumari, representing the J&K Police, CRPF, IRP, Home Guards, NCC and students from various educational institutions. Appreciating the seamless arrangements made by different departments, the ADC highlighted the significance of Republic Day and commended the coordinated efforts put in for the smooth conduct of the upcoming celebrations.

The parade was followed by vibrant cultural performances presented by local artists and students of various educational institutions, reflecting the rich cultural heritage of Ramban district.

Prominent among those present were SSP, Arun Gupta, Additional SP, Mujeeb-ur-Rehman, Chief Education Officer, Dy. SP Headquarters, Dy. SP DAR, DYSSO, Tehsildar, heads of various departments and other district officers.

The stage proceedings were efficiently conducted by Ranjay Kumar, Ruhil Kundal and Preeti Khajuria, contributing significantly to the overall success of the event.

AT KISHTWAR: A comprehensive full dress rehearsal was conducted at the Mini Secretariat, New DC Office, setting the stage for the grand celebrations of the 77th Republic Day in 2026.

Additional Deputy Commissioner (ADC), Pawan Kotwal, unfurled the Tricolour and inspected march past comprising contingents from the CRPF, JK Police, CISF, IRP 22 Bn., NCC Government Degree College, Home Guards, and schoolchildren. The parade was led by Parade Commander Dy. SP Sharavan Singh. The event was held in strict adherence to Standard Operating Procedures (SOPs).

In his address, the ADC underscored the core principles of the Indian Constitution—integrity, sovereignty, fraternity and brotherhood—as well as the right to vote, which collectively have shaped India into the world's largest democracy.

He also highlighted the success of citizen-focused welfare initiatives such as the Holistic Agricultural Development Programme, State Marriage Assistance Scheme, Power Sector reforms, Ayushman Bharat and PMAY, emphasizing their practical benefits.

The event was attended by ADDC Vinod Kumar Behnal, ACR Idrees Lone, SDM Paddar Amit Kumar, ACP Neeraj Sharma, AD FCS & CA Shafqat Ali Keen, CEO MC Mirza Mumtaz Iqbal along with other district officers from the civil and police administration and staff from various departments.

AT RAJOURI: The District Administration Rajouri today conducted a full dress rehearsal for the forthcoming Republic Day celebrations at the District Police Lines (DPL), marking a significant step towards ensuring smooth and grand celebrations on January 26.

The rehearsal was presided over by Additional District Development Commissioner (ADDC), Malikzada Sheraz ul Haq, who reviewed the proceedings and arrangements in detail. Parade contingents drawn from the Jammu and Kashmir Police, CRPF, Forest Protection Force (FPF), NCC and students from various educational institutions participated in the march past, displaying impressive coordination, discipline and dedication.

Public Notice

IT is hereby notified that my 'daughter' applying for Birth certificate in municipal committee handwara namely Aroofa Jan DOB 16/12/2021 D/O Fayaz Ahmad Bhat R/o Wadipora District:kupwara. if anybody having any objection in this regards he/she may file his /her objection in the office of the Municipal committee handwara within 07 days .After that no objection shall be entertained.

AROOFA JAN DOB 16/12/2021 D/O FAYAZ AHMAD BHAT R/o WADIPORA TEHSIL HANDWARA DISTRICT KUPWARA

Public Notice

This is to inform the general public that i loss back side number plate of vehicle my bearing Registration No. JK01U 5378, in the name of Showket Ahmad Mahajan S/o Habib Ullah Mahajan, R/o Buchwara, Dalgate, has been lost. The undersigned has no objection if the concerned authorities issue a duplicate number plate.If anyone has any objection in this regard, the same may be raised before the ARTO Srinagar Office within 7 days from the date of publication of this notice. After that, no objection shall be entertained.

Name, Showket Ahmad Mahajan, S/o, Habib Ullah Mahajan, , R/o Buchwara, Dalgate, Srinagar

Public Notice

I, Bilal Ahmad Paray, S/o Ab Khaliq Paray, R/o Shalteng, Srinagar, do hereby declare that my name and father's name have been wrongly recorded in my Driving Licence No. JK-0120110031929. Incorrect particulars as recorded in Driving Licence:

Name: Bilal Ahmad Parray
Father's Name: Ab Khaliq Parray
Correct particulars (as per Aadhaar and other records):
Name: Bilal Ahmad Paray
Father's Name: Ab Khaliq Paray
This public notice is issued to rectify the said error for all official, legal and record 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.

JAMMU AND KASHMIR PUBLIC SERVICE COMMISSION

RESHAM GHAR COLONY, BAKSHI NAGAR, JAMMU – 180016

Website: <http://jkpsc.nic.in> | Jammu: 0191-2566533

Subject: Filling up of posts of Lecturer (Political Science) in the School Education Department- Declaration of result of written test reg.

Notification No: PSC/Exam/S/2026/14

Dated: 23.01.2026

In pursuance of Rule 42 of J&K Public Service Commission (Conduct of Examinations) Rules, 2022 read with Rule 31 and 43 of J&K Public Service Commission (Business & Procedure) Rules, 2021, as amended time to time, the candidates as per Annexure-A to this notification are hereby declared to have qualified for the Oral Test/Viva Voce for the posts of Lecturer (Political Science) in School Education Department on the basis of their performance in the Written Test which was held on 09.11.2025. The notification with respect to the dates of Interview/Viva-Voce shall be notified separately.

Note:

- For checking the result, candidates are advised to access the official website of the Commission i.e. <http://www.jkpsc.nic.in>.
 - The candidature of candidates shown in Annexure-A are purely provisional. The documents of the candidates will be verified at the time of interview and in case any discrepancy with regard to age/qualification/experience and other eligibility conditions is noticed at the time of interview or thereafter, the candidate shall not be allowed to appear in the interview or where the candidate has already appeared in the interview, the candidature shall be deemed to have been cancelled ab-initio.
 - Only eligible candidates, possessing requisite qualification prescribed under rules, shall be allowed to appear in the Oral Test/Viva-Voce subject to the condition that they are within the prescribed age limit on the cut-off date.
 - The candidates shall produce their original certificates/ testimonials on the date of oral test/Viva-Voce.
- This is subject to the outcome of writ petition, if any, pending disposal before any competent Court of Law.

Annexure – A

To Notification No. PSC/ Exam / S / 2026/14 Dated: 23-01-2026

Lecturer (Political Science)

S.No	Roll No
1	6800014
2	6800021
3	6800095
4	6800152
5	6800220
6	6800231
7	6800313
8	6800546
9	6800548
10	6800576
11	6800613
12	6800676
13	6800701
14	6800706
15	6800781
16	6800869
17	6800871
18	6800885
19	6800887
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34	6801908
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37	6802050
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44	6802609
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147	6809014
148	6809035
149	6809096
150	6809140
151	6809191
152	6809233

No. PSC/Ex-Secy/2025/33
Dated: 23-01-2026

DIPK: 10326/25

Dated: 24-01-2026

Sd/- (Sachin Jamwal) JKAS, Controller of Examinations
J&K Public Service Commission

Sakeena Itoo virtually inaugurates WSS, State of Art Fire Fighting System, Lift facilities at GMC Anantnag

Says strengthening of facilities at GMCs, Hospitals top priority of the Government

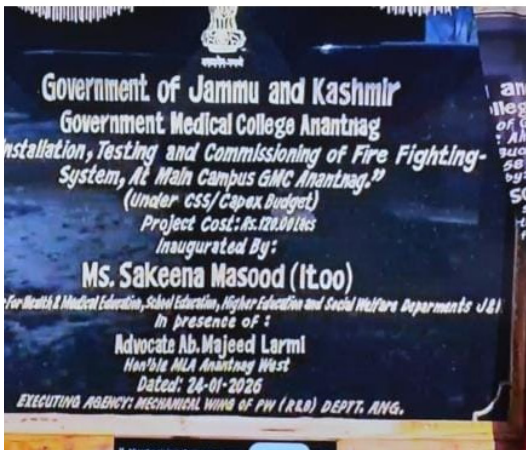
HT NEWS NETWORK

SRINAGAR, JANUARY 24: Minister for Health and Medical Education, Social Welfare and Education, Sakeena Itoo virtually inaugurated state-of-the-art fire fighting system, G+3 lift facilities and a comprehensive Water Supply Scheme (WSS) for Government Medical College (GMC) Anantnag from Civil Secretariat here today.

MLA Anantnag-West, Abdul Majeed Larmi; MLA Anantnag East-Shangus, Reyaz Ahmad Khan; Principal GMC Anantnag, Dr. Rukhsana Najeeb; heads of different specialties, doctors and large number of medical students were also present on the occasion.

Addressing the gathering virtually, Minister Sakeena reiterated the government's commitment to upgrading healthcare institutions with modern infrastructure and essential facilities. She emphasized that strengthening medical colleges and hospitals is a top priority of Government to ensure quality healthcare services reach every section of society, especially in peripheral and underserved regions.

The Health Minister highlighted that the newly inaugurated fire fighting system has been installed in compliance with modern safety standards to ensure enhanced fire



preparedness and protection across hospital buildings, thereby safeguarding patients, staff, and critical medical infrastructure. She also said that the Water Supply Scheme commissioned for GMC Anantnag is designed to provide uninterrupted and adequate water supply to hospital wards, operation theatres, laboratories, and residential quarters. The scheme will play a crucial role in maintaining hygiene, sanitation, and overall hospital functionality.

The Minister also said that the G+3 lift facilities, inaugurated simultaneously, will greatly improve vertical mobility within the hospital complex, aimed at ensuring smooth and hassle-free movement of patients, attendants, healthcare workers, and medical equipment, particularly benefiting elderly patients, persons with disabilities, and critical care services.

MLA Anantnag West, Abdul Majeed Larmi and MLA Anantnag East-Shangus, Reyaz Ahmad Khan also spoke on the occasion.

The vital facilities established at an estimated overall cost of Rs. 640.78 Lakhs mark another milestone in the ongoing efforts of the Jammu and Kashmir Government to transform healthcare delivery and create resilient, patient-centric medical institutions in J&K.

IT Deptt. encadres 44 officials under J&K IT Services

HT NEWS NETWORK

JAMMU, JANUARY 23: The Jammu and Kashmir Information Technology department, has successfully encadred 44 officials of the department who were earlier appointed on substantive IT-related posts in various Government departments across the Union Territory. This encadrement marks the first major step in a phased process, wherein the remaining IT personnel shall also be brought under the ambit of the J&K IT Services, ensuring a comprehensive and structured cadre for IT professionals. In parallel, the Department is in the process of establishing dedicated IT Directorates at Jammu and Kashmir, which will further strengthen administrative control, technical oversight and coordinated implementation of digital initiatives. The present encadrement has resulted in the creation of clear promotion avenues for the officials, addressing long-pending issues related to career progression and service structure. It brings uniformity in service conditions and provides a defined professional hierarchy, thereby boosting morale and motivation among IT personnel. This initiative represents a significant milestone in strengthening the institutional framework of IT governance in Jammu & Kashmir. A unified IT cadre will facilitate better human resource planning, optimal utilization of technical expertise, and improved delivery of e-Governance services, cyber security operations, data centre management, and adoption of emerging technologies.

The encadred officials have expressed their appreciation to the Secretary, Information Technology, Piyush Singla for his proactive leadership and sustained efforts in resolving long-standing cadre-related issues and steering institutional reforms within the IT ecosystem. The Information Technology department reaffirms its commitment towards capacity building, cadre reforms, and institutional strengthening, emphasizing that a robust IT services structure and dedicated directorates are essential for ensuring secure, efficient, and citizen-centric digital governance across the Union Territory.

JU, Election Department host NVD Run to energize democratic participation

HT NEWS NETWORK

JAMMU, JANUARY 24: The spirit of democratic participation took center stage at the University of Jammu today during the National Voters' Day Run.

The event, a vibrant celebration of civic duty, transformed the university's Sports Complex into a hub of energy with students, civil society members and morning walkers coming together in a shared commitment to electoral awareness.

Organized under the joint guidance of Sanjeev Verma, Chief Electoral Officer, J&K and Professor Umesh Rai, Vice-Chancellor, University of Jammu, the run was formally inaugurated by Dr. Nirupa Rai, Special Secretary J&K Election Department and Dr. Daoud Iqbal Baba, Director of the Directorate of Sports & Physical Education at the University of Jammu. They highlighted the event's powerful theme, "My India, My Vote," stressing the imperative of every citizen making an informed and ethical choice at the ballot box. Nearly, 200 runners participated in the event. The top three finishers in both the men's and women's categories were awarded for their performance, while every participant received a Certificate of Appreciation in recognition of their contribution to the voter awareness cause.

The seamless execution of the run was the result of meticulous coordination by a team of key officials from the Election Department and the University of Jammu. The organizing team included Muzaffar Malik, Additional Secretary; Gurbinder Singh, Deputy Chief Electoral Officer; Salam Din Chowhan, Deputy Director, Information; Rohit Kashyap, Assistant Chief Electoral Officer; Dr. Vimal Kishore; Sh. Vikas Karloopia; Dr. Inderjeet Singh; Dr. Mahak; Harinder Pal Singh; Rishiv Sharma; Richa Mandla; Dr. Ramesh Kumar; and Dr. Nitin Sharma.

Their collective efforts ensured a smooth and high-energy event that successfully resonated with all the attendees, powerfully reinforcing the core message of civic responsibility and the fundamental role of voting in shaping the nation's future.

GMC Anantnag organises one day CME 'Cardiac Care 2026'

Experts deliberated on emergency care for heart attack patients during CME

HT NEWS NETWORK

ANANTNAG, JANUARY 24: Government Medical College (GMC) Anantnag today hosted a major Continuing Medical Education (CME) event "Heart Care 2026: Navigating the Clinical Pathway for Acute Myocardial Infarction", at main campus here.

The programme was conducted under the patronage of Principal, GMC Anantnag, Dr. Rukhsana Najeeb and over 300 delegates participated in the CME to discuss improving emergency care for heart attack patients in South Kashmir. The event started at 9 am and concluded at 5 pm and the

CME was accredited by J&K Medical Registration Council for 4 credit hours.

The event was organized by the Department of Cardiology at GMC Anantnag, led by Incharge Head Dr. Syed Maqbool, with support from Dr. Shamim Iqbal, Dr. Showkat Hussain Shah, Dr. Shahood Kakroo, all working as cardiologists at GMC Anantnag.

The CME featured eminent cardiologists from SKIMS and GMC Srinagar like Dr. K. Iqbal, Dr. Nisar Tamboo, Dr. K. Aslam, Dr. Khalid Mohidin, Dr. Bashir Naikoo, Dr. Nazir Lone, Dr. Imran Hafeez, and Dr. Irfan bhat. Specialists from private hospitals like Paras, Khyber,



Noora, and Ujala Cygnus as well as Physicians from across South Kashmir.

The key highlights of CME were deliberations on enhancing acute care for Myocardial Infarction (MI)

in peripheral areas and streamlining transportation for Primary PCI (Percutaneous Coronary Intervention) to centres with catheterization labs. Clinical discussions included immediate drug therapy, thrombolysis, managing conduction disturbances, preventing sudden cardiac death, and the logistics of patient transfer to specialized facilities.

Principal GMC Anantnag, Dr. Rukhsana Najeeb congratulated the department of cardiology for conducting such a high Level CME on Cardiac Care with great success.

Experts and delegates who participated in the CME, described it as a major success.

National Girl Child Day celebrated in Poonch under Beti Bachao Beti Padhao

HT NEWS NETWORK

POONCH, JANUARY 24: District Child Protection Office Poonch celebrated National Girl Child Day under the flagship scheme Beti Bachao Beti Padhao (BBBP), reaffirming the commitment towards protection, education and empowerment of the girl child. The main programme was organised at the Government Girls Pahari Hostel, Poonch, where representatives from the One Stop Centre (OSC) and the District Hub for Empowerment of Women (DHEW) held detailed deliberations on the objectives of the Beti Bachao Beti Padhao scheme, the importance of the girl child, women empowerment and social evils such as Bal Vivah (child marriage).

The Warden of Pahari Hostel highlighted various issues faced by girls and emphasized

the need for education, awareness and collective responsibility to ensure their overall development and well being.

District Child Protection Officer, Mr. Khalil A Bandy, addressed the gathering and spoke in detail about child protection mechanisms, welfare schemes and the role of Beti Bachao Beti Padhao in promoting gender equality, safeguarding the rights of the girl child and ensuring their access to education and opportunities.

As part of the welfare initiative, blankets, shawls, stills, socks and other warm clothing were distributed among the hostel inmates.

Later, the staff of the District Child Protection Office, led by Mr. Khalil A. Bandy, visited the District Hospital, Poonch, where warm blankets and baby kits were distributed to newly born baby girls, symbolizing the spirit of Beti Bachao Beti Padhao.

Educational institutions across Jammu district commemorate 150th Anniversary of 'Vande Mataram'

HT NEWS NETWORK

JAMMU, JANUARY 24: As part of the nationwide celebrations marking 150 years of the National Song "Vande Mataram", various educational institutions across Jammu district organised a series of programmes, displaying remarkable patriotic zeal.

The commemoration forms an integral part of the broader celebrations of Republic Day 2026, with schools and colleges across the district actively participating in a calendar of activities aimed at instilling national pride and acquainting the younger generation with the revolutionary spirit and historical significance of this iconic song.

In a notable display of enthusiasm, Government Girls Higher Secondary School

(GGHSS), Basti Gulab Garh, organised a patriotic marathon from Satowali Ground to the Octroi Post, Suchetgarh. Similarly, GGHSS Shastri Nagar conducted a Youth Marathon which witnessed overwhelming participation from students.

Government Boys Higher Secondary School (GBHSS), Bishnah, organised a series of activities including an Essay Writing Competition on the theme "150 Years of National Pride – Vande Mataram", a ceremonial plantation drive and a Vande Mataram singing programme with the participation of 200 students and 35 teachers.

GGHSS Canal Road, conducted sessions explaining the meaning and historical relevance of Vande Mataram, followed by a soulful rendition by staff and students and a plantation drive.

Judicial Academy organizes workshop on "Expediting Trials under Prevention of Corruption Act, 1988, NDPS Act, 1985"

HT NEWS NETWORK

JAMMU, JANUARY 24: Under the patronage of Chief Justice, High Court of Jammu & Kashmir and Ladakh (Patron-in-Chief, J&K Judicial Academy), Arun Palli and guidance of Chairperson and Members of Governing Committee for J&K Judicial Academy, Jammu & Kashmir Judicial Academy today organized a one day workshop on "Expediting Trials under the Prevention of Corruption Act, 1988 and the NDPS Act, 1985, including Judicial Ethics & Behaviour" at its Jammu Campus, Janipur.

The workshop was aimed at enhancing the capacity of Judicial

Officers by addressing procedural challenges, judicial best practices and ethical dimensions involved in conducting trials under special statutes which mandate strict compliance and expeditious disposal.

The programme commenced with an introduction by Naseer Ahmad Dar, Director, J&K Judicial Academy, who highlighted the importance of judicial efficiency, ethical conduct and timely adjudication in cases involving corruption and narcotics offences.

The first session focused on Expediting Trials under the Prevention of Corruption Act, 1988. The session was conducted by Justice Muzaffar Hussain Attar,



Former Judge, High Court of J&K, who deliberated upon the

legislative intent of the PC Act, recent judicial trends, procedural

safeguards, common bottlenecks causing delay and effective case-

management techniques for expeditious disposal of corruption cases. The session was followed by a detailed interaction with the participating Judicial Officers, during which practical issues faced at the trial stage were discussed and clarified, making the session highly engaging and insightful.

The second session on Expediting Trials under the NDPS Act, 1985, was conducted by Sunil Sethi, Senior Advocate, High Court of J&K and Ladakh. The session covered salient features of the NDPS Act, strict compliance requirements, evidentiary standards relating to search, seizure and sampling and the

crucial role of Trial Courts in balancing individual liberty with societal interest, while also addressing the common procedural lapses and judicial remedies.

Similarly, third session was devoted to Judicial Conduct & Ethics which was delivered by Justice Mohammad Yaqoob Mir, Former Chief Justice, High Court of Meghalaya. His address underscored the core values of judicial independence, integrity, courtroom demeanour, and ethical challenges faced by Judicial Officers in contemporary times, including handling pressure, criticism, and social media scrutiny.



FIEO urges Govt to address cost pressures, shipping gaps and R&D incentives in union Budget

■ UNITED NEWS OF INDIA

HYDERABAD/NEW DELHI, JAN 23 : The Federation of Indian Export Organisations (FIEO) on Friday called on the government to take urgent measures in the union Budget 2026 to enhance the cost competitiveness of Indian exporters, strengthen logistics resilience and boost innovation-led growth.

In a statement, FIEO President S C Ralhan said the Budget must address the long-standing issue of inverted customs duty structures, where import duties on raw materials and components are higher than those on finished goods.

Such anomalies, he noted, erode exporters' competitiveness and lock up working capital. Sectors such as textiles, electronics, chemicals, plastics, leather and footwear continue to face this challenge.

Rationalising and reducing duties on key inputs would lower production costs, encourage domestic value addition and strengthen India's export performance.



Highlighting India's dependence on foreign shipping lines, FIEO President also sought targeted policy and fiscal support for developing Indian global-scale shipping carriers.

According to the exporters' body, a strong domestic shipping ecosystem could reduce freight volatility, improve supply chain reliability and potentially save the country USD 40-50 billion annually in freight outflows.

On the fiscal front, FIEO has

recommended restoring the 200-250 per cent weighted tax deduction for in-house R&D expenditure under Section 35(2AB) of the Income Tax Act.

It has also urged the government to extend this benefit beyond companies to include LLPs, partnership firms and proprietorships, particularly MSMEs, which form the backbone of India's export sector.

To improve India's presence in global markets, the organisation

has proposed a 200 per cent tax deduction for overseas marketing and branding expenditure, including participation in international trade fairs and buyer meets.

The FIEO Chief said higher marketing costs often discourage MSME exporters from exploring new markets, limiting India's global visibility.

He also further sought an extension of the 15 per cent concessional corporate tax rate for new domestic manufacturing units under Section 115BAB for another five years beyond the earlier cut-off date of March 31, 2024.

FIEO said policy certainty on taxation is critical as India competes with other countries for global manufacturing investments and supply-chain relocation.

According to FIEO, these measures would collectively reduce costs, improve logistics efficiency, encourage innovation and investment, and support the government's Make in India and export-led growth strategy. UNI

Govt approves wage and pension revisions for PSGICs, NABARD and RBI employees

■ UNITED NEWS OF INDIA

NEW DELHI, JAN 23 : In a significant move aimed at boosting employee morale and strengthening social security for pensioners in the financial sector, the Central Government has approved wage revisions for employees of Public Sector General Insurance Companies (PSGICs) and the National Bank for Agriculture and Rural Development (NABARD).

The Government has also approved pension and family pension revisions for retirees of the Reserve Bank of India (RBI) and NABARD.

The decision underscores the Government's continued emphasis on the financial well-being and social security of serving employees and pensioners, in recognition of their long and dedicated service to key financial institutions.

The wage revision for PSGIC employees will be effective from 1 August 2022. The overall increase in the wage bill has been approved at 12.41 per cent, with a 14 per cent hike in existing Basic Pay and Dearness Allowance. A total of 43,247 employees across PSGICs will benefit from this revision.

As part of the revision, the Government has also approved an enhancement in the National Pension System (NPS) contribution from 10 per cent to 14 per cent for employees who joined after 1 April 2010, aimed at improving their long-term retirement security.

In addition, family pension has been revised to a uniform rate of 30 per cent, effective from the date of publication in the official gazette. This measure will benefit 14,615 family pensioners out of a total of 15,582 existing family pensioners.

The total financial implication of these measures for PSGICs is estimated at Rs 8,170.30 crore, comprising Rs 5,822.68 crore towards wage arrears, Rs 250.15 crore for enhanced NPS contribution, and Rs 2,097.47 crore for family pension revision.

The PSGICs covered under the decision include National Insurance Company Ltd. (NICL), New India Assurance Company Ltd. (NIACL), Oriental Insurance Company Ltd. (OICL), United India Insurance Company Ltd. (UIICL), General Insurance Corporation of India (GIC), and Agricultural Insurance Company Ltd. (AICIL).

For NABARD, the Government has approved a pay revision effective from 1

November 2022, providing an average 20 per cent increase in pay and allowances for all Group 'A', 'B', and 'C' employees. The decision will benefit around 3,800 serving and former employees.

The Government has also approved pension and family pension revision for NABARD retirees who were originally recruited by NABARD and retired before 1 November 2017, bringing their pensions at par with ex-RBI NABARD retirees.

The pay revision will result in an additional annual wage bill of approximately Rs 170 crore, along with arrears amounting to around Rs 510 crore. The pension revision will entail a one-time arrear payment of Rs 50.82 crore, and an additional monthly outgo of Rs 3.55 crore towards pension payments for 269 pensioners and 457 family pensioners.

The Government has also approved a revision in pension and family pension for RBI retirees, in line with its commitment to ensuring fair and sustainable retirement benefits.

Under the approved framework, pension and family pension will be enhanced by 10 per cent on basic pension plus dearness relief, effective from 1 November 2022.

This translates into an effective enhancement factor of 1.43 on basic pension, resulting in a substantial increase in monthly pension.

The revision will benefit 30,769 beneficiaries, including 22,580 pensioners and 8,189 family pensioners.

The total financial implication is estimated at Rs 2,696.82 crore, comprising Rs 2,485.02 crore towards arrears and a recurring annual expenditure of Rs 211.80 crore.

Overall, the approved measures are expected to benefit approximately 46,322 serving employees, 23,570 pensioners, and 23,260 family pensioners across PSGICs, NABARD, and RBI.

The Government stated that these steps will provide meaningful relief by helping beneficiaries better absorb rising living costs while maintaining a dignified standard of living and social status post-retirement.

The move reaffirms the Government's commitment to strengthening financial institutions that play a pivotal role in India's inclusive and sustainable economic growth. UNI

JSW Steel Q3FY26 profit jumps by 198 per cent to Rs 2,139 cr

■ UNITED NEWS OF INDIA

MUMBAI, JAN 24 : JSW Steel has officially announced that it has posted a 198 per cent jump in its consolidated net profit to Rs 2,139 crore in the third quarter of the financial year 2025-26 (Q3FY26), as compared to a profit of Rs 717 crore during the same period last year.

Also, the company's profit increased 31.8 per cent from Rs 1,623 crore, on a sequential basis, due to high sales volumes.

The Mumbai-headquartered steel company has reported an adjusted earnings before interest, taxes, depreciation, and amortisation (EBITDA) of Rs 6,620 crore, which is an increase of 22 per cent year-on-year (Y-o-Y).



JSW Steel's revenue from operations for the quarter stood at Rs 45,219 crore, up 10.9 per cent year-on-year (Y-o-Y) from Rs 40,793 crore. Sequentially, revenue increased marginally by 1.5 per cent from Rs 44,560 crore.

The company stated that its crude steel production stood at 7.48 million tonnes (mt), while saleable steel sales hit a record quarterly high of 7.64 mt.

"In the United States, technology-related investments and robust consumer spending provided strong growth momentum in 2025.

The impact of tariffs on inflation and growth has been limited; however, there could be risks from a lagged effect. Growth momentum in China decelerated in the second half of 2025 due to continued contraction in the real estate sector, although manufacturing and exports showed positive growth," the company said in a filing to the Bombay Stock Exchange (BSE).

"India continues to lead global growth among major economies. Domestic sales stood at 6.59 mt, reflecting an increase of 10 per cent Y-o-Y. Exports at 0.84 mt, increased by 53 per cent Y-o-Y, contributing 11 per cent to the sales from the Indian operations for Q3 FY26. Retail sales volumes were up 12 per cent Y-o-Y," according to the company statement. UNI

Yamaha recalls over 3 lakh 125 cc hybrid scooters

■ UNITED NEWS OF INDIA

CHENNAI, JAN 24 : As part of its ongoing commitment to delivering safe and high-quality products, India Yamaha Motor Pvt. Ltd. (IYM) has initiated a voluntary recall campaign for 3,06,635 units of its

125cc scooter models manufactured between May 2, 2024, and September 3, 2025, effective immediately.

Customer safety remains Yamaha's highest priority and this voluntary recall has been initiated to address a potential concern wherein it has been identified that, under certain operating conditions, the front brake caliper exhibits limited function in select units of the RayZR 125 Fi Hybrid and Fascino 125 Fi Hybrid scooter models.



A company statement said the replacement of the specific part will be carried out free of charge for all vehicles covered under this campaign. UNI

Hindustan Zinc to set up zinc tailing facility in Rajasthan

■ UNITED NEWS OF INDIA

CHENNAI, JAN 24 : World largest zinc producer and part of the Vedanta group, Hindustan Zinc Ltd, today said it has awarded contracts to CIMIC Group companies Sedgman and Leighton Asia for the development of India's first zinc tailings recycling facility.

The recycling facility will come up at its flagship Rampura Agucha Mines (RAM) in Rajasthan, Hindustan Zinc said.

Tailings are finely ground remnants left after mineral extraction. While traditionally classified as waste, tailings often contain residual quantities of valuable metals that were not recoverable through earlier processing technologies.

Earlier in August, the Board of Hindustan Zinc approved an investment of up to Rs. 3,823 crore for the development of a 10 million tonnes per annum (Mtpa) zinc tailings recycling facility at Rampura Agucha, targeted for completion within 28 months from the zero date.

Following this approval, Hindustan Zinc has now awarded

contracts valued CIMIC Group companies for engineering, procurement and construction activities.

The one-of-its-kind facility at Rampura Agucha will deploy advanced processing techniques to recover metals such as zinc and silver from previously processed tailings, transforming legacy waste into valuable resources and reinforcing a circular approach to mining.

The project is a strategic national milestone, aligned with India's focus on resource efficiency, circular economy practices, and strengthening domestic critical minerals supply.

The initiative forms a key pillar of Hindustan Zinc's broader strategy to build a future-ready, multi-metal portfolio while strengthening India's critical minerals ecosystem.

By unlocking value from legacy tailings, the facility will reduce environmental footprint, improve land utilisation, and enhance long-term resource security for the country.

Arun Misra, CEO - Hindustan Zinc Limited, said: "India's next phase of industrial growth will

be defined not just by how much we mine, but by how intelligently we use what we already have. This project represents a fundamental shift in mining, from extraction to optimisation, and from linear consumption to circular value creation." "By establishing India's first zinc tailings recycling facility at global scale, Hindustan Zinc is creating a blueprint for how legacy resources can be re-engineered into future supply, strengthening the nation's critical minerals security. Our collaboration with Sedgman's global minerals processing expertise and Leighton Asia's on-ground infrastructure execution brings together the best of technology and delivery to set new benchmarks for responsible mining," Misra said.

This development comes as part of the company's plan to double its production capacity.

Under the contracts, Sedgman, a global leader in minerals processing, will deliver detailed engineering and offshore equipment procurement, while Leighton Asia, a long-standing infrastructure delivery partner with a strong presence in India, will manage

onshore procurement and construction.

The project brings together advanced processing technologies, global expertise and local execution capabilities to support India's clean energy, infrastructure and advanced manufacturing ambitions.

Juan Santamaría, ACS Group and HOCHTIEF Chief Executive Officer and CIMIC Group Executive Chairman, said: "This project highlights Sedgman's leadership in minerals processing and Leighton Asia's proven capability in infrastructure delivery. It reflects CIMIC Group's strategic commitment to supporting the global energy transition through critical minerals development. Modern tailings reprocessing unlocks new opportunities to recover essential minerals that power clean energy technologies and digital infrastructure."

Grant Fraser, Managing Director, Sedgman, said: "By leveraging our extensive track record in tailings reprocessing, we are pleased to support Hindustan Zinc in unlocking value from legacy tailings through a circular economy

approach. Our end-to-end technical and delivery expertise enables more sustainable minerals extraction while supporting the clean energy transition."

Brad Davey, Managing Director, Leighton Asia, said: "By combining international experience with deep local knowledge, we are proud to partner with Hindustan Zinc on a project that strengthens India's mining infrastructure, supports regional growth, and creates meaningful opportunities for local communities through employment and procurement."

Headquartered in Udaipur, Hindustan Zinc operates zinc, lead and silver underground mines, smelters (metal production plants) in the state of Rajasthan and Uttarakhand.

The company Board had earlier approved the first phase of investments aimed at doubling the company's production capacity.

These plans include expanding refined metal capacity by 250 kilotonnes per annum (KTPA) and upgrading mines and milling infrastructure across multiple locations, with an investment of nearly Rs.12,000 crores. UNI

Hyd: ISB's PGP YL inaugural batch secures 175 summer internship offers; Highest stipend at ₹7.3 Lakh

■ UNITED NEWS OF INDIA

HYDERABAD, JAN 24 : The Indian School of Business (ISB) on Friday said it has successfully concluded the summer internship placements for the inaugural cohort (2025-2027) of its Post Graduate Programme in Management for Young Leaders (PGP YL), with 100% of the batch securing internships.

Students received over 175 offers from 38 organisations across consulting, banking and finance, FMCG, technology, conglomerates, manufacturing, and social impact sectors.

Despite entering the programme with an average of just 11 months of prior work experience, the cohort achieved an average summer stipend of 3.2 lakh, with the highest stipend

reaching 7.3 lakh, reflecting the quality and responsibility of roles offered to early-career professionals.

Consulting emerged as the largest recruiting sector, accounting for 47% of the offers, followed by finance and investment advisory (19%), FMCG (11%), technology (10%), and conglomerates (7%). The remaining roles were spread across operations, emerging technologies, manufacturing, consumer services, and non-profit organisations.

The internships span roles in business and strategy consulting, general management, brand marketing, product and program management in technology, transformation, finance, investment advisory, sales management, and operations.

Commenting on the outcome, Professor Deepa Mani, Deputy Dean,

Academic Programmes, ISB, said that the results reaffirm the school's belief that with the right academic foundation and experiential exposure, young talent can create meaningful organisational impact. She noted that the diversity of recruiters and roles reflects the effectiveness of ISB's practice-oriented pedagogy.

The PGP YL programme emphasises experiential learning through initiatives such as Innovation through Design Exploration and Actionable Solutions (iDEAS), a business design lab focused on solving real-world organisational challenges, and the Platform for Innovation and Venture Oriented Thinking (PiVOT), which integrates design thinking, advanced strategy, and technology to develop validated business solutions. UNI

AP: Isuzu Motors opens new service centre in Anantapur

■ UNITED NEWS OF INDIA

ANANTAPUR, JAN 24 : Strengthening its focus on customer support and service accessibility in key regional markets, Isuzu Motors India inaugurated a new Authorised Service Centre (ASC) Toli Motors in Anantapur in Andhra Pradesh on Friday.

The ASC was inaugurated by senior officials of Isuzu Motors India along with representatives of Toli Motors. The opening of the network touch point in Andhra Pradesh reinforces the company's ongoing efforts to strengthen its after-sales infrastructure and bring service support closer to customers in the State.

Speaking on the occasion, Toru Kishimoto, Deputy Managing Director, Isuzu Motors India, said: "The new service centre in Anantapur marks IMI's 8th customer touchpoint in Andhra Pradesh, strengthening the company's



service network in the State. This expansion underscores our commitment to delivering reliable, high-quality service to customers in and around the region. With growing demand across Andhra Pradesh, the facility

will enhance service reach, improve turnaround time, and support a consistent and seamless ownership experience."

Adinarayana H, Dealer Principal, Toli Motors, stated: "We are proud to partner with Isuzu Motors India to open a new authorised service centre in Anantapur. With modern facilities and trained staff, the centre will provide reliable, high-quality service and help build long-term trust with customers in the region."

Spread across 8,250 sq. ft., the facility is equipped with 14 service bays, equipped to provide high-quality maintenance and repair services that Isuzu is known for. Strategically located, the new Authorised Service Centre will improve service accessibility for customers, further reinforcing the company's commitment to customer satisfaction and service excellence." UNI



Milne Ruled Out Of T20 World Cup, Jamieson Called Up

■ ESPNCRICINFO

QOEERHA: Adam Milne, the New Zealand fast bowler, has been ruled out of the 2026 T20 World Cup due to a hamstring injury he suffered in the SA20. He will be replaced in the squad by Kyle Jamieson.

Milne picked up the injury in his first over for Sunrisers Eastern Cape against MI Cape Town last Sunday and scans have shown the extent of the tear. He had taken 11 wickets at 16.27 and an economy rate of 7.61 during the tournament.

"We're all gutted for Adam," New Zealand head coach Rob Walter said. "He'd worked so hard to get himself ready for the tournament and was looking back to his best in his eight games for the Eastern Cape Sunrisers. It's unfortunate timing for Adam and we wish him a speedy recovery."

Jamieson, who is currently part of the side playing India, has been elevated from traveling reserve. Squads can be freely amended until January 31, after which

replacements need ICC approval.

"It's great that Kyle is already with us here in India," Walter said. "He's an integral member of our pace-bowling group and has hit the ground running on this tour. He's a hard-worker with a good set of skills and experiences that will hold him good stead for the tournament."

Jamieson, who returned to international cricket late last year after a back injury, took a career-best 4 for 41 in the first ODI against India earlier this month.

New Zealand had previously announced that Matt Henry and Lockie Ferguson may take brief periods of paternity leave during the T20 World Cup.

A further traveling reserve will be added to the New Zealand squad prior to the tournament which they begin against Afghanistan on February 8 in Chennai. They will face USA in a warm-up fixture on February 6 in Mumbai following the ongoing T20I series against India which has four matches remaining.



Shivam replaces injured Veer mid-match for UP

■ ESPNCRICINFO

LUCKNOW: Uttar Pradesh's left arm spin all-rounder Shivam Sharma has been included in the playing XI as a Serious Injury Replacement for the injured Prashant Veer. He was included in the playing XI on the second day's morning after the



match referee received Veer's medical report.

Veer injured his shoulder while fielding before lunch on the first day of the Ranji Trophy fixture against Jharkhand and is expected to be out of action for at least three weeks. This is the second time that the Serious Injury Replacement rule, which was introduced earlier this year for the domestic Indian season, has been used in the Ranji Trophy.

In October 2025, during the Bengal vs Gujarat match played in Kolkata, Bengal batter Kazi Junaid Saifi came into the playing XI as a replacement for injured opener Sudip Chatterjee and batted in the second innings.

This rule is different from the concussion substitute rule and includes all injuries deemed serious enough, along with head injuries.

On the second day, visitors Jharkhand tightened their grip on the match as Kumar Kushagra scored his fifth first-class century. Jharkhand finished with a mammoth score of 561 for 6. On the first day, Jharkhand opener Sharandeep Singh also scored a century, while Shivam, who came into the playing XI in place of Veer, bowled 18.5 overs and took two wickets, including Kushagra's.

A night Gurbaz Might Not Remember, But For The Reminder On His Jaw

■ UNITED NEWS OF INDIA

DUBAI: Rahmanullah Gurbaz's innings, on Thursday night in Dubai, won't be remembered for long. He brought up his half-century off 44 balls, in a chase of 152 Afghanistan went on to lose, in a dead rubber of a bilateral series against West Indies, in front of a sparse crowd.

Gurbaz struggled for timing, like most other batters on a slow pitch. His best shot before getting to his fifty was when he shuffled to the off side against the medium pace of Matthew Forde, and got on his knees to sweep past fine leg. Most other times, the ball explored the edges off his bat more than the middle. When he timed it, he found the off side too packed.

The most remarkable bit about his night out might not have involved him at all, it could have

been anyone in his place, and the impact would have been just the same. Gurbaz was on 53, in the 15th over. Darwish Rasooli was on strike. Shamar Springer was the bowler. The ball was driven to mid-off. The batters considered a single, but decided against it. Gudakesh Motie collected the ball and threw it at the non-striker's end. It was an oddity of physics plus chance: the ball bounced more than you'd expect off the turf and hit Gurbaz, running back to make his ground, flush in the helmet grille. The impact blew the helmet off. The stadium was quiet enough that the sound of ball hitting helmet could be heard with sickening clarity.

Gurbaz collapsed. The umpires, the fielders and Rasooli rushed to him and tried to prop him up even as the medics ran on to give him a concussion check. His jaw



had a nasty cut.

Soon, though, the helmet was back on. The physio was smiling through the concussion test. Motie, his team-mate from the Caribbean Premier League, embraced him almost as a gesture of apol-

ogy.

For a moment, time had stood still. Now, it was time to get on with the business at hand: 58 off 34 balls was needed. In the same over, after swishing at a ball that went past his arc, Gurbaz stood

deep in his crease to bosh a drive through the covers.

A show of grit enhances a sporting contest. Not many months ago, Chris Woakes - with a broken arm tucked under his sweater - and Rishabh Pant - with a broken foot tucked into his shoes - had become the defining images during a well-contested Test series.

Physical injury - especially concussions - are an unfortunate byproduct of the game. Yet, underneath the helmets and the neck guards and elbow pads, one plays cricket despite the knowledge that the ball can always knock you down. Or, occasionally, worse.

Gurbaz was knocked off his feet. But he got back up. And, in the 18th over, he got on his knees twice trying to get in line to scoop the ball. Both times - once off a low full toss and then, off a full ball - he got what he wanted.

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