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Express Grief Peacefully, Preserve Harmony: Omar Abdullah Appeals for Calm

CM says restrictions will ease gradually; to take up Iran students' issue with Centre

■ HT NEWS NETWORK

SRINAGAR, MAR 04: Urging people to maintain peace while expressing their grief and anger, Chief Minister Omar Abdullah on Wednesday called for calm and communal harmony across Jammu and Kashmir amid the prevailing situation.

The Chief Minister chaired a meeting of civil society members and senior religious leaders at the Sher-i-Kashmir International Conference Centre (SKICC) here, saying the interaction was aimed at collectively appealing for peace across the Union Territory.

Speaking to reporters on the sidelines

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GLOBAL WARMING IMPACT: Mercury Climbs Sharply Across J&K, Dry Weather Persists

IMD records temperatures up to 10°C above normal; no rainfall reported in most areas

■ HT NEWS DESK / AGENCIES

SRINAGAR, MAR 04: Day temperatures continued to hover well above the seasonal average across Jammu and Kashmir on Wednesday, with several stations recording departures of up to 10 degrees Celsius above normal, even as dry weather prevailed in most parts of the Union Territory.

According to the evening bulletin issued by the India Meteorological Department (IMD), Srinagar recorded a maximum temperature of 20.5°C, which is 7.5 degrees above normal. The minimum temperature in the city settled at 4.2°C, 1.7 degrees above the seasonal average.

Qazigund registered a high of 22.0°C, 9.4 degrees above normal, while the minimum stood at 2.2°C. In Pahalgam, the maximum temperature



reached 18.9°C, 8.9 degrees above normal, with the mercury dipping to minus 0.1°C during the night.

Kupwara recorded a high of 19.8°C, 7.3

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Kashmir to Remain Under Precautionary Curbs; 2G Internet Cap Continues

■ HT NEWS DESK / KNO

SRINAGAR, MAR 04: Precautionary restrictions imposed in several parts of Kashmir earlier this week will continue on Thursday, officials said, as authorities maintained heightened security across sensitive areas to ensure law and order.

The measures were enforced following US and Israeli strikes on Iran that reportedly resulted in the killing of Iran's Supreme

Leader Ali Khamenei, sparking tensions and protests in parts of the Valley.

Officials told the news agency—Kashmir News Observer (KNO) that the situation is being reviewed on a regular basis, but there will be no relaxation of curbs for now. "Security arrangements have been intensified in sensitive pockets, including downtown Srinagar and Lal Chowk. Restrictions will continue on Thursday as a pre-

cautionary measure," an official said.

Mobile internet services across the Valley have been limited to 2G speed, another official said, adding that the restriction will remain in place till Thursday evening. A decision on restoring higher speeds will be taken after assessing the ground situation.

Security personnel have been deployed in strength at

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Russia, China Block US UNSC Agenda Over Iran Sanctions Dispute

Objection to briefing on 1737 Sanctions Committee stalls adoption of March programme as Council divisions deepen

■ HT NEWS DESK/ AGENCIES

UNITED NATIONS, MAR 4: Sharp divisions surfaced at the United Nations Security Council (UNSC) after Russia and China blocked the adoption of the United States' draft Programme of Work (PoW) for March, objecting to the inclusion of a briefing related to sanctions on Iran.

The United States, a veto-wielding permanent member of the 15-nation Council, assumed the rotating presidency for March and circulated its customary monthly programme outlining anticipated meetings

and events. However, the document could not be formally adopted after Moscow and Beijing raised objections concerning the proposed briefing on the 1737 Sanctions Committee.

In a statement, Russia's Permanent Mission to the UN said it was "compelled" to object because the provisional programme included a briefing on the committee, whose work Moscow claims was "allegedly resumed" following the triggering of the snapback mechanism by the United Kingdom, France and Germany in September 2025.

Russia said it had previously urged Washington not to include the item in the programme, but its appeal went unheeded. "For this very reason, we had no other choice but to object to the adoption of the UNSC programme of work for March," it said. China supported the move.

The 1737 Sanctions Committee was established following Security Council resolutions linked to Iran's nuclear programme. In 2015, the Council adopted a resolution implementing the Joint Comprehensive Plan of Action (JCPOA).

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Jammu Drenched in Colours as Holi Revelry Sweeps Region

■ HT NEWS DESK/ KNO

JAMMU, MAR 04: Jammu region on Wednesday erupted in a riot of colours as people celebrated Holi with enthusiasm, exchanging greetings and distributing sweets amid tight security arrangements.

From early morning, residents thronged streets and neighbourhoods, smearing each other with colours and embracing the festive spirit. Children splashed colour-filled balloons while youngsters danced to popular tunes, lending vibrancy to the celebrations. People from all walks of life participated in the festivities.

Lieutenant Governor Manoj Sinha and Chief Minister Omar Abdullah extended warm greetings, wishing the people happiness, prosperity and communal harmony on the occasion.

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GOC Rising Star Corps reviews security preparedness in Mamun sector

■ HT NEWS NETWORK / KNO

JAMMU, MAR 04: General Officer Commanding (GOC) of the Rising Star Corps, also known as 9 Corps, Lieutenant General Rajan Sharawat on Wednesday reviewed the operational preparedness of troops deployed in the strategically significant Mamun sector.

According to the details available with the news agency—Kashmir News Observer (KNO) the Rising Star Corps based in Yol, Himachal Pradesh oversees key training institutes in the state along with operational responsibilities in the Mamun sector. The Mamun headquarters, located at Pathankot, supervises operational areas spanning Samba, Kathua and parts of Jammu district in Jammu and Kashmir.

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Jammu hospitals step up preparations for severe summer heat

■ HT NEWS NETWORK / AGENCIES

SRINAGAR, MAR 04: Hospitals across the Jammu division have begun preparations to deal with a possible heatwave this summer, following forecasts of unusually high temperatures across several parts of India, including the Himalayan region.

With temperatures already running above normal in northern India, health authorities have initiated precautionary measures in line with guidelines issued by the Union Ministry of



Health and Family Welfare to manage heat-related illnesses. On Tuesday, dedicated Heat

Stroke Rooms were made operational in hospitals at Katra

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Fake Pesticides Threaten Kashmir Orchards

■ HT NEWS NETWORK / KNO

PULWAMA, MAR 04: With the fruit season approaching, orchardists across Kashmir have raised serious concerns over the unchecked sale of substandard and counterfeit pesticides and fertilisers, urging authorities to enforce strict quality control measures before crops are put at risk.

As per the news agency—Kashmir News Observer (KNO), horticulture, widely regarded as the backbone of Kashmir's economy, supports lakhs of families directly and indirectly. From apple orchards to cherry, pear, and walnut cultivation, the sector plays a vital role in sustaining rural incomes and contributing significantly to the region's economy.

However, growers warn that increasing uncertainty due to pests, diseases, and unreliable farm inputs is putting this crucial sector under stress.

Farmers say that with each passing year, new pest attacks and plant diseases are emerging, making orchard management more complex and expensive. The changing nature of

these threats has left many growers struggling to adapt.

"Earlier, we had a fair understanding of the common pests and how to control them, but now every season brings a new challenge," said Abdul Hamid, an orchardist from Pulwama. "Without proper guidance and access to quality pesticides, it becomes

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J&K parents demand full evacuation of students as Iran crisis deepens

■ HT NEWS NETWORK / KNO

SRINAGAR, MAR 04: Families across Jammu and Kashmir are gripped by fear and distress as hundreds of students from the Valley, enrolled in medical and other professional courses in Iran, continue to face a volatile and uncertain security situation with no clear evacuation plan in sight. The parents of these students are appealing to the Government of India for their immediate evacuation.

As per the news agency—Kashmir News Observer (KNO), students enrolled in medical and other professional courses in cities such as Tehran, Qom, and Urmia are reported to be living under constant fear as

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CONTINUE FROM FRONT PAGE.....

Express Grief.....

of the meeting, Abdullah said people have the right to express their emotions but stressed that such expressions must remain peaceful. "We should express our grief, sorrow and anger in a peaceful manner. Whether in mosques, shrines or imambaras, our feelings must be conveyed without disturbing peace," he said, adding that maintaining communal harmony, particularly in Kashmir, is of utmost importance.

He thanked civil society representatives and religious leaders for their cooperation and expressed hope that the joint appeal would resonate with the masses.

The Chief Minister also addressed concerns raised by parents of students studying in Iran, several of whom met him at the venue and earlier at his residence. He said many students have already been shifted to safer places, though challenges remain in certain cases, especially for medical students.

According to Abdullah, some final-year students undergoing internships have informed the embassy that they feel safe in hospitals and do not wish to leave immediately. However, others—particularly those between the fourth and fifth year—are reportedly being prevented by their colleges from leaving, with warnings that their academic year may be wasted if they do so.

Describing the situation as unfair, the Chief Minister said he would take up the matter with the Government of India and urge it to raise the issue with Iranian authorities through diplomatic channels to ensure that students are allowed to return without academic loss.

He noted that while flight operations remain suspended, the Ministry of External Affairs has assured that efforts are underway to facilitate evacuation through land routes to neighbouring countries. "They have taken responsibility and assured us they will do their best to move them out as soon as possible. For now, students have been kept in safe places," he said.

On the continuation of precautionary restrictions in parts of the Valley, Abdullah said the government has adopted a "soft approach" and that curbs would be eased gradually as the situation improves. He reiterated that the administration's priority is to prevent any loss of innocent lives and avoid injuries arising from law and order disturbances, while ensuring that people can express their sentiments in a peaceful and lawful manner.

GLOBAL WARMING.....

degrees above normal, and Kokernag registered 20.6°C, 9.4 degrees above the average. Gulmarg, the ski resort, recorded a maximum of 12.6°C, which is 9.1 degrees above normal, and a minimum of 2.0°C.

In the Jammu division, Jammu city recorded a maximum of 30.3°C, 6.0 degrees above normal, and a minimum of 14.3°C. Banihal and Batote reported highs of 24.6°C and 25.3°C, respectively — departures of 9.8 and 10.7 degrees above normal. Katra recorded 29.6°C, 7.7 degrees above normal, while Bhaderwah settled at 25.4°C, 9.1 degrees above the seasonal average.

The IMD said no rainfall was recorded in the past 24 hours at most stations across the Union Territory. Relative humidity at 5:30 pm stood at 43 per cent in both Srinagar and Jammu, indicating continued dry conditions.

Kashmir to.....

vulnerable locations, with barricades erected in several areas. Additional forces have also been stationed in districts that witnessed rallies and processions over the past few days.

While authorities asserted that the overall law and order situation remains under control, peaceful rallies were reported from parts of Sopore in Baramulla district, as well as Budgam and Bandipora districts.

In Srinagar, a visible presence of security forces was maintained in downtown localities and key commercial hubs to deter gatherings. Vehicular movement was largely normal in most areas, though some localities witnessed restrictions on assembly.

District administrations are closely monitoring developments and remain in touch with community leaders to prevent any untoward incident, officials said, adding that further decisions on easing the curbs will depend on the evolving situation. —(KNO)

Russia, China.....

which includes a "snapback" provision allowing the reimposition of UN sanctions in case of significant non-compliance.

While the United States had invoked the snapback mechanism in 2020, the European signatories — France, Germany and the United Kingdom, collectively known as the E3 — triggered it again last year, leading to the reimposition of sanctions on Iran on September 27, 2025. Moscow disputes the legitimacy of that process and maintains that the sanctions committee should not be treated as operational.

Following the failure to secure adoption of the Programme of Work, the United States released its own "Plan of Work" detailing anticipated activities for the month without formal Council approval. A press conference by US Ambassador to the UN Mike Waltz, initially scheduled for March 3 to brief the media on the agenda, was also cancelled.

Despite the procedural setback, the US presidency has proceeded with its signature events, including a March 2 briefing titled "Children, Technology, and Education in Conflict," chaired

by First Lady Melania Trump — marking the first time a spouse of a world leader has presided over a UNSC meeting. Another signature event on "Energy, critical minerals, and security" is expected later this month.

The dispute comes amid heightened geopolitical tensions following US and Israeli strikes on Iran and subsequent retaliatory attacks by Tehran, further exposing fault lines among the Council's permanent members.

Jammu Drenched.....

Celebrations were also held at unit headquarters of the Indian Army, Central Reserve Police Force, Indo-Tibetan Border Police, Border Security Force and Jammu and Kashmir Police stationed in the Jammu division. Officers and jawans exchanged greetings and marked the festival within camp premises.

In Rajouri, Rajya Sabha MP Ghulam Ali Khatana celebrated Holi with party workers and residents, visiting villages including Pangrian, Manjakote and Barote. The district also witnessed the first-ever annual Bhairav Yatra featuring colourful tableaux depicting Ashta Bhairav, street plays and traditional folk performances.

Festivities were equally vibrant in Kishtwar, where MLA Shagun Parihar joined security personnel and locals in celebrations. In Poonch, the main programme was organised at Shri Geeta Bhawan under the aegis of Sanatan Dharam Sabha, followed by a religious procession through key areas of the town.

A mega Holi procession was also taken out in Udhampur by Beopar Mandal in collaboration with the district administration, spreading the message of communal harmony.

Officials said adequate security arrangements were put in place to ensure peaceful celebrations. Educational institutions, including the University of Jammu, organised cultural programmes marked by music, dance and distribution of sweets—(KNO)

GOC Rising Star.....

"The GOC of Rising Star Corps reviewed operational preparedness of troops in Mamun sector," Army said in a post on X.

During the visit, Lieutenant General Sharawat assessed the security grid and readiness levels of the formations tasked with safeguarding the sensitive belt.

He commended the troops for their professionalism, high morale and unwavering commitment to the nation, emphasizing the need for constant alertness in view of prevailing security challenges.

The review assumes added significance amid heightened security in Jammu and Kashmir, triggered by the ongoing conflict in West Asia and its possible ramifications.

The Army's Northern Command has been maintaining close watch over the evolving situation, with the White Knight Corps and the Chinार Corps intensifying surveillance and operational readiness across their respective areas of responsibility—(KNO)

Jammu hospitals.....

and Reasi. Officials said these units have been equipped as per the prescribed norms to provide timely treatment to patients suffering from heat-related conditions. Health authorities also plan to launch awareness campaigns in the coming weeks to educate people about heatstroke and other heat-related illnesses.

The India Meteorological Department (IMD) has predicted a hotter-than-normal summer in 2026 for several hilly regions of the country, including Jammu and Kashmir, Himachal Pradesh, Uttarakhand, parts of the North-East, and the Western Ghats. In view of the forecast and the increased probability of heatwave days, the Union Health Ministry has issued a comprehensive preparedness checklist for health facilities.

Acting on the advisory, the Health Department in Jammu and Kashmir has alerted hospitals and directed them to designate special areas as Heat Stroke Rooms to handle potential cases.

The National Centre for Disease Control (NCDC) under the Ministry of Health has also issued detailed guidelines to states and Union Territories for tackling heat-related illnesses during the summer months. The advisory, issued under the National Programme on Climate Change and Human Health (NPCCHH), focuses on strengthening prevention and management systems for heatstroke and similar conditions.

The recommendations are based on the National Action Plan on Heat-Related Illnesses (2021), which outlines measures for health system preparedness, emergency cooling protocols and post-mortem procedures in extreme cases.

Hospitals, particularly district and tertiary care facilities, have been directed to establish dedicated Heatstroke Management Units equipped with rapid cooling systems, treatment protocols and trained medical staff. The "Cool First, Transport Second" approach has been advised for severe cases, especially at primary healthcare centres and during ambulance transfers.

Health facilities have also been instructed to maintain adequate stocks of essential supplies such as Oral Rehydration Solution (ORS), intravenous fluids, ice packs and necessary medicines. Equipment to manage dehydration, electrolyte imbalance and volume depletion is also being arranged.

Authorities have further directed that ambulances and primary health centres be equipped with cooling resources to stabilise patients before referral. Basic infrastructure, including safe drinking water, cooling systems like fans and air conditioners, uninterrupted power supply, window shading and other heat-mitigation measures, is also being ensured.

Healthcare workers, including doctors, nurses and community health staff, are being trained to identify symptoms of heat-related illnesses and respond effectively. Training modules prepared under NPCCHH have been circulated among frontline workers.

The Health Ministry has also mandated daily reporting of heat-related illness cases, emergency admissions and deaths through the Integrated Health Information Platform.

Officials said states and Union Territories have been instructed to promptly share heatwave warnings issued by the IMD and intensify public awareness campaigns, particularly targeting vulnerable groups such as outdoor workers, children, the elderly and people with pre-existing health conditions. (GK)

Fake Pesticides.....

extremely difficult to protect our orchards." Experts attribute this growing trend to climate change and erratic weather patterns. Unseasonal rainfall, sudden temperature fluctuations, and prolonged dry spells have created favourable conditions for pests and diseases to thrive, often reducing both yield and fruit quality.

Growers allege that the situation is being worsened by the widespread availability of substandard, counterfeit, or improperly labelled pesticides and fertilisers in the market.

Many farmers claim that despite investing heavily in sprays and treatments, they fail to achieve desired results due to poor-quality products. "We spend thousands on sprays every season. If the pesticide turns out to be fake or ineffective, the entire crop is at risk," said another grower. "There must be strict checking of these products before they reach the market."

The demand for regulation has gained urgency amid reports of unauthorised and counterfeit agro-chemicals being sold through informal networks and even online platforms.

Industry stakeholders have repeatedly flagged the issue, calling for stronger enforcement and accountability mechanisms.

Agriculture experts warn that the indiscriminate use of unverified pesticides not only harms crops but also poses serious risks to human health, soil fertility, and the broader ecosystem. Weak monitoring and gaps in regulatory enforcement continue to allow unsafe practices to persist, they said.

Fruit growers have urged the horticulture and agriculture departments to take proactive steps, including conducting pre-season quality checks of fertilisers and pesticides, launching a crackdown on counterfeit and unregistered products, and ensuring timely advisories on disease management.

They have called for awareness campaigns to educate farmers about the proper and judicious use of pesticides, along with the promotion of safer and more sustainable alternatives.

"If the government ensures the availability of genuine inputs and provides proper technical guidance, a major part of our problems will be solved," growers said. "Otherwise, farmers will continue to face losses year after year."

Experts have called for long-term strategies, such as ensuring disease-free planting material and adopting preventive orchard management practices. Programmes focused on clean planting stock and integrated pest management, they say, can significantly reduce dependence on excessive pesticide use while improving productivity and sustainability—(KNO)

J&K parents.....

tensions escalate across multiple regions of the country.

Parents said that although some students were recently relocated from Tehran to Qom as a precautionary step by Indian Embassy in Tehran, the overall security environment remains deeply alarming as the whole country is under attack.

"There is a widespread sense of fear and helplessness. Even after relocation, no place appears safe at the moment," said a parent from Srinagar.

Fresh reports of loud explosions, including one near a student dormitory in Urmia, have intensified anxiety among students. They said that areas around universities have been affected, with some buildings struck, leaving students shaken and traumatised.

Students relocated to Qom have also reported hearing explosions shortly after their arrival, raising serious concerns about the effectiveness of internal relocation as a safety measure.

"Our children are extremely scared. Explosions near their hostels have left them mentally disturbed. They are unable to sleep or focus on their studies. We fear for their lives every moment," another distressed parent said.

Parents and student bodies say the crisis has now evolved beyond a security emergency into a mental health one, with students experiencing severe stress, anxiety, panic attacks, and depression amid continuous uncertainty. Families back home are equally affected, with many enduring sleepless nights and constant worry.

"This is not just a security issue anymore—it is a psychological crisis affecting both students

and their families," a group of parents said.

While acknowledging the steps taken earlier by authorities, including precautionary relocations, parents and student bodies have now demanded a full-scale evacuation of all Indian students from Iran.

The All India Medical Students Association (AIMSA), along with parents, has urged the Ministry of External Affairs (MEA) to initiate immediate evacuation measures, preferably through nearby land borders into safer countries such as Armenia or Azerbaijan.

Dr Mohammad Momin Khan, National Representative and J&K President of AIMSA, expressed serious concern over the rapidly deteriorating situation and emphasised the need for swift and decisive action to ensure the safety of Indian nationals.

"Partial relocation is not sufficient giv-

en the current ground situation. A structured evacuation plan must be executed without delay," he said.

Parents said many students remain stranded in different parts of Iran, including high-risk areas, with limited communication and growing uncertainty. The lack of clear timelines and official evacuation plans has further compounded their anxiety.

As of now, no large-scale evacuation advisory has been issued by Indian authorities, though officials said the situation is being closely monitored and efforts are ongoing to relocate Indian citizens from Iran safely.

"With folded hands, we appeal to the Government of India to rescue our children. Every passing hour is increasing our fear," the parents said—(KNO)

Grand Welcome to Narottam Mishra in Jammu; Special Message on Sanskrit and Sanatan Tradition

Shri Kailakh Jyotish Avam Vedic Sansthan Trust Felicitates Dr. Narottam Mishra; Discussion Held on Promotion of Vedic Culture

■ HT NEWS NETWORK

JAMMU, MAR 04: Dr. Narottam Mishra, former Home Minister of Madhya Pradesh, received a grand and dignified welcome in Jammu today by the Shri Kailakh Jyotish Avam Vedic Sansthan Trust. Several distinguished personalities from the spiritual, social, and cultural spheres were present on the occasion.

The program was presided over by the Trust's President, Mahant Rohit Shastri. In his welcome address, he described Dr. Mishra as a strong proponent of Indian culture, religion, and Sanatan traditions. He mentioned that Dr. Mishra recently undertook the historic initiative of establishing the Navgrah Shaktipeeth Temple in Dabra to strengthen spiritual consciousness. He stated that the temple will not only serve as a center of faith for devotees but will also play a vital role in preserving Indian astrology and Vedic traditions.

In his address, Dr. Mishra appreciated the activities of the Shri Kailakh Jyotish Avam Vedic Sansthan Trust



and said that Mahant Rohit Shastri, a State Awardee in Jammu & Kashmir, is playing a significant role in promoting Devavani Sanskrit and the advancement of Vedic education. He emphasized that Sanskrit is not merely a language, but the foundation of India's cultural and knowledge traditions. Taking it to the masses is the collective responsibility of all.

Dr. Mishra further stated that such efforts are essential to strengthen the country's spiritual unity and

cultural harmony. He lauded the religious and social initiatives undertaken by the Trust and assured his full support in the future.

Prominent citizens present on the occasion included Bhusan Singh Jamwal, Uttam Chand Sharma, Joginder Singh, Pritam Singh, Sunil Singh Raipuriya, and Lucky Sharma. The program concluded with a vote of thanks and a collective pledge for national interest and the protection of dharma.



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Dy CM visits Reasi, reviews infrastructure projects

Pays obeisance at Kalidhar Mandir

■ HT NEWS NETWORK

JAMMU, MAR 04: Deputy Chief Minister, Surinder Choudhary, today visited various areas of Reasi to review the ongoing development works.

During the tour, the Deputy Chief Minister assessed progress on key infrastructure projects aimed at strengthening the connectivity and public convenience.

The Deputy CM conducted an on-the-spot inspection of the link road from Kalidhar Mandir to Samadhi Ghai Jagi. He reviewed the status of the project and directed the PWD (R&B) Division Reasi to ensure immediate completion of the road, including blacktopping (BT), at the earliest



for convenience of the general public and the visiting devotees. He instructed the concerned officers and field functionaries to expedite the execution of work and ensure timely completion strictly as per approved specifications and quality standards.

The Deputy Chief Minister also paid obeisance at Kalidhar Mandir and sought divine blessings for peace and prosperity in Jammu and Kashmir.

He inspected the ongoing works being undertaken to ensure seamless accessibility, improved facilities and greater convenience for the devotees. He also inspected other ongoing projects and stressed on timely completion.

Delegation calls on Forest Minister, seeks reforms in J&K Forest Development Corporation

■ HT NEWS NETWORK

JAMMU, MAR 04: A delegation led by former Minister Abdul Majid Wani and Ghulam Mustafa today met Minister for Jal Shakti, Forest, Ecology & Environment and Tribal Affairs, Javed Ahmed Rana, to deliberate on key issues concerning the functioning and strengthening of the Jammu and Kashmir Forest Development Corporation Limited (J&K FDC).

The delegation raised several important matters related to timber marking, scientific extraction processes, quality control mechanisms and the need for a more transparent and efficient sale system.

They underscored the importance of modernizing and streamlining the operational procedures to ensure consistent supply of high-quality timber, enhance revenue realisation and protect the legiti-



mate interests of contractors and stakeholders associated with the Corporation.

They stressed the need to promote sustainable livelihood opportunities for forest dwellers and local villagers through value addition, community participation and environmentally responsible initiatives.

Responding to the concerns, the Minister gave a patient hearing to the issues and suggestions presented by the delegation. He assured them of time-bound redressal of their issues. He reiterated the government's commitment towards transparency, efficiency and accountability in the functioning of the Corporation.

He further stated that necessary reforms and modernization measures would be undertaken to address the operational bottlenecks and enhance overall performance.

HQ 84 Bn Central Reserve Police Force celebrates Holi

■ HT NEWS NETWORK

RAMBAN, MAR 4: The vibrant festival of Holi was celebrated with great enthusiasm and community spirit today at Tac Headquarters 84 Battalion, Central Reserve Police Force (CRPF).

The festival, which marks the arrival of spring and symbolizes the triumph of good over evil, brought together officers, personnel, family members and local residents in a spirit of unity and joy.

During the celebrations, participants exchanged greetings, played with colours and shared sweets, strengthening bonds of friendship and harmony. The event reflected the sense of camaraderie and togetherness that defines the force and its extended family.

Speaking on the occasion, Commandant 84 Bn, N, Ranbir Singh, highlighted that CRPF personnel, hailing from different parts of the country, often remain stationed in far-flung and conflict-prone regions in the line of duty. He stated that such celebrations are organized to ensure that personnel and their families do not feel isolated and continue to experience the warmth of festive traditions despite being away from their native places.

He also appealed to everyone to embrace the spirit of harmony and togetherness and to actively contribute towards nation-building.

The celebration concluded on a joyous note, reaffirming the commitment of the CRPF fraternity to unity, resilience and service to the nation.

Urdu is a Shared Cultural Heritage of India, Speakers Assert at National Seminar

■ GULFAM BARJI

AHMEDABAD, MAR 4: A National Seminar on the theme "Urdu Language and Literature and the Indian Soil" was organized in the historic city of Ahmedabad, Gujarat. The seminar was jointly hosted by Urdu Sahitya Academy gandhi nagar gujrat, Idarah Khanqah-e-Shabeeria Trust ahmadabad and Gujarat Arts and Science College ahmadabad with active support from the college administration.

The seminar featured insightful deliberations on the cultural and historical evolution of Urdu, its role in Indian society, and its contribution to promoting national integration. Speakers emphasized that Urdu does not belong to any single community or religion; rather, it represents the composite cultural heritage of the Indian subcontinent.

Delivering the keynote address, Dr. Nazma Ansari, Associate Professor and Head of the Department of Urdu, stated that Urdu evolved organically on Indian soil through interaction with various regional languages, eventually emerging as an inclusive and widely accessible language. Referring to Gujarat's rich literary tradition, she highlighted that the region has made significant contributions to Urdu literature, underscoring its historic intellectual stature. Through poetic references, she stressed the importance of patriotism, communal



harmony, and religious tolerance, noting that Urdu literature has consistently promoted unity, fraternity, and coexistence.

The proceedings were conducted by Dr. Mohammad Aslam, Assistant Professor. Mr. Zainul Abedin, Member of the Urdu Sahitya Akademi, distributed certificates among students and informed participants about various educational and literary schemes initiated by the Government of Gujarat.

The Guest of Honour, Sufi Mohammad Irfan Qadri, remarked that Urdu is a language of love, peace, and spiritual inclusivity that has histori-

cally served as a bridge between hearts and communities. Other distinguished guests included Mr. Akbar Khan, Mr. Liaqat Memon, and Mr. Ayub Bhai Patel from Chicago, USA.

Faculty members of the college also attended the seminar and appreciated the research papers presented by students. The event concluded with a vote of thanks by Prof. Dr. Afshan Qadri, who expressed gratitude to all guests, speakers, and participants.

The National Seminar proved to be a meaningful platform reflecting academic seriousness, literary dignity, and the spirit of national unity.

ITBP Troops Celebrate Holi With Villagers At Frozen Pangong Lake In Ladakh

■ HT NEWS NETWORK / AGENCIES

JAMMU, MAR 4: Indo-Tibetan Border Police troops posted along the 14,300-foot-high Pangong Lake in Ladakh celebrated Holi with residents of Vibrant Villages on Wednesday, spreading warmth and cheer in the sub-zero temperatures.

The stunning 134-kilometre-long, high-altitude saltwater lake in eastern Ladakh, extending into Tibet, is a major tourist attraction famed for its deep blue, ever-changing waters. The lake, which can be accessed from Leh, freezes completely in winter.

The ITBP troops stationed near the lake reached out to nearby villagers to celebrate the festival of colours, displaying joy and camaraderie, officials said.

The villagers, including women, dressed in traditional attire,



danced to the Holi songs and drum beats. Local children presented a lively cultural pro-

gramme, adding colour and warmth to the high-altitude celebration.

The gathering featured music, traditional greetings and the sharing of colours — adapted to the realities of the cold desert climate.

The troops and villagers applied colours to one another and danced together. The ITBP later shared a video of the celebrations on X.

Officials said such occasions provide a rare break from routine patrols and arduous duties along the border for the soldiers. For villagers, the celebrations reinforce social bonds with security forces who are often an integral part of their daily lives.

Army troops posted at the base of Siachen Glacier along the Indo-Pak border and Chushul on the Sino-Indian border also celebrated Holi with traditional gaiety.

KU condoles untimely demise of its M.Sc. Geology Student

■ HT NEWS NETWORK

SRINAGAR, MAR 4: The University of Kashmir (KU) expresses profound grief and sorrow over the untimely demise of Ms. Sama Parveen, a promising student of M.Sc. Applied Geology, 3rd Semester, Department of Geology KU.

Ms. Sama Parveen passed away on March 3, 2026 at Gitanjali Medical College and Hospital, Udaipur, Rajasthan.

The deceased student was on a geological field visit to Rajasthan. Expressing her deep anguish over the sad and untimely demise, Vice Chancellor KU Prof. Nilofer Khan, conveyed her heartfelt condolences to the bereaved family.

In her condolence message, the Vice Chancellor said, "Ms. Sama Parveen was a sincere, hardworking and committed student whose loss is deeply felt by the entire



University community. I extend my heartfelt sympathies to her family and pray that Almighty Allah grants them patience and strength to bear this irreparable loss."

The Vice Chancellor further said that the University stands in solidarity with the family during this moment of profound grief and sorrow.

Registrar, KU Prof. Naseer Iqbal, also expressed deep shock and grief over the demise of the young student. He conveyed his sympathies to the bereaved family and prayed for eternal peace to the departed soul.

Dean, School of Earth and Environmental Sciences and Head Dept of Geology KU Prof Ghulam Jeelani expressed his deep condolences, remembering Ms. Sama Parveen as a humble and dedicated student who was held in high esteem by her teachers and fellow students. He added that the department has lost a bright student whose commitment to her studies will always be remembered.

A condolence meeting was also held at the Department of Geology, wherein faculty members, scholars and students paid rich tributes to the departed soul and observed a two-minute silence as a mark of respect.

Deputy CM inspects Dhallian Bridge at Nowshera, pays obeisance at Gurudwara on Hola Mohalla

■ HT NEWS NETWORK

RAJOURI, MARCH 04: Deputy Chief Minister Surinder Choudhary today inspected the progress on the 90 meter span Dhallian Bridge being constructed over the Tawi River at Nowshera and Rata Galla Bridge at Kalsian.

He called for expediting the pace of work to ensure timely completion and operationalisation of these vital projects.

During the visit, the Deputy Chief Minister reviewed the status of construction works and interacted with the concerned officers and engineers executing the project under the National Bank for Agriculture and Rural Development funded scheme. He stressed that the bridge is a vital connectivity project for the area and directed the executing agency



to maintain the quality standards while accelerating the pace of work. Later, on the auspicious occasion

of Hola Mohalla, the Deputy Chief Minister paid obeisance at Gurudwara Shri Guru Singh Sabha. He offered prayers and sought blessings for peace, harmony and prosperity of the people.

On the occasion, Deputy Chief Minister said that the festival of Hola Mohalla symbolizes courage, devotion and the spirit of selfless service.

He prayed that the values and teachings associated with the festival continue to inspire the society towards unity, harmony and collective progress.

Executive Engineer PWD Nowshera Sarwar Mehmood, Executive Engineer PMGSY Shahid Choudhary, District Mineral Officer Rajouri Mohammad Shafiq besides other district and sectoral officers accompanied the Deputy Chief Minister during the visit.

DC Kupwara inaugurates Solar-Powered Public Library at Trehgam

■ HT NEWS NETWORK

KUPWARA, MARCH 4: In a landmark step towards youth empowerment, Deputy Commissioner Kupwara, Shrikant Suse, today inaugurated the solar-powered public library and Reading Room at Trehgam.

The inauguration ceremony was attended by ACR, CPO, BDO Trehgam and Tehsildar Trehgam.

Developed in record time by the Block Development Office Trehgam, the facility is envisioned as a hub of learning, career guidance for students and competitive exam aspirants of Trehgam. The library, powered entirely by solar energy, ensures year-round facility with modern heating and cooling system, furniture as well as CCTVs.



The facility will offer high-speed Wi-Fi, All-in-One PCs and premium digital learning platforms and also has offline collection of more than 300 books.

Block Library will also serve as a career guidance and counselling hub, helping youth for higher education, skill development, and employment. Locals have hailed the initiative as a transformative step in youth empowerment.

DC Kupwara congratulated youths on the occasion and appreciated efforts undertaken by RDD as well as civil society members of Trehgam. He also directed concerned officers to fulfil further requirements projected by students.

ADDC Shopian provides Ice Boxes to fishermen to strengthen fisheries sector under JKCIP

■ HT NEWS NETWORK

SHOPIAN, MARCH 04: In a significant step towards strengthening the fisheries sector and enhancing the income of local fishermen, Additional District Development Commissioner (ADDC) Shopian, Dr. Nasir Ahmed Lone today distributed 37 ice boxes among beneficiaries of the Fisheries Department under the Jammu & Kashmir Competitiveness Improvement Project (JKCIP) here at Mini Secretariat, Shopian.

The distribution aims to support local fishermen and fish farmers by ensuring proper preservation and transportation of fish, thereby enhancing quality, reducing post-harvest losses and improving market returns.

Speaking on the occasion, the ADDC emphasized the importance of modern facilities and government support in strengthening the fisheries sector and boosting the income of farmers associated with the trade.



The initiative marks another step towards promoting sustainable livelihood opportunities and empowering the fishing community in the district.

Beneficiaries expressed gratitude to the district administration for the timely assistance.

Inspector, Fisheries department, Shopian, Sharif Ahmed and other concerned officials were Present.

DC Reasi approves 311 cases under Mission YUVA; Reviews PMAY (U) progress

■ HT NEWS NETWORK

REASI, MARCH 4: Deputy Commissioner Reasi, Kumar Abhishek chaired a meeting of the District Level Implementation Committee (DLIC) to review Mission YUVA proposals, submitted through the Skill and Business Development Unit.

After detailed scrutiny and evaluation, 311 cases were approved for financial assistance and institutional support.

The DC directed banks to ensure expeditious processing and timely disbursement of the approved cases. Banks were also instructed to provide clear reasons for any case rejections to maintain transparency and accountability in scheme



implementation.

Later, the DC reviewed the progress of the Pradhan Mantri Awas Yojana (Urban). The Executive Officer -Municipal Council briefed the chair on eligibility criteria, payment disbursement, recovery status and the physical and financial progress under the housing scheme.

The DC directed concerned authorities to initiate recovery from beneficiaries who have not commenced construction even after receiving assistance. He instructed officials to personally engage with beneficiaries to motivate early initiation of construction.

The meeting was attended by ADDC Sukhdev Singh Samyal, CPO Narinder Kumar, ALC and other concerned officers.

DC Kulgam visits Sub-division D.H. Pora, reviews functioning of EMRS Tangmarg, SDH Assesses facilities at Aharbal

■ HT NEWS NETWORK

KULGAM, MARCH 04: Deputy Commissioner (DC) Kulgam, Shahzad Alam, today visited Sub-division, D.H. Pora, where he inspected the functioning of the Sub-District Hospital (SDH) and the Eklavya Model Residential School (EMRS) at Tangmarg, taking stock of the facilities available at both institutions.

At the Eklavya Model Residential School, the DC reviewed the progress of ongoing projects, including the construction of the hostel, Principal's residential quarters, and other infrastructure works. He directed the concerned Executive Engineer to set clear

targets for timely completion of these projects and ensure adherence to the stipulated timelines. He also instructed that proper landscaping of lawns and surrounding areas be undertaken to enhance the overall campus environment.

During his visit to the school, the DC interacted with students and emphasized the importance of providing quality education. He urged the faculty to maintain high academic standards and ensure holistic development of students.

At Sub-District Hospital D.H. Pora, the DC assessed the range and quality of healthcare services being provided to the public. He inspected various



wards and sections of the hospital and reviewed the availability of essential facilities.

The doctors apprised him of the additional equipment required to further strengthen healthcare services at the hospital.

Subsequently, the DC visited the Aharbal tourist spot and took stock of the facilities available for visitors, directing concerned officials to ensure proper upkeep and improved amenities.

The visit was attended by the Sub-Divisional Magistrate (SDM) D.H. Pora, Bashir Ul Hassan, Chief Medical Officer (CMO), Executive Engineer R&B, Tehsildar D.H. Pora and other officers.

SKUAST-K hosts Bengaluru biotech leaders to strengthen industry-academia ties

■ HT NEWS NETWORK

SRINAGAR, MARCH 4: Sher-e-Kashmir University of Agricultural Sciences and Technology of Kashmir (SKUAST-K) hosted a high-level strategic meeting today to strengthen collaboration between academic research and industrial innovation.

Chaired by Vice Chancellor, Prof. Nazir Ahmad Ganai, the session brought together prominent biotechnology and nutraceutical entrepreneurs from Bengaluru, Karnataka, to explore interdisciplinary partnership opportunities.

The meeting focused on bridging the gap between laboratory-scale research and commercial technology transfer, specifically targeting sectors like sericulture, biotechnology, and functional food development.

The industry delegation including, Dr. Srinivas, CEO, Aspartika Biotech Pvt Ltd; Dr Mousumi Mondal, Director, Mallipatra Nutraceutical Pvt Ltd;



Aswathy Das, Director, Mightkondria Innovations LLP, and representatives from Lrigo Wellness Innovation LLP.

Coordinated by Dr Aabid Khaliq Tantray of College of Temperate Sericulture, Mirgund, the discussions identified several critical pathways for developing market-ready

products.

The entrepreneurs briefed on their existing collaborations with institutions like Sri Paripoorna Sanathana Ayurvedic Medical College, highlighting their experience in the scientific validation of nutraceutical and Ayurvedic formulations.

Primary focus of the deliberations was the establishment of a Common Instrumentation Facility to support advanced research in sericulture and the utilisation of its by-products. The participants also discussed the design of antibiotic-free poultry feed solutions and the creation of innovative nutraceutical formulations that leverage the unique biodiversity of the region.

The meeting also emphasized the need for industry-oriented academic and skill-based programs, student exchange initiatives, and the strengthening of Intellectual Property Rights (IPR) facilitation to protect and commercialize university-led innovations.

The Vice Chancellor commended the visiting delegation for their efforts in building reputable enterprises from the ground up. He emphasized that such industry-academia partnerships are essential for accelerating innovation and translating scientific research into socially impactful, commercially viable solutions.

SKUAST-K celebrates Holi with gaiety and fervour

■ HT NEWS NETWORK

SRINAGAR, MARCH 4: Sher-e-Kashmir University of Agricultural Sciences and Technology of Kashmir celebrated Holi on Wednesday, bringing together faculty, staff, and students from various states in a display of cultural unity.

The event, held on the university campus, featured students and staff participating in traditional festivities. The gathering reflected the university's diverse student body and its focus on fostering a harmonious environment.

Vice Chancellor, Prof. Nazir Ahmad Ganai, joined the celebrations and extended his greetings to the university community. In his address, he noted that Holi serves as a bridge across regional and social boundaries, encouraging mutual respect among people of different backgrounds.

"In the cultural landscape of Kashmir, these celebrations strengthen brotherhood and peaceful coexistence," Prof. Ganai said. He added that universities play a key role in national integration and cultural exchange beyond academic instruction, urging students to celebrate responsibly while honouring India's composite traditions.

Prof. Raihana Habib Kanth, Director Extension remarked that such events provide a space for students from across the country to connect and build friendships outside the classroom.

The program concluded with cultural



interactions and the use of safe, dry colors, marking a successful start to the spring season on the campus.

The celebration was attended by several senior faculty members, including Prof. Rohitashw Kumar, Prof. Amal Saxena, Prof. S. A Wani, Dr. S Narayan, Yogesh Pandey and Dr. Amit Khokhar.



Chairman DLSA Srinagar reviews functioning of LADCs

■ HT NEWS NETWORK

SRINAGAR, MARCH 04: A review meeting of the Legal Aid Defence Counsels (LADCs) was convened today at the District Court Complex Srinagar under the chairmanship of Haq Nawaz Zargar, Chairman District Legal Services Authority (DLSA) (Principal District & Sessions Judge), Srinagar in presence of Tabassum Qadir Parray, Secretary, DLSA Srinagar.

The meeting was held to evaluate the functioning, efficiency, and overall performance of the LADCs in delivering free and effective legal services to undertrial prisoners and other eligible beneficiaries, in line with the mandate of the Legal Services Authorities Act, 1987 and the constitutional directive under Article 39A ensuring equal access to justice.

During the proceedings, Chairman DLSA emphasized the importance of timely legal intervention, particularly in cases involving undertrial prisoners and aged persons, and directed that priority be given to the



recording of evidence in cases already assigned. The counsels were reminded of their responsibility to maintain proper records and to ensure that no eligible person is deprived of

effective representation before the courts.

The Chairman stressed that access to justice is a constitutional right and urged the Legal Aid Defence Counsels to discharge

their duties with dedication, professionalism, and sensitivity towards marginalized sections of society. He clarified that conviction should not be perceived as a failure of legal aid, but rather

as part of the judicial process, and encouraged counsels to continue working diligently to secure fair trials and uphold the rights of the accused.

He further directed that, on a month-to-month basis, the progress of cases at both the Sessions and Magisterial levels, particularly those at the final stages where evidence has been completed and files are posted for arguments must be specifically reviewed.

Special attention was also drawn to bail matters, with instructions to ensure prompt follow-up in cases where bail has been granted but release has not yet taken place.

The Chairman reiterated that the Legal Aid Defence Counsel System must serve as a robust mechanism to guarantee that no undertrial prisoner or indigent person is left without effective representation. By strengthening this framework, the District Legal Services Authority Srinagar seeks to reinforce the principle that justice must not only be done but must be accessible to all, especially the most vulnerable.

DC Ramban reviews developmental scenario, essential services in Gool, Sangaldan

■ HT NEWS NETWORK

RAMBAN, MARCH 4: Deputy Commissioner Ramban, Mohammad Alyas Khan, today conducted an extensive tour of Sub Division Gool and reviewed the overall developmental scenario in the area and assessed the status of essential services and supplies.

SSP Arun Gupta; ACR Showkat Hayat Mattoo; SDM Gool Imtiaz Ahmed and other concerned officers accompanied the Deputy Commissioner during the visit.



During the tour, the Deputy Commissioner took stock of essential services including power and water supply, healthcare facilities, sanitation and road connectivity in the area. He directed the concerned departments to ensure uninterrupted delivery of services, particularly in view of the prevailing weather conditions. He asked field officers to remain proactive in addressing public grievances and maintain close coordination for effective service delivery.

The DC also reviewed the progress of ongoing developmental works in the Sub Division. He assessed the status of the infrastructure projects and instructed the executing agencies to expedite the pace of work while strictly maintaining quality standards and adhering to the timeline. As part of the visit, the Deputy Commissioner conducted market inspection in Gool and Sangaldan markets. He directed the concerned officers to maintain strict vigilance against overpricing, hoarding and black marketing. Stressing transparency, he instructed shopkeepers to display updated rate lists and maintain proper hygiene standards in their establishments. The DC interacted with shopkeepers and members of civil society, seeking feedback regarding availability and pricing of essential commodities and other civic issues. The Deputy Commissioner also visited CHC Gool, where he inspected different sections of the hospital and reviewed the availability of doctors, paramedical staff, medicines and diagnostic facilities. He directed the health authorities to ensure quality healthcare services and timely attendance of staff to cater to the needs of the public. Emphasizing people-centric governance and public welfare, the Deputy Commissioner assured the public that their genuine concerns would be addressed on priority.

Maiden Bhairav Yatra organised at Rajouri amid vibrant cultural performances

■ HT NEWS NETWORK

RAJOURI, MARCH 04: For the first time, the annual Bhairav Yatra was organised here with vibrant cultural performances, adding a new cultural dimension to the traditional festivities.

The celebrations featured a colourful tableaux (Jhanki) depicting Ashta Bhairav, coupled with an engaging street play (Nukkad Natak), highlighting the significance and heritage of the yatra. The atmosphere was further enlivened by traditional folk performances featuring Dhol and Shehnai, which resonated with the festive spirit of the occasion coinciding with Holi.



The cultural programme was organised by the Jammu and Kashmir Academy of Art, Culture and Languages in coordination with the district administration after a request was made to the Department of Culture, Government of Jammu and Kashmir to support cultural presentations during the yatra.

The vibrant cultural celebrations were made possible with the efforts of Principal Secretary to Culture Department, Brij Mohan Sharma and DC Rajouri, Abhishek Sharma.

Artists and cultural performers received enthusiastic appreciation from devotees and the general public who had gathered to participate in the yatra. The addition of cultural performances brought renewed vibrancy to the celebrations and highlighted the rich cultural traditions associated with the region.

Among others present on the occasion were Chandar Prakash, Mohd Jahangir Khan, Bikram Kumar and other officers.

DC, SSP Poonch extend Holi greetings to people Participate in Shobha Yatra at Sanatan Dharam Sabha

■ HT NEWS NETWORK

POONCH, MARCH 04: Deputy Commissioner, Ashok Kumar Sharma along with Senior Superintendent of Police, Shafket Hussain Bhat on Wednesday visited Sanatan Dharam Sabha and extended Holi greetings to the people and members of the Management Committee.

The Deputy Commissioner and SSP were accorded a warm welcome by the Management Committee of Sanatan Dharam Sabha.

Interacting with the members and the gathering, the officers conveyed their heartfelt greetings and best wishes to the people of the district, emphasizing the spirit of unity, brotherhood and communal harmony that the festival symbolizes.

Among others present on the occasion were Additional Deputy Commissioner, Tahir Mustafa Malik; Additional Superintendent of Police, Mohan Lal; Tehsildar Haveli, Azhar Majid; DySP Headquarters, Neeraj Sharma; Tehsildar Headquarters, Pallvi Verma and other senior officers from



the District Administration and Police Department.

The officers also participated in a grand Shobha Yatra that commenced from Geeta Bhawan Mandir. A large

number of devotees and residents took part in the procession, which passed through different parts of the city amid vibrant celebrations marked by colors, music and festivity.

LG Kavinder Gupta celebrates Holi with Army Jawans

■ HT NEWS NETWORK

LEH, MARCH 4: The Hon'ble Lieutenant Governor of Ladakh, Shri Kavinder Gupta today celebrated the festival of Holi with the brave jawans of the Fire & Fury Corps, extending festive greetings and expressing deep gratitude for their unwavering service to the nation.

The Lieutenant Governor was warmly received by Lt. General Hitesh Bhalla, General Officer Commanding, 14 Corps, along with Maj Gen Sudhanshu Sharma, Chief of Staff, and other senior Army officials.

The special event reflected the true spirit of Holi, marked

by warmth, camaraderie and vibrant celebrations.

Extending heartfelt greetings on behalf of the people of Ladakh, Shri Kavinder Gupta described Holi as a festival symbolising the triumph of good over evil, the arrival of spring, and the enduring values of unity, harmony and brotherhood. He stated that while citizens across the country celebrate festivals with their families, it is the constant vigilance, courage and sacrifice of the soldiers serving in Ladakh's challenging terrain and extreme weather conditions that ensure peace and security across the nation.

Interacting with the jawans,



the Lieutenant Governor expressed immense pride in their exemplary service and acknowledged their invaluable contribution in safeguarding India's borders. He emphasised that celebrating festivals like Holi with the armed forces strengthens

the bond between the people and the protectors of the nation. He also conveyed his best wishes to the families of the soldiers and reiterated the continued support and cooperation of the UT Administration for the welfare of armed forces personnel, ex-servicemen and their families.

Highlighting that Holi represents not just colours but also renewal and collective strength, Shri Kavinder Gupta urged citizens to imbibe the spirit of unity and shared responsibility symbolised by the festival and actively contribute towards nation-building and the vision of Viksit Bharat 2047.

The Lieutenant Governor

shared sweets with the troops and participated in the celebrations, spreading festive cheer among the personnel.

Later, Shri Kavinder Gupta also celebrated Holi with officers and staff at Lok Niwas and the LG Secretariat in Leh.

Extending festive greetings to all officials and employees, he appreciated their dedication and sincere efforts in ensuring effective governance and public service delivery in the Union Territory. He urged them to continue working with commitment, teamwork and a spirit of service for the holistic development and progress of Ladakh.

DPS Jammu Organises In-House Pedagogical Workshop for English Faculty

■ HT NEWS NETWORK

JAMMUMAR04: Delhi Public School, Jammu organised an enriching in-house pedagogical workshop for the English Department on the school premises, aimed at strengthening innovative teaching practices and enhancing professional competencies among faculty members.

The workshop was conducted by Ms. Kamni (PRT-English), who recently attended a three-day Professional Development Programme organised by the Human Resource Development Centre (HRDC), Greater Noida. During the session, she shared valuable insights, strategies, and experiences gained during the programme with her colleagues, contributing to collective

academic enrichment and professional growth.

The workshop focused on transforming English classrooms through innovative methodologies, experiential learning, and inclusive teaching practices.

The session highlighted the effective integration of theatre in education, transcoding of verbal and visual texts, and the development of listening and speaking skills to make language learning more engaging and meaningful. Participants also explored competency-based teaching approaches for poetry and language activities such as jumbled pictures and Silent Dictation using the Presentation-Practice-Production (PPP) model.

A special emphasis was



placed on making grammar learning enjoyable and interactive through activity-based strategies such as Grammar Relay, Parts of Speech Relay, and other creative

engagement techniques that promote active student participation and deeper understanding of language concepts.

The session also addressed

the importance of inclusive education, with discussions on developing awareness about dyslexia and adopting multisensory and differentiated teaching approaches to support diverse learners in the classroom. In addition, innovative creative writing pedagogy was explored, focusing on narrative structure, strengthening the reading-writing connection, encouraging handwritten journals, and promoting structured storytelling to nurture originality and expression among young learners.

The workshop was attended by the English faculty members teaching Classes I to V:

Ms. Rupali Sharma, Ms. Rupali Sethi, Ms. Anju Chowdhary, Ms. Tavleen Kaur, Ms. Gunjan Sambyal, Ms. Sargam

Gandotra, Ms. Ritu Gupta, Ms. Kamini Sawhney, Ms. Ruby Mahajan, Ms. Anuradha Rance, Ms. Aksa Wilson, Ms. Shabana Rahil, Ms. Monika Gupta, Ms. Preeti Gupta, Ms. Pooja Pandoh, Ms. Rashmi Sharma, Ms. Pooja Sharma, Ms. Sunita Khokhar, Ms. Ritu Kapoor, Ms. Sonika Sharma, Ms. Meena Khajuria, and Ms. Vandana Sharma.

Also present on the occasion were Ms. Rimpi Sharma, Deputy Headmistress, and Ms. Prerna Malhotra, Coordinator Primary Wing, whose encouraging words motivated the faculty members towards continuous professional development and academic excellence.

The session proved to be highly interactive, insightful, and enriching, and was well received by the participating

faculty members. The innovative strategies shared during the workshop are expected to enhance classroom engagement, creativity, communication skills, and inclusive learning practices in English classrooms.

The esteemed management of DPS Jammu, under the visionary leadership of Sh. M.K. Ajatshatru Singh Ji (President-RCT), Kuwarani Dr. Ritu Singh Ji (Pro-Vice Chairperson), and Sh. S.S. Sodhi Ji (Director), along with Ms. Ruchi Chhabra (Principal) and the staff, conveyed their best wishes to the English faculty and the resource person for the success of the workshop. They encouraged the teachers to continue embracing innovative pedagogical approaches and make the most of such meaningful learning opportunities.



HT EDITORIAL

Make stay of tourists safe, secure and refreshing

Since most of the tourist destinations that were closed last year after the Baisaran-Pahalgam attack have been reopened it is imperative that a rigorous campaign is carried out so as to woo the people living in the different parts of the country to come to Kashmir. The people intending to visit Kashmir in the coming months need to be motivated that everything is in place in the valley and there is no need to worry.

It is important that the different security agencies play their part to perfection so that any possible threat to tourists is averted. It has to be ensured that Baisaran like incidents are not repeated anywhere in Kashmir and tourists feel safe and secure during their stay in the Kashmir valley. One must keep this in mind that a person would visit Kashmir only when the environment is safe and secure. Peace and tranquility are important everywhere in the world especially when it concerns a tourist place like Kashmir.

Whosoever visits the Kashmir valley wants to have some relaxing time away from the hustle and bustle of the metropolitan and other important cities of the country. When a tourist feels insecure, we must accept that we have failed in our duty of providing safety and security to the people coming from outside. Kashmiris are known to be hospitable not only across the country but world as well. Over the years tourists have narrated tales of the hospitable nature of the people of the valley.

However, an unfortunate incident like the one at Baisaran upsets the equation in this regard. All Kashmiris are seen with suspicion and there are people who label all Kashmiris as terrorists. This trend needs to be stopped and things should not be generalized. People living outside should understand that Kashmiris are the most peace loving people in this world. A Kashmiri can go to any extent in saving the life of his or her guest. This was witnessed during the Baisaran tragedy with locals rushing to help the injured tourists.

The union territory government should carry out a sustained tourism campaign across the country and abroad. This would ensure that confidence is inculcated among the intending tourists and they would feel safe and secure in the valley. With the tulip garden all set to be thrown open for the public anytime during this month it remains to be seen what would be the response of the tourists towards the same.

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TET Link to Service Continuation Sparks Outcry



■ JAVAID BHAT

Concerns are mounting among members of the teaching fraternity over proposals to link the Teachers Eligibility Test with the continuation of routine services of in-service educators. Teachers and academic stakeholders argue that such a move could undermine the professional dignity and integrity of experienced educators who have served the system for decades.

The Teachers Eligibility Test (TET), introduced under the guidelines of the National Council for Teacher Education, was originally designed to ensure minimum qualifications for new entrants into the teaching profession. Over time, it has been widely accepted as a benchmark for recruitment. However, extending its applicability to the continuation of service for already appointed teachers has sparked debate.

Senior educators maintain that



in-service teachers have consistently demonstrated their competence through classroom performance, student results, institutional contributions, and adherence to professional ethics. Making a written examination a mandatory condition for retaining routine service, they argue, may be perceived as a challenge to their credibility and years of

dedicated work.

"Teaching is not merely theoretical knowledge that can be measured in a single test. It is reflected in classroom management, mentorship, leadership, and long-term student outcomes," said a senior academician. Many believe that while periodic professional development and assessment are important, they should not

take the form of measures that create insecurity among serving teachers.

Education experts suggest that TET may serve as a constructive benchmark for promotions or career advancement, where higher responsibilities demand updated knowledge and skills. However, linking it to the continuation of routine service could negatively impact morale and create unnecessary stress within the system.

Instead of the recruitment-level TET, a specialized professional advancement assessment for promotions should be developed. This module should focus on advanced pedagogy, instructional leadership, mentoring capacity, classroom innovation, and use of educational technology rather than basic eligibility standard. However, this Policy introduction must involve consultation with teacher representatives and educational experts.

Stakeholders have called upon authorities to adopt a balanced approach that respects experience and professional integrity while promoting academic excellence. The consensus emerging from discussions is clear: evaluation mechanisms should strengthen the education system without compromising the dignity of those who form its backbone; the teachers.

Bench of Hopes

Where I Wove My Dreams



■ SAHIL MANZOOR

There was an era when our minds were filled with countless hopes. Life is truly a blessing from Allah (SWT). People hold different opinions and views about life. Our perception of life changes with time the past felt different from the present, and the future remains beyond our anticipation.

Our surroundings the abiotic components of the environment such as air, water, and soil—are deeply connected to our daily lives. Life seems to exist within these elements. This is not just poetic imagination; it also has scientific grounding.

People with a poetic mindset often see these elements as symbols of emotion. "This air," they say, "touches my face and reminds me how mesmerizing it is. I wish I could feel the touch of my beloved's long, flowing black hair in its breeze." Or, "This water reminds me of someone calling my name, as if my beloved still lingers around me." Even the trees seem to whisper, "Where is the one who once gave meaning to your life?"

Life carries different meanings for different people. Some are mischievous, some stern, others light-hearted or serious. Some turn away from worldly attractions and seek renunciation. Some are poetic, some scientific, and others political. Some love reading books, while others enjoy driving or going on adventurous journeys.

And then, there are those who fall in love for no clear reason at all.

Why do we fall in love with strangers without knowing their intentions, their attitudes, or their true nature? Love is natural. Good hearted people often fall in love without bias or judgment. Love is an extraordinary and indescribable feeling. It makes you feel as though the whole world belongs to you, as if you are steering its course. Love removes hatred and gives birth to kindness and generosity. It lifts your mind into another dimension and fills your heart with warmth.

I had an unforgettable circle of friends during my school and college days. A few of them left a lasting impact on me people I will never forget. I want them to know that their love and kindness still live in my heart.

We used to sit on a bench—the same bench for more than five years. On that bench, we dreamed together and shared countless hopes. We discussed the priceless treasures life offers and planned our futures with excitement and innocence. That bench was not just a piece of wood and iron; it was a witness to our laughter, secrets, arguments, and dreams.

Even now, when I pass by that bench, it seems to call out to me:

"Hey buddy, how are you? Will you come again this evening to share new ideas?"



And I reply silently in my heart:

"Though those times have passed, the memories remain. The only difference is that I no longer have you all by my side to sit and dream together."

Sometimes it feels as if everything has vanished—like children who were once playing happily but suddenly disappeared with the setting sun. The laughter that once filled the air has faded into silence. Strangers now walk along those same paths, speaking gently and carrying the rare fragrance of floral perfumes that linger briefly before disappearing.

That bench holds my love and my most cherished memories.

I cannot change the past, but I can relive the beautiful moments I shared with my friends. I know I cannot bring back those exact days, yet I can preserve them in my heart. Memories are powerful; they remind us of who we were and how far we have come.

There is one thing that remains forever unchanged: time.

Time cannot be reversed. It shapes our fate, influences our destiny, and leads us through the journey of life from childhood to youth, from youth to adulthood, and finally to our last chapter. Time teaches us lessons that no classroom ever can. It shows us the value of relationships, the importance of patience, and the reality of change.

As children, we longed to grow up quickly. We thought adulthood would bring complete freedom and happiness. But as adults, we often look back at our childhood with longing. We miss the simplicity of those days—the carefree laughter, the small dreams, and the strong friendships that felt unbreakable.

Life is a journey of constant transformation. Friends part ways, circumstances change, and priorities shift. Some friendships fade not because of hatred, but because of distance and responsibilities. Yet true connections never

truly disappear; they remain alive in memories and prayers.

Whenever I think of those days, I realize how blessed I was to have such genuine companions. They taught me the meaning of loyalty, trust, and unconditional support. Together, we faced academic pressure, personal struggles, and moments of confusion about our futures. But we also celebrated small achievements and shared countless jokes that still bring a smile to my face.

The bench still stands there, silent and steady, as if guarding the stories of our youth. It reminds me that places can hold emotions just as deeply as people do. It reminds me that dreams may evolve, but hope never dies.

Today, life has taken each of us in different directions. Some are pursuing careers, some are building families, and others are chasing new ambitions. The world has become faster and more demanding. Yet deep within, a part of me remains seated on that bench laughing, dreaming, and believing that the future holds endless possibilities.

If I could speak to my younger self sitting on that bench, I would say:

"Value these moments. Cherish these friends. Time will move faster than you think. One day, these ordinary days will become extraordinary memories."

The bench of hopes is not just a physical place; it is a symbol of youth, friendship, love, and dreams. It represents a chapter of life that shaped my personality and strengthened my heart. Though the pages of that chapter have turned, its words remain engraved in my soul.

And whenever I walk past that bench, I smile not with sadness, but with gratitude.

Because some places do not just hold memories. They hold pieces of our hearts.

sahilmanzoor411990@gmail.com

Syed Ali Khamenei A Defining Voice in Global Politics



■ REYAZ BADANA

Ali Khamenei is regarded as one of the most consequential figures of the contemporary era an individual who not only left a profound and lasting imprint on the politics of his own country but also established a distinctive ideological and intellectual presence on the global stage. Serving as Iran's Supreme Leader from 1989 onward, he guided the Islamic Republic for nearly four decades. His leadership is widely considered pivotal in sustaining the legacy of the Iranian Revolution, consolidating state authority, and shaping the balance of power in the Middle East.

Born in 1939 in Mashhad, Iran, Khamenei came from a religious family. After completing his early education, he turned toward Islamic scholarship, pursuing advanced studies in jurisprudence, principles of Islamic law, and philosophy in the renowned seminaries of Qom and Mashhad. From a young age, he demonstrated a keen political consciousness. During the reign of the Shah of Iran an era marked by political repression he became actively involved in circles advocating revolutionary change.

His intellectual formation was deeply influenced by Ruhollah Khomeini. Under Khomeini's leadership, the revolutionary movement provided Khamenei with both ideological direction and practical political engagement. His close association with the movement led to repeated arrests and imprisonment under the Shah's regime. These experiences instilled in him a sense of resilience and a firm ideological disposition that would later define his leadership style.

The 1979 Iranian Revolution marked a historic turning point in modern Muslim history. It ended centuries of monarchical

rule in Iran and established an Islamic republican system. Khamenei was among the active participants and emerging leaders of the revolutionary movement. Following the revolution, he was entrusted with key responsibilities, including membership in the Supreme Defense Council and the position of Friday Prayer Leader.

In 1981, he was elected President of Iran and served until 1989. His presidency coincided with the prolonged and devastating Iran–Iraq War, a period that demanded extraordinary political and administrative resolve. Managing state affairs under wartime pressures proved to be a formidable challenge, yet it solidified his reputation as a cautious, disciplined, and pragmatic statesman.

In the immediate aftermath of the revolution, Iran dispatched representatives to various parts of the world to communicate its ideals and objectives. As part of this outreach, Ali Khamenei visited Srinagar, the capital of Kashmir, in 1980.

At the time, the people of Kashmir were familiar with the Iranian Revolution primarily through newspapers and radio broadcasts. However, the arrival of a prominent revolutionary leader intensified local interest. Upon his arrival at Srinagar Airport, he received a warm welcome. At the invitation of Mirwaiz Mohammad Farooq, he delivered a Friday sermon at the historic Jamia Masjid Srinagar.

Though the speech lasted only about fifteen minutes, its depth and symbolism rendered it historically significant. Khamenei emphasized sectarian harmony, unity within the Muslim Ummah, and the foundational objectives of the Iranian Revolution. His call for Shia–Sunni unity resonated strongly within Kashmiri society. The moment transcended a routine address; it represented an intellectual bridge linking Iran and Kashmir at both religious and ideological levels.

Supreme Leadership and Strategic Vision

Following the death of Ayatollah Khomeini in 1989, Ali Khamenei was selected as Iran's Supreme Leader. In this role, he advanced policies centered on domestic stability, economic self-reliance, and resis-



tance to external pressure. His speeches frequently highlighted themes such as a "resistance economy," cultural sovereignty, and opposition to global hegemonic forces.

His leadership style was characterized by institutional governance rather than populist mobilization. He preferred to operate within constitutional frameworks and state structures, shaping policy through established institutions. Iran's foreign policy, nuclear strategy, and regional alliances bore the clear imprint of his

strategic vision. Supporters viewed him as a symbol of steadfastness and ideological commitment, while critics questioned aspects of his domestic and foreign policies. Nonetheless, it is undisputed that he remained the central axis of Iranian politics for over three decades.

On 28 February 2026, Ali Khamenei was assassinated in joint U.S.–Israeli strikes amid escalating tensions in the Middle East. The incident sent shockwaves across the region and beyond. Iranian state authorities declared forty days of national mourning and a seven-

day public holiday in his honor.

His death triggered widespread international reactions. Iran condemned the attack as a violation of international law and signaled potential retaliatory measures. Political and religious leaders in India, and several other countries expressed condolences. In Jammu and Kashmir, demonstrations were reported in multiple cities, underscoring the transnational ideological influence Khamenei had cultivated over decades.

Khamenei's assassination created a significant leadership vacuum within Iran. Although constitutional procedures led to the formation of an interim leadership arrangement, replacing a figure of such long-standing authority and ideological depth presents a complex challenge. He was not merely a political head of state but a symbol of state ideology, resistance doctrine, and religious authority.

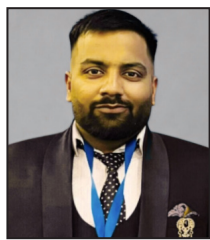
His departure compels Iran to recalibrate its internal stability, regional alliances, and global diplomatic posture. The broader Middle East may also experience shifts in strategic alignments as a result of this transition.

History, however, demonstrates that ideas often outlive individuals. Throughout his life, Ali Khamenei championed the principles of Muslim self-determination, resistance against oppression, and the assertion of an independent Islamic identity. His intellectual legacy continues to be debated, studied, and invoked across political and religious circles worldwide.

Ali Khamenei's life was a continuous narrative of struggle, ideological resolve, and calculated political strategy. Whether during his brief yet symbolic visit to Srinagar or throughout his extended tenure in Tehran, each chapter reflected a distinct dimension of his personality.

His assassination marked the end of an era, yet his intellectual imprint remains embedded in the landscape of global politics. History is likely to remember him as a leader who remained steadfast to his convictions and decisively shaped the direction of his nation and region an influence whose echoes may continue to resonate for years to come.

The Middle East War That Could Shake the Entire World Economy



■ BY IRFAN ATTARI

Wars in the Middle East rarely stay confined to the Middle East. From the oil shocks of the 1970s to recent regional crises, conflicts in this strategically vital region have repeatedly sent economic tremors across the globe. Today, as tensions escalate involving Israel, the United States, and Iran, the world once again stands at the edge of an economic ripple effect that could impact everything from global energy markets to the daily cost of living for ordinary citizens.

While the political and military dimensions of the conflict dominate headlines, the economic consequences unfolding behind the scenes could prove equally significant. At the heart of these concerns lies one of the most critical arteries of global trade: the Strait of Hormuz.

The Energy Lifeline Under Threat

The Strait of Hormuz is not merely a narrow maritime passage between Iran and the Gulf states; it is one of the most important energy chokepoints in the world. Nearly 20 percent of the global oil supply passes through this route every day. Any disruption—whether through military confrontation, naval blockades, or security threats—can quickly send shockwaves through international energy markets.

Even the possibility of instability in this region is enough to trigger market volatility. Oil traders, shipping companies, and insurers begin pricing in risk, leading to sudden spikes in global crude prices. For the world economy, which remains heavily dependent on fossil fuels, such fluctuations can have far-reaching consequences.

A prolonged conflict could reduce oil shipments from major Gulf producers

including Saudi Arabia, the United Arab Emirates, and Kuwait. When supply becomes uncertain while global demand remains steady, energy prices inevitably surge, affecting industries and consumers alike.

The Burden on Developing Economies

While energy price shocks are felt globally, developing nations are often the hardest hit. Countries across South Asia, Africa, and parts of Latin America rely heavily on imported oil to sustain their economic growth and maintain essential services.

India, for instance, imports more than 80 percent of its crude oil requirements. Any sharp increase in global oil prices directly impacts the country's import bill, placing pressure on the national currency and widening fiscal deficits. Governments then face a difficult dilemma: either allow domestic fuel prices to rise or subsidize them at significant cost to public finances.

For millions of citizens, particularly in low-income and rural communities, rising fuel prices translate into higher transportation costs and increased prices for basic goods. Public transport becomes more expensive, agricultural operations face higher fuel expenses, and small businesses struggle to manage rising operational costs.

Inflation and the Cost of Everyday Life

Oil is often described as the lifeblood of modern economies, and for good reason. Almost every sector from manufacturing and transportation to food production—relies on energy to function.

When oil prices rise, businesses across supply chains begin facing higher operational costs. These costs are eventually passed on to consumers through higher prices for goods and services. Economists refer to this phenomenon as cost-push inflation, where rising production costs force companies to increase retail prices.

For households already grappling with economic uncertainty, inflation can quick-



ly erode purchasing power. Essentials such as food, electricity, transportation, and household goods become more expensive, placing additional pressure on families struggling to make ends meet.

Food Systems and Supply Chains

Beyond energy markets, geopolitical conflicts often disrupt global food systems. Agriculture is heavily dependent on fuel for machinery, irrigation, and transportation. Fertilizers—many of which require energy-intensive production processes—also become more expensive when energy prices surge.

As a result, farmers face rising costs of production, which eventually translate into higher food prices in domestic and international markets. In countries where food security is already fragile, this chain reaction can contribute to broader social and economic instability.

Global supply chains, already strained by recent crises ranging from the pan-

demic to regional conflicts, may struggle to absorb another major shock. Delays in shipping, increased insurance costs for maritime routes, and logistical disruptions could further complicate international trade.

A World Connected by Economic Consequences

The unfolding situation serves as a reminder of how interconnected the global economy has become. A military escalation in the Middle East can influence fuel prices in South Asia, food costs in Africa, and stock markets in Europe and North America.

In today's globalized world, geopolitical crises travel rapidly through economic networks. Shipping lanes, financial markets, and energy infrastructure connect countries in ways that make distant conflicts a shared global concern.

For ordinary citizens far removed from the battlefield, the consequences are often felt through rising prices, economic uncer-

tainty, and slower economic growth.

Diplomacy as an Economic Necessity

Amid escalating tensions, diplomacy remains the most critical tool for preventing further instability. Ensuring the security of vital maritime routes such as the Strait of Hormuz is essential not only for regional stability but also for the functioning of the global economy.

International institutions, global powers, and regional actors must prioritize dialogue and conflict resolution. Prolonged military confrontation risks not only regional devastation but also widespread economic consequences for countries that have no direct stake in the conflict itself.

Conclusion

The conflict unfolding in the Middle East is more than a geopolitical struggle—it is a test of the resilience of the global economic system. Rising oil prices, inflationary pressures, disrupted supply chains, and economic uncertainty are already beginning to surface.

History has repeatedly shown that the economic costs of war extend far beyond national borders. In an interconnected world, stability in one region contributes to prosperity everywhere, while instability threatens the economic well-being of millions.

Ultimately, the greatest burden of geopolitical conflict is rarely borne by those who wage it. Instead, it is carried by ordinary people across the world whose daily lives are shaped by forces far beyond their control.

About the Author: Irfan Attari is a social activist, journalist, and public speaker from Kashmir. He is the founder of the Foundation for Youth Web, one of the region's largest youth-led organizations, working on social awareness, public engagement, and youth empowerment. He writes on global affairs, social issues, and policy developments.

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SPRAINS SIMPLIFIED



■ DR. SURINDERPAL SINGH

A sprain is one of the most common injuries affecting people of all ages, from children at play to elderly individuals performing routine activities. Although often considered a minor injury, a sprain can cause significant pain, swelling and temporary disability if not managed properly. Understanding how sprains occur and how to treat them correctly ensures faster and safer recovery.

A sprain is an injury to a ligament, the strong band of fibrous tissue that connects one bone to another and stabilizes joints. When a joint is forced beyond its normal range of motion, the ligament may stretch, partially tear or completely rupture depending on the severity of the force applied. A mild sprain involves stretching of the ligament, a moderate sprain includes a partial tear, and a severe sprain results in a complete rupture. The ankle is the most commonly affected joint, followed by the wrist, knee, thumb and shoulder.

Sprains usually occur due to sudden twisting movements or impact. A simple fall caused by slipping on wet floors, uneven ground or stairs can force a joint into an abnormal position. Sports such as running, football, basketball and cricket involve rapid changes in direction and jumping movements that strain ligaments. Improper footwear, especially high heels or poorly fitted shoes, reduces stability and increases the risk of ankle injuries. Weak muscles and ligaments due to lack of exercise provide poor joint support, making

sprains more likely. Road accidents or direct trauma to a joint can cause severe sprains. Fatigue is another contributing factor, as tired muscles are unable to stabilize joints effectively.

The symptoms of a sprain vary according to its severity but commonly include pain around the joint, swelling, bruising, tenderness and difficulty in movement. There may be instability or weakness in the joint along with warmth at the injured site. In severe cases, the individual may not be able to bear weight on the affected limb.

Sprains are medically classified into three grades. Grade I is mild and involves slight stretching of ligaments with minimal swelling and discomfort. Grade II is moderate and includes a partial tear with noticeable swelling, bruising and difficulty using the joint. Grade III is severe and involves complete ligament rupture, leading to significant pain, instability and loss of joint function.

Immediate first aid plays a crucial role in recovery. The R.I.C.E. method remains the most effective early treatment. Rest prevents further damage by avoiding use of the injured joint. Ice should be applied for fifteen to twenty minutes every two to three hours during the first twenty-four to forty-eight hours to reduce swelling, pain and internal bleeding. Compression with an elastic bandage helps control swelling but should not be too tight. Elevation of the injured limb above heart level reduces fluid accumulation and swelling.

After the initial forty-eight hours, supportive natural measures may assist healing in mild to moderate cases. Warm compresses improve blood circulation once swelling subsides. Turmeric, which contains the anti-inflammatory compound curcumin, can be consumed in warm milk or applied as a paste externally. Epsom salt soaks may help relax muscles and reduce discomfort. Aloe vera provides soothing



and anti-inflammatory benefits. Gentle massage should only be started after acute pain decreases to enhance circulation and flexibility. Herbal oils such as sesame or castor oil may reduce stiffness. Gradual stretching and strengthening exercises are essential to restore mobility and prevent long-term stiffness.

Diet plays a vital role in tissue repair. Protein-rich foods such as milk, dairy products, pulses, lentils, eggs, nuts and seeds support ligament rebuilding. Vitamin C is essential for collagen formation and can be obtained from citrus fruits, amla, guava, tomatoes and bell peppers. Calcium and Vitamin D support bone and joint

health and are found in milk, curd, paneer, sesame seeds and sunlight exposure. Anti-inflammatory foods including turmeric, ginger, garlic, green leafy vegetables and omega-3 rich foods like flaxseeds and walnuts help reduce inflammation. Adequate hydration is equally important for tissue recovery.

During recovery, excessive movement of the injured joint must be avoided. Hot compresses should not be applied during the first forty-eight hours. Alcohol consumption increases swelling and should be minimized. Smoking delays healing and must be avoided. Massage during the acute phase can worsen the injury and should not be attempted.

Medical consultation is necessary if severe pain persists, if there is inability to move or bear weight on the joint, visible deformity, excessive swelling or bruising, numbness, tingling or suspected fracture. If pain does not improve within two to three days, professional evaluation is essential to rule out serious damage.

Preventing future sprains requires regular exercise to strengthen muscles, proper warm-up before sports, wearing appropriate footwear, maintaining a healthy body weight and practicing balance and flexibility training. Protective gear during sports activities also reduces injury risk.

Sprains are common but potentially disabling injuries involving ligament damage due to sudden stress on joints. Most mild sprains heal effectively with proper rest, cold therapy, supportive natural care and balanced nutrition. However, ignoring severe symptoms can lead to chronic pain, instability and long-term joint problems. Timely medical evaluation, patience and gradual rehabilitation are key to restoring full joint function and preventing recurrence.

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

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Flower Holi Celebration, “Hare Rama Hare Krishna” Maha Mantra Chanting and Prabhat Pheri Organized

■ HT NEWS NETWORK

JAMMU, MAR 4: A devotional Flower Holi celebration along with the chanting of the “Hare Rama Hare Krishna” Maha Mantra and a Prabhat Pheri was organized at Fattu Chowgan Mata Rani Mandir premises in Old City, Jammu. The event was organized by noted social worker and National Incharge of Movement Kalki Gau Raksha Committee, Mr. Mohit Sharma.

Inspired by the traditional celebrations of Holi in Vrindavan and Barsana, where Holi is played with flowers, this special spiritual event has been organized continuously for the past four to five years with great devotion and enthusiasm.

The program began with the collective chanting of the “Hare Rama Hare Krishna” Maha Mantra at the temple premises, followed by the celebration of Flower Holi by devotees in a devotional atmosphere.

After the chanting, a Prabhat Pheri (devotional procession) was taken out. The procession started from Fattu Chowgan Mata Rani Mandir, passed through Patel Bazaar, and reached Rani Mandi Hanuman Mandir, where devotees offered prayers. The procession then continued to Sukrala Mata Mandir and Ram Mandir Pani Mandi for darshan. From there, it moved through Link Road and Jain Bazaar, received blessings at Pakka Danga Mata Mandir, and finally concluded back at Fattu Chowgan Mata Rani Mandir premises.

Speaking on the occasion, Mr. Mohit Sharma said that the festival of Holi spreads the message of love, unity, and devotion. He added that such religious and cultural events help strengthen spiritual and social values in society.

Mr. Mohit Sharma has been actively involved in social service for many years. Whether during floods, the COVID-19 pandemic, or other challenging situations in society, he has always stepped forward to serve people as a dedicated social worker. Every year he celebrates major festivals such as Lohri, Diwali, Janmashtami, and Holi with people from all sections of society.

This year's Flower Holi celebration was also conducted with great enthusiasm and devotion, with a large number of devotees participating in the event.

The organizers expressed their gratitude to all media persons for their cooperation and support.

PM Modi Becomes First World Leader to Surpass 100 Million Instagram Followers: Rohiin Chandan

■ HT NEWS NETWORK

JAMMU, MAR 03: Bharatiya Janata Party (BJP) District Jammu South Media Secretary Rohiin Chandan today hailed Prime Minister Narendra Modi for achieving an unprecedented global digital milestone. PM Modi has become the first world leader and politician ever to surpass 100 million followers on Instagram, solidifying his position as the most-followed global leader on the platform.

This remarkable achievement, reached in late February 2026, underscores the immense popularity and trust that Prime Minister Modi enjoys not only across India but also worldwide. PM Modi's official Instagram account (@narendramodi) crossed the historic 100 million mark, with reports indicating a figure of over 100 million followers, far outpacing other prominent world leaders. For comparison, US President Donald Trump stands second with approximately 43.2 million followers—less than half of PM Modi's count. Other leaders, including Indonesian President Prabowo Subianto (around 15 million), Brazilian President Luiz Inácio Lula da Silva (14.4 million), Turkish President Recep Tayyip Erdogan (11.6 million), and Argentine President Javier Milei (6.4 million), trail significantly behind.

PM Modi joined Instagram in 2014 and has consistently used the platform to connect directly with citizens, share insights into government initiatives, highlight India's cultural heritage, showcase developmental achievements, and promote global harmony. His content—ranging from Mann Ki Baat episodes, visits to remote areas, interactions with youth, and messages on national pride—resonates deeply with millions, reflecting a modern, transparent, and people-centric style of leadership.

Speaking on this occasion, Rohiin Chandan stated, "Prime Minister Narendra Modi's crossing of 100 million followers on Instagram is not merely a numerical record; it is a testament to his visionary leadership, unwavering commitment to 'Sabka Saath, Sabka Vikas, Sabka Vishwas,' and his unparalleled ability to engage with people in the digital age. This milestone demonstrates how PM Modi has transformed political communication, making governance accessible and inspiring a new generation of Indians and global audiences alike. Under his guidance, India is emerging as a confident, innovative, and digitally empowered nation. The people of Jammu and Kashmir, along with the entire BJP family, are immensely proud of this global recognition."

This achievement comes on the heels of another digital triumph for PM Modi, as his official YouTube channel recently crossed 30 million subscribers, making him the most-subscribed world leader on that platform as well—more than seven times the subscribers of Donald Trump and far ahead of others like former Brazilian President Jair Bolsonaro.

Government Of Jammu & Kashmir Office Of The Tehsildar Kreeri

Subject: Application of FAHMEEDA BANO S/O BILAL AHMAD WANI R/O WARIPORA BALA for the issuance of Dependent certificate

PUBLIC NOTICE

Regarding the subject cited above in this context a report sought from patwari halqa concerned .The report of patwari halqa concerned and the death certificate issued by competent Authority reveals that BILAL AHMAD WANI S/O AB AHAD WANI R/O WARIPORE Bala Tehsil kreeri has passed away on 04/12/2025

Moreover family structure of the applicant is as under

- 1... FAHMEEDA BANO wife 38 years H/W widow
- 2.... ABRAR BILAL WANI son 15 years student unmarried
- 3... MUZZAFAR BILAL son 09 years student minor

The applicant has applied for Issuance of Dependent certificate in favour of FAHMEEDA BANO if anyone have any objection to the issuance of delay order of said certificate certificate shall present his/her claim this office within 07 days, after that no objection shall be entertained.

Naib Tehsild Kreeri

Public Notice

IT is hereby notified that I am applying for Birth certificate in Block Development office handwara of my child namely Ayesha Binte Firdous DOB 28/09/2022 prantage Firdous Ahmad Tantray , R/o Chogal Tehsil Handwara District: kupwara. if anybody having any objection in this regards he/she may file his /her objection in the office of the Block Development Office handwara within 07 days .After that no objection shall be entertained.

AYESHA BINTE FIRDOUS

DOB, 28/09/2022

PRANTAGE FIRDOUS AHMAD TANTRAY

R/o CHO GAL TEHSIL HANDWARA DISTRICT

KUPWARA

Public Notice

I, Wali Mohd Peerzada, S/o Abdul Rehman Peerzada R/o Khonu Babagund, Langate, Kupwara, Jammu and Kashmir 193302, hereby declare that I am the father of Masrat Jan, Date of Birth: 03/03/1999. This is to inform the general public and concerned authorities that I am applying for the issuance/registration of Date of Birth certificate of my daughter Masrat Jan from the Block Office Langate. If any person has any objection regarding the above-mentioned particulars, he/she may submit the same before the concerned Block Office Langate within the stipulated period. Otherwise, no objection shall be entertained later.

Public Notice

I, Mahjabeenah Akhter, D/o Ghulam Ahmad Lone, R/o Kultura, Langate, hereby state that there is a discrepancy in my Date of Birth recorded in my Aadhaar Card. My Date of Birth in Aadhaar Card is incorrectly mentioned as 10/06/1996, whereas my correct Date of Birth as per my School Records is 06/03/1996. I am now applying for issuance of my Birth Certificate at the BDO Office, Langate, with my correct Date of Birth as 06/03/1996. If anybody has any objection regarding this correction, they may submit their objection in writing to the BDO Office, Langate within 7 (seven) days from the date of publication of this notice. After that, no claim or objection shall be entertained.

Public Notice

I, Fayaz Ahmad Dar, S/o Lala Dar R/o Kuhru, Langate, Kupwara, Jammu and Kashmir 193302, hereby declare that I am the father of Safoora Fayaz, Date of Birth: 11/11/2011. This is to inform the general public and concerned authorities that I am applying for the issuance/registration of Date of Birth certificate of my daughter Safoora Fayaz from the Block Office Langate. If any person has any objection regarding the above-mentioned particulars, he/she may submit the same before the concerned Block Office Langate within the stipulated period. Otherwise, no objection shall be entertained later.

Public Notice

It is hereby notified that my Name has been wrongly mentioned in adhar regards bearing adhar no 3467 5368 2054 Sarif Ahmad Mir instead of Sarif Farooq S/O Farooq Ahmad Mir as for School regards now I have applying for it's correction of the same if any person have any objection in this regards may file the same to the office adhar seva/concerned authority within the period of seven days from the date of publication of this notice. If no objection shall be entertained.

SARIF FAROOQ

S/O FAROOQ AHMAD MIR

R/O, BATPORA MAGAM TEHSIL HANDWARA

DISTRICT KUPWARA

Public Notice

This is to notify the general public that the name recorded in the Aadhaar database is incorrect. Name shown in Aadhaar: Munaza Hassan

Correct name: Muneera Hassan, Father's Gulam Hassan Shiekh

Address: Ananwan Kralgund Handwara Kupwara Jammu and Kashmir 193302. The above mentioned person(Munaza Hassan) hereby declares that the name printed on the Aadhaar is incorrect and that her correct and legal name is Muneera Hassan. Any objection to this correction should be brought to the attention of the UIDAI Aadhaar Seva Kendra, Office Srinagar within 7 (seven) days from the date of publication of this notice. If no objection is received within the stipulated period, the necessary correction procedures may be undertaken.

Government Of Jammu & Kashmir OFFICE OF THE TEHSILDAR KALANTRA / KREERI

Subject: Application of NASREENA BEGUM W/O ISHFAQ AH DEADER for the issuance of ST (SCHEDULE TRIBE Gujar and Bakerwal) in favour of self

PUBLIC NOTICE

Regarding the subject cited above, the applicant has submitted the file in the office of the undersigned for the issuance of ST . in this connection a report of patwari halqa concerned has been sought which reveals that the applicant is currently residing in village BANDI BALLA and belongs to the ST caste and GOJER DEADER community, having annual income is 150000 the details of the family of the applicant are as follows

- 1... MOHD ASLAM DEADER Father in Law 59 years Labour
- 2.... KHATOON BEGUM Mother in Law 58 years H/W
- 3... ISHFAQ AHMAD Husband 27 years Labour
- 4.... NASREENA BEGUM self 25 years care giver in school
- 5... OSMAN ISHFAQ son 19 years infant
- 6... ISHEN ISHFAQ son 02 years infant
- 7... ARSHID ASLAM Brother in Law 04 years student

The applicant has applied for Issuance of ST (SCHEDULE TRIBE Gujar & Bakerwal) certificate in favour of Self

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

NAIB TEHSILDAR KALANTRA

Public Notice

My name has been wrongly written as IMRAN AHMAD TANTRAY R/O NAGBAL in my Aadhar card while my correct name is MOHAMMAD IMRAN TANTRAY R/O. NAGBAL Tehsil...kreeri which needs to be corrected if anybody having any objection in this regard he /she may file his /her objection in office of concerned aadhar authorities with in seven days from the publication of this notice after that no objection will be entertained.

Public Notice

IT is hereby notified that I am applying for Birth certificate in Tehsil office handwara of my daughter namely Aksa Jaan DOB 17/04/2024 prantage Khaleel Rehman Gojer Chatwal, R/o Wadar Pain Tehsil Zachaldara District: Kupwara. If anybody having any objection in this regards he/she may file his /her objection in the office of the Tehsil Office handwara within 07 days .After that no objection shall be entertained.

Name, AKSA JAAN

DOB 17/04/2024 PRANTAGE, KHALEEL

REHMAN GOJER CHATWAL

R/o WADAR PAIN TEHSIL ZACHALDARA

DISTRICT KUPWARA

Government of Jammu & Kashmir OFFICE OF THE EXECUTIVE ENGINEER (R&B) DIVISION TANGMARG

FRESH NOTICE INVITING E-TENDER (CIVIL WORKS)

Fresh NIT No: 141/R&B of 2025-26 | Dated: 04-03-2026

For and on behalf of the Lt. Governor, UT J&K, e-tenders (In single cover system) are invited on Percentage basis from approved and eligible Contractors registered with J&K Govt., CPWD, Railways and other State/Central Governments for the following works:-

S. No	Name of Work	Adv. Cost (Rs. In Lacs)	T.D Cost In Rupees)	E/M (In Rupees)	Time	Tender call
1	Permanent restoration of Chuntipathri Sheikh Mohalla road.	2.98	200/-	5960/-	25 days	2nd
2	Permanent restoration of Gratbaldaji road.	1.49	200/-	2980/-	25 days	2nd
3	Permanent restoration of Shrenz Road upto Shranz Bridge.	3.48	200/-	6960/-	30 days	2nd

M.H of Account: UT Sector

Project Authority: R&B Deptt.

Position of T.S: Accorded

1. The Bidding documents Consisting of qualifying information, eligibility criteria, specifications, Drawings, bill of quantities (B.O.Q.) Set of terms and conditions of contract and other details can be viewed/downloaded from the departmental website [www.jktenders.gov.in](#) as per schedule of dates given below -

1	Date of Issue of Tender Notice	04-03-2026
2	Period of downloading of bidding documents	05-03-2026
3	Bid submission Start Date	05-03-2026
4	Bid Submission End Date	12-03-2026 4:00 PM
5	Date & time of opening of Bids (Online)	13-03-2026 11:00 AM

2. Bids must be accompanied with cost of Tender document in shape of Treasury Challan (Dated between bid submission start date and bid submission end date) with NIT No. , Serial No. and name of work to be deposited in M.H. 0059 in favour of Executive Engineer R&B Division Tangmarg (tender inviting authority)

3. All the bidders must upload Earnest money /Bid security equal to 2% of advertised cost in the shape of CDR/FDR/BG pledged to Executive Engineer R&B Division Tangmarg (tender receiving authority) (The Date of earnest money/Bid security should be between the Bid Submission start date and Bid submission End date, otherwise bids shall be rejected).

4. The Successful bidder will have to provide performance security @ 5% of contract value in the form of CDR/FDR/BG pledged to Executive Engineer R&B Division Tangmarg (tender receiving authority) as per rule-171 (I) of GFR 2017. The earnest money/ Bid security @2% shall be released to the successful bidder only on receipt of Performance Security @ 5% of Contract value which shall be released after successful completion of DLP /maintenance period.

5. The date and time of opening of Bids shall be notified on Web Site [www.jktenders.gov.in](#) and conveyed to the bidders automatically through an e-mail message on their e-mail address. The bids of Responsive bidders shall be opened online on same Web Site in the Office of Executive Engineer R&B Division Tangmarg (tender receiving authority).

6. The earnest money/ Bid security in favour of unsuccessful bidder shall be released only after submission of original Treasury Challan.

7. The bids for the work shall remain valid for a period of 120 days from the date of opening of Technical bids.

8. The earnest money shall be forfeited, If:-

i. Any bidder/ tenderer withdraw his bid/ tender during the period of bid validity or make any modifications in the terms and conditions of the bid.

ii. Failure of Successful bidder to furnish the required performance security within the specified time limit.

iii. Failure of Successful bidder to execute the agreement within 28 days after fixation of contract.

iv. Failure of successfully bidder to submit the performance security within the time period (as per JKPWD Engineering Manual 2020) i.e 21 Days from the issuance of latter of acceptance, after that the work will be put to fresh tenders without any notice to the contractor and the EMD will be forfeited.

9. Instruction to bidders regarding e-tendering process.

i. Bidders are advised to download bid submission manual from the "Downloads" option as well as from "Bidders Manual Kit" option on website [www.jktenders.gov.in](#) to familiarize themselves with the bid submission process.

ii. To participate in bidding process, bidders have to get 'Digital Signature Certificate (DSC)' as per information Technology Act-2000. Bidders can get digital certificate from any approved Vendor.

iii. The bidders have to submit their bids online in electronic format with digital Signature. No bid will be accepted in physical form.

iv. Bids will be opened online as per time schedule mentioned in Para-1.

v. Bidders must ensure to upload scanned copy of all necessary documents with the bid.

Note: Scan all the documents on 100 dpi with black and white option.

No: R&B / Divn./ Tang/8643-53 | Dated: 04-03-2026

Sd/- Executive Engineer R&B Division Tangmarg

DIPK: 11568/25 | Dated: 04-03-2026

SECRET TO SURVIVAL FROM US-PUSHED REGIME CHANGE: POSSESS NUKES

■ HARSH A KAKAR

NEW DELHI, MAR 4 (UNI):

The United States and Israel launched coordinated air attacks on Iran. The build-up by the US, including moving two carrier groups into the region, alongside relocating dozens of aircraft from Europe to Israel, all at a cost of billions of dollars, was never intended solely for the application of pressure.

Talks were a formality and aimed at enabling the build-up to become. The fact that Iran had agreed to every condition on the nuclear issue, including monitoring by the IAEA and the US, was ignored.

President Donald Trump had hinted at striking Iran for some time. His hatred for the regime stems from the incident when Iranian rebels seized the US embassy and held its 52 staff members captive from November 1979 to January 1981. An added cause for his dislike has been Hamas's actions of 7 October 2023, armed and backed by Iran.

Tehran was also aware that the US would strike and had prepared accordingly, though it hoped dialogue would find a solution. In all likelihood, initial strikes were launched based on intelligence inputs that a meeting of the top hierarchy was taking place, hoping

for immediate success and it worked. It is always the first strike that is most effective.

Trump termed the operation as 'Epic Fury' and Israel as 'Li- ons' Roar,' implying both had different objectives, though they operated in sync. Israeli Prime Minister Benjamin Netanyahu's objective was the destruction of Iran's nuclear facilities, while Trump sought regime change. Steve Witkoff, Trump's special envoy, mentioned last week that Iran was weeks away from developing nuclear weapons. This conveys that the much-hyped strike of June last year, termed as 'Mid- night Hammer,' by the US had failed to achieve its objective.

It is also possible that Trump was pushed to act as a condition for Netanyahu to accept his plan for Gaza. Netanyahu must have demanded an end to the Iranian regime, thereby stopping support for Hamas, securing Israel during the occupation of Gaza by the International Stabilization Force under Trump's proposed Board of Peace.

Logically, the end state for both Israel and the US should have been similar. How they will ensure its achievement is to be seen. Neither nation has plans for placing boots on the ground. Trump hopes that Iran would go the Libyan way, where



airstrikes on military targets enabled the revolution to succeed, resulting in the overthrow of Gaddafi. This may not happen in Iran and instead there could be further brutality in the streets and an uprising.

It has been confirmed that Iran's supreme leader, Ayatollah Khamenei, has been killed. Khamenei was aware that he was a target of the US and Israel and hence had established a multi-layered system of succession. Hence, hoping for regime change by eliminating the hierarchy may not work, though degradation of oil as-

sets, ports and other economic facilities could happen.

Israel's MOSSAD and the CIA had penetrated deep within Iran, armoured and funded anti-regime groups, whom they now hope would rise. Whether these groups can overthrow a regime that has crushed protests brutally is to be seen.

For the people of Iran, neither overthrow of the current regime nor a pro-US regime in Tehran is ideal. The country's economy, under the current regime and facing a host of sanctions, is at rock bottom. An uprising could make it worse.

Venezuela is a prime example of the US behaving as a colonial power, albeit from a distance.

Iran, in retaliation, has struck the US's bases in West Asia and Israel. It had already announced them as legitimate targets. There is bound to be collateral damage as its missiles lack accuracy. While West Asian nations had permitted their bases to be used for targeting Iran, they did host US troops on their soil. Iran, which lacks the capability to hit the mainland US, targeted these bases.

Saudi Arabia was the first to criticise Iran's missile strikes on West Asia. Though it had normalised ties with Tehran and also assured it that it would not permit its bases and airspace to be exploited for the strikes, it was reported that the Crown Prince called Washington multiple times requesting it to target Iran. It is now again an avowed Iranian enemy. In retaliation to Iranian strikes, Riyadh has announced support for West Asian nations.

Iran's action, including targeting Qatar and Oman, will divide the region for a long time. Iran is aware that US strikes are unlikely to end soon. It will be some time before Trump announces the culmination of the operation. Tehran has currently only retaliated with missiles. It has the ability to

block the Straits of Hormuz, which dominates global oil movements; whether it will also target West Asia infrastructure is unknown. Any of these actions would impact global oil prices.

For the US, which does not import oil from West Asia, the impact would be less, while for the rest of the world, especially nations like India, there would be an economic cost. Most telling would be the impact on China, which imports 15 per cent of its oil from Iran. This attack is also an indirect economic war on China. The world is already facing communication woes with the closure of West Asia airspace and major airports.

The US action on Venezuela and now Iran suggest that weak nations on Trump's hit-list are heading for regime change. Trump, who claimed to have stopped eight wars and terms himself a man of peace, is busy pushing regime change. Cuba is possibly his next target. Whether this would be done militarily or through economic coercion is unknown. The only nation that will remain untouched is North Korea because it possesses nuclear weapons. The secret to survival from US-pushed regime change is to possess nuclear weapons. (UNI)

West Bengal CEO flags lapses in roll revision, seeks action against errant electoral officers

■ UNITED NEWS OF INDIA

KOLKATA, MAR 4: The office of the West Bengal Chief Electoral Officer (CEO) has submitted a comprehensive note to the Election Commission of India in New Delhi, drawing attention to what it describes as intentional lapses by a section of Electoral Registration Officers (EROs) and Assistant Electoral Registration Officers (AEROs) during the ongoing Special Intensive Revision (SIR) of electoral rolls in the state.

In its communication, the CEO's office has proposed disciplinary proceedings against those EROs and AEROs found to have willfully neglected their duties, while clarifying that the final call on punitive action rests with the Commission.

According to sources in the West Bengal Chief Electoral Officer's office, the report singles out multiple instances where officials allegedly delayed uploading voter documents submitted during hearing sessions.

The Election Commission's directions, the source said, were explicit: all documents received from voters were to be digitised and uploaded on the very same day.

Contrary to this mandate, certain officers reportedly held back the uploads until the deadline, resulting in a bulk of cases being pushed into the category of judicial adjudication.

"The report specifically flags cases where such delays were deliberate. This bottleneck eventually led to a large volume of documents being referred for adjudication instead of being resolved administratively," a senior official familiar with the report said, adding that the instances have been clearly identified and documented.

The impact of these delays became evident on February 28, when the final electoral roll for West Bengal was published, excluding around 60 lakh entries that had been sent for judicial scrutiny.

It was subsequently decided that supplementary voter lists would be released periodically, in line with the progress made in adjudicating these pending cases.

The developments have also triggered a public exchange between the CEO's office and the West Bengal Civil Service (Executive) Officers' Association earlier this week.

The association accused Chief Electoral Officer Manoj Kumar Agarwal of unfairly blaming EROs and AEROs for the tagging of numerous entries as "under adjudication" in the final roll.

The CEO's office, however, swiftly rejected the charge, issuing a counter-statement to clarify its position. It maintained that it had not broadly attributed all adjudication-tagged cases to indecision or inaction by field-level officers.

"Nevertheless, a certain number of cases did remain pending at the level of EROs and AEROs and were therefore forwarded for adjudication. This is a matter of record and can be factually verified," the statement said.

It further cautioned the officers' association against speaking on behalf of officials deemed to be on deputation to the Election Commission. (UNI)

PM Modi welcomes Alexander Stubb, says visit to boost India-Finland ties

■ UNITED NEWS OF INDIA

NEW DELHI, MAR 4: Prime Minister Narendra Modi on Wednesday welcomed Finland's President Alexander Stubb to India, expressing confidence that the visit would elevate bilateral relations to "new heights" and strengthen cooperation across sectors.

In a post on X, Modi wrote, "Welcome to India, President Alexander Stubb. I fully agree with you, your visit will take India-Finland relations to new heights. I eagerly look forward to our meeting tomorrow and to your keynote address at the Raisina Dialogue 2026."

President Stubb is on an official visit to India, during which he is scheduled to hold talks with the Prime Minister and deliver the keynote address at the up-



coming edition of the Raisina Dialogue, India's flagship conference on geopolitics and geoeconomics. The annual event, organised in New Delhi, brings

together global leaders, policy-makers and experts to deliberate on pressing international issues.

India and Finland share warm

and friendly relations, underpinned by cooperation in areas such as trade, technology, renewable energy, education and innovation. Finnish companies

have a notable presence in India, particularly in clean technologies, telecommunications and sustainable solutions, while Indian IT firms are active in the Nordic nation.

Diplomatic ties between the two countries date back to 1949, and engagements at the leadership level have steadily expanded in recent years. Both nations have expressed interest in deepening collaboration in emerging technologies, digitalisation, climate action and sustainable development.

Modi's remarks underscore New Delhi's intent to further broaden strategic and economic engagement with Helsinki, with the upcoming bilateral meeting expected to review ongoing partnerships and explore new avenues of cooperation. (UNI)

Bollywood's most memorable Holi songs and scenes that still colour our screens

■ MOUSMI CHOUHAN

NEW DELHI, MAR 4: Holi in Bollywood is never just a festival; it is drama, romance, revenge and celebration rolled into one colourful frame. Over the years, Hindi cinema has turned Holi into some of its most unforgettable movie moments.

One of the most iconic Holi songs remains 'Rang Barse' from Silsila. Featuring Amitabh Bachchan, Rekha and Jaya Bachchan, the song captured unspoken emotions amid playful colours. Even today, it remains a Holi playlist staple across India.

Another classic is 'Holi Ke Din' from Sholay. The song shows the village of Ramgarh celebrating together before the story takes a darker turn. The cheerful scene adds emotional weight to the film's later events and highlights how Holi often represents happiness before a storm in Bollywood storytelling.

In modern cinema, 'Balam Pichkari' from Yeh Jawaani Hai Deewani became an instant youth anthem. Featuring Ranbir Kapoor and Deepika Padukone, the song perfectly captured friendship, fun and youthful romance. It gave audiences a fresh, energetic Holi track for a new generation.

Holi has also been used as a dramatic turning point in films. In 'Waqt: The Race Against Time', the song 'Do Me A Favor, Let's Play Holi' starring Akshay Kumar and Priyanka



Chopra brought glamour and high-energy dance to the festival on screen.

More recently, films like 'Goliyon Ki Raasleela Ram-Leela' used Holi-inspired visuals in the song 'Lahu Munh Lag Gaya,' turning colours into a symbol of intense passion between Ranveer Singh and Deepika Padukone.

What makes Bollywood's Holi scenes special is their mix of music, emotion and storytelling. Sometimes

colours hide secret love. Sometimes they reveal hidden anger. And sometimes, they simply celebrate togetherness.

From classic melodies to modern dance hits, Holi continues to bring brightness to Hindi cinema. And every year, as the festival arrives, these songs return, reminding fans that in Bollywood, no celebration is complete without a little drama and a lot of colour. (UNI)

Derek O'Brien highlights tech growth in latest 'Morning Walk' episode from Salt Lake

■ UNITED NEWS OF INDIA

NEW DELHI, MAR 4: Trinamool Congress leader Derek O'Brien on Wednesday released a new episode of his ongoing digital series "Morning Walk," sharing insights from Sector 5 in Salt Lake on the outskirts of Kolkata and spotlighting the growing presence of global technology firms in the region.

Announcing the 12th episode of the series on social media, O'Brien wrote, "Today's new episode of MORNING WALK #12. Coming to you from Sector 5 Salt Lake, just outside Kolkata. Tech giant Oracle bringing it on." The episode was accompanied by a video link shared by the Rajya Sabha MP.

Filmed in Sector 5, widely regarded as the IT hub of Kolkata, the episode focuses on the expanding technology ecosystem in the area. The locality, situated in Salt Lake (Bidhannagar), houses offices of several national and multinational IT companies and has emerged as a key employment and innovation centre in eastern India.

In the video, O'Brien draws attention to the presence and operations of Oracle Corporation, describing the company as "bringing it on" in reference to its role in strengthening the tech landscape in the region. While elaborating on the broader growth of the sector, he underscores how investments by major technology players are contributing to job creation and infrastructure development.

The "Morning Walk" series, which features O'Brien speaking directly to viewers from various locations, aims to blend commentary on public policy, development and current affairs with on-the-ground visuals. Previous episodes have similarly focused on civic issues, governance and economic activity. (UNI)

Gulf War jolts India's energy lifeline as LNG cuts, soaring freight and \$100 oil threat loom

■ JAYANTA ROY

NEW DELHI, MAR 4: Indian firms that use LNG are gearing up for cuts in supplies and higher prices for natural gas, which runs their turbines, arc furnaces, smelters, and other heavy machinery besides being feed for fertiliser and petro-chemical companies.

Qatar which accounts for more than 40 per cent of India's LNG supplies has announced shutting down of its liquefied natural gas facilities after Iranian drone strikes on Monday at the West Asian nation's Ras Laffan complex.

At the same time, the shipping price for very large oil tankers (called VLCCs) that can carry 2 million barrels of oil from West Asia to India, Japan, Korea and China reached a record high of USD 423,736, up by 94 per cent, according to the London Stock Exchange group.

The war in the Gulf is forcing India to face up to an old but as yet unresolved dilemma of how to buttress its energy lifelines from a war in oil-rich West Asia.

New Delhi's response is part quiet contingency planning to insulate it from any coming oil price shock, while trying to re-assure markets that the scale of its exposure will not impact



India's energy hungry economy.

Approximately, about 60 per cent of India's LNG imports and half of its crude oil imports of about 2.5 to 2.7 million barrels per day, transit through the Strait of Hormuz, the narrow waterway between Oman and Iran.

Besides shipping costs and LNG shut downs, India has to contend with ever rising crude prices. The benchmark Brent crude price has already shot up to USD 79 a barrel at 2pm IST on Tuesday as compared to USD 66 a month ago, and is forecast to touch USD 80 before

end of day's trading.

Commodity traders expect crude prices to continue climbing to "near USD 100" within Friday if the war continues unabated.

Prolonged disruption of crude, and gas supplies from the Gulf would reverberate through India's economy, driving up prices, insurance costs, and logistical complexity almost overnight.

India's exposure to turmoil in the Gulf is hardly new. Each time the region has convulsed, whether during the Iraq wars, flare-ups between Israel and

Lebanon, or attacks by Houthis militants in Yemen, oil markets across Asia have registered the shock. For India, the tremors are rarely abstract. They travel quickly from distant battlefields to refinery gates, factory floors and household budgets.

The country imports most of its energy from Gulf producers including Iraq, Saudi Arabia, the United Arab Emirates, Qatar and Kuwait. The greater danger for New Delhi is not a complete severing of supplies, which remains unlikely, but the cascading

disruptions that follow conflict: sudden price spikes, shipping delays, higher insurance premiums and freight costs that erode India's competitiveness as an exporting power.

To cushion those blows, India has spent the past few years quietly redrawing its energy map. For the last four years, discounted Russian crude has served as a crucial buffer whenever Gulf flows have wavered because of war or other disruptions.

Sources said "India is now exploring ways to increase purchases from Russia", even as they weigh diplomatic conversations with Washington over possible sanctions flexibility for spot cargoes. At the same time, refiners have widened their net, stepping up imports from the United States, Venezuela, Africa and other non-Gulf producers.

This diversification has given Indian companies greater latitude to reshuffle their crude slate in moments of stress. With refining capacity of about 258 million metric tonnes a year, with plans to expand refinery output by a sixth, India can process a broad array of crude grades, from light crude to the heaviest kind, a technical advantage that helps cut dependence on any one supplier. (UNI)

Chandrasekaran says Iran conflict has no direct impact on Tata Group

■ UNITED NEWS OF INDIA

JAMSHEDPUR, MAR 4: Tata Group Chairman N Chandrasekaran on Tuesday said the ongoing Iran conflict has had no direct impact on the Tata Group or India so far, though prolonged instability in West Asia could create challenges.

He was speaking after attending the 187th birth anniversary programme of Jamsetji Nusserwanji Tata in Jamshedpur.

Chandrasekaran said the group imports limestone from the Middle East and operates across several geographies. Any extended disruption, he noted, could affect supply chains, logistics, delivery schedules and long term sustainability.

His remarks reflect a broader corporate mood of caution, as Indian conglomerates assess exposure to geopolitical volatility without indicating immediate concern.

The commemorative ceremony at Tata Steel premises was attended by Tata Trusts Chairman Noel Tata and Tata Steel Managing Director and



CEO T V Narendran, among other senior officials. Floral tributes were paid to Jamsetji's statue within the plant and later at Postal Park in Bistupur.

Referring to employment, Chandrasekaran said the group's workforce has grown from about five to six lakh over the past five to six years to nearly eleven lakh at present. The target is to reach fifteen lakh employees by 2030.

He added that efforts are under way to raise women's participation in the workforce to 28 to 30 per cent.

The expansion plans come at a time when automation and Artificial Intelligence have sparked debate over job security across sectors.

Addressing such concerns, he said apprehensions about job losses are natural with the arrival of new technologies. However, Artificial Intelligence is expected to create new opportunities in steel, automobiles and finance.

He said the transition would also benefit Tata Consultancy Services as enterprises integrate AI driven solutions into their core operations.

Chandrasekaran emphasised that the safety of employees across manufacturing, services and hospitality operations worldwide remains the group's top priority, especially during periods of geopolitical uncertainty.

The anniversary carried significance for Jamshedpur, earlier known as Kalimati and renamed in 1919 in honour of Jamsetji. The city continues to stand as a model industrial township where corporate growth and urban development evolved together. (UNI)

Upwind expands India presence amid rising cloud security demand

■ UNITED NEWS OF INDIA

BENGALURU, MAR 4: Upwind, a next-generation runtime-first cloud security provider, on Monday announced a major expansion of its presence in India, citing rapidly growing demand for real-time cloud risk management as cloud and artificial intelligence adoption accelerates across sectors.

The company said it plans significant investments in the country over the coming years, including scaling its engineering and go-to-market teams, strengthening local operations, and deploying an in-country SaaS instance to support data residency, performance and regulatory requirements. India has been identified as a strategic growth market in Upwind's global expansion roadmap.

India's cloud ecosystem is expanding rapidly under the Digital India push, with increasing adoption of cloud-first public services, modern digital infrastructure and AI-driven workloads. According to industry data cited by the company, 85 per cent of large enterprises in India experienced at least one cloud security incident in 2025, while the average cost of a data breach reached ₹220 million.

Upwind Co-founder and CEO Amiram Shachar said the pace and scale of cloud and AI adoption in India demand a shift toward runtime cloud security, enabling enterprises to focus on live, reachable and exploitable risks in dynamic envi-



ronments.

Rinki Sethi, CISO at Upwind, noted that evolving regulatory requirements such as the DPDP Act and CERT-In directions are pushing enterprises to prioritise real-time visibility and governance in cloud-native environments.

The expansion will follow a partner-first model, with the company strengthening collaborations with hyperscalers including Amazon Web Services and Microsoft Azure, and deepening integration with AWS Security Hub.

Upwind recently raised \$250 million in a Series B funding round to enhance its AI-powered threat detection capabilities and support global growth, including in India. (UNI)

UIDAI covers 1.03 lakh schools, helps 1.2 crore students complete Aadhaar biometric update

■ UNITED NEWS OF INDIA

NEW DELHI, MAR 4: The Unique Identification Authority of India (UIDAI) has saturated over 103,000 schools across India and helped millions of school students complete their mandatory biometric update (MBU) in Aadhaar at ease and comfort of their school campuses, as per the information shared by the Ministry of Electronics & IT (MeitY).

So far, the massive exercise has helped around 1.2 crore (12 million) school children complete their MBU right in their schools, it said.

At least 4000 machines are in use to execute the ongoing exercise, and UIDAI is in the process of augmenting this number further to accelerate the pace.

UIDAI Regional Offices and State Offices in the country have been working to coordinate the pro-



children exercise with all the stakeholders including the Education Departments of States & Union Territories, district administration, schools and UIDAI's ecosystem partners.

The integration with UDISE of the union Department of School

Education & Literacy enabled visibility of MBUs status of children at schools. It helped to identify children who were due for an MBU and hold camps at schools to complete the MBU.

Keeping biometric updated in children's Aadhaar helps them while carrying out authentication for receiving benefits under various Government schemes, scholarships, wherever applicable, and registering in competitive and university examinations like NEET, JEE, CUET etc. UIDAI has been encouraging parents and guardians to update their children's biometric in Aadhaar.

The mission mode MBU drive is ongoing for six months and UIDAI has made MBU in Aadhaar for children in the 7-15 age group free of cost for a period of one year beginning October 1, 2025, MeitY said. (UNI)

Indian satellite startup ready to ship its first multi imaging satellite to US for launch

■ UNITED NEWS OF INDIA

CHENNAI, MAR 4: Indian space startup GalaxEye Space Solutions Private Ltd's satellite is ready to be shipped to the US for its launch by SpaceX's rocket.

"World's First OptoSAR Satellite & India's largest Privately Built Satellite is on its way to the launchpad," said Suyash Singh, CEO.

Weighing about 160-170kg, this is the first of the 10 Drishti satellite constellation. It is slated to be orbited by a SpaceX rocket, Pranit Mehta, Co-Founder had said earlier. The company plans to have its constellation in the next four years.

"For 4.5 years, we lived in the gap between a 'world's first' vision and a thousand 'it's not possible' warnings. Building deep-tech IP led startup with limited funds isn't just a challenge; it's a daily war against gravity and doubt. We were questioned at every turn. Every milestone was met with a 'why?' or a 'how?' or a 'someone would have done it already if it were possible.' There were days when the weight of being first felt like it might break us. But



we stayed. We fought. And we built it. Today, as I look at our satellite—tested, finished, and ready to ship—the emotion is hard to put into words. It's more than hardware; it's 1,642 days of pure grit and unshakable belief. To the team @GalaxEye that bled for this: we did the impossible. To the skeptics: thank you for the fuel. To the investors, users and our supporters: can't be more thankful. The satellite

is ready. And we are just getting started," Singh said on X.com.

According to Singh, the company's satellite is the first one in the world to have multi-sensor imaging satellite fusing all-time synthetic aperture radar (SAR) with high-resolution optical data on a single platform.

This delivers uninterrupted, all-weather visibility anytime, anywhere. Make faster, smarter decisions with unprecedented

clarity, the company said.

These indigenously built satellites will enable governments, defense, and industries to perform advanced state-of-the-art geospatial analyses.

GalaxEye's Drishti mission has a unique multi-sensor capability that brings intuitive all-time, all-weather imagery from space, even during night time and cloud cover.

Access to the image dataset

will prove to be user-friendly for analysts and consumers, unlocking a plethora of opportunities and benefits, both known and unknown in the current scenario, the company claims.

Last October, GalaxEye said the satellite's structural model underwent a round of testing at the UR Rao Satellite Centre (URSC) belonging to Indian Space Research Organisation (ISRO).

As part of the test, GalaxEye's satellite was mounted on a special purpose fixture (SPF) for testing the antenna deployment.

The satellite was also tested for its capacity to manage the vibration load of the rocket. According to the company, the satellite was also mounted on a table to understand its centre of gravity and moment of inertia. This information will be used in the control loop of the satellite.

GalaxEye is an IIT Madras-incubated space tech startup. It was founded by a team of five students/alumni from the Indian Institute of Technology Madras, who have previously worked together as part of Team Avishkar Hyperloop, a student competition team. (UNI)



Captain Mitch, New Zealand's 'Flatline' of Control



UNITED NEWS OF INDIA

COLOMBO: They call him "Flatline" because he is always cool. Only at the end of the New Zealand innings - the ball flying away for six off his own bat - had Mitchell Santner's resting heart rate bypassed calm, sidestepped mellow, and was busy giving okay the old slip. He was annoyed he hadn't gone straight sooner.

There was another moment in that game against England that tested a master of the deadpan arts. The equation he had to defend had gone from 43 off 18 to 14 from nine. Santner had just watched Will Jacks get two twos playing the same shot to long-off and when the second of those throws came in, he collected it at the bowler's end and broke the stumps with an expression dads around the world would hit like and subscribe, and later use on their kids when they catch them breaking curfew.

It was a cold November day, six years ago, that Santner first experienced the double-edged nature of leading his country. Upside, now that he was calling the shots, he could grab the ball, stick his tongue out at the quicks and open the attack. Downside, realising there's always going to be things he can't control. Like the weather. That T20I against West Indies didn't even get three overs of play.

Brendon McCullum coped by establishing a way of playing and taking solace from the fact that so long as he stayed true to it, he could accept whatever happened. The rest of his team quickly fell in line.

Kane Williamson was all about being aware and being adaptable. When he got the buy-in from his players, New Zealand developed an almost supernatural ability to read conditions and exploit them better than their opposition. The things that defined these two people was built on their success at convincing others to believe in what they believed. In the England game, Lockie Ferguson, the fielder at long-off being run ragged, tried to plead his case but the moment he saw the look on Santner's face, he knew better. There are ten bowlers in the history of T20Is with more than 400 overs under their belt. Safe to say, their teams trust them to either do the damage or limit it.

Arranging these bowlers on the basis of economy rate brings Rashid Khan to the top. There are four other wristspinners right behind him, which highlights how useful it is to turn the ball both ways.

Santner turns the ball one way and he's No. 3 on that list. He's at No. 4 on another one. Between this T20 World Cup and the last one, Santner has a batting strike rate of 155.3, which is probably par for the course for the position he plays in down at No. 7 or 8 but it shows a significant rise in his batting ability. Santner has always had the gift of timing. A week after making his international debut, he made 44 off 19 balls with three fours and four sixes in an ODI against England in Nottingham. Excluding knocks that lasted two balls or fewer, it took him ten years to match that strike rate. But only 17 days to do it again.

Beast of Eden: Marco Jansen looks to come full circle in Kolkata

UNITED NEWS OF INDIA

KOLKATA: The high point came three months ago, after he learnt something at Eden Gardens that he used to produce an all-round, all-star performance in Guwahati, as South Africa won a Test series in India for the first time in 25 years. (For context, that means in Jansen's entire lifetime, he had no memory of a South African Test side triumphing in India until he was part of one.)

He was the leading seamer that series and played a massive part in his team's success, thanks to his willingness to try new things. "In the first Test match [in Kolkata], I looked at [Jasprit Bumrah], at the replays of his wickets and I saw from his hand and the ball that there were so many revs on the ball. I figured let me just try and emulate what he's doing," Jansen says in New Delhi after South Africa were confirmed as T20 World Cup semi-finalists. "So in the warm-up, I did it and it looked like something was happening. It seemed like the ball was actually moving off the wicket and it was like that sharp, quick movement. Then I tried it in the match and I took two wickets quickly, and I just sort of stuck with it and went with it."

He was rewarded with a first-innings 6 for 48 in Guwahati, though it came after he'd done something that made him much happier - scored runs. Jansen fell seven short of a century and shared in a 97-run eighth-wicket stand with Senuran Muthusamy to take South Africa to a mammoth total of 489. It was that innings, and not necessarily his bowling, that changed his entire idea of how well he could perform in India. "Before that, I didn't have belief. I didn't really have confidence. The only thing I had was my mental strength and the desire to actually go out and score runs and win a Test match for the team," he says.

The mental strength is the bit he had been working on since things got really bad, in Kolkata, in 2023. Jansen doesn't shy away from what happened then, when he went from being the ODI World Cup's top bowler in the powerplay to falling apart against India. His 9.4 overs cost 94 runs and he sent down seven wickets and a no-ball. He was unable to pull himself back together by the time the semi-final came at the same venue. That was against Australia, where he bowled 4.2 overs, with returns of 0 for 35, and was taken out of the attack far sooner than he would have liked.

Seven months later, at the 2024 T20 World Cup, which was fairly quiet for Jansen, he had another nightmare when it mattered most. In the final, he was South Africa's most expensive bowler, conceding 49 runs in four overs. "I had a bad game there. I probably bowled at 70%," he says. South Africa are now on the eve of another semi-final but Jansen insists he is a different person and has the smarts to show it. "From a skills point of view, I'm more confident and also I have that extra slow ball.

At 19, Lucy Hamilton is already Australia's next left-arm weapon

UNITED NEWS OF INDIA

HOBART: Lucy Hamilton is not yet 20 but has already built quite the cricket CV. She made her domestic debut aged 15, holds figures of 5 for 8 in the WBBL, has captained Australia Under-19s, recently had her first taste of the Women's Premier League (WPL) and made her ODI debut on Sunday. In a few days, she may be able to add a baggy green to the list.

The left-arm quick from Queensland was initially only part of the Test squad but injuries to Kim Garth and Ellyse Perry saw her drafted into the group early. She was handed her cap by Alyssa Healy who was playing her last ODI and, though she finished wicketless in her nine overs, had beaten Pratika Raw-

al with her first delivery then in her second spell struck Deepti Sharma on the badge with a bouncer to indicate the threat she could bring. "She's got a really bright future ahead of her," Healy said.

Left-arm pace is not that common in the women's game, particularly in Australia. Lauren Cheatle has played 12 internationals, most recently a Test against India in 2023, and Hamilton knows she can bring something different.

"I pride myself on trying to close down games and change momentum, especially in a small T20 contest, but similar in ODIs and four-dayers, I would suspect, in the sense of you want to build pressure and it's how you can keep your team in the game."

"Obviously a different angle,



I'm a bit taller as well, so different height compared to others and lots of batters aren't used to facing left-handers so, yeah,

it is a point of difference," she told ESPNcricinfo prior to the India series. "But at the end of the day, you've still got to execute the ball to the batter. It gives you a bit of a variation, which is always nice to have natural variation, but taking that and using that as much as I can against world-class batters will be really important."

Hamilton has previously trained a little with the red ball, but multi-day cricket - and this Test is with the pink ball - will be a new experience. "It's a different format and different strategies and I'm really excited to learn how that all shapes up," she said. "Lots of women haven't really experienced four-day cricket, so I'm just excited to be a part of it."

From Bundaberg in

Queensland, Hamilton grew up with cricket in her family. Her father played, and she came through the age groups with her brother, Will, who is 18 months older. "I grew up in a regional area in Queensland, so not many girls played the sport back then but my family have always enjoyed playing cricket or any sport in general," she said.

Hamilton admitted it had been a bit of a "pinch me" moment when she arrived at the Australia team hotel in Sydney ahead of the India series and her time at the WPL, where she played two games for Delhi Capitals, was eye-opening.

"You can't really compare it to any other league in the world, to be honest," she said. "It's so big, like there's 35,000 people at most games."

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