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Centre Unveils ₹5,000 Cr Lifeline for J&K, Pushes Waste Management, Infra Drive

Major chunk earmarked for scientific disposal systems as UT seeks relief from fiscal strain

HT NEWS NETWORK

SRINAGAR, MAR 26: The Centre on Thursday approved a Rs. 5,000-crore special assistance package for Jammu and Kashmir, aiming to ease mounting fiscal pressure while expediting key infrastructure projects, particularly in the solid waste management sector.

The package comes as the Union Territory faces increasing budgetary demands and a backlog of pending development works. Of the total outlay, Rs. 1,162.40 crore has been allocated for the development of Integrated Solid Waste Management (ISWM) facilities across three clusters—Anantnag-Mattan-Bijbehara, Kathua-Hiranagar-Parole-Lakhanpur, and Jammu (Zone-3).

Officials said the projects are intended to introduce scientific waste disposal mechanisms in urban centres grappling with rising sanitation challenges amid rapid urbanisation.

The latest assistance follows an earlier [Turn on Page 2](#)

LG Thanks Centre for Fiscal Boost

HT NEWS NETWORK

JAMMU, MAR 26: Lieutenant Governor Manoj Sinha on Thursday thanked the Centre for releasing Rs. 5,000 crore as additional assistance to Jammu and Kashmir, terming it a significant step towards stabilising the Union Territory's finances and

[Turn on Page 2](#)

Omar Abdullah Thanks Centre

HT NEWS NETWORK

JAMMU, MAR 26: Chief Minister Omar Abdullah on Thursday expressed gratitude to the Centre for extending Rs. 5,000 crore as additional financial assistance to Jammu and Kashmir, terming it a significant boost for the Union Territory's development and fiscal stability. In his message, the Chief Minister thanked Prime

[Turn on Page 2](#)

West Asia Crisis

PM Modi to chair meet with CMs on preparedness tomorrow



HT NEWS NETWORK / KNO

NEW DELHI, MAR 26: Prime Minister Narendra Modi would interact with Chief Ministers of all states and Union Territories on Friday to review preparedness amid the ongoing West Asia conflict, now in its fourth week.

An official told the news agency—Kashmir News Observer (KNO) the meeting will focus

on coordination between the Centre and States to ensure a unified response in line with the "Team India" approach.

"States going to polls will not be part of the interaction due to the Model Code of Conduct. However, a separate meeting of chief secretaries from poll-bound states will be held soon," the official added.

[Turn on Page 2](#)

Jammu Gears Up for Maiden Marathon as CM Omar Abdullah Launches Expo

HT NEWS NETWORK

JAMMU, MAR 26: Chief Minister Omar Abdullah on Thursday inaugurated the Jammu Marathon-2026 Expo at Dussehra Ground, Gandhi Nagar, marking the final stage of preparations for the city's first-ever marathon scheduled on March 29.

[Turn on Page 2](#)



Open Invitation to Public to Shape International Goddess Museum at Katra

HT NEWS NETWORK

JAMMU, MAR 26: Lieutenant Governor Manoj Sinha on Thursday invited suggestions from the public for the proposed International Goddess Museum to be set up by the Shri Mata Vaishno Devi Shrine Board at Katra.

The museum, envisioned as a first-of-its-kind global spiritual destination, will incorporate advanced digital installations, interactive galleries, thematic exhibitions, and

[Turn on Page 2](#)



Fuel Rush Grips Kashmir as Rumours Spark Panic Buying

HT NEWS DESK / AGENCIES

SRINAGAR, MAR 26: Panic buying swept across Kashmir on Thursday after rumours of a fuel shortage linked to the ongoing West Asia conflict triggered a surge at petrol pumps, prompting authorities to step in with assurances of sufficient supply.

Long queues were witnessed at fuel stations in Srinagar and other parts of the Valley, as people rushed with vehicles, cans and bottles to stock up on petrol and diesel. The sudden spike in demand led several pumps to run dry, forcing temporary closures and leaving many waiting for hours to refuel.

Commuters cited widespread rumours on social media suggesting a disruption in fuel supply and the possibility of an energy crisis, which fuelled anxiety and led to the rush. "There was a huge crowd, and I had to wait for over an hour to fill petrol," said a resident.

Fuel station operators, however, dismissed the shortage claims, attributing the situation to panic-driven demand rather than any disruption in supply. Some outlets resorted to limiting sales to maintain stock levels

[Turn on Page 2](#)

Ram Navami Returns to Srinagar After 36 Years, Rekindling Hope and Heritage

HT NEWS DESK

SRINAGAR, MAR 26: In a poignant and historic moment, Ram Navami was celebrated at the Raghunath Mandir in Srinagar on Thursday after a gap of 36 years, marking a significant milestone for the Kashmiri Pandit community and the Valley's shared cultural legacy.

A large number of devotees thronged the temple premises, participating in the celebrations with deep devotion and enthusiasm. The festival,

once among the most prominent religious events in Srinagar before the 1990s, had long remained absent, making its revival an emotional occasion for many.

The return of the celebration has been attributed to the sustained efforts of the Raghunath Mandir Committee, led by its president Bharat Raina, whose team has worked tirelessly over the past few years to restore the temple and revive its traditions.

[Turn on Page 2](#)

India Pushes Aggressive Drive to Explore Critical Minerals, Cut Import Dependence

HT NEWS DESK / AGENCIES

NEW DELHI, MAR 26: India has stepped up efforts to expand exploration of critical minerals and build a robust domestic supply chain to reduce reliance on imports, Union Minister Jitendra Singh said on Thursday.

Addressing a meeting of the National Mineral Exploration and Development Trust (NMET), the minister outlined a multi-pronged strategy focused on accel-

erating exploration, promoting private sector participation and fostering a startup-driven mining ecosystem.

Singh stressed that the pace of exploration, particularly for lithium and other key minerals, must match rising global demand and India's strategic needs. He pointed to ongoing work in mineral-rich zones such as the Siwana belt in Rajasthan and the Salal-Haimna block in Jammu and Kashmir,

[Turn on Page 2](#)

CS reviews implementation of key reforms to revamp healthcare in J&K

HT NEWS NETWORK

JAMMU, MAR 26: A high-level meeting was chaired by Chief Secretary, Atal Dulloo to take assessment of the steps taken by the Department of Health & Medical Education (H&ME) as part of an ongoing and sustained process to chart a comprehensive and transformative roadmap



for healthcare reforms as recommended from time to time by NITI Aayog.

The meeting witnessed the participation of senior officers of the Health & Medical Education Department and other key stakeholders, focusing on accelerating systemic reforms, strengthening healthcare

[Turn on Page 2](#)

Dry March Deepens Worry in Kashmir as Rainfall Deficit Crosses 50%

HT NEWS DESK / AGENCIES

SRINAGAR, MAR 26: A worrying dry spell has gripped the Valley, with Kashmir recording a rainfall deficit of over 50 percent in March despite back-to-back western disturbances bringing rain and snowfall in recent days.

Data released by the Meteorological Centre Srinagar reveals that the Kashmir Division received only 55.43 mm of rainfall against the normal of 115.23 mm from March 1 to 26, marking a deficit of 51.9 percent.

Most districts across the Valley have reported below-normal precipitation, with

[Turn on Page 2](#)

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Centre Unveils.....

tranche of Rs. 330.34 crore cleared on March 13 by a high-level committee chaired by Union Home Minister Amit Shah. That funding was directed towards relief and restoration efforts after damage caused by floods, landslides and cloudbursts in 2025.

Authorities said the fresh infusion is expected to provide crucial fiscal space to the administration and accelerate the completion of projects under the Prime Minister's Development Package and other central schemes.

Officials added that the funds would also help bridge gaps in civic infrastructure, particularly in urban local body areas where waste management has emerged as a critical concern.

LG Thanks.....

accelerating development. In a message posted on X, Sinha expressed gratitude to Prime Minister Narendra Modi, Union Home Minister Amit Shah and Union Finance Minister Nirmala Sitharaman for the support extended to the UT.

He said the financial package would help consolidate the fiscal position of Jammu and Kashmir, reduce budgetary pressures and ensure timely execution of ongoing projects. The Lieutenant Governor added that the assistance would also strengthen infrastructure and create long-term opportunities for sustained economic growth across the region.

Omar Abdullah.....

Minister Narendra Modi, Union Home Minister Amit Shah and Union Finance Minister Nirmala Sitharaman for their continued support and commitment towards the progress of Jammu and Kashmir.

He said the timely assistance would help accelerate key infrastructure projects, strengthen ongoing development initiatives and enhance delivery of welfare programmes across the Union Territory.

"This additional support comes at a crucial time and will go a long way in addressing the fiscal gap while ensuring that our developmental commitments are fulfilled effectively for the benefit of the people," the Chief Minister said.

The Chief Minister had earlier approached the Centre seeking financial assistance to bridge the resource shortfall and manage the existing fiscal deficit.

PM Modi to.....

Earlier, the Prime Minister chaired a meeting of the Cabinet Committee on Security to review the situation and assess India's preparedness in case of a prolonged conflict.

He directed officials to ensure that interests of Indian citizens are protected from any adverse impact.

During the meeting, officials presented short-, medium- and long-term measures to mitigate disruptions, particularly in fertiliser supply for farmers and energy security. The Prime Minister also reviewed the status of power plants and asked officials to ensure there is no electricity shortage.

Permanently while addressing the parliament earlier this week, PM Modi reiterated India's position that issues should be resolved through dialogue and diplomacy.

He also referred to challenges in shipping through the Strait of Hormuz, a key global oil transit route, and said the government is making all possible efforts to ensure safe passage for Indian vessels and uninterrupted supply of oil and gas.

Meanwhile, an all-party meeting was held in New Delhi on Wednesday to discuss the evolving situation, where the government briefed political leaders on the conflict and its implications for India.

Union ministers, including Defence Minister Rajnath Singh, Home Minister Amit Shah, External Affairs Minister S. Jaishankar and Finance Minister Nirmala Sitharaman, represented the government at the meeting. BJP president and Health Minister J. P. Nadda and Parliamentary Affairs Minister Kiren Rijiju were also present.

After the meeting, Rijiju said there was a "broad understanding" among all political parties, including the Opposition, to present a united front on the issue.

He said the government addressed all queries raised by Opposition leaders and provided adequate information on the situation.

Rijiju said that leaders across parties shared their concerns and sought clarity on the impact of the conflict involving Iran, Israel and the United States on India, and the steps being taken for the safety and interests of Indian citizens.

According to him, the government responded comprehensively, and all parties assured support to decisions taken in view of the evolving situation—(KNO)

Jammu Gears.....

The Chief Minister opened the expo by cutting a ceremonial ribbon and launched a signature campaign, signalling the formal commencement of the event's concluding phase. He later inspected various stalls put up by government departments, private sports firms and event partners, showcasing a wide range of sports gear and fitness equipment.

The expo also features bib collection centres and on-the-spot registration counters for participants. The Chief Minister collected his par-

ticipation kit and interacted with athletes, volunteers and stall owners, appreciating their contribution to promoting a sporting culture in Jammu and Kashmir.

Speaking on the occasion, Omar Abdullah said the government is making sustained efforts to integrate wellness and sports activities with tourism promotion. He noted that the inaugural marathon will include a half marathon, along with 10K and 5K races, to ensure participation across age groups and fitness levels.

He said the event has received an encouraging response, with over 800 participants from outside Jammu and Kashmir and nearly 2,800 registrations from within the Union Territory. "For a first edition, the response is highly encouraging and we expect it to grow further in the coming years," he added.

Recalling earlier preparations, the Chief Minister said the marathon's logo, medal, merchandise and official website were unveiled in December last year, when registrations were also opened.

Inviting fitness enthusiasts to participate, he said the event aims to promote a healthy lifestyle while showcasing the scenic beauty of Jammu and Kashmir to visiting runners.

Later, Omar Abdullah flagged off a bike rally from the venue to promote the upcoming marathon.

Open Invitation.....

light-and-sound presentations to create an immersive experience for visitors. The public has been encouraged to share ideas and inputs through the official portal.

Emphasising the significance of the initiative, the Lieutenant Governor said the project is expected to give a major fillip to religious tourism and contribute to the region's economic growth. He added that special focus will be placed on promoting traditional handicrafts, including sculpture-making and artistic replicas inspired by the shrine and the broader Shakti tradition.

The museum will also feature dedicated spaces for artisans to showcase their skills, conduct live demonstrations, and promote indigenous art forms. The Lieutenant Governor said the project seeks to integrate scholarly research with innovative storytelling to appeal to both devotees and knowledge seekers, reflecting the Shrine Board's commitment to preserving cultural heritage while presenting it in a contemporary and globally relevant format.

Fuel Rush Grips.....

amid the rush. Officials reiterated that there is no scarcity of fuel in the Valley. Divisional Commissioner Kashmir, Anshul Garg, said adequate quantities of petroleum products and LPG are available and are being replenished regularly to ensure uninterrupted supply.

He urged the public to remain calm and not fall prey to rumours, warning that strict legal action would be taken against those spreading misinformation. District administrations across Kashmir also appealed to residents to avoid unnecessary rush at fuel stations to ensure smooth distribution.

Ram Navami.....

The Committee expressed gratitude to the administration, the Kashmiri Pandit community, members of the local Muslim community, and the media for their support in making the event possible.

The celebration was widely seen as a symbol of hope, communal harmony and cultural resurgence, with prayers offered for peace, love and unity across the Valley.

India Pushes.....

while calling for expansion into new potential areas.

Highlighting the need for innovation, the minister said India must create a conducive environment for startups and domestic companies to enter the mining sector, drawing parallels with the success of the country's biotechnology ecosystem. He emphasised targeted incentives, institutional support and handholding mechanisms to encourage new technologies in exploration and extraction.

Singh also underlined the importance of strengthening Notified Private Exploration Agencies to ensure long-term growth, alongside improving access to finance, advanced technology and faster project approvals. Delays linked to forest clearances and procedural bottlenecks, he noted, continue to affect timelines and require coordinated resolution.

Calling for greater local engagement, the minister suggested involving elected representatives in exploration areas to build awareness and facilitate smoother execution of projects.

He further stressed that reducing import dependence would require development of end-to-end domestic value chains, including processing and value addition. Efforts are underway to establish processing capabilities in states such as Maharashtra, Odisha, Andhra Pradesh, Tamil Nadu and Gujarat, aimed at positioning India more strongly in global mineral supply networks.

Singh said international collaboration would be pursued for access to advanced technologies, while maintaining focus on indigenous capabilities through institutions like the CSIR-Institute of Minerals and Materials Technology and the Department of Atomic Energy.

The meeting, co-chaired by Union Minister G. Kishan Reddy, reviewed NMET's ongoing

projects, funding mechanisms and efforts to enhance efficiency, as the government seeks to fast-track exploration and secure critical mineral resources vital for future economic growth.

CS reviews.....

infrastructure, and enhancing service delivery across the Union Territory.

A forward-looking and integrated strategy was deliberated upon to transform the healthcare landscape through technology infusion, institutional collaboration, capacity building, and robust public health systems.

Speaking on the occasion, Chief Secretary Atal Dulloo underscored the importance of continued collaboration with NITI Aayog for extension of institutional support and guidance in many of the Department's endeavours. He expressed satisfaction over the collaborative efforts that have already translated several initiatives into reality and observed that such partnerships are proving increasingly beneficial for Jammu & Kashmir.

The Chief Secretary also reviewed in detail the progress achieved across each of the key initiatives being implemented by the Health & Medical Education Department. He took a comprehensive appraisal from the Principals of various Government Medical Colleges regarding efforts to secure additional MBBS and post-graduate seats, emphasizing the need to further strengthen medical education capacity in the Union Territory.

He also undertook a thorough assessment of the advancements made in upgrading existing healthcare facilities and the introduction of new and specialized services across institutions. Stressing the importance of timely execution, he directed the concerned authorities to sustain the pace of progress, ensure optimal utilization of resources, and focus on expanding quality healthcare services to meet the growing needs of the population.

He stressed the need for strong inter-departmental coordination, continuous monitoring, and timely execution to ensure that these reforms result in tangible improvements in health outcomes for the people.

Highlighting the objectives of the meeting, Commissioner Secretary, Health & Medical Education, M. Raju outlined a series of major initiatives forming the core of the reform agenda. These initiatives, he terms, aims at ensuring accessible, affordable, and quality healthcare for all sections of society.

Elaborating on the reform strategy, the Commissioner Secretary stated that the UT is prioritizing expansion of MBBS and postgraduate medical education while fostering collaboration among premier institutions such as AIIMS, Sher-i-Kashmir Institute of Medical Sciences and Government Medical Colleges. He stated that the strategy envisages structured faculty exchange programmes, joint research initiatives, academic resource sharing, and establishment of virtual medical boards through formal institutional partnerships.

To address critical care gaps, the meeting was informed that Tele-ICU services will be implemented through a hub-and-spoke model anchored in Government Medical Colleges. The tendering process for the same has already been initiated following vetting by NITI Aayog. Tele-Radiology services are also being planned to facilitate timely diagnostics, specialist consultations, and second-opinion support across healthcare facilities.

The meeting further noted that three thematic working groups have been constituted to focus on service delivery, medical education, and integrated emergency and trauma systems. These groups will develop actionable frameworks aimed at strengthening healthcare systems across institutions in a coordinated manner.

In the area of food safety, it was informed that, in collaboration with the Food Safety and Standards Authority of India, a comprehensive strategy is being rolled out to strengthen enforcement mechanisms, particularly in view of the upcoming tourism season. This includes phased IEC campaigns, enhanced compliance and adjudication systems, and expansion of laboratory capacities.

A significant component of the reform agenda is the development of a comprehensive cancer care strategy in coordination with the Indian Council of Medical Research (ICMR). The framework includes establishment of a population-based cancer registry, development of molecular oncology centres in Government Medical Colleges, and rollout of research-driven prevention and management programmes.

The meeting also reviewed drug de-addiction and mental health initiatives under a community-based rehabilitation model titled "Circle of Care," aimed at addressing substance abuse at the grassroots level. Over 900 counsellors have already been trained, and a UT-wide survey is planned to assess the prevalence of substance use disorders.

Another key focus area is the development of liver transplant and advanced hepatology services in the UT in collaboration with the Institute of Liver and Biliary Sciences. This initiative includes capacity building and specialized training of multidisciplinary teams to establish high-end tertiary care services within Jammu & Kashmir.

The discussions also covered expansion of dental and preventive healthcare services, including deployment of mobile dental units, promotion of tele-dentistry, and capacity build-

ing in specialized disciplines such as pediatric and geriatric dentistry. Enhanced oral cancer screening initiatives are also part of the plan.

Further, detailed deliberations were held on strengthening healthcare infrastructure, manpower, and digital systems. The focus on augmenting human resources, upgrading food testing laboratories, and streamlining procurement and supply chains through digital platforms such as the Drug & Vaccine Distribution Management System (DVTMS) was emphasised upon. Additionally it was informed that Recruitment processes and budgetary support are being expedited to bridge existing gaps.

Reaffirming its commitment to building a patient-centric, technology-driven, and equitable healthcare system, the meeting emphasized that immediate priority will be given to operationalizing Tele-ICU and Tele-Radiology services across healthcare institutions. Simultaneously, efforts will continue to strengthen institutional partnerships, expand specialized care services particularly in oncology and transplant care and intensify public health outreach and awareness campaigns. Parallel reforms in food safety enforcement and regulatory mechanisms will also be accelerated to ensure improved public health outcomes across Jammu & Kashmir.

Dry March.....

south Kashmir districts bearing the brunt. Kulgam recorded just 22.4 mm

rainfall, an 86 percent deficit, while Shopian received 16.3 mm, registering an 83 percent shortfall. Budgam reported a 71 percent deficit, followed by Anantnag at 63 percent, while Pulwama and Srinagar each recorded a 46 percent deficiency.

Bandipore and Baramulla also remained in the deficit category with 41 percent and 38 percent shortfalls respectively, while Kupwara recorded a comparatively lower deficit of 37 percent. Ganderbal stood out as the only district to witness near-normal rainfall during the period.

In the Jammu Division, rainfall levels also remained below normal, with the division recording 71.12 mm precipitation against a normal of 131.34 mm, reflecting a deficit of 45.85 percent. While Poonch and Samba recorded near-normal rainfall, districts including Jammu, Kathua, Ramban and Udhampur continued to face deficient precipitation.

The prevailing dry conditions have raised concerns over their potential impact on agriculture, horticulture and water resources across the Union Territory.

Meanwhile, the weather office has forecast generally cloudy skies with intermittent light to moderate rain and snowfall over higher reaches from March 28 to 30. The forecast also indicates the possibility of thunderstorms, lightning and gusty winds reaching speeds of 40 to 50 kmph, with advisories issued for moderate snowfall in higher altitudes and inclement weather conditions, particularly during nighttime.

From Praised to Penalised! JDS Rallies Behind J&K Medical Staff Over Slashed Salary Allowance

■ AMIR IQBAL KHAN

BHADARWAH, MAR 26: The Janata Dal Secular (JDS) in Jammu and Kashmir has thrown its full weight behind the region's healthcare frontline workers strongly demanding the immediate restoration of their discontinued two and a half-day salary allowance.

Addressing the media in Bhadarwah, JDS J&K State President Mast Nath Yogi alongside Working President Ram Rattan Sharma and senior provincial leaders, urged the administration to resolve the simmering issue before it triggers a disruption in the Union Territory's crucial healthcare delivery system.

Highlighting the stark irony of the situation, Yogi pointed to the profound sacrifices made by medical personnel during the global pandemic.

"During the darkest and most desperate days of the COVID-19 crisis, these medical department employees rendered tireless, commendable service to the public. They took care of patients by risking their own lives and putting their families in jeopardy," Yogi said.

"Prime Minister Narendra Modi himself congratulated these workers for their bravery and relentless efforts. And today, they are being rewarded by having their hard-earned salary allowance deducted."

The JDS leader underscored the harsh ground realities facing the J&K Health Department which is already buckling under acute staff shortages. He noted that the strain is particularly severe in rural, remote and far-flung areas where medical employees are forced to deliver round-the-clock services under incredibly difficult circumstances.

Echoing these strong sentiments, JDS Working President Ram Rattan Sharma called upon the government to act without delay. He demanded the immediate and unconditional restoration of the two and a half-day allowance in favour of all entitled categories, stressing that no discrimination should be made among the healthcare workforce.

The leaders warned that continuing to ignore the demands of the Medical Employees Federation could demoralize the very workforce that forms the backbone of the region's public health infrastructure.

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J&K State Election Commission initiates Panchayat Electoral Roll Revision

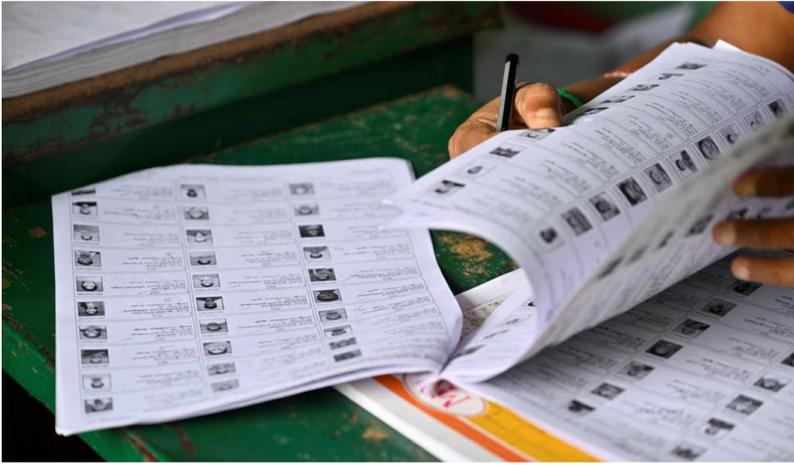
HT NEWS NETWORK

JAMMU, MAR 26: The State Election Commission, Jammu and Kashmir, has announced the annual revision of the Panchayat Electoral Roll, with April 1, 2026, as the qualifying date.

As per Sub Rule 4 of Rule 4 of the Jammu and Kashmir Panchayati Raj Rules, 1996, the electoral roll will be prepared in accordance with the provisions of the J&K Panchayati Raj Act 1989 and the procedure prescribed by the Election Authority.

A communique issued from the J&K State Election Commission stated that the revision process will be based on the last updated Electoral Roll and the names included in it will be taken as the basis for preparation.

The Electoral Registration Officers (EROs) will publish the last updated integrated electoral roll



in each Halqa Panchayat on March 27, 2026, with a notice in Form PER-1.

The draft Panchayat Electoral Roll-2026 will be open for revision from March 27, 2026, inviting

claims and objections regarding additions, deletions, corrections and transpositions from the eli-

gible voters. The period for filing claims and objections will be from March 27, 2026 to April 29, 2026.

To facilitate the process, special camps will be held at polling booth locations on 4, 5, 11, 12, 18, 19, 25 and 26 April, 2026, where the Panchayat Election Booth Officials and Assembly BLOs will remain available with the requisite forms and draft electoral rolls.

The eligible voters can contact the District Panchayat Election Officer (DPEO), Electoral Registration Officer (ERO), Assistant Electoral Registration Officer (AERO) and Panchayat Election Booth Official (PEBO) for assistance. Their details are available at the offices of the concerned DPEO and on the official website secjk.nic.in.

The document added that disposal of claims will be done by the ERO till May 8, 2026 while the publication of the final roll will be done on May 15, 2026.

Srinagar Gets Advanced ICP-MS Facility, Strengthening Water Quality Monitoring

REYAZ BADANA

SRINAGAR, MAR 26: Clean and safe drinking water is a fundamental necessity for every individual, and in line with this objective, a significant step forward was taken today with the formal inauguration of a state-of-the-art ICP-MS (Inductively Coupled Plasma Mass Spectrometry) machine at the PHE State Water Testing Laboratory in Srinagar.

The advanced facility has been installed by the Public Health Engineering (PHE) Department and



was inaugurated by the Chief Engineer. Senior officials from the Jal Shakti Department, including the Superintending Engineer Circle Srinagar-Ganderbal, the Executive Engineer PHE Srinagar, and other concerned officers, were present on the occasion.

Speaking to the media, Chief Chemist of the State Level Laboratory, Jan Masood, highlighted that the ICP-MS machine has the capability to detect trace levels of hazardous heavy metals such as arsenic, lead, and mercury in water, which can pose serious health risks.

Superintending Engineer Circle Srinagar-Ganderbal, Abrina Anjum, stated that the introduction of this advanced technology will make the water testing system more robust, faster, and reliable, thereby helping ensure the supply of clean and safe drinking water to the public.

Chief Engineer PHE, Rakesh Kumar Gupta, also addressed the media, stating that the new machine marks a significant milestone in strengthening the water quality monitoring system. He reaffirmed that the department remains fully committed to providing safe and quality drinking water and is taking all necessary measures in this regard.

However, an important question remains whether the results generated by this facility will be communicated to the public in a timely manner, and what concrete steps will be taken if contamination is detected.

While the initiative is undoubtedly a positive development, its true success will depend on transparency, consistent monitoring, and prioritizing public interest.

Teachers Forum Zone Wagoora Organises Grand Farewell Function

AASHIQ HUSSAIN

WAGOORA, MAR 26: Jammu and Kashmir Teachers Forum (JKTF) Zone Wagoora organised a grand and memorable farewell function at Community Hall Wagoora in honour of its Chief Patron Mr. Gh. Mohd Lone and Advisor Mr. Shahid Parvaz Beigh on their retirement from active service.

The event witnessed an overwhelming participation of officers from the Education Department, members of the teaching fraternity, and prominent civil society members, reflecting the deep respect and admiration for the retirees.

On the occasion, speakers paid rich tributes to the remarkable contributions of Mr. Gh. Mohd Lone and Mr. Shahid Parvaz Beigh, highlighting their dedication, professionalism, and invaluable service to the education sector and society at large. They lauded their role in strengthening the



teaching fraternity and wished them a healthy, prosperous, and fulfilling post-retirement life.

Among the distinguished personalities present were Director School Education Kashmir Mr. Naseer Ahmad Wani, Joint Director School Education North Kashmir Mr. Hakeem Tanvir, SDPO Kreeeri Mr. Aeshal Nisar, Deputy CEO Baramulla Mr. Iftikhar Bashir, Provincial President JKTF Mr. Javid Ahmad Bhat, District President Baramulla Mr. Peer Faizan, and Zonal President Wagoora Mr. Mohd Jaffar Rather, along with other leaders and delegates of the Teachers Forum.

The gathering concluded with appreciation for the services rendered by the retirees and reaffirmed the commitment of the Teachers Forum towards the welfare and dignity of the teaching fraternity.

CIK Conducts Raids Across 3 Districts In Kashmir, Busts LeT's Terror Recruitment Module

HT NEWS NETWORK

SRINAGAR, MAR 26: The counter intelligence wing of Jammu and Kashmir Police on Thursday carried out raids at multiple locations in the valley in connection with a UAPA case and cracked a transnational terror recruitment module operated by the banned Lashkar-e-Taiba (LeT) outfit, officials said.

The Counter Intelligence Kashmir (CIK) conducted extensive searches across three districts of Srinagar, Ganderbal, and Shopian, leading to the busting of the module operating in coordination with handlers from across the border and in connivance with a network based in Bangladesh, they said.

The searches were carried out at 10 locations in the Kashmir Valley in pursuance of search warrants issued by the court of special judge designated under the NIA Act, Srinagar, in connection with case FIR No. 01/2026 under various sections of the Unlawful Activities (Prevention) Act registered at CIK police station, the officials said.

During the course of the investigation, it has emerged that the module is being handled by a LeT terrorist, Shabir Ahmad Lone, they said.

Lone originally hails from Kangan area in Ganderbal district of central Kashmir, and operates under multiple aliases including Raju and Zafar Sadique, they added.

"The handler is highly radicalised

and trained, having undergone structured arms training ('Daura-e-Aam' and 'Daura-e-Khas') in Pakistan-occupied Kashmir," an official said.

In 'Daura-e-Aam', the cadres of the terror outfit are given basic training in small arms and grenade-throwing for 21 days which is followed by a three-month specialised training known as 'Daura-e-Khas' in which they are taught handling of AK rifles, light machine guns, rocket launchers, and making of improvised explosive devices.

Lone initially worked as an over-ground worker (OGW) for a terrorist outfit in the late 1990s before joining LeT in the early 2000s, the officials said. "He later infiltrated into India via the Bangladesh border and has remained actively involved in terror-related activities, including conspiracy in high-profile attacks. After facing legal proceedings in India in the past, he exfiltrated to Bangladesh, where he has since been operating and coordinating terrorist recruitment and network expansion," the official said.

The officials said the investigations have revealed that Lone is in close touch with senior leadership of proscribed terrorist organisations and has played a key role in reviving cross-border terror modules, including those recently unearthed in different parts of the country. "He is currently believed to be based in Bangladesh and continues to direct operations through a network of associates and over-ground workers, as such is most wanted terrorist oper-

ating from foreign land," they said.

According to the officials, the CIK had earlier arrested one of Lone's close associates Irfan Ahmad Wani — a 45-year-old individual from Heerpura area of Shopian in south Kashmir, who was working as a religious functionary at a local mosque.

"Preliminary investigation indicates that the accused (Wani) was in continuous contact with the handler and other terrorists based in Pakistan and Afghanistan through encrypted messaging platforms. He was actively engaged in facilitating recruitment, radicalisation, and logistical support at the local level," the official said.

The investigation has also revealed that the module was using encrypted communication platforms and other digital means to maintain secrecy and coordinate with handlers across borders, they said.

During the searches conducted on Thursday, incriminating materials including digital devices, SIM cards, mobile phones, laptops, and other documents having bearing on the investigation were recovered and seized, the officials said.

The ongoing investigation is aimed at dismantling the broader terror ecosystem by identifying and taking strict legal action against all individuals involved, including OGWs, facilitators, conduits, and sympathisers operating from within Jammu and Kashmir and from foreign soil, including Bangladesh, they said. (Agencies)

Vande Bharat Passenger Finds Live Worms In Packaged Curd; Vendor Fined, Contract Terminated

HT NEWS NETWORK

NEW DELHI, MAR 26: The Railways has terminated the contract of a vendor after a passenger found worms in a packaged curd served to him on the Patna-Tatanagar Vande Bharat Express and imposed a fine of Rs 50 lakh on the company.

The Railway Ministry has also imposed a fine of Rs 10 lakh on its own company, the Indian Railway Catering and Tourism Corporation (IRCTC), for not handling the matter properly.

On March 15, a group of seven passengers on board the Vande Bharat train were served packaged curd of a known brand along with dinner. Upon opening one of the packets, they found live worms and insects inside. The passenger, Ritesh Singh, immediately flagged the issue on his X handle, tagging the IRCTC, the Railway Minister and others.

In its incident-cum-action taken report, IRCTC found that



the curd packet was picked up from Patna, with a manufacturing date of March 9, 2026 and an expiry date of April 7, 2026.

The report stated that the officials apologised to the passengers and served them dry fruit mixtures and some sweet treats.

"We tried to explain the situation to them in every possible manner and requested them to

verify the matter at the spot. However, they refused to delete the tweet and expressed their intention that the video should go viral and trend," the report said. According to the report, the vendor, Krishna Enterprises, was fined Rs 25,000 and warned for negligence in food handling. The firm was also instructed to maintain a proper cold chain, be more

vigilant and adhere to food safety protocols.

Dissatisfied with the IRCTC's action, the Railway Ministry on Wednesday directed it to terminate the contract of Krishna Enterprises and enhance the fine from Rs 25,000 to Rs 50 lakh. The ministry has also imposed a fine of Rs 10 lakh on IRCTC.

"Considering the gravity of the

lapses, the competent authority has decided to impose a fine of Rs 10 lakh on IRCTC for such deficiency in services. Further, IRCTC is advised to ensure strict monitoring of onboard services so as to prevent any such incident in future," the Ministry said in its order.

"All concerned IRCTC supervisors must be directed to ensure that food quality, food safety and hygiene are their prime concerns," it added. The ministry also posted the matter on its X handle, stating, "The complaint regarding food quality raised by a passenger in train number 21896 (Patna-Tatanagar Vande Bharat Express) on 15 March, 2026 has been taken seriously."

"Action taken - IRCTC has been penalised Rs 10 lakh, the service provider has been penalised with Rs 50 lakh, and has been ordered to terminate the contract. Passenger safety and quality remain our top priority," the post read. (Agencies)

Div Com reviews preventive measures against bird hazard around Jammu Airport

■ HT NEWS NETWORK

JAMMU, MARCH 26: Divisional Commissioner Jammu, Ramesh Kumar chaired a meeting to review and discuss the measures taken to prevent bird hazards in the vicinity of Jammu Airport.

The meeting was attended by Air Officer Commanding, JK & L, AOC Air Force Station Jammu, Director Urban Local Bodies Jammu, Deputy Commissioner Jammu, Commissioner JMC, Member Secretary, J&K Pollution Control Board, Jammu, Director Airport Jammu, SP South and other concerned officers.

The meeting discussed different issues that become the cause of gathering of birds around the Airport, including dumping of garbage and dead animals.

The Divisional Commissioner directed the Deputy Commissioner



Jammu to issue orders prohibiting open garbage dumping and disposal of dead animals and carcasses

which attract bird activity near the Airport. He also emphasized on preventing unauthorized construction of buildings, besides fencing of bridges over Landoi nallah near Jammu Airport to thwart throwing of garbage in it.

The discussion also focused on preventing unauthorized construction of buildings, besides fencing of bridges over Landoi nallah near Jammu Airport to thwart throwing of garbage in it.

The Divisional Commissioner also sought the Action Taken report on the implementation of decisions taken in the previous meeting for thwarting the gathering of birds in the surrounding area of the Airport.

It was informed that Door to Door collections of garbage is being ensured by the Cannt Board and JMC, besides making sure that there were no active garbage landfills near the Jammu Airport.

Doda: Inclusive Education Unit organizes sports event, exposure tour for CWSN students

■ HT NEWS NETWORK

DODA, MARCH 26: The Inclusive Education Unit Doda, in collaboration with Samagra Shiksha Abhiyan, organized a district-level sports event and Exposure visit for Children with Special Needs (CWSN).

The programme witnessed enthusiastic participation from over 121 individuals including nearly 100 CWSN students drawn from Bhalessa, Thathri, Bhagwah, Bhalla, Bhaderwah and Ghat zones.

The students were also taken on an exposure tour to the scenic and historically significant Khellani Top in Zone Bhalla.



The students participated in a range of sports activities designed to promote inclusivity, enhance self-confidence and improve physical well-being. The event provided a supportive platform for students to showcase their abilities and talent.

To ensure comfort and encouragement, the participating students were provided with transport facility, refreshments, lunch and caps, which significantly boosted their morale and overall experience.

The programme was conducted under the close supervision of the Chief Education Officer Bhushan Kumar Pathak. He appreciated the dedicated efforts of the organizers of the event, including Principal GHSS Berarru, Anjeel Kumar Thakur, Abdul Latief, Senior Lecturer, GHSS Dradhu, Zonal Coordinators of Inclusive Education unit and Special Educators.

The exposure tour to Khellani Top added a joyful and enriching dimension to the programme, offering students an opportunity to explore nature, interact socially and learn beyond the classroom environment.

The programme concluded on a successful note, leaving behind cherished memories for the participants and reinforcing the importance of inclusive initiatives in the education sector.

DC Rajouri reviews digitization of backlog mutations, grievances redressal; sets timeline for disposal

■ HT NEWS NETWORK

RAJOURI, MARCH 26: Deputy Commissioner Rajouri, Abhishek Sharma chaired a meeting to review the status of grievances collection and correction of errors identified during Digitised Jamabandi Reading Camps including quasi-judicial and non-quasi-judicial instances, besides taking stock of digitization of backlog mutations across the district.

The Deputy Commissioner directed the revenue officers to identify all categories of backlog mutations and set village-wise targets for their disposal. He emphasized strict adherence to prescribed guidelines while processing such cases and instructed that the entire exercise be completed within a stipulated time-frame.



The DC stressed the importance of time-bound completion of all pending tasks and called for expediting the correction of errors in Jamabandi records collected during the camps.

He further directed officers to ensure prompt and effective redressal of grievances to provide timely relief to the public.

Reviewing the status of registrations on the JK Samadhan portal, the Deputy Commissioner instructed officers to enhance registration of grievances and ensure their speedy disposal through the platform.

ADC Kotranka Dilmir Choudhary, ADC Chandr Prakash; ACR Mohammad Jahangir Khan; SDM Thanamandi Abid Hussain along with Tehsildars, Naib Tehsildars, Girdawars and Patwaris attended the meeting.

JKACL, NZCC host Lok Rang Utsav 2026 at Doda

DC pitches for projecting local artists on National-Level

■ HT NEWS NETWORK

DODA, MARCH 26: The Jammu and Kashmir Academy of Art, Culture and Languages (JKACL) in collaboration with the North Zone Cultural Centre (NZCC), Patiala, organized a National Cultural-cum-Music Programme titled "Lok Rang Utsav 2026" at Doda, today.

The vibrant programme showcased the rich cultural diversity of the country through captivating folk performances. Artists from Madhya Pradesh, Haryana, Punjab, Rajasthan and Gujarat enthralled the audience with colourful presentations, while a local troupe added a unique regional flavour to the event.

Deputy Commissioner Krishan Lal graced the occasion as the Chief Guest. Addressing the gathering, he expressed gratitude to the Cultural Academy for organising the programme in Doda and appreciated the participating artists for their impressive performances. "Culture represents a confluence of



the past and the future and there is a need for collective efforts to preserve and promote the nation's rich cultural heritage," he remarked.

Referring to the vision of "Ek Bharat Shreshtha Bharat," he highlighted the importance of such events in fostering national unity and cultural integration. The Deputy Commissioner lauded the performers for their energetic presentations and stressed that local artists should be provided opportunities to showcase their talent at national-level platforms. He added that Doda, being a mountainous district, possesses a rich cultural legacy and such initiatives play a crucial role in nurturing and

promoting local talent.

Additional District Development Commissioner, Roshan Lal; Additional Deputy Commissioner Anil Thakur; Additional Secretary, JKACL, Lal Chand; Assistant Director, NZCC Patiala, Ravinder Sharma and Chief Editor, Sheeraza Punjabi, Popinder Singh Paras, large number of art lovers, locals, besides students and teachers of different educational institutions were also present on the occasion.

Addressing the gathering, the Additional Secretary described Lok Rang Utsav as a celebration of India's living traditions and collective identity, emphasizing its role in promoting cultural exchange and unity across regions.

The programme was conducted by Sanjiv Shaaad, who kept the audience engaged throughout. Publications of the Academy were also displayed during the event.

The vote of thanks was presented by Editor Punjabi, Popinder Singh Paras.

Ram Navami celebrated with devotional Zeal in District Kishtwar

■ HT NEWS NETWORK

KISHTWAR, MARCH 26: The Ram Navami was celebrated today with profound religious fervour, enthusiasm and in a serene and peaceful atmosphere across District Kishtwar.

Ram Navami is a significant Hindu festival celebrated on the ninth day (Navami) of the bright fortnight (Shukla Paksha) in the month of Chaitra, marking the birth of Lord Rama, an incarnation of Lord Vishnu.

Thousands of devotees thronged the historic Gauri Shankar Temple at Sarkoot, from where the grand religious procession (Jhanki) commenced and proceeded towards Ram Mandir Kishtwar. Local temples also witnessed



a significant influx of devotees, who offered prayers for peace, progress and prosperity of District Kishtwar as well as the Union Territory.

Elaborate arrangements, encompassing security and essential services, were meticulously put in place by the civil and police administration to ensure smooth, safe and orderly celebrations of the Ram Navami festival across the district including at subdivision and tehsil levels.

Local Member of Legislative Assembly (MLA) Shagun Parihar; Deputy Commissioner Pankaj Kumar Sharma and SSP Naresh Singh also joined the devotees at the Gauri Shankar Temple, Sarkoot, where the main celebrations were held. They also accompanied the

religious procession and actively monitored and supervised the security and overall arrangements.

ADC Pawan Kotwal; Dy. SP Headquarters, Dr. Ishan Gupta along with other officers from the civil and police administration were also present on the occasion.

The MLA, DC and SSP, extended Ram Navami greetings to the people and prayed for peace, tranquility, integrity, communal harmony and brotherhood in the district and across the Union Territory.

They also appealed to the public to uphold the values of unity, peace, communal harmony and brotherhood, urging all sections of society to work collectively for sustained harmony across the district and the Union Territory.

Kathua Admin expands sports outreach in rural belts under Nasha Mukh Abhiyan

■ HT NEWS NETWORK

KATHUA, MARCH 26: With a focused approach to engage youth in constructive activities and strengthen sports culture at the grassroots level, District Administration Kathua, in collaboration with the Social Welfare Department, today organised volleyball matches across all 19 blocks of the district under the Nasha Mukh Bharat Abhiyan.

The initiative, held on the direction of Deputy Commissioner, Rajesh Sharma, is aimed at reaching youth in rural and far-flung areas where access to structured recreational avenues often remains limited. By taking sports activities to village-level institutions and panchayat areas, the administration seeks to provide a positive platform for youth engagement and deter them from falling prey to substance



abuse.

Implemented by the Department of Youth Services and Sports Kathua under the supervision of District Youth Services and Sports Officer,

Sunil Singh Sambyal, the matches witnessed enthusiastic participation of youth across all blocks.

The DC Rajesh Sharma said that the administration is adopting a

community-driven approach by involving local institutions and youth at the block level, ensuring sustained participation and ownership of such initiatives to build a healthier and more aware society. "The initiative is part of our continuous efforts to promote a drug-free lifestyle by integrating sports into daily life, especially in rural landscapes where such interventions can have a transformative community impact", he added. Over 500 youth participated in the matches and also took the Nasha Mukh pledge.

All Zonal Physical Education Officers ensured smooth conduct of the events in their respective jurisdictions.

Earlier, sports infrastructure including volleyball poles, nets and volleyballs had been distributed across all 19 blocks to facilitate sustained sporting activities under the campaign.

JKBOSE EXHORTS ASPIRANTS TO PRIORITISE JEE EXAMINATION

■ HT NEWS NETWORK

JAMMU, MARCH 26: The Jammu and Kashmir Board of School Education (JKBOSE) has advised the concerned 12th class students to write JEE examination instead of attending practical examination in case there is a clash in the notified practical examination schedule issued by the BOSE.

In a notification, issued here the other day, the affected 12th class candidates have been advised to skip practical examination of the Board and prioritise participation in the JEE examination in case of a clash.

Relevantly, the Joint Entrance Examination (JEE) Mains is scheduled from April 2 to 9, 2026, which may entail clash with notified Board practical examinations for some candidates of class 12th.

The candidates facing clash have been, however, advised to duly intimate the BOARD by way of email on jsexamsjd.jkbose@jk.gov.in on or before April 10, 2026, enabling the authorities to issue revised practical date sheet for the affected candidates.

The candidates can send their detailed



particulars like name of the candidate, examination roll number, name of allotted examination center, subject affected, date of practical examination, etc.

The Board, while wishing success to the aspiring JEE candidates, has reiterated its resolve to facilitate such candidates in every possible way.

As per the notification, the practical examination of the affected candidates would be rescheduled and notified separately after the conclusion of the JEE examination.

DC Bandipora chairs meeting with Stakeholders

Issues Advisory on rumours of fuel and LPG shortage

HT NEWS NETWORK

BANDIPORA, MARCH 26: Deputy Commissioner Bandipora, Indu Kanwal Chib, along with SSP Bandipora, Aijaz Ahmad Zargar, today chaired a meeting with all concerned stakeholders to review the availability of essential commodities and services in the district.

During the meeting, the Deputy Commissioner urged residents not to pay heed to rumours circulating on social media regarding shortages of essential commodities, particularly petrol, diesel, and LPG.

The district administration clarified that there is no shortage of essential supplies in the district. Adequate stocks of fuel and cooking gas are available at all authorised outlets, ensuring uninterrupted services for the public.

In a follow-up media briefing, the Deputy Commissioner



emphasized that misinformation can lead to unnecessary panic and disrupt normal supply mechanisms. Citizens were strongly advised to avoid panic buying and rely only on verified information disseminated through official government channels.

She further appealed to the public to remain calm and vigilant against unverified information, and urged residents to strictly follow official advisories and not pay heed to rumours.

The administration informed that all essential commodities and services are being closely monitored through designated control rooms manned by senior officers and officials from concerned departments. Supply chains are functioning smoothly and there is no cause for concern.

Authorities also warned that spreading false information or rumours may invite legal action.

The public has been urged to act responsibly and cooperate with the administration in maintaining peace and normalcy in the district.

The meeting was attended by Assistant Director FCS&CA, Naseer Ahmad Baba (JKAS), LPG and fuel dealers, and representatives from other concerned departments.

Meanwhile, the Deputy Commissioner also visited various petrol pumps and LPG distribution centres across the district to review the on-ground availability of essential commodities. She interacted with dealers and the public, and was informed that adequate stocks of petrol, diesel and LPG are available at all outlets.

The DC directed officials and dealers to ensure uninterrupted supply and adhere to prescribed norms and rates, while urging the public not to pay heed to rumours and rely only on official information.

DC Kulgam visits Manzgam; Reviews Healthcare and Education facilities

HT NEWS NETWORK

KULGAM, MARCH 26: Deputy Commissioner (DC) Kulgam, Shahzad Alam, today visited the Manzgam area to inspect key public institutions and review the status of healthcare and education facilities.

During the visit, the Deputy Commissioner inspected Primary Health Centre (PHC) Manzgam and took stock of the patient care services available at the facility.



He interacted with doctors, paramedical staff, and patients, and reviewed the availability of medicines, medical equipment, and other essential healthcare services. The DC emphasized the need to ensure quality healthcare delivery and directed the staff to maintain proper patient care and hygiene standards.

Later, he visited Higher Secondary School Manzgam, where he reviewed the academic environment and infrastructural facilities.

He stressed the importance of maintaining a conducive learning atmosphere for students and ensuring a supportive academic environment.

Alam also conducted on site visit to review the ground facilities of Water Supply Scheme, Common Raw water Main for various WSS of Manzgam being executed under the Jal Jeevan Mission (JJM).

During the inspection, the DC emphasized the need for early completion of the scheme and directed that all remaining households be connected at the earliest to ensure 100% coverage of Functional Household Tap Connections (FHTCs).

It was informed that the raw water supply system has been completed and commissioned successfully.

The allied infrastructure, including pipe crossing at Kadlbal, anchor blocks, intake channel, and break pressure structures, has also been executed and made operational.

Accompanying the DC were Joint Director Planning, Malik Suhail and other officers.

Ram Navami celebrated with Religious Fervour in Anantnag

DC attends celebrations

HT NEWS NETWORK

ANANTNAG, MARCH 26: The auspicious festival of Ram Navami was celebrated today with great enthusiasm and religious fervour at the historic Nagdandi Ashram in Achabal, Raghunath Mandir, Sherbagh, and other places of district Anantnag.

A large number of devotees from the Kashmiri Pandit community gathered at both venues to offer prayers and perform traditional rituals to mark the sacred occasion.



Meanwhile, Deputy Commissioner (DC) Bilal Mohiud Din Bhat visited Nagdandi Ashram, Achabal and Raghunath Mandir, Sherbagh and extended warm greetings to the Kashmiri Pandit community. He was accompanied by ADC and other senior officers from administration and the line departments.

During the visit, Dr. Bilal attended the celebrations and ceremoniously participated in the rituals alongside the devotees. Interacting with them, the DC stated that Nagdandi Achabal and Raghunath Mandir Sherbagh have long stood as symbols of brotherhood and communal harmony, defining the region's shared heritage.

He appreciated the spirit of unity among the people and urged everyone to continue preserving the rich cultural and religious heritage of the area.

On the occasion, the DC also reviewed the arrangements at both venues and impressed upon the concerned departments to ensure all necessary facilities are provided to the devotees in a smooth and uninterrupted manner.

The devotees expressed gratitude to the district administration for extending proper support during the holy days.

District Administration Shopian reviews supply of Fuel & LPG stock in district

HT NEWS NETWORK

SHOPIAN, MARCH 26: A meeting under the chairmanship of the Additional Deputy Commissioner, Shopian, Dr Zakir Hussain Faaz, was convened today at the Mini Secretariat, to review the availability and distribution of essential commodities, particularly petrol, diesel, and LPG, in the district.

The meeting was attended by all petrol pump owners and LPG (gas) agency holders of the district, along with concerned officers.

During the meeting, the ADC sought detailed inputs from all petrol pump and gas agency owners regarding current stock positions, supply mechanisms, and on-ground challenges.

The ADC emphasized the seriousness of the issue in view of public concern and the need to maintain uninterrupted supply. It was informed that sufficient stocks of petrol, diesel, and LPG are available in the district, and there is no shortage of essential fuel supplies.

To ensure transparency and prevent any malpractice, strict monitoring



mechanisms have been put in place.

The ADC directed all stakeholders to remain vigilant and ensure fair and smooth distribution.

Petrol pump owners were strictly instructed to adhere to all government guidelines while dispensing fuel. They were also directed to ensure proper traffic and crowd management at fuel stations so that the general public does not face inconvenience.

During the interaction, petrol pump and LPG agency owners also highlighted

certain operational issues being faced during distribution.

The ADC assured that all genuine concerns will be addressed on a priority basis to facilitate smooth functioning.

The meeting was attended by Assistant Commissioner Revenue Shopian, Shakoor Ahmad Dar, DySP Headquarters, Imtiyaz Ahmad Mir, DIO, All Tehsildars, Assistant Director, FCS & CA, Shopian, TSOs, Assistant Controller, Legal Metrology, Assistant Controller Drugs, Shopian.

DC Anantnag reviews availability of Fuel, LPG in district

Directs Petrol Pump Operators, Gas Agencies to ensure seamless supply

HT NEWS NETWORK

ANANTNAG, MARCH 26: Amid rumors of fuel and LPG shortage, the Deputy Commissioner (DC), Anantnag Dr. Bilal Mohiud Din Bhat convened a high-level meeting today with Petrol Pump owners and operators of IOCL, BPCL and HPCL besides representatives of various LPG agencies of the district, at Dak Bungalow, Khanabal.

The meeting, attended by the ADC, AD FCS&CA, and other senior officials, was aimed at assessing the current stock levels and ensuring the uninterrupted distribution of essential commodities.

The meeting was informed there is adequate stock of petrol, diesel, and LPG within the



district and all supply lines remain fully functional and stable.

Explicit directions were issued to all operators to prevent any instances of hoarding or illegal profiteering and any agency found violating these norms would face legal action.

Operators were instructed to strictly comply with administrative guidelines and standard operating procedures (SOPs) to maintain the supply chain.

The representatives from LPG agencies and petrol pumps assured the DC of their full cooperation in maintaining a steady supply for the public.

Addressing the public's concerns, the DC appealed to citizens to avoid panic buying and refrain from hoarding fuel, which

can potentially lead to uncomfortable situation for other consumers.

"There is no shortage of fuel or gas in the district so the public should not pay any heed to baseless rumors.

We are monitoring the situation closely, and the supply position is comfortable," the DC stated.

Meanwhile, the district administration has taken a serious note of misinformation being spread on social media.

The authorities warned that rumor mongers and fake news peddlers attempting to create artificial scarcity will be dealt with under the law.

Residents are advised to rely solely on official communications and follow advisories issued by the district administration.

DC Ramban monitors road clearance operations on NH-44

Traffic movement restored

HT NEWS NETWORK

RAMBAN, MARCH 26: Deputy Commissioner Ramban, Mohammad Alyas Khan on Thursday monitored road clearance operations immediately after a massive landslide struck NH-44 between Karol and Chanderkote.

SSP Traffic, Raja Adil Hameed and other officers were present on the occasion. The Deputy Commissioner supervised the operation and directed the concerned agencies to ensure coordinated and timely action. Acting swiftly, men and machinery of the National Highways Authority of India (NHAI) were pressed into service to clear the debris and restore traffic movement.

Owing to the prompt response of the Deputy Commissioner and the



active involvement of all stakeholders, traffic movement was successfully restored on both sides of the highway within a short span of time. Meanwhile, maintenance and stabilization work is being carried out continuously to ensure the safety and durability of the road stretch. The Deputy Commissioner emphasized the need for constant monitoring of vulnerable points along the highway and instructed officials to remain on high alert. He also appreciated the efforts of field teams,

Traffic Police, District Police and NHAI personnel for their swift and dedicated response.

The District Administration has advised drivers and commuters to exercise caution while traveling on the affected stretch and to strictly follow traffic advisories issued by the authorities. People have also been urged to avoid unnecessary travel as there are shooting stones intermittently and cooperate with the administration in ensuring public safety.

ACD conducts field inspection in Block Inderwal; reviews office functioning at Block Office Mughalmaidan

HT NEWS NETWORK

KISHTWAR, MARCH 26: Under the directions of Deputy Commissioner Pankaj Kumar Sharma, Assistant Commissioner Development (ACD) Manoj Kumar today conducted an extensive field visit of Block Inderwal along with local BDO Zahid Rashid and other field functionaries.

The ACD inspected a number of developmental works being executed under various schemes and also interacted with job card holders to assess the status of works and implementation on ground.

He emphasized the creation of durable and quality assets for effective community usage and advised the public to properly maintain the assets for their long-term sustainability.



Later, the ACD visited the BDO Office Mughalmaidan and inspected the functioning of the office. He stressed on punctuality, smooth and regular functioning and proper sanitation in and around the office premises.

He also reviewed the progress of

the construction of the additional storey on BDO Office building and directed the concerned Jr. Engineer as well as BDO to ensure its immediate completion.

The ACD was accompanied by Mohammad Ashraf Wani, AD Planning along with other concerned officials.

HT EDITORIAL

Responsibility holds key for stopping accidents across J&K

Accidents continue to claim lives of people across the country and day in and day out there are reports of accidents in different parts of the country. Jammu & Kashmir is no exception in this regard and on an average 3-4 accidents take place in the union territory on a daily basis. In such accidents casualties take place and there are injuries to many others.

Many factors contribute to such accidents and despite regressive measures hardly any difference is made. The traffic police department carry out various programmes from time to time so as to sensitize the people about the consequences of rash and reckless driving. Such programmes are very important but at the same time it is imperative that such programmes are complimented by a responsible approach by the common masses. People need to play their role to perfection so that they become responsible citizens of the society.

In most of the cases it has been observed that parents tend to give minor children their vehicles to drive. In majority of the cases the minors flout the rules and resort to rash and reckless driving. At the end of the day, they not only lose their lives but there are fatal casualties to others as well. The law enforcing agencies need to be stricter in this regard and it must be ensured that nobody takes the law for a ride.

Even though punitive measures have been initiated by the traffic police department, more stringent action needs to be done. Some years back an order was issued by the administration of the different districts that fuel would be given to only those two wheeler drivers who are wearing a helmet. The order was followed religiously for some time but the same got fizzled out with the passage of time. As on date no such restriction is applied while fuel is being given to a two wheeler driver.

Some time back yet another order was issued according to which both the two wheeler driver as well as the pillion are supposed to wear a helmet. This order too was followed for some months and with the passage of time the implementation in this regard was not as stringent as it should have been. One can find hardly few cases of pillion riding a two wheeler wearing a helmet with most of such people giving a miss to the same. This needs to be stopped at the earliest.

Chief Patron Of Lubaab Publications Group:
Syed Sad Ud Din Bukhari (Saidi),
Printer Publisher, Owner And Editor:
Syed Jahangir Bukhari,
Printed At: Lubaab Publications, Radio
Colony Gund Hassibhat Lawaipora
Srinagar -190017,
Gen. Manager: Sheikh Mushtaq Ahmad
Cell No - 9697071471,
Editorial Section: 7006846797,
Multimedia Section: 9419008414,
Advertisement Section: 9697071471
RNI No: Jkeng/2011/39231
dailyheadlinestoday@gmail.com
headlinestoday2024@gmail.com

Fuel Shortage Rumours Cost Precious Hours in Medical Emergency

Unverified shortage claim sparks panic, delay critically ill patient's hospitalisation



USUF MIR

What began as a routine evening quickly spiralled into a life-threatening ordeal after a rumour of a petrol shortage triggered panic and delayed urgent medical care for a critically ill man.

Sahil was preparing to rush his ailing brother to a hospital nearly 100 kilometers away when he received a call warning of an alleged fuel shortage across the area. The message spread rapidly, creating an atmosphere of fear and confusion. For Sahil, the claim was not just unsettling—it threatened to halt a critical journey.

With his vehicle already low on fuel, Sahil scrambled to verify the information. However, every call he made returned the same response: petrol was unavailable. The repetition of the unverified claim deepened the uncertainty, leaving him hesitant and immobilised at a crucial moment.

As the night wore on, his brother's condition continued to worsen. Fam-



ily members gathered in distress, but no clear decision was taken. In the haze of panic, even viable alternatives—such as arranging an ambulance—were overlooked. The family remained trapped in indecision, guided more by rumour than reality.

It was only at daybreak that Sahil decided to act on his own judgment rather than hearsay. He rushed to the

nearest petrol pump, where he was met with a starkly different situation. There was no shortage. Fuel supplies were sufficient, and fresh stock was arriving as usual.

The realisation, however, came at a cost.

Though Sahil eventually managed to take his brother to the hospital, the delay had already consumed valuable

time in what was a critical medical emergency.

The incident lays bare the dangerous consequences of misinformation, particularly in high-stakes situations. In an era where information travels instantly, unverified claims can spread just as quickly—often with far-reaching and harmful effects.

For Sahil, the experience.

WORLD THEATRE DAY

THEATRE: A Mirror to Society, Not Just Entertainment



GULFAM BARJI

Every year World Theatre Day is observed as more than a ceremonial occasion—it is a reminder of the transformative power of theatre. It is not merely a form of staged entertainment but a profound medium of expression, resistance, and education. Theatre gives voice to the voiceless, challenges injustice, and reflects the realities of society with unmatched immediacy.

Theatre has always stood as a mirror to the human condition. It exposes truths that are often ignored, illuminates darkness with insight, and provokes thought where silence prevails. Throughout history, whenever societies have been engulfed in (oppression) or injustice, artists have taken to the stage to raise their voices. From the tragic dramas of ancient Greece to Shakespearean masterpieces and modern experimental theatre, this art form has consistently documented human emotions, social conflicts, and cultural values.

Far from being just a source of amusement, theatre serves as a powerful educational and social tool. It not only entertains but also inspires critical thinking and awareness. Through compelling narratives, dialogues, and performances, it engages audiences directly, urging them to confront uncomfortable truths about their surroundings.

However, in today's fast-paced digital age, theatre faces an alarming decline, particularly among the younger generation. The rise of social media, digital streaming platforms, and changing cultural preferences has significantly reduced public engagement with live performances. This shift poses a serious challenge to the survival of theatre as a vibrant cultural institution.

Ironically, the need for theatre is greater today than ever before. Modern societies are grappling with complex challenges—social inequality, political instability, cultural erosion, and moral ambiguity. In such times, theatre emerges as a vital platform for dialogue and reflection. It not only highlights societal issues but also encourages audiences to question, analyze, and seek solutions.

The impact of theatre is deeply emotional and immediate. A powerful performance can shake the conscience of its viewers, compelling them to rethink their perspectives. Themes such as corruption, social injustice, gender-based violence, drug abuse, and environmental degradation can be effectively portrayed on stage, making them accessible and relatable to the public.

Equally important is theatre's role in youth development. It nurtures creativity, builds confidence, and instills essential life skills such as teamwork, discipline, and leadership. In societies where young people are increasingly vulnerable to (aimlessness),



Far from being just a source of amusement, theatre serves as a powerful educational and social tool. It not only entertains but also inspires critical thinking and awareness. Through compelling narratives, dialogues, and performances, it engages audiences directly, urging them to confront uncomfortable truths about their surroundings

substance abuse, and negative influences, theatre provides a constructive and meaningful outlet for expression.

From a cultural perspective, theatre is indispensable. It preserves languages, traditions, folklore, and collective memory. Every performance carries the essence of a community's identity, connecting past generations with the present and future. In regions like Kashmir, known for its rich cultural heritage, theatre has historically played a significant role in sustaining artistic traditions.

Yet, the story of theatre in Kashmir is one of both richness and resilience. The socio-political turmoil that began in the 1990s had a devastating impact

on artistic expression. Theatre, once a thriving cultural activity, was pushed into silence. Performance spaces were shut down, artists faced threats, and many were forced into exile. Cultural institutions collapsed, and creative expression was stifled under fear and uncertainty.

Despite these hardships, a few dedicated artists continued their work in secrecy and small gatherings, determined to keep the spirit of theatre alive. Their efforts ensured that this vital art form did not disappear entirely.

Since the early 2000s, there have been gradual attempts to revive theatre in Kashmir. Cultural organizations and artists have worked to reintroduce stage performances, yet significant challenges remain. Limited infrastructure, lack of institutional support, and declining public interest continue to hinder its full resurgence.

One of the most pressing concerns today is the disengagement of youth from theatre. Decades of instability, combined with the overwhelming influence of digital entertainment, have distanced younger generations from their cultural roots. Reviving theatre requires a conscious effort to make it relevant and accessible to them.

Integrating traditional themes with modern storytelling techniques could be a key strategy. Educational institutions must play an active role by organizing theatre workshops, seminars, and training programs. Street theatre performances in public spaces can also help reconnect communities with this powerful medium.

Ultimately, theatre is not just an art form—it is a responsibility. It is a mirror in which societies can see themselves, recognize their flaws, and strive for a better future. On this World Theatre Day, it is imperative that we reaffirm our commitment to preserving and promoting theatre, not merely as entertainment but as a force for awareness, empathy, and social change.

Let us ensure that theatre continues to speak, to question, and to inspire.

The author from Harwan Srinagar



BOOK REVIEW



MOHAMMAD
ARFAT WANI

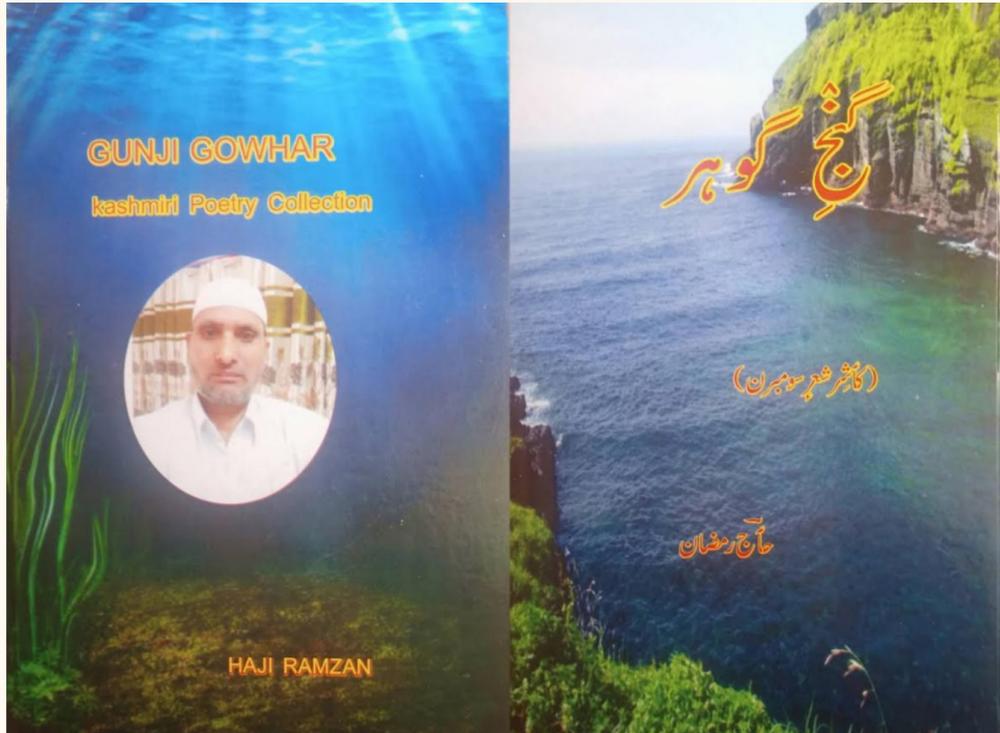
The author is a writer, social activist, and nursing student from Kuchmulla, Tral. He writes on social issues, culture, and public concerns with the aim of raising awareness and inspiring positive change. Email: wania6817@gmail.com)

A Critical Review of Ganj-e-Gohar, a Collection of Poetry by Haji Mohd Ramzan Rather

The history of Kashmiri literature dates back to the past few centuries, maintaining the consciousness, emotions, and cultural essence of the Valley in its truest form. The books penned in the Kashmiri language are not merely a compilation of words, but a reflection of human life, love, spiritualism, and ethical values in the truest form. The creations of the Kashmiri writers and poets reflect the essence of the region's culture and language, while reaching the depths of the human heart and soul. Every book of this genre is a reflection of life, a spiritual experience for the reader, asking him to pause, think, and feel the essence of the book.

In this great tradition of learning and literature, Haji Mohammad Ramzan Rather, known by the popular name of Haji Ramzan, has made significant contributions to the field of Kashmiri literature. He hails from Tehsil Srigufwara in District Anantnag. This region has been known for its great learning and literary traditions. His life has been dedicated to the creation of poetry to preserve the special sweetness and dialect of the Kashmiri language. Even for those who are not familiar with Kashmiri literature in great depth, the sincerity and spirituality in the poetry of Haji Ramzan can be very touching. My uncle, the former Secretary of Jammu and Kashmir Syed Farooq Shah Bukhari, has also made significant contributions to the enrichment of the Kashmiri language. His book titled "Hayatiyat" has been included in the curriculum for classes 7th, 8th, and 12th grades.

Haji Ramzan's book "Ganj-e-Gohar" is a precious collection of poetry where every word is infused with love for culture and language. The name "Ganj-e-Gohar" itself means "a treasure of rare gems," and that is exactly what is reflected in every poem and every word written in this beautiful book. Haji Ramzan has managed to create a masterpiece that represents the perfect fusion of language, literature, and spirituality through his harmonization of classical



and modern elements of Kashmiri literature.

The artistic value of this poetry is exceptional. Haji Ramzan has presented complex and philosophical ideas in simple and lucid language that is captivating for every reader. His poetry is infused with profound knowledge and insight into Kashmiri society and culture, contemporary issues and problems, and human relationships. Each poem is an experience in itself, and every word is a spiritual lesson that emphasizes the need for human welfare and moral values.

The book has 240 pages and was published in 2021. The limited edition of this

book contains 300 copies, and this is what makes this book an extraordinary and rare piece of literature. The book can be procured either by contacting the poet at his personal address or through the Murad Adabi Sangam, Head Office, Bijbehara, Anantnag. The financial assistance provided by the relevant institutions also speaks of the poet's caliber and the importance of this book.

The collection is divided into six major sections that reflect the poet's spiritual and intellectual journey. The first section provides an introduction to the poet's spiritual and poetic journey, enriched with comments from scholars. The second

section contains Naat poetry that celebrates and praises Prophet Muhammad Peace Be Upon Him. The third section contains thirty-eight Sufi poetry compositions that discuss themes such as the impermanence of the world, repentance, forgiveness, and God's love. The fourth section contains Manqabat poetry that celebrates and praises great personalities such as Rashidun Caliphs, Imam Hussain Radi Allahu Anhu, and other great personalities. The fifth section contains fifteen Ghazals that have been selected for this collection. The sixth section contains prayers and poetry that discuss and promote the virtues

of Ramadan and Laylat al-Qadr.

In terms of themes, the collection is significant in that it encompasses a wide range of subjects. Haji Ramzan writes about spirituality, emotions of humans, inequality among people, and beauty in nature in a highly skillful manner. His Naats are full of love for the Prophet Peace Be Upon Him. His Manqabats portray great respect for great personalities. His Ghazals portray the complexities of love and pain in humans. This collection not only provides great pleasure to the reader but also provides great spiritual and moral values to him.

The style of Haji Ramzan is highly captivating and smooth. He writes in such a manner that anyone can understand the meaning of complex ideas in a highly effortless manner. His words have a rare magic that can touch the heart and make one think about life and its values. His writings portray the Kashmiri society and its feelings in a highly insightful and sensitive manner.

In my opinion, Ganj-e-Gohar is an outstanding work of literature. The dedication, sincerity, and passion with which Haji Ramzan expresses himself in his own mother tongue are really praiseworthy. The greatest charm of this book is that it has the power to combine simplicity with literature, in which every word, every poem, and every verse has the power to attract the reader like a rare gemstone.

In the concluding remark of this review, it can be stated that Ganj-e-Gohar is an important contribution to the literature of Kashmir. This book represents the preservation of the Kashmiri language, the preservation of spiritual and Sufi literature, and the embodiment of human values and the welfare of humanity. Haji Ramzan's poetry teaches us that literature should have the spirit of the times and should enlighten us on the principles of humanity. This book leaves an indelible impression on the reader's heart and mind and is a rare and priceless gift of knowledge, wisdom, and spiritual enlightenment for generations to come.

Broken Heart: A Small Misunderstanding Grow Into Wall



MOOL RAJ

Some men do not dream of extraordinary things. They do not chase fame. They do not run after wealth. They do not measure life in achievements or applause. They simply ask God for small blessings—a steady income, a peaceful home, and a family that stays happy. Tinku was one of those men. Soft in speech, gentle in nature, and human at heart, he remained content with whatever life offered him. His world moved within a small, quiet circle—office, home, family picnics, and relatives. Every morning he left for work on time, and every evening he returned straight home. No late nights. No unnecessary outings. No idle gossip. His happiness lived inside his house. Reading and spending time with his family were his only personal pleasures—newspapers with morning tea, magazines on weekends, and sometimes a book before sleeping. Holidays were not for crowds or friends but for sitting together, sharing simple meals, or visiting relatives just to keep relationships alive.

He earned modestly and lived modestly. For him, peace, harmony, and love at home were everything. A quiet dinner with his

family felt like a celebration. That was enough for him. However, life is rarely balanced so simply. Inside the same home lived an unfinished dream. His wife, Pinki, carried it silently in her heart. Before marriage, perhaps she had wanted to study further, build a career, and become independent. But marriage came early. Responsibilities followed. Her education remained incomplete.

At first, she would say, "I'll continue next year." Tinku always encouraged her. He arranged admissions, brought forms, and bought books. He tried to make things easier so she could continue her studies. But days turned into months, and months into years. Responsibilities grew heavier. Interest grew lighter. Slowly, the books he had lovingly bought were packed into a box and pushed into a corner. Dust gathered over them—and over her dreams too.

Whenever someone mentioned studies or careers, she fell silent. A faint shadow crossed her face, like a cloud passing over sunlight. Much later, Tinku understood a painful truth: her unfinished education had never been his fault. Long before he entered her life, circumstances had already decided her path. Her family had hurried the marriage, believing security mattered more than studies. Her books were closed not by him, but by situations she never chose.

Yet when dreams are buried too early, the heart often looks for someone to blame. And the nearest, most harmless person becomes the easiest target. Tinku, gentle and silent by nature, quietly carried accusations he never deserved. He was not a man of big speeches.

He believed in small gestures.

Then came a winter afternoon that he would remember for the rest of his life. A book fair had been organized near the boulevard. The weather was pleasant—soft sunshine, a cool breeze, children laughing, families strolling between stalls. It felt more like a picnic than a market.

They went together. Something unexpected happened. Pinki began touching the books slowly, turning pages, holding them close, like someone meeting an old friend after years. For the first time in a long while, Waris noticed a spark in her eyes.

That small spark filled his heart with relief. Without hesitation, he bought a few simple books for her—light reading, inspirational titles, and one about women's education and empowerment. He handed them to her with a gentle smile.

"For you," he said. She smiled back. He still remembers that smile—warm, grateful, alive. After that day, she began reading regularly. The television stayed off. The phone lay untouched. Hours passed with books in her hands.

Tinku felt at peace. He believed she was reconnecting with her dreams. He believed those books would heal something inside her. Books gifted with love often carry light. Read with hope, they can change thinking, rebuild confidence, and even turn an ordinary house into heaven.

However, sometimes it is not the book that shapes the outcome—it is the state of the heart that reads it. When pain hides inside, even positive words can sound different.

Slowly, unknowingly, those very books took on another meaning. Not strength, but comparison. Not growth, but dissatisfaction. Not gratitude, but resentment. The pages that were meant to build a home quietly began creating distance.

What could have brought peace slowly brought unrest. And the house that might have become heaven began turning into a silent hell. Waris never noticed. He trusted too simply.

Two months later, she went to her parents' home for a few days. It was routine. Nothing unusual. But this time, days passed. Then weeks. She didn't return. Calls grew shorter. Conversations grew colder.

Then one afternoon, a postman handed him an official envelope stamped by the District Court. Assuming it was some office document, he opened it casually. As his eyes moved across the page, his hands began to tremble.

A legal notice. Allegations. Maintenance claims. A court summons. For a long moment, he just stood there, frozen. The house suddenly felt unfamiliar and empty. His mind travelled back to that winter day—the sunshine, the fair, her smile, the books in her hands. He had only wanted her happiness. Nothing else.

Yet life sometimes takes turns we never see coming. Misunderstandings grow quietly. Distances appear silently. And one day, a simple home changes forever.

Today, Tinku is still the same man. He still goes to the office, still offers prayers, still reads his newspaper, and still speaks softly.

He has not changed his habits or his nature. Only one thing has changed. The house is silent now. The cups on the dining table remain untouched. Evenings feel longer. Walls echo with memories that never return.

After prayer, he sometimes sits alone, staring at the gate, as if time might rewind. But nothing moves. Because life doesn't always break with noise. Sometimes it breaks quietly.

In today's world, relationships have become fragile. Small misunderstandings grow into walls. Conversations are replaced by allegations. Courts are filling with cases that once belonged within the four walls of a home, or at most among close relatives.

And ordinary men like Tinku—men who only wanted a peaceful home—find themselves standing in courtrooms, holding papers they never imagined would carry their names.

Perhaps the tragedy is not just one marriage. Perhaps it is a society slowly forgetting how to talk, how to understand, how to protect the sanctity of a home.

Because sometimes all a person offers is a small gift, a little encouragement, a simple happiness. And life returns it with a silent heartbreak. Sometimes the person who stands beside us most sincerely is the one we blame most unfairly. When we place the burdens of fate and circumstances on an innocent heart, we do not heal the past—we quietly destroy the present.

THE AUTHOR IS A REGULAR COLUMNIST AND FREELANCE WRITER

Health Benefits of Pomegranate

Fresh Fruits and Vegetables Are the Healthiest Food Stuffs Available on This Earth

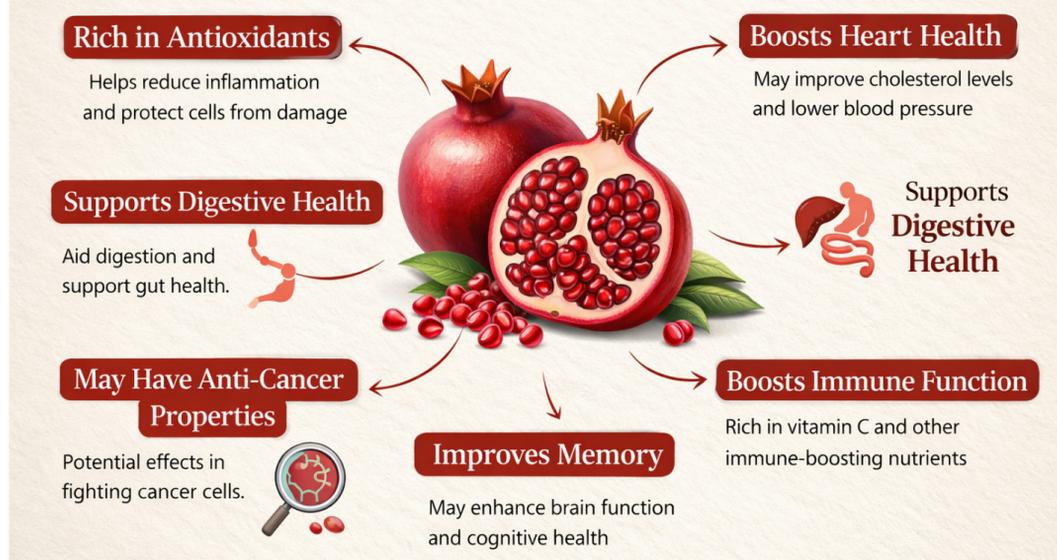


SAHIL MANZOOR

Fresh fruits and vegetables are the healthiest food stuffs available on this earth. They are the natural gift of nature and they provide countless benefits to the human body. Fruits are packed with essential nutrients like multivitamins, minerals, fiber and all the basic components that our body needs for proper functioning. From childhood to old age, every person needs fruits and vegetables in daily diet to remain healthy and energetic.

We all know that fruits and vegetables are seasonal, but one thing is very fortunate that nature has bestowed us with different kinds of fruits that are available throughout the year. Some fruits are grown locally and are our native fruits, while some are imported from neighboring countries. Because of this wide availability, people can enjoy different fruits in every season. Seasonal fruits are always fresh, tasty and more beneficial for health.

Today the fruit sector plays a pivotal role in uplifting the economy of the country. It provides employment to thousands of farmers and laborers. From farming, transportation, packaging and selling, many people from different age groups are involved in this sector. Fruits are not only a source of nutrition but also a strong pillar of economic development. Farmers work day and night to provide fresh fruits to markets so that people can live healthy lives.



In this article, we are going to explore the amazing health benefits of one of the tastiest fruits that is liked throughout the globe for its powerful health benefits. That fruit is the pomegranate. Pomegranate is a round shaped fruit that looks like an apple. It is cultivated mostly in the Middle East and is now grown almost throughout the world. It has a thick outer skin and inside it contains hundreds of juicy red seeds.

Pomegranate, or *Punica granatum* (scientific name), is considered one of the healthiest fruits among all fruits. It is rich in vitamins, minerals and antioxidants. Let us know more about the amazing benefits of pomegranate.

One of the most important benefits of pomegranate is that it may help in lowering blood pressure. High blood pressure, also called hypertension, is one of the main causes of heart attacks and strokes. Studies have shown that people with hypertension had a significant reduction in blood pressure after consuming pomegranate juice regularly. Drinking fresh pomegranate juice can be a natural and simple way to support heart health.

Pomegranate is a fruit that contains hundreds of edible seeds called arils. These seeds are rich in fiber, vitamins and minerals. They also contain bioactive plant compounds which are very useful for the body. Although pomegranate contains natural sugar, it is

still a healthy choice because it is full of nutrients and antioxidants.

Another important benefit of pomegranate is that it is helpful for patients suffering from arthritis. There are many different types of arthritis, but most involve inflammation in the joints. Research has shown that pomegranate has anti-inflammatory effects. Because of this property, it may help in reducing joint pain and inflammation. Regular consumption of pomegranate may improve joint health and mobility.

Pomegranate also helps in lowering the risk of heart diseases. Heart disease is currently one of the most common causes of premature death in the world. It is a complicated disease influenced by many

factors such as unhealthy diet, stress and lack of exercise. Including pomegranate in daily diet can support heart health because it improves blood circulation and reduces harmful cholesterol levels.

The skin of the pomegranate is thick and not edible, but inside it there are hundreds of juicy seeds. Each seed is surrounded by a red, sweet and juicy covering known as an aril. The seeds and arils are the edible parts of the fruit. People eat them raw, add them to salads, desserts or prepare fresh juice. However, the peel is usually discarded.

Pomegranates contain two powerful plant compounds that are responsible for most of their health benefits. These compounds are punicalagins and punicic acid. Punicalagins are extremely powerful antioxidants found in pomegranate juice and peel. Antioxidants protect the body from harmful free radicals and help in preventing many diseases. Punicic acid is a healthy fatty acid that also contributes to the medicinal properties of the fruit.

In many cold regions like Kashmir Valley, fruits become expensive and difficult to find during winters. However, people who understand the importance of fruits try their best to include them in their diet. Those who love eating fruits enjoy both their taste and their health benefits. Eating fruits regularly strengthens the immune system and keeps the body active.

In conclusion, fresh fruits and vegetables are essential for a healthy life. Among them, pomegranate stands out as a super fruit because of its powerful health benefits. It helps in lowering blood pressure, reducing inflammation, improving heart health and providing essential nutrients. Including pomegranate and other fruits in daily diet is one of the simplest steps towards a healthy and happy life.

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Sat Sharma calls for ideologically strong cadre to serve nation and strengthen BJP

SAT SHARMA REVIEWS BJP PRASHIKSHAN ABHIYAN, OTHER PROGRAMMES IN REVIEW MEETINGS

HT NEWS NETWORK

JAMMU, MAR 26: Sat Sharma, President, J&K BJP and Member of Parliament (Rajya Sabha), chaired a series of organizational review meetings at the party headquarters in Trikuta Nagar, Jammu. J&K BJP Vice-Presidents Bharat Bhushan, Priya Sethi, and Rakesh Mahajan, along with General Secretaries Sanjita Dogra, Baldev Singh Billawaria, and Gopal Mahajan, were also present during the meetings.

Sat Sharma, while addressing the party leadership, conducted a comprehensive review of all ongoing organizational

activities, with a sharp focus on the Pandit Deendayal Upadhyaya Prashikshan Abhiyan. He asserted that the training campaign is not a routine exercise but a mission to build a battle-ready ideological cadre, stating that a strong BJP begins with a well-trained activist and there can be no compromise on the quality or seriousness of these programs. He sought detailed reports from all districts and directed that every training camp must be executed in a time-bound and result-oriented manner.

Sat Sharma, while taking a firm position on accountability, emphasized that half-



hearted efforts or incomplete sessions defeat the very purpose of cadre building. He stressed

that each participant must undergo a complete and structured training process, ensuring

that every activist emerges as a capable, committed, and active force at the booth

level. He underlined that mere attendance is not enough, and the focus must remain on visible impact and ideological transformation. Sat Sharma, while reviewing other organizational matters and upcoming programs, made it clear that BJP's strength lies in its grassroots reach. He called for the effective implementation of all party programs down to the booth level with active involvement of ground activists and meaningful participation of civil society members to further expand the party's public relations.

Sat Sharma also prompted the party leadership to remain vigilant, proactive, and deep-

ly connected with the aspirations of the public. He reiterated that BJP workers are the strongest ambassadors of the Modi government's policies and achievements, and must take every welfare initiative and development message to the people with clarity and conviction. Sat Sharma further asserted that the party's guiding mantra of "Sabka Saath, Sabka Vikas, Sabka Vishwas" demands uncompromising discipline, seamless coordination, and unwavering dedication from every activist to translate this vision into reality and ensure the holistic welfare of all sections of society.

World Theatre Day Honour for Balwant Thakur

HT NEWS NETWORK

AMRITSAR, MAR 26: On the eve of World Theatre Day 2026, the vibrant cultural city of Amritsar witnessed a moment of profound artistic recognition as the legendary theatre director and playwright Balwant Thakur was felicitated at the 26th National Theatre Festival held at Virsa Vihar. The honour was conferred by noted theatre personality Shromani Natakak Director Manch-Rangmanch, Kewal Dhaliwal, adding further gravitas to an already momentous occasion.

The ceremony was not just a felicitation, it was a celebration of legacy, perseverance, and the transformative power of theatre. As the audience erupted into thunderous applause, the atmosphere turned electric upon recalling a poignant historical connection: twenty-five years ago, this very prestigious festival had opened with Mahabhoj, a Dogri play directed by Balwant Thakur himself. The symbolic full circle from inaugurating the festival to being honoured at its grand stage reflected not just personal achievement but the evolution of Indian theatre as a whole.

Balwant Thakur's journey is nothing short of extraordinary. With an astounding record of over 7,500 performances across India and the globe,



he has carved a unique space as one of the most prolific and influential theatre makers in the country. His work transcends boundaries, geographical, linguistic, and cultural, bringing Indian theatre to international prominence while staying deeply rooted in indigenous traditions.

What truly distinguishes Thakur is not just the scale of his artistic output, but the depth of his impact. Over a span of 45 years, he has trained more than 50,000 actors, directors, and cultural practitioners. These individuals today form the backbone of India's performing arts ecosystem, carrying forward his vision and discipline into diverse creative fields. His role as a mentor has arguably been as significant as his contributions as a director and playwright.

Equally remarkable is his rare dual mastery in both artistic creation and arts administration. In a field where creative brilliance and organizational acumen seldom coexist at the highest level, Thakur stands as a singular figure. His ability to innovate while managing large-scale cultural institutions has set benchmarks that remain unmatched. This unique blend of creativity and leadership has made him not just an artist, but a true institution builder. One of his most enduring contributions is the establishment of Natrang, a globally recognized cultural organization that has placed the region of Jammu and Kashmir firmly on the international arts map. Through Natrang, Thakur has nurtured talent, promoted regional theatre, and created platforms that celebrate artistic diversity and excellence.

The honour bestowed upon him on World Theatre Day is therefore deeply symbolic. It is not merely a recognition of an individual's achievements, but a tribute to the countless artists who dedicate their lives to theatre, the "mother of all arts." It acknowledges the relentless spirit of those who strive to keep this profoundly human form of expression alive and relevant. In celebrating Balwant Thakur, the theatre community celebrates its own resilience, its heritage, and its future.

Two-day Santmat Satsang scheduled for March 29 and March 30 at Swarn Palace, Miran Sahib followed by Badyal Brahmama Ashram Foundation Day on March 31

HT NEWS NETWORK

RSPURA, MAR 26: A two-day Santmat Satsang is scheduled to be held on March 29 and March 30 at Swarn Palace, Miran Sahib, Jammu, under the guidance of Swami Vyasand Ji Maharaj of Maharishi Mehi Brahm Vidyapeeth, Haridwar. The spiritual congregation will be followed by the celebration of the foundation day of the Ashram at Badyal Brahmama on March 31, bringing together devotees and seekers for a collective journey toward inner awakening and spiritual enlightenment.

In an era marked by rapid change, material pursuits, and growing mental unrest, the timeless teachings of Maharshi Mehi Paramhans and his illustrious disciple Swami Vyasand Ji Maharaj stand as a beacon of hope and spiritual clarity. These revered saints have played a pivotal role in preserving and propagating the sacred path of Santmat, guiding countless seekers toward inner peace and self-realization.

Born in 1885 in Bihar, Maharshi Mehi Paramhans Ji ex-

hibited deep spiritual inclination from an early age. Renouncing worldly life in pursuit of truth, he eventually came under the guidance of his Guru, Baba Devi Sahab, and devoted himself to intense meditation and spiritual discipline. His years of seclusion and meditation, particularly at Kuppaghat in Bhagalpur, shaped his profound realization of the divine.

Maharshi Mehi simplified the essence of ancient Indian scriptures, including the Vedas and Upanishads, presenting them in a practical and accessible manner. Through the practice of Surat Shabd Yoga—focusing on inner light (Bindu Dhyana) and inner sound (Naad-Anusandhan)—he emphasized direct spiritual experience over ritualism. His teachings centered on Nirgun Bhakti, advocating devotion to the formless God, alongside values of non-violence, ethical living, and service to humanity.

He also strengthened the Akhil Bharatiya Santmat Satsang, spreading the message of unity, compassion, and spiritual awakening across the country. His



literary contributions continue to guide spiritual aspirants, reinforcing the belief that true realization lies within oneself through disciplined meditation and the guidance of a true Guru.

Carrying forward this rich spiritual legacy, Swami Vyasand Ji Maharaj has emerged as a dedicated torchbearer of Santmat. Initiated into the spiritual path at a young age, he undertook rigorous meditation and penance in the Himalayas and along the

Ganga, attaining deep spiritual insight. His life reflects unwavering commitment to his Guru's teachings and the mission of spiritual upliftment.

Through the establishment of Satsang centres in regions such as Jammu, Haridwar, and Dehradun, he has made spiritual teachings accessible to people from all walks of life. His discourses, rooted in sacred texts like the Bhagavad Gita and Upanishads, offer practical guidance

for leading a balanced and meaningful life. His literary work "Chala Hansa Nij Desh" has further expanded the reach of Santmat philosophy.

In today's fast-paced world, where stress and uncertainty dominate, the teachings of these great saints hold immense relevance. Their message encourages individuals to turn inward, practice meditation, and cultivate moral values to achieve true peace and fulfillment. Santmat offers a simple yet profound path that harmonizes ancient wisdom with contemporary needs.

The upcoming Satsang and Ashram foundation celebrations are expected to provide a platform for spiritual reflection, collective meditation, and dissemination of these timeless teachings. Devotees and the general public are invited to participate and benefit from the spiritual discourses and guidance. The legacy of Maharshi Mehi Paramhans Ji and Swami Vyasand Ji Maharaj continues to inspire humanity to embrace inner transformation and walk the path of truth, peace, and self-realization.

Governing Body of SMVDNSH Holds 71st Meeting

Reviews Hospital Functioning, Reaffirms Commitment to Affordable Healthcare

HT NEWS NETWORK

KATRA, MAR 26: The 71st Meeting of the Governing Body (GB) of SMVD Narayana Superspeciality Hospital (SMVDNSH), Kakryal (Katra), was convened at the hospital premises under the chairmanship of Dr. K.K. Talwar, Member, SMVDSB.

The meeting was attended by Dr. Ashok Bhan, Member, SMVDSB; Sh. Sachin Kumar Vaishya, CEO; Sh. Alok Kumar Maurya, Additional CEO; Sh. Pawan Sharma, FA/CAO, SMVDSB; Dr. Yashpal Sharma, Executive Director/CAO, SMVDIME; Sh. Sunil Narayan, Zonal Director; Dr. M.M. Mathavan, Facility Director, NH along with other senior functionaries of the Shrine Board and Narayana Health.

The Governing Body expressed satisfaction over the steady growth of SMVDNSH, as reflected in key performance indicators such as patient footfall, bed occupancy, revenue generation, and enhanced clinical capabilities. It also reviewed and deliberated upon a comprehensive three-year investment plan aimed at transforming the hospital into a future-ready healthcare hub. The plan envisages augmentation of critical medical equipment, strengthening of infrastructure, and adoption of advanced technologies. It further includes expansion of specialty services such as Oncology, Nephrology, and Cardiology, along with modernization of emergency and critical care units equipped with advanced life-support systems.

The Governing Body was apprised of a special initiative launched by the Hospital titled "Do Dil Ek Bill," aimed at providing world-class maternal care at an affordable cost. Under this scheme, comprehensive delivery packages are being offered



at a fixed and economical rate of Rs. 19,999, thereby reducing the financial burden associated with childbirth while ensuring safe, high-quality maternal and child care services for a larger section of society.

Several important decisions were taken during the meeting to further strengthen the Hospital's growth trajectory including the introduction of "positive interventions" focused on improving the quality of patient care. In this context, emphasis was laid on the continued pursuit of revised rates under Ayushman Bharat (HBP2.2) to ensure financial sustainability while maintaining affordability for beneficiaries. It was observed that rationalization of package rates would help ease financial pressures on the institution and support the delivery of quality healthcare in a more efficient and sustainable manner.

The meeting also witnessed important decisions in continuation of the 76th Board Meeting held in February 2026 regarding the Business Transition Agreement (BTA) between Shri Mata Vaishno Devi Charitable Society and Narayana Hospital. The agreement was recognized as a forward-looking strategic initiative aimed at integrating resources, strengthening institu-

tional capabilities, and enhancing clinical capacity. Besides, the collaboration is expected to promote the adoption of advanced medical practices, improve operational efficiency, and significantly expand both the scope and quality of healthcare services available to the public in the region.

Strategic plans were further deliberated to ensure sustained growth and expansion of the Hospital. Dr. Talwar emphasized that the ambitious expansion plans will be pursued with a strong focus on austerity and financial prudence, ensuring efficient and optimal utilization of resources to maximize benefits for the community. He reiterated the institution's long-term commitment to delivering accessible, affordable, and compassionate healthcare, with a continued focus on a patient-centric approach that integrates clinical excellence with inclusivity.

The meeting concluded with a comprehensive review of patient feedback, focusing on identifying service gaps and strengthening responsive mechanisms. Necessary corrective measures were discussed and directed for implementation to further enhance patient satisfaction and uphold the highest standards of service delivery at SMVDNSH.

Committed activists central to BJP's vision of inclusive development: Ashok Koul

HT NEWS NETWORK

SRINAGAR, MAR 26: Bharatiya Janata Party (BJP) held a training camp under the ongoing Pandit Deendayal Upadhyaya Prashikshan Maha Abhiyan in Habakadal Constituency of Srinagar, at Munawarabad.

J&K BJP General Secretary (Organization) Ashok Koul addressed the Prashikshan camp as the chief speaker. J&K BJP Spokesperson Manzoor Bhat, District President Srinagar Adv. Sheikh Salman, Constituency President Muneer Ahmed, District Vice-President Srinagar Dr. Ashok Koul, and District President Mahila Morcha Srinagar Sumira Mir were also present on the occasion.

Ashok Koul, while addressing the camp, emphasized that such training programmes are vital for the ideological strengthening of party cadre and for equipping them with the skills necessary to effectively serve society. He stated that BJP workers are not merely political activists but dedicated patriots committed to the welfare of every section of society. He stressed that a strong organization, rooted in ideology and discipline, is essential to achieve the larger goal of nation-building.

Koul elaborated the philosophy of Deendayal Upadhyaya, 'Antyodaya' which means upliftment of the last person in the queue. He said that this principle forms the core of BJP's governance and organizational approach, ensuring that the benefits of development reach the most marginalized and needy individuals. He added that Antyodaya promotes inclusive growth, social harmony, and economic justice, which are crucial for building a strong and self-reliant India.

Ashok Koul further stated that BJP envisions an India free from poverty, corruption, and social evils by 2047, coinciding with the centenary of independence. He asserted that this vision can only be realized through the dedicated efforts of well-trained and committed party activists who work tirelessly at the grassroots level.

Cabinet clears Rs 28,840 cr modified UDAN scheme to boost regional air connectivity till 2036

■ UNITED NEWS OF INDIA

NEW DELHI, MAR 26: The union Cabinet on Wednesday approved the launch of the revamped Regional Connectivity Scheme, UDAN Scheme, for a period of ten years from 2026-27 to 2035-36, with a total outlay of Rs 28,840 crore aimed at expanding affordable air travel and strengthening regional connectivity across the country.

Announcing the decision, Information and Broadcasting Minister Ashwini Vaishnaw said the modified scheme would deepen aviation access in underserved and unserved regions while supporting economic growth. "The scheme will significantly enhance regional air connectivity and make air travel more accessible for common citizens," he told reporters after the Cabinet meeting.

Officials said the revamped programme aligns with the government's long-term development roadmap under Viksit Bharat 2047 and aims to create a more inclusive and sustainable aviation ecosystem. The initiative is expected to boost trade, tourism and employment in Tier-2 and Tier-3 cities, while also improving emergency response and healthcare access in remote, hilly and island regions.

A key component of the scheme



is the development of 100 new airports from existing unserved airstrips, with a capital expenditure of Rs 12,159 crore over the next eight years. The government also plans to support the operation and maintenance of around 441 regional aerodromes, including heliports and water aerodromes, by providing financial assistance to offset high recurring costs and limited revenue streams.

To address last-mile connectivity challenges, especially in difficult terrains, the scheme proposes the

construction of 200 modern heliports at an estimated cost of Rs 3,661 crore. These are expected to play a crucial role in improving connectivity in aspirational districts and strengthening disaster response capabilities.

The Cabinet has also approved viability gap funding (VGF) of Rs 10,043 crore over ten years to support airline operators on regional routes, acknowledging that such routes often take longer to become commercially viable. "Providing sustained financial

support is essential to ensure that airlines continue to operate in remote areas and develop these markets over time," an official said.

In a push to indigenous manufacturing under Atmanirbhar Bharat, the scheme includes the acquisition of aircraft built in India. This includes procurement of two HAL Dhruv helicopters for Pawan Hans and two HAL Dornier aircraft for Alliance Air to strengthen operations in challenging terrains.

The modified scheme builds on the success of the original UDAN

programme launched in 2016, which sought to make air travel affordable and connect smaller cities to the national aviation network. Over the past nine years, 663 routes have been operationalised across 95 airports, heliports and water aerodromes. More than 3.41 lakh flights have been operated, carrying over 1.62 crore passengers.

Government officials noted that the earlier phase of the scheme helped improve connectivity in remote and underserved regions, contributing to tourism growth, better healthcare access and improved emergency services. It also encouraged the expansion of regional airlines and diversified fleet operations.

"The Modified UDAN Scheme is a natural progression of the earlier initiative and will further strengthen India's aviation landscape," Vaishnaw said. "It is designed to ensure affordability, sustainability and wider access, while positioning India as a globally competitive aviation hub."

The government expects the expanded scheme to deliver significant economic benefits by enhancing ease of travel, promoting regional development and generating employment opportunities across sectors such as aviation, hospitality and infrastructure. UNI

US sends elite Paratroopers to Middle East as Iran standoff intensifies

■ BY ARTI BALI

NEW DELHI, MAR 26 (UNI) : The United States is sending thousands of elite soldiers to the Middle East as its standoff with Iran shows no sign of cooling and as Tehran continues to categorically deny that any negotiations with Washington are even happening.

The war is approaching its one-month mark, and the Trump administration has been busy on two fronts; replenishing weapons supplies to the region and floating a 30-day ceasefire proposal that includes a five-day halt on strikes against Iran's nuclear sites and energy infrastructure. Israel, for its part, hasn't stopped firing missiles. And now Washington is preparing to send over 3,000 paratroopers from the 82nd Airborne Division to join the roughly 50,000 US troops already stationed across West Asia.

Trump has made no secret of his willingness to put American boots on Iranian soil. Iranian officials, meanwhile, insist there's nothing to negotiate.

The 82nd Airborne isn't just any unit. Based at Fort Bragg in North Carolina, it's the only division in the US Army that can be wheels-up and combat-ready anywhere on the planet within 18 hours. It's a doctrinal capability called the Immediate Response Force, and it's exactly why these soldiers get called first when things move fast. When Kabul was falling in 2021 and the airport needed securing during the chaotic US withdrawal from Afghanistan, it was the 82nd that showed up.

Their job, when they deploy, is to jump directly into hostile territory, often behind enemy lines, and seize whatever matters most before the other side can react. Airfields, bridges, supply routes. The idea is to arrive fast, hit hard and hold the ground long enough for heavier forces to follow.

The division has a long history. It was first formed in 1917, drawing soldiers from every US state, which gave it the nickname "All American."

It was reactivated in World War II and became the Army's first official airborne division in 1942, most famously dropping into Normandy on the eve of D-Day. Since then, it's fought in Vietnam, the Gulf War, Iraq, Afghanistan and against ISIS.

The paratroopers are expected to supplement around 50,000 US troops already stationed in West Asia.

The 82nd Airborne Division, deployment maintaining what is known as an Immediate Response Force capability.

The latest deployment has stoked speculation about what Washington might actually be planning. One theory is gaining traction, a move on Kharg Island, Iran's most critical oil export hub. The US has already struck the island, taking out its defences while carefully leaving the oil facilities untouched, which some believe as deliberate. Iran has warned that it could mine the Persian Gulf if it believes a ground invasion is imminent.

On the diplomatic side, the Trump administration reportedly sent a 15-point ceasefire proposal to Iran through Pakistani intermediaries. Whether that goes anywhere remains to be seen.

Because they can be deployed at very short notice, they form a critical part of the United States military's rapid-response capability in high-risk or fast-evolving conflict situations.

This rapid deployment capacity was demonstrated in 2021, when elements of the division were sent to Hamid Karzai International Airport in Kabul to assist evacuation operations as US forces withdrew from Afghanistan.

The division comprises three brigade combat teams of about 4,000 troops each, along with an aviation brigade, artillery units, a logistics brigade and a headquarters battalion.

What's becoming clearer is that Trump is deliberately keeping all his options open, military pressure on one hand, back-channel diplomacy on the other. Whether that strategy leads to a deal or a deeper conflict is the question nobody has an answer to yet. UNI

Cabinet approves Rs 1,800 cr extension of IVFRT scheme till 2031

■ UNITED NEWS OF INDIA

NEW DELHI, MAR 26: The union Cabinet on Wednesday approved the continuation of the Immigration, Visa, Foreigners Registration & Tracking (IVFRT) Scheme for another five years, extending it from April 1, 2026 to March 31, 2031, with a budget outlay of Rs 1,800 crore, Information and Broadcasting Minister Ashwini Vaishnaw announced.

Addressing a press briefing after the Cabinet meeting, Vaishnaw said the scheme is aimed at strengthening India's immigration framework while making travel processes smoother for legitimate visitors. "The IVFRT platform seeks to interlink and optimize functions related to immigration, visa issuance and registration of foreigners in India. The core objective of the IVFRT is to modernize and upgrade immigration and visa services within a secure and integrated service delivery framework," he said.

He emphasized that the initiative balances facilitation and security. "The scheme aims to facilitate legitimate travellers while strengthening national security," the minister added.

The IVFRT project was originally approved in May 2010 by the Cabinet Committee on Economic Affairs with an initial outlay of Rs 1,011 crore. Since then, it has undergone multiple extensions and revisions, including a reduced outlay of Rs 638.90 crore in 2015 and subsequent continuations up to 2021 without additional financial implications. In January 2022, the Cabinet approved its continuation till March 2026 with a budget of Rs 1,365 crore.

Officials said the next phase represents a major overhaul rather than a routine extension. The scheme will incorporate advanced technologies, modern infrastructure, and optimized service delivery systems to meet the growing demands of global travel and evolving security challenges. The move also comes in the backdrop of the recently enacted Immigration and Foreigners Act, 2025, which has made it necessary to upgrade systems dealing with immigration control and foreigner management, including illegal migration. According to the government, the revamped IVFRT will focus on three broad areas: adoption of emerging technologies, transformation of core infrastructure, and enhancement of technology-driven services. Planned upgrades include mobile-based services, self-service kiosks, and unified digital platforms designed to deliver a seamless and secure experience for travellers.

The scheme will also expand infrastructure across immigration checkpoints, Foreigners Regional Registration Offices (FRROs), and data centres to ensure a resilient nationwide system. At present, the IVFRT network covers 117 immigration posts, 15 FRROs, and 854 Foreigners Registration Officers and associated offices across India.

Officials highlighted the system's impact so far, noting that it has enabled a fully contactless visa process with online scheduling and payment facilities. Over the past five years, more than 91% of e-visa applications have been processed within 72 hours. Passenger clearance time at immigration counters has also been reduced significantly to about 2.5 to 3 minutes, down from 5 to 6 minutes earlier.

In addition, the Fast Track Immigration-Trusted Traveller Programme (FTI-TTP), operational at 13 major airports, has further reduced clearance time to around 30 seconds through automated e-gates for eligible Indian nationals and OCI cardholders.

Government officials said the continued investment in IVFRT is expected to boost tourism, business travel, and medical visits, while strengthening border management systems. "This is not just a technical upgrade, but a strategic transformation aligned with India's vision of a world-class immigration system," an official said.

The government believes the scheme will generate wider economic benefits by improving ease of doing business, enhancing traveler convenience, and supporting sectors such as aviation and hospitality, ultimately contributing to economic growth and employment generation. UNI

Delhi Crime Branch bust major international arms racket; 10 arrested

■ UNITED NEWS OF INDIA

NEW DELHI, MARCH 26: Delhi Police said on Wednesday it has dismantled an international arms trafficking syndicate, arresting 10 suspects having links to Pakistan, Nepal, and Bangladesh.

The police described the accused as key operatives, saying a large cache of high-end foreign weapons has been confiscated from their possession.

"The operation was led by the Anti-Robbery and Snatching Cell (ARSC), which uncovered a network operating in Old Delhi," said Sanjeev Kumar Yadav, Deputy Commissioner of Police (Crime Branch).

Police have recovered 21 sophisticated firearms, including a Czech-made submachine gun, semi-automatic pistols of various international makes, and over 200 live cartridges.

Investigators said the racket was led by kingpin Shahbaz Ansari, a

native of UP's Bulandshahr, believed to be operating from Bangladesh after jumping interim bail in 2025.

"Ansari is previously linked to the killing of Punjabi singer Sidhu Moosewala in 2022 and is suspected to have supplied weapons to the Lawrence Bishnoi gang," the DCP said.

Police said the module sourced weapons from Pakistan, routed them through Nepal using dismantled shipments disguised as scrap, and reassembled them before smuggling into India via the porous Indo-Nepal border.

"The arms were then distributed across Delhi-NCR and other states to criminal gangs," the officer said.

The first breakthrough came on March 13 when three accused were apprehended near Dariya Ganj with pistols and ammunition.

Subsequent raids across Delhi and Uttar Pradesh led to the arrest of seven more operatives, including key suppliers, receivers, and a SIM

card vendor who facilitated communication using fake documents.

"A suspect attempted to open fire on the police but was overpowered," police said, adding that in another operation in Sikandrabad, a suspect with a firearm tried to flee but was apprehended after a brief scuffle.

The team also got their hands on a rare Skorpion submachine gun during follow-up interrogations.

The probe revealed the network used encrypted apps, disposable SIM cards, and hawala channels to avoid detection, while investigators relied on human intelligence and call data analysis to trace and map the syndicate.

"This operation has dealt a major blow to organized arms trafficking networks operating in North India," the officer said, adding that further investigations are underway to track remaining links and international handlers. UNI

Do not believe rumours': Centre warns against panic buying of fuel

■ UNITED NEWS OF INDIA

NEW DELHI, MARCH 26: The Centre on Wednesday issued a strong reassurance on the country's fuel and LPG supply situation, dispelling rumours of shortages and warning against panic buying. The statement comes amid a growing wave of misinformation circulating on social media in the wake of heightened tensions in West Asia.

Over the past 48 hours, scattered online rumours claiming disruptions in petrol and diesel supplies triggered anxiety in parts of the country, with isolated instances of crowding at fuel stations.

Dispelling the fears during an inter-ministerial briefing held in the national Capital, Sujata Sharma, Joint Secretary in the Ministry of Petroleum and Natural Gas, said India's fuel supply chain remains robust. "We have sufficient inventory of crude oil. Our refineries are operating at optimum capacity," she said.

Sharma stressed that India's refining capacity is more than adequate to meet domestic demand. "I would like to tell the people of India that we have sufficient capacity to refine 36 crore tonnes of crude oil annually. I would like to say this because we have observed panic buying in retail outlets and petrol pumps

in many areas over the past two days. I would like to assure the people of India that we have sufficient petrol and diesel."

Dismissing speculation on supply disruptions, she added, "There is no shortage of petrol at any petrol pump anywhere. There is sufficient capacity at the terminals that supply the petrol pump. Therefore, do not believe rumours and avoid panic buying."

On pricing concerns, Sharma clarified: "I would also like to say that there has been no increase in the price of petrol and diesel. Therefore, I request all of you not to pay attention to the rumours."

The Joint Secretary said piped natural gas supply remains uninterrupted. "Domestic PNG connection is also the top priority of the Indian government. 100 per cent PNG supply is being provided there. Similarly, the amount of CNG used for transport is also being made available to the consumer 100 per cent."

She detailed efforts to expand PNG access, saying: "Many steps have also been taken in this regard. Many companies have announced incentives like free gas up to Rs 500 or security deposit waiver."

"In the last 25 days, 2.5 lakh new connections have been provided. Apart from this, 2.2 lakh consumers have shifted from LPG to PNG. Apart from this, 2.5



lakh new applications or registrations have also been obtained," she said.

Sharma highlighted enforcement actions: "The Indian government and state governments are also trying to stop blackmarketing and hoarding... yesterday, approximately 2,700 raids were carried out in various states and approximately 2,000 cylinders have also been seized."

Special Secretary in the Ministry of Ports, Shipping and Waterways, Rajesh Kumar Sinha, briefed on maritime operations. "In the last 24 hours, no incident related to Indian ships... has been reported. No congestion has been reported anywhere," he said, detailing major concessions

offered by Mundra Port, including 15 days of free storage, 80 per cent waiver of refer plug-in charges, and waivers of handling fees.

Additional Secretary, Ministry of External Affairs, Randhir Jaiswal said diplomatic engagements are ongoing. "Yesterday, our Prime Minister received a telephone call from the President of the United States Donald Trump... The Prime Minister reiterated and put forth India's point of view, calling for de-escalation and restoration of peace at the earliest," he noted.

The PM also highlighted "the importance of ensuring that the Strait of Hormuz remains open, secure and accessible."

Further calls were received

from the Presidents of Sri Lanka and Iran, Jaiswal said. "Many Indian citizens in Iran... have left Iran and are returning... I would like to take this opportunity to thank the Iranian government for their assistance," he said.

Providing an update on flights, MEA Additional Secretary Aseem R Mahajan said, "Since February 28th, around 426,000 passengers have returned from the region to India... a total of 2,149 flights... have operated."

Today alone, "around 80 flights are expected to operate from various airports in UAE to India."

Mahajan detailed alternate routes from Kuwait, Bahrain, Iran and Israel, and confirmed assistance to students, seafarers and stranded citizens. He also noted the tragic death of an Indian national on March 18.

"As you are aware, an Indian national tragically passed away on March 18 in an attack in Riyadh. His mortal remains have arrived in India earlier today. We have been in regular touch with the family and express our deepest condolences to them at this difficult time. Our missions in Oman, Iraq and UAE are in regular touch with the concerned authorities regarding the missing Indian national and for early repatriation of the mortal remains of the other deceased Indian nationals," Mahajan said. UNI

West Asia crisis triggers reverse NRI investment into India housing market: Purvankara

■ UNITED NEWS OF INDIA

BENGALURU, MAR 26: The escalating West Asia crisis is beginning to alter investment patterns among Non-Resident Indians (NRIs), with early signs pointing to a shift in capital back to India's housing market as expatriates reassess financial security.

"A section of NRIs who earlier preferred to invest and settle in the Middle East are now reassessing their decisions due to rising instability. We are seeing increased inquiries from such customers who want to have a home back in India as a security measure," Ashish R Purvankara, Managing Director, Purvankara Limited, told UNI.

Industry stakeholders said geopolitical instability in key Middle Eastern regions has prompted many Indian expatriates to rethink their long-term financial and residential security, leading to renewed interest in owning property back home.

"In the past, many NRIs would say, 'we are well settled here, we don't need a home in India.' Today, they are evaluating whether they need to have one foot back in India," Purvankara said.

He noted that the shift is driven by both emotional and financial



considerations, as investors look to diversify risk amid uncertainty.

The West Asia crisis has also raised concerns about a potential spike in crude oil prices and its cascading impact on construction costs and global economic growth.

"If crude prices stay above USD 90-95 per barrel for more than three months, it will have an impact—there's no beating that," he said.

However, he maintained that moderate cost increases can be

absorbed. "Up to a 5-6 per cent increase in input costs is something most large developers can sustain," he added.

Explaining the cost dynamics, he said, "Construction typically forms about 30-35 per cent of the total cost. Even if that goes up by 10 per cent, the impact on the final sale price is only about 2-3 per cent."

Developers are also adopting mitigation strategies to handle volatility.

"We are looking at ways to hedge risk—whether it is bundling purchases, postponing certain procurement, or managing supply cycles more efficiently," he said.

Purvankara emphasised that the long gestation period of real estate projects provides a natural buffer against short-term disruptions.

"Unlike other industries where production cycles are short, our projects run over four to five years, so temporary shocks do not

significantly impact long-term delivery," he said.

On demand, he reiterated the fundamental strength of the housing sector. "A home is not a discretionary product. It is about safety, security, and providing for your family—that demand does not go away," he said.

He acknowledged that global uncertainty can influence buyer sentiment. "Yes, geopolitical tensions can create concerns around job security, and that can slow bookings in the short term," he noted.

However, he expressed confidence in India's economic resilience. "We have gone through disruptions like COVID. India's consumption-driven economy will continue to grow, and that supports housing demand," he said.

He also highlighted a likely shift in market dynamics favouring stronger players. "In times of uncertainty, buyers prefer trusted brands. Even if the overall market slows, stronger developers will gain market share," he added.

Despite the uncertainties surrounding the West Asia crisis, Purvankara said the emerging trend of reverse NRI investment could act as a key support for the Indian real estate sector in the coming months. UNI

Purvankara to launch 30 projects worth Rs 55,000 Cr across South India, Mumbai

■ UNITED NEWS OF INDIA

BENGALURU, MAR 26: Purvankara Limited on Wednesday announced plans to launch 30 new residential and mixed-use projects across South India and Mumbai over the next 24 months, with a total estimated Gross Development Value (GDV) of over Rs 55,000 crore.

The company said the upcoming portfolio will span nearly 51.14 million square feet of developable area, marking a significant expansion in its growth pipeline. A majority of the projects are currently in the approval stage, while the rest are under design, with approvals to be initiated soon.



The Bengaluru-based developer stated that the expansion reflects its focus on high-quality developments in key urban markets, backed by strong launch inventory and disciplined capital allocation. For the first nine months of FY26, the company reported pre-sales of Rs 3,859 crore and customer collections of Rs 3,045 crore, indicating sustained demand.

Managing Director Ashish Purvankara said the company is entering its next phase of growth with a strong project pipeline across Mumbai and South India.

"Over the past five decades, we have built Purvankara on a strong foundation of trust, transparency, and delivery excellence. As we enter our next phase of growth, we are poised for the next leap, backed by stronger capabilities and a high-quality pipeline," he said.

He added that the company remains focused on creating differentiated products, strengthening its presence in key micro-markets, and capitalising on India's structural housing demand.

CEO (South) Mallanna Sasalu said the company has a clear execution roadmap and aims to develop integrated communities aligned with evolving customer needs.

"This scale of development will create livelihoods, support a wide ecosystem of industries, and contribute meaningfully to urban growth," he said.

The company noted that the pipeline is expected to generate around 8 million man-days of direct employment annually and support over 250 ancillary industries linked to the real estate sector.

As part of its sustainability initiatives, Purvankara Limited reiterated its commitment to plant one million trees by 2030 under the World Economic Forum's 1t.org initiative. The company said it will plant 10,000 trees during its "Purvankara 10K Run" scheduled for March 29, 2026.

The company said it is entering this phase with improved operating metrics, a robust pipeline, and strong visibility for future growth. UNI

Govt deploys AI shield, tighten RBI norms to combat rising digital payment fraud

■ UNITED NEWS OF INDIA

NEW DELHI, MAR 26: With digital payment fraud emerging as a growing concern, the government on Tuesday outlined a comprehensive, technology-driven strategy combining stricter RBI norms, artificial intelligence tools and large-scale public awareness campaigns to protect users and strengthen trust in the system. Minister of State for Finance Pankaj Chaudhary informed the Rajya Sabha that the Reserve Bank of India has updated its framework on unauthorised electronic banking transactions to address challenges arising from rapid digitisation.



The revised guidelines include provisions for compensation in small-value unauthorised transactions, ensuring quicker relief and stronger consumer protection. In a significant move to tackle fraud at scale, the government has facilitated the creation of the Indian Digital Payment Intelligence Corporation (IDPIC), a dedicated Section 8 company.

The entity is designed to monitor and analyse fraud trends in real time using cutting-edge technologies such as artificial intelligence, machine learning and big data analytics, enabling early detection and coordinated response.

Further strengthening the system, the RBI has introduced "MuleHunter.AI", an advanced AI-based solution to identify mule accounts—bank accounts used to transfer illicit funds in fraud cases.

The tool is currently operational in 26 banks and is being progressively expanded, marking a major step in dismantling organised digital fraud networks.

Banks across the country have also been advised to implement robust, real-time transaction monitoring systems and adopt AI-driven tools to detect suspicious patterns, unusual behaviour and interconnected fraud networks at an early stage.

Recognising that awareness is as critical as enforcement, the government has intensified financial literacy efforts. Under the Centre for Financial Literacy (CFL) project, over 2,400 centres have been set up nationwide to educate citizens on safe banking practices and fraud prevention.

Mass outreach campaigns are also being leveraged to spread awareness. Initiatives such as "RBI Kehta Hai" by the RBI and "SEBI vs SCAM" by the Securities and Exchange Board of India are using multimedia platforms to sensitise the public about cyber risks and precautionary measures. Financial Literacy Week is also observed annually to reinforce these messages.

The government emphasised that this multi-pronged approach—combining regulatory safeguards, AI-powered surveillance and citizen awareness—is aimed at securing India's rapidly expanding digital payments ecosystem, curbing fraud risks and enhancing overall consumer confidence. UNI

Medicall Hyderabad 2026 to Showcase Future of Healthcare at HITEX

■ UNITED NEWS OF INDIA

HYDERABAD, MAR 26: The 46th edition of Medicall, India's largest medical equipment exhibition, will be held at the HITEX Exhibition Centre here from April 4-6, marking 20 years of connecting the healthcare ecosystem.

The event is expected to feature over 300 exhibitors and attract more than 6,000 doctors, hospital owners and healthcare decision-makers from Telangana, Andhra Pradesh, Karnataka, Maharashtra and neighbouring regions, the organizers said in a release here on Tuesday.

Medicall has evolved into a key platform for healthcare providers to build, upgrade and expand facilities, offering a comprehensive marketplace for hospital procurement and technology sourcing.

The exhibition will showcase a wide range of products and solutions, including medical equipment,



diagnostic and laboratory technologies, hospital infrastructure, surgical instruments, consumables, as well as digital health and AI-based systems. The event provides an opportunity

for hospitals, especially small and mid-sized institutions, to compare technologies, interact with suppliers and make informed investment decisions.

A major highlight of this year's edition is the focus on 'Make in India' medical technologies, with several domestic manufacturers showcasing cost-effective solutions tailored for the Indian healthcare landscape.

The event will also host seminars and workshops led by industry experts, aimed at guiding entrepreneurs, hospital administrators and stakeholders on emerging trends, operational efficiency and healthcare innovation.

Hyderabad's growing stature as a hub for pharmaceuticals, medical devices and healthcare services is expected to be further reinforced through the exhibition, which brings together key stakeholders for business exchange and knowledge sharing. UNI

Hyd: Blue Star launches 125-Model Room AC Range for Summer 2026, Targets Growing Cooling Demand

■ UNITED NEWS OF INDIA

HYDERABAD, MAR 26: Blue Star Limited on Tuesday unveiled a comprehensive new range of room air conditioners for Summer 2026 by introducing 125 models aimed at strengthening its presence in India's residential and commercial cooling segments.

The new portfolio includes inverter, fixed-speed and window ACs across multiple price points and all comply with the revised Bureau of Energy Efficiency (BEE) standards effective January 1, 2026, the company said in a release here.

The company has also introduced a premium 'Iconia' range in a Midnight Silver finish, targeting high-end consumers. Highlighting its flagship offerings, Blue Star launched 'Super Energy-Efficient ACs', 'Heavy-Duty ACs', 'Hot & Cold ACs' and 'ACs with Anti-Virus Technology'.

The super energy-efficient models feature Dynamic Drive Technology and achieve an ISEER rating of up to 6.25, making them significantly more efficient than standard 3-star inverter ACs.

The heavy-duty range is designed to operate in extreme heat conditions of up to 56°C, while hot-and-cold models provide year-round comfort, functioning even at temperatures as low as -15°C in colder regions.

The anti-virus ACs focus on improving indoor air quality with advanced filtration and air purification features.

Nearly 50 models come equipped with smart WiFi features, including AI-based adaptive cooling, voice commands and energy management systems. Additional features include multi-layer filtration,



self-clean technology, DigiQ Octa Sensors and anti-corrosion protection.

To support growing demand, Blue Star has expanded its manufacturing capacity to 1.4 million units, scalable to 1.8 million units, with facilities in Sri City, Andhra Pradesh, and Himachal Pradesh.

The company also emphasised its strong distribution network spanning over 900 towns and 10,000 outlets, supported by more than 2,100 service partners nationwide.

In addition to room ACs, Blue Star showcased its wide range of commercial refrigeration solutions catering to sectors such as food processing, healthcare and retail, amid rising demand for temperature-controlled storage and logistics.

Commenting on the launch, Managing Director B Thiagarajan said India's cooling demand is at an inflection point, with nearly 150 million households expected to afford air conditioners in the coming years, indicating significant growth potential. UNI

BonV Aero partners ParaZero to bring hard-kill drone defence system to India

■ UNITED NEWS OF INDIA

MUMBAI, MARCH 26: Indian unmanned systems firm BonV Aero has entered into a strategic partnership with NASDAQ-listed ParaZero Technologies to introduce 'DefendAir', a hard-kill counter-drone system, into the country's defence and security framework.

Announced in Mumbai today, the collaboration grants BonV Aero exclusive rights to deploy the system in India, with plans to subsequently manufacture it domestically, marking a significant step in strengthening the nation's counter-drone capabilities.

The agreement comes at a time when emerging aerial threats are evolving rapidly, often outpacing existing defensive mechanisms. BonV Aero's Co-Founder and Chief Executive Officer, Satyabrata Satapathy, stated that the changing threat landscape demands a corresponding upgrade in India's response capabilities. He noted that DefendAir has been specifically designed to function effectively in scenarios where traditional countermeasures prove inadequate.

ParaZero Technologies Chief Executive Ariel Alon said the partnership provides an opportunity to integrate field-tested systems into India's security infrastructure. He highlighted that the system is suitable for a wide range of applications, including border surveillance, safeguarding strategic installations, convoy protection, and urban security operations.

The development follows increasing concerns over drone incursions along land borders, the use of unmanned aerial vehicles for smuggling in coastal areas,

and the rising deployment of first-person-view drones in conflict situations. At present, radio-frequency jamming remains the primary countermeasure. However, its effectiveness is limited against autonomous or encrypted drones that do not depend on external signals. Additionally, regulatory restrictions prevent the use of jamming systems near airports, nuclear installations, and other critical infrastructure where uninterrupted spectrum access is essential.

DefendAir addresses these limitations through a kinetic interception mechanism. Its net-launching system is capable of capturing and neutralising hostile drones mid-air without interfering with the electromagnetic spectrum.

This makes it suitable for deployment in sensitive environments without disrupting communication or navigation systems.

The intercepted drones can also be recovered intact, enabling detailed technical and forensic analysis for intelligence purposes.

The system has undergone extensive field testing across multiple operational scenarios and has demonstrated effectiveness in neutralising UAV threats in active conflict zones.

The collaboration also includes the deployment of 'DropAir', a platform designed for autonomous delivery operations in high-altitude and remote regions. With this partnership, BonV Aero aims to strengthen India's push towards self-reliance in defence technology and position itself to meet the tactical requirements of defence forces, paramilitary units, and central agencies. UNI



Bumrah reports to BCCI's CoE for workload management

■ UNITED NEWS OF INDIA

HYDERABAD: India fast bowler Jasprit Bumrah has reported to BCCI's Centre of Excellence (CoE), in Bengaluru, for workload management. Bumrah is at the CoE primarily to work on strength and conditioning. It is understood that the plan for Bumrah to work at CoE has been devised by the BCCI medical team with the focus on India's white-ball tour of England in July where they will play five T20Is and three ODIs. Bumrah is understood to be continuing bowling at CoE and will join Mumbai Indians soon to be ready to play their first match of IPL 2026, a home game against Kol-

Bumrah, who has only played for MI in his IPL career, has 186 wickets in 148 outings and is just nine behind the all-time leading wicket-taker for MI, Lasith Malinga

kata Knight Riders on March 29. Bumrah had recently played a lead role in India becoming the first team to defend their T20 World Cup title and won the Player-of-the-Match award in the final against New Zealand. India won the final by 96 runs with Bumrah returning 4 for 15 in his four overs. Bumrah, who has only played for MI in his IPL career, has 186 wickets in 148 outings and is just nine behind the all-time leading wicket-taker for MI, Lasith Malinga. MI have, meanwhile, started their training at the Wankhede Stadium as they hunt a record sixth IPL title. They last won the trophy back in 2020 and this is their longest wait for the title since they first won it in 2013.

Rishabh Pant should bat at No.3: Faf du Plessis

■ UNITED NEWS OF INDIA

NEW DELHI: Former South Africa captain Faf du Plessis feels Rishabh Pant should bat at No.3 position to maximise his impact, and also urged the hard-hitting wicketkeeper-batter to control his high-risk approach and aim for consistency in the upcoming IPL.



Pant shuffled his batting position from being No.4 to opener and also lower down the order in a woeful last season. But he finally produced his best at No.3 -- a 61-ball unbeaten 118 in Lucknow Super Giants' last league match. "Maybe there is an opportunity for Pant to bat at number three," said du Plessis speaking on JioStar's 'IPL Today Live'.

"The numbers suggest that for him to be the best player he can be, number three looks good. I see him batting at number three for LSG this season with Nicholas Pooran sliding down to number four.

"Looking at LSG's 2026 auction and their strategy around who they signed, you look at that top-heavy batting line-up -- Aiden Markram, Mitchell Marsh and Pooran are the main ones alongside Pant," added the former RCB skipper.

Pant heads into the new season with significant expectations after being bought for a record Rs 27 crore ahead of IPL 2025. However, his first stint as captain of LSG was underwhelming as they finished seventh. He endured an inconsistent campaign, scoring 269 runs in 13 innings at an average of 24.45 with a strike rate just over 133. "When I look at him, he is almost like a highlight player. I want him to be more of a high-impact player in terms of what he can give in his numbers," du Plessis said.

"He needs to figure out exactly what his game plan looks like to give himself the best chance."

The IPL 2026 begins with defending champions Royal Challengers Bengaluru facing Sunrisers Hyderabad in the opener in Bengaluru on Saturday, while LSG start their campaign against Delhi Capitals at home on April 1. Du Plessis highlighted the contrast between Pant's immense ability and his returns in T20 cricket. "The talent that Pant has is tremendous. You look at him playing Test cricket and you think, this guy has all the shots. When I look at his game, I feel he has too many options in his head. He feels like he can hit a six off every ball to any part of the ground.

Indian Army Organizes Volleyball Premier League in Langate, Boosts Youth Engagement in North Kashmir

■ DR.AB QAYOOM

LANGATE: In a spirited initiative to promote sports culture and identify budding talent, the North Kashmir Volleyball Premier League 2025-26 (Phase I) was successfully organized at Boys High School Hanga, Langate by the Indian Army's Langate Camp under the aegis of Capt Vishal Bhandral, KC. The tournament witnessed enthusiastic participation from teams representing Langate, Chogul, Rafiabad, and Sopore, highlighting the growing interest of youth in volleyball across the region. A total of six teams were selected to compete in Phase I, creating a competitive

yet friendly sporting atmosphere. The initiative aimed to keep the spirit of sports alive while encouraging local youth to engage in constructive activities. It also focused on identifying emerging talent and providing opportunities for players to advance to competitions at the district and state levels. Matches were conducted in a well-organized and disciplined manner, reflecting both competitiveness and camaraderie. The event saw strong community participation, with locals turning up in large numbers to support the players and cheer for their teams. Participants showcased impressive skill, teamwork, and sportsmanship, leaving a strong impression on

organizers and spectators alike. Based on their performances, several promising players have been shortlisted for Phase II of the tournament, scheduled to be held at Sher-e-Kashmir Stadium, Bandipora. The successful of the league marks a significant step toward nurturing volleyball talent in North Kashmir and reinforces the role of sports in promoting youth engagement, discipline, and community bonding. Locals widely hailed the efforts of the Indian Army in organizing such events, while youth from the area appealed to officials to continue hosting similar sports leagues in the future to provide greater opportunities for local talent.



POLICE CRICKET TOURNAMENT (GIRLS)

★ SUB DIVISION KREERI ★

VENUE : PLAYGROUND WAGILA WAGOORA

DATE : 27-03-2026

REPORTING TIME : 0900 AM

★ INAUGURAL MATCH ★

— Between —

ALMURAD
GIRLS CRICKET CLUB

VS

IPS
WATERGAM

Organized under the aegis of

★★★ JAMMU & KASHMIR POLICE ★★★

★ COURAGE • SERVICE • PRIDE ★

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