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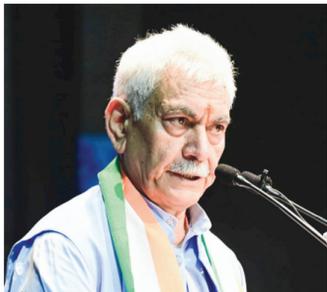
Vande Mataram Reflects India's Soul, Strength: LG Sinha

Calls for unity and collective resolve at closing ceremony in Jammu

HT NEWS NETWORK

JAMMU, MAR 30: Lieutenant Governor Manoj Sinha on Monday said Vande Mataram embodies the identity, strength and resolve of the nation, describing it as a profound civilizational experience that continues to inspire generations.

Addressing the closing ceremony of the Special Phase marking 150 years of Vande Mataram at Abhinav Theatre, he said the initiative has revived memories of immortal martyrs, honoured their sacrifices and renewed the collective commitment to



India's progress and unity.

Calling upon all sections of society to share a common dream of making India the world's greatest nation, the Lieutenant Governor said collective dedication by citizens would transform that vision into an unstoppable force. He emphasized that true patriotism is the bedrock of peace and development, rooted in responsibility and a spirit of contribution.

Sinha credited Prime Minister Narendra Modi for steering Jammu and Kashmir towards greater integration with the

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Omar Abdullah Pushes for West Asia Ceasefire, Backs PM Modi's Diplomatic Role

J&K CM says India's global ties place it in a unique position to help end conflict amid complex regional tensions



HT NEWS NETWORK

JAMMU, MAR 30: Omar Abdullah on Monday called for an immediate ceasefire in the ongoing West Asia conflict, asserting that Narendra Modi is best placed to play a constructive role in bringing hostilities to an end.

Speaking to reporters outside the Assembly complex here, Abdullah said that an

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Mission YUVA Hits ₹1,000 Cr Mark, Omar Abdullah Positions It as National Model

HT NEWS NETWORK

JAMMU, MAR 30: Jammu and Kashmir Chief Minister Omar Abdullah on Monday asserted that Mission YUVA is set to emerge as a national benchmark for self-employment, as the Union Territory intensifies efforts to tackle unemployment through entrepreneurship-led development.

Addressing the Yuva Mahotsav under the Mission YUVA programme at the Convention Centre here, the Chief Minister said the initiative reflects a decisive shift from job-seeking to job creation, with the government committed to enabling youth to establish and expand their own enterprises.

Underscoring the scale of the initiative, he announced that cumulative

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J&K Govt Orders Administrative Reshuffle, Shreya Singhal is New Director Information

HT NEWS NETWORK

SRINAGAR, MAR 30: The Government of Jammu and Kashmir on Monday ordered a fresh round of transfers and postings of senior IAS and JKAS officers in the interest of administration, with immediate effect.

According to Government

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Kashmir Weather Wreaks Havoc, Snowfall and Rain Disrupt Normal Life

HT NEWS DESK / KNO

SRINAGAR, MAR 30: Fresh snowfall in the upper reaches and intermittent rain across the plains threw normal life out of gear across the Kashmir Valley on Monday, as temperatures dropped and key roads were shut due to landslides and snow accumulation.

Gurez and Tulail valleys witnessed significant snowfall, while widespread rainfall lashed the plains, accompanied by gusty winds, affecting both mobility and daily activities. The adverse weather conditions triggered landslides along the Bandipora-Gurez

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Department of Telecom, Govt. of India

Sanchar Bhawan, 20, Ashoka Road, New Delhi 110001

Ensuring Safety from Radiations : Mobile Towers and Handsets

India has adopted one of the most stringent Electro Magnetic Field (EMF) exposure norms in the world. The measures taken by the Department of Telecommunications, Government of India, are:

Mobile Towers- EMF Radiation Norms:

- EMF exposure limit (Base Station Emissions) is lowered to 1/10th of the existing ICNIRP exposure level effective from 1st Sept. 2012. India now has one of the most stringent EMF exposure norms in the world.
- Telecom Enforcement Resource & Monitoring (TERM) Cells of DOT have been entrusted with the job of conducting audit on the self certification furnished by the Service Providers. TERM Cell shall carry out test audit up to 10% of the BTS site on random basis and on all cases where there is a public complaint.
- Telecom Engineering Centre (TEC) has revised the Test Procedure for measurement of EMF for verification of EMF compliance for BTS towers in accordance with new standards effective from 1st Sept. 2012.
- For non-compliance of EMF standards, a penalty of Rs. 5 lakh is liable to be levied per BTS per Service Provider.

Mobile Handsets

- India has adopted the most stringent international norms for mobile handsets.
- All the new designs of mobile handsets shall comply with the SAR values of 1.6 W/kg averaged over 1 gram of human tissue w.e.f. 1st Sept. 2012.
- The mobile handsets with existing designs which are compliant with 2.0 W/kg averaged over 10 gram of human tissue, continue to co-exist up to 31st August 2013. From 1st Sept. 2013, only the mobile handsets with revised SAR value of 1.6 W/kg would be permitted to be manufactured or imported in India.
- Specific Absorption Rate (SAR) value information display on the mobile handsets like IMEI (International Mobile Equipment Identity) display. The information on SAR values to be made available to the consumer at the point of sale.
- Mobile hand set manufactured and sold in India or imported from other countries shall be checked on random basis for compliance of SAR limit after TEC SAR Laboratory is set up by end of year 2012. Test results from International accredited labs shall be acceptable in the interim period.
- All cell phone handsets sold in the market in India shall comply with relevant standards and shall be available in hand free mode.

Myths and Facts: Various Myths about Mobile Handsets & Mobile base stations:

Myth	Fact
Mobile phone use cause headaches.	Headaches are not related to Mobile phone use and there is no scientific evidence.
It is safer using a mobile phone in a car as the car shields from the radiation.	The RF radiation is increased by Mobile phones when used in a car to overcome the shielding.
Mobile phones cause brain cancer to the people who use it.	There is no scientific evidence that Mobile Phone can cause brain cancer.
Mobile Base stations are dangerous and one should have distance from it.	It is the antenna from which we should keep distance not from tower and that too if we are positioned facing antenna at comparable height. At the ground level, the intensity of RF radiation from base station is much less.
Nobody is investigating the health effects of Radio Frequency (RF) radiation.	The World Health Organization, many national & international organizations and independent expert groups are coordinating to investigate health effects of RF radiation.



Precautionary Guidelines for mobile users

- Keep distance – Hold the cell phone away from body to the extent possible.
- Use a headset (wired or Bluetooth) to keep the handset away from your head.
- Do not press the phone handset against your head. Radio Frequency (RF) energy is inversely proportional to the square of the distance from the source.
- Limit the length of mobile calls.
- Use text as compared to voice wherever possible.
- If the radio signal is weak, a mobile phone will increase its transmission power. Find a strong signal and avoid movement, Use your phone where reception is good.
- Let the call connect before putting the handset on your ear or start speaking and listening – A mobile phone first makes the communication at higher power and then reduces power to an adequate level. More power is radiated during call connecting time.
- If you have a choice, use a landline (wired) phone, not a mobile phone.
- People having active medical implants should preferably Keep the cell phone at least 15 cm away from the implant.
- While Purchasing a Mobile Handset check the SAR value of the mobile phone. It can be searched on internet if its model number & make is known.

Most of the laboratory studies were unable to find a direct link between exposure to Radio Frequency radiation and Health. Use of mobile services is safe. The measures taken by the Government & a handbook on, Mobile Communications - Radio Waves & Safety, is available on Department of Telecom website. For more information please visit the web site: <http://www.dot.gov.in>. It is assured that the Government shall provide the best possible Telecom Service across the Country without compromising on Public safety and human health. For any query/ doubts on the emissions from particular towers, local Telecom Enforcement Resource Monitoring (TERM) cell officers at State level can be contacted.

CBC 06262/13/0002/2526

Act Against Fee Hikes: Sakeena Itoo to JKBOSE

Says strict enforcement of existing regulations must to protect public trust

■ HT NEWS NETWORK

JAMMU, MAR 30: Minister for Education, Social Welfare, Health and Medical Education, Sakeena Itoo today directed the Jammu and Kashmir Board of School Education (JKBOSE) authorities to take firm action against Private schools indulging in arbitrary fee hikes and found violating prescribed norms or imposing unjustified financial burdens on parents.



The Education Minister passed on these directions while chairing a comprehensive review meeting at Civil Secretariat here to assess the performance, administrative functioning and ongoing academic reforms of JKBOSE.

The meeting was attended by Commissioner Secretary Education, Ram Niwas Sharma; Chairman JKBOSE, Ghulam Hassan Sheikh; Director School Education Kashmir, Naseer Ahmad Wani; senior officers of school education department and JKBOSE as well as other concerned officers.

During the review, the Minister evaluated the Board's preparedness for upcoming examinations, timely declaration of results, curriculum implementation and grievance redressal mechanisms. She emphasized the need for adopting technology-driven solutions to enhance operational transparency and improve coordination between schools and JKBOSE.

Highlighting the critical role of JKBOSE in shaping the academic future of students, the Minister directed officials to maintain strict quality standards and ensure accountability at all administrative levels. "JKBOSE must continue working towards a student-centric system that promotes fairness, accessibility and academic excellence", she maintained.

Expressing concern over complaints regarding arbitrary fee

hikes by certain private educational institutions, the Minister issued clear directions for constant monitoring and regular inspections of private schools. "Take firm action against Private schools indulging in arbitrary fee hikes and found violating prescribed norms or imposing unjustified financial burdens on parents", she stated.

The Minister asked the Commissioner Secretary to form committees, comprising of School Education department and JKBOSE officers, for regular inspection and monitoring of Private schools across Jammu and Kashmir, including CBSE affiliated schools.

"Schools must function with responsibility and transparency. Any attempt to exploit students or parents through unauthorized fee structures will not be tolerated," she asserted, adding that strict enforcement of existing regulations is essential to protect public trust.

The Minister called for strengthening coordination between district education authorities and regulatory bodies to ensure compliance with government guidelines. She also emphasized on establishing a robust feedback and grievance redressal mechanism to identify gaps and improve service delivery within the education system.

The Minister further directed the JKBOSE authorities to declare 10th class results of Summer zone areas timely. She also appreciated the Chairman JKBOSE for streamlining the availability of textbooks in all educational institutions and

commended him for bringing various initiatives in the Board which has contributed to its overall operational efficiency.

Reaffirming the government's commitment to equitable and quality education, the Minister urged all stakeholders to work collectively towards building a transparent, accountable and student-friendly educational ecosystem in Jammu and Kashmir.

During the meeting, Chairman JKBOSE, Ghulam Hassan Sheikh gave a detailed presentation on various functional domains of JKBOSE. He informed the Minister about various initiatives undertaken by the Board under NEP-2020 like curriculum and textbook development, Foundation Stage (ECCE), Vocationalisation of Education, Equitable & Inclusive Education, Examination Reforms, State Institute of Open Schooling, IT Interventions and Energised Textbooks.

He also informed the meeting about other initiatives like integration of Vocational Subjects at Secondary and Higher Secondary Levels in various trades like Agriculture, apparels, Made ups & Home Furnishing, Automotive, Beauty & Wellness, Electronics & Hardware, Healthcare, IT/ITeS, Retail, Physical Education & Sports, Plumbing Assistant, Telecom, Tourism and Hospitality, Media & Entertainment as well as Power sector.

Further, the Chairman outlined about the Energised Textbooks initiative under DIKSHA, informing that 71 out of 89 JKBOSE published

textbooks have been Energised under DIKSHA, a national digital platform for knowledge sharing for teachers for learning and professional development.

He also briefed the Minister about the various measures for Equitable and Inclusive Education (Exemptions in JKBOSE Examinations) like facility to use an amanuensis, scribe, Prompter/ Sign Language interpreter and Computer Facility to use assistive devices to write Board examination, flexibility in curricular choices (Exemption from Second language), accommodation & exemptions for Divyang/CWSN in Board Examinations Under RPWD Act - 2016, exemption of Registration/ Examination Fee as well as relaxation in Pass Percentage with extra time in examination.

The Chairman also outlined various IT Interventions and Digitisation services in JK BOSE like full-scale functionality of e-Office in JKBOSE Central and Divisional Offices, real-time integration of Student Records with DigiLocker, besides comprehensive online services for affiliation, registration, migration, eligibility, examination forms, photostat and re-evaluation facility as well as declaration of results. He added that around 9 Lakh students/beneficiaries availed JKBOSE services in Academic Year 2025-26, besides 51.65 lakh student records are available on Digi Locker.

Regarding upcoming initiatives, the Chairman informed the Minister that introduction of Two Level of Mathematics at Secondary stage is on anvil, MoU for Strengthening Skillings Programme after DUAL Recognition with NCVET, New Delhi is in final stage, implementation of Holistic Progress Cards (HPC) is being launched in PM Shri schools on pilot basis, besides Certificate and Diploma courses in ECCE is also being introduced soon.

Chief Secy reviews promotion of Homestays across J&K

■ HT NEWS NETWORK

JAMMU, MAR 30: Chief Secretary, Atal Dulloo today while chairing a meeting to review and strengthen the implementation of the Homestay Policy of the Tourism Department, emphasized upon the need to facilitate easier access to institutional credit for promoting homestays across all districts of Jammu and Kashmir.

The meeting besides ACS, PDD and ACS, Tourism was attended by Managing Director, J & K Bank, Commissioner Secretary, Law; Managing Director, Jammu and Kashmir Tourism Development Corporation (JKTDC), Director Tourism, Jammu/Kashmir; Convenor UTLBC, and other senior officers.

During the meeting, the Chief Secretary undertook a comprehensive review of measures initiated by the Tourism Department to promote homestays, including policy refinements carried out in line with directions issued in previous meetings. He stressed that the registration process must be made simpler, more transparent, and fully accessible, while ensuring seamless availability of credit for aspiring entrepreneurs.

Highlighting the potential of homestays as a key driver of sustainable tourism and local employment, the Chief Secretary called for a series of policy interventions and deregulations to scale up the sector. He underscored the importance of developing an end-to-end digital ecosystem integrating registration, bookings, credit facilitation, and other services on a single unified platform to enhance ease of doing business.

He further directed that flagship schemes such as Mission YUVA and Prime Minister's Employment Generation Programme be effectively leveraged to enable easier access to finance for homestay operators. He also emphasized exploring interest subvention mechanisms to ensure long-term sustainability and viability of such ventures.

Administrative Secretary Tourism, Dr Ashish Chandra Verma, presented a detailed overview of the policy reforms undertaken to promote the growth of homestays across the Union Territory. He

informed that the registration process has been fully digitized, making it more user-friendly and accessible. He also highlighted several stakeholder-friendly amendments introduced in the guidelines to remove bottlenecks and encourage wider participation.

He further informed that the department has taken up the issue of categorizing homestays under the domestic tariff category with the Power Development and Jal Shakti Departments, along with granting them essential service status as per stakeholder demands. Additionally, the permissible number of rooms per homestay unit has been increased from four to six, and the inspection committees have been reconstituted to streamline the registration process.

Managing Director, J&K Bank, Amitava Chatterjee, informed the meeting about a dedicated loan product launched by the bank in line with earlier directions. He stated that the scheme offers financing up to Rs 30 lakh, with a provision of Rs 5 lakh per room, at an attractive interest rate of 8.2 percent. He also indicated that the bank is exploring the introduction of a "Tourism Credit Card" tailored for stakeholders in the tourism sector. On this occasion the Managing Director, JK TDC, Shreya Singhal, apprised the meeting that more than 2,600 homestays comprising over 19,300 rooms have been registered across the Union Territory so far. She highlighted several initiatives being undertaken to strengthen the homestay ecosystem, including the formulation of an updated homestay policy.

She also emphasized the need to bring secondary properties under a structured Bed & Breakfast (B&B) framework, in line with best practices followed in other states. Furthermore, she informed that a dedicated portal has been developed on the official tourism website to facilitate onboarding of homestay owners, along with capacity building and marketing support through popular digital platforms such as OYO and others.

The Chief Secretary reiterated the commitment to developing homestays as a cornerstone of community-based tourism in Jammu and Kashmir, aimed at generating employment, promoting local culture, and enhancing visitor experience across the region.

CONTINUE FROM FRONT PAGE.....

Vande Mataram.....

national mainstream, highlighting that the Union Territory has set new benchmarks in development and patriotic participation through initiatives such as Vande Mataram and Har Ghar Tiranga.

Referring to the enthusiastic participation in earlier phases of the Vande Mataram @150 celebrations, he said Jammu and Kashmir emerged among the top-performing regions, reflecting a growing sense of unity and national pride. He added that the region's ability to envision its future is its greatest strength and that such initiatives are fostering a transformative spirit.

The week-long special phase, held from March 23 to 30 to commemorate Shaheedi Diwas, provided an opportunity for reflection on the sacrifices that secured India's freedom. "Vande Mataram symbolizes the dream and resolve for which generations fought. It inspires us to honour our past, empower our present and pledge a brighter future," he said.

The Lieutenant Governor also noted that despite global challenges, including the Russo-Ukrainian War and tensions in West Asia, India has remained resilient and continues to be the world's fastest-growing major economy.

Urging a broader societal role, Sinha called on political parties, civil society and citizens to intensify efforts against drug abuse and turn the Nasha Mukt campaign into a people's movement across Jammu and Kashmir.

Earlier, he paid tributes to freedom fighters and visited an exhibition highlighting their contributions. The event concluded with patriotic performances by artists and students, attended by legislators, senior officials and a large number of citizens.

Omar Abdullah.....

early end to the conflict was imperative and emphasized that India, under Modi's leadership, could leverage its strong diplomatic relations with key global players to facilitate peace.

"I had mentioned in the House that we want the war to end as soon as possible. The role that PM Modi can play, perhaps no one else can, because he has good relations with all these countries," he said, adding that despite the complexities involved, a ceasefire must be pursued without delay.

Referring to the intricate geopolitical situation involving Iran, Israel and the United States, the Chief Minister said that resolving the conflict would not be easy but stressed that every possible diplomatic effort should be made.

"We want the war to end. If any country can help achieve that, let it be. And if India can play a better role, we should take it," he said.

He also briefly touched upon domestic political developments, noting that the Bharatiya

Janata Party's alliances in Assam, Kerala and Tamil Nadu would ultimately shape electoral outcomes, including in Puducherry.

Mission YUVA.....

credit disbursement under the scheme has crossed Rs. 1,000 crore. On the occasion, he carried out a single-day mega disbursement of over Rs. 100 crore among 3,003 beneficiaries, marking a significant milestone in the programme's implementation.

Reiterating that unemployment cannot be addressed through government jobs alone, Omar Abdullah said the administration is focused on creating an enabling ecosystem where youth are empowered to become job providers. He urged beneficiaries to remain engaged with the scheme and continue to scale up their ventures.

The Chief Minister also launched a Credit Guarantee Fund aimed at supporting agri-allied sectors and digitally inaugurated 20 Small Business Development Units (SBDUs), describing these steps as crucial to strengthening grassroots entrepreneurship.

Highlighting the challenges faced by aspiring entrepreneurs, he noted that access to finance often remains a barrier due to collateral requirements and associated risks. He acknowledged the pivotal role played by Jammu & Kashmir Bank in facilitating credit under the scheme.

He said the government's support extends beyond financial assistance to include market linkages and business development, adding that sustained handholding is essential for long-term success of enterprises.

Deputy Chief Minister Surinder Kumar Choudhary described Mission YUVA as a transformative initiative aimed at making youth self-reliant, while Chief Secretary Atal Dulloo assured full administrative support for its effective implementation.

Managing Director and CEO of Jammu & Kashmir Bank, Amitava Chatterjee, said that such scale of success in a government-backed employment initiative is rarely seen across states and Union Territories.

The event was attended by ministers, legislators, senior officials, entrepreneurs and beneficiaries, with several participants joining through video conferencing.

J&K Govt Orders.....

Order No. 501-JK(GAD) of 2026 dated March 30, Nazim Zai Khan, Mission Director, Mission Vatsalya/Shakti (ICPS), J&K, has been transferred and posted as Director, Food, Civil Supplies and Consumer Affairs, Kashmir.

Sagar Doifode Dattatray, who was serving as Director, Food, Civil Supplies and Consumer Affairs, Kashmir, has been posted as Special Secretary to the Government, Agriculture Production Department. He will also hold

additional charge as Mission Director of the Holistic Agriculture Development Programme (HADP) and the Jammu and Kashmir Competitiveness Improvement Project (JKCIP), relieving Sandeep Kumar of these responsibilities.

In a significant move, Shreya Singhal, Managing Director of J&K Tourism Development Corporation and holding additional charge as CEO, JK ERA, has been assigned the charge of Director, Information, J&K, in addition to her existing duties. She is scheduled to assume the new role from April 1, 2026.

Meanwhile, Mahima Madan, Additional Secretary in the Information Technology Department, has been relieved of the additional charge of Additional Secretary, Resident Commission, New Delhi.

Amit Gupta, who was awaiting adjustment orders in the General Administration Department, has been posted as Sub-Divisional Magistrate, Pahalgam, replacing Kaiser Mehmood, who will now await further posting orders.

In the Jammu division, Rajesh Kumar Shavan, Special Secretary to the Government, Tribal Affairs Department, has been appointed as Director, Food, Civil Supplies and Consumer Affairs, Jammu. He replaces Rifat Kohli, who has been directed to await further orders in the General Administration Department.

The reshuffle is part of the government's ongoing efforts to streamline administrative functioning and strengthen governance across departments in the Union Territory.

Kashmir.....

road, particularly near Razdan Top, leaving several vehicles stranded at multiple locations.

In a swift rescue operation, the district administration Bandipora, assisted by the Mechanical Engineering Department and the Border Roads Organisation (BRO), evacuated 22 stranded vehicles carrying tourists and other passengers. Officials said the vehicles were trapped due to heavy snowfall, mudslides and falling rocks, while strong winds further complicated rescue efforts.

Deputy Commissioner Bandipora Indu Kanwal Chib monitored the operation and directed all concerned departments to ensure the safe evacuation of passengers. Authorities confirmed that all stranded tourists were rescued safely and provided necessary assistance, including medical aid, while efforts to restore full road connectivity are ongoing.

Meanwhile, a massive landslide in Uri area of Baramulla district blocked the main road, prompting authorities to press men and machinery into service to clear the debris and restore traffic.

The Meteorological Department has forecast that the prevailing wet spell is likely to persist across Jammu and Kashmir till April 10. It said

intermittent light to moderate rain and snowfall in higher reaches, accompanied by thunder and gusty winds reaching speeds of 40 to 50 kmph, would continue till Monday evening before gradual improvement.

From March 31 to April 2, isolated spells of light rain or snow are expected, particularly during late afternoons, while generally cloudy conditions with scattered precipitation are likely on April 3 and 4. The weather is expected to remain partly cloudy between April 5 and 7, followed by fresh spells of light rain or snow at scattered places from April 8 to 10.

The MeT office has also warned of moderate rainfall at some places and snowfall in higher reaches of north and central Kashmir, along with thunder, lightning

and gusty winds. It cautioned about the risk of landslides in vulnerable areas and advised travellers to adhere to traffic advisories.

Authorities in Ganderbal, Anantnag and Kupwara districts have issued avalanche warnings in prone areas, urging residents to avoid unnecessary movement until conditions improve. Farmers have been advised to suspend agricultural activities till April 1, with limited resumption possible between March 31 and April 2 depending on weather conditions.

Independent weather observers said the current system is likely to weaken from Tuesday morning, although isolated light showers may continue at a few places, with largely dry weather expected by mid-week.

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Div Com Kashmir Holds Interaction with Representatives of Industries, Trade Bodies

■ HT NEWS NETWORK

SRINAGAR, MAR 30: The Divisional Commissioner Kashmir, Anshul Garg, today held an interactive meeting with representatives from various Micro, Small and Medium Enterprises (MSMEs) and the service sector in Kashmir to listen to their grievances, demands, and concerns in view of the Middle East war.

The meeting was attended by representatives from leading industries and trade bodies, including the PHD Chamber of Commerce and Industry (PHDCCI), Federation of Chambers of Industries Kashmir (FCIK), Confederation of Indian Industry (CII), Kashmir Chamber of Commerce and Industry (KCCI), and the Hoteliers Association.

Besides, the Director of Industries and Commerce, the Labour Commissioner J&K, and the Deputy Labour Commissioner participated in detailed deliberations on the issues raised. The Assistant Commissioner Central and Officer



on Special Duty (OSD) to the Divisional Commissioner were also present at the meeting.

During the interaction, the delegation apprised the administration of various issues, including the availability of officers at District Industries Centres (DICs), delays in payments, pendency in

Change of Land Use (CLU) approvals, banking-related constraints, labour-related concerns, and the need for further improvements in the ease of doing business ecosystem.

The delegation also emphasized the importance of effective implementation of the MSME

Development Act and the organization of capacity-building workshops for entrepreneurs.

Also, the representatives expressed concern over the accumulation of unsold inventory, potential disruptions in the supply of raw materials, rising freight costs, and the

impact of these factors on business continuity.

They highlighted the need for skilling and upskilling initiatives for the local workforce to enhance productivity, competitiveness, and the availability of local labour.

The Director of Industries and Commerce provided an overview of the current status and ongoing measures related to the issues raised, assuring the delegation of continued departmental support.

The Divisional Commissioner Kashmir gave a patient and detailed hearing to the concerns presented and assured the delegation that all genuine issues would be taken up with the appropriate authorities for timely resolution.

The delegation expressed gratitude to the Divisional Commissioner for convening the meeting and for his proactive approach in addressing their concerns, particularly in the context of disruptions in trade routes and economic uncertainties stemming from the evolving Gulf situation.

Usha supports Sqay martial arts event at Yousmarg-Budgam; 300 athletes take part

■ HT NEWS NETWORK

SRINAGAR, MAR 30: Usha International, one of India's most respected consumer durables brands, supported a Sqay martial arts event in Yousmarg, Budgam, reinforcing its commitment to promoting indigenous sports and encouraging community participation in active living.

Speaking about the initiative, Komal Mehra, Head - Sports Initiatives and Associations, Usha International, said, "Sqay is an ancient indigenous martial art form that has emerged from Jammu & Kashmir, carrying forward a legacy that is both cultural and deeply rooted in the region's history where practitioners used it to protect their lands from invaders. Sqay (Knowledge of war), is recognised as a modern sport by the Ministry of Youth Affairs and Sports. It is encouraging to see young athletes embracing it with such vigour and representing not just their state but also the country on international platforms. Through Usha Play, we partner with the organisers to support such indigenous sports that nurture talent, strengthen local ecosystems, and help bring these unique disciplines into the mainstream."

The event, held under the theme "Aao Kashmir, Sqay Ke Sang, Seekho, Khelo Har Ek Rang," brought together over 300 attendees.

Following the competitions across Combat/Fight (Loba) and Artistic events Khawanky (group performances) & Aero Sqay (individual performances), winners across categories were felicitated during a prize distribution ceremony adjudicated by a distinguished panel of judges.

The individual honours among the boys in the Junior category (< 18) saw Riyaan Rouf secure second place, while Aamir Amin Mir claimed the top spot with an outstanding and technically refined performance. Among the girls in the same category, Suzain Zahoor earned second position, while Maleeha took home the top honours with a confident and impressive display.

In the boys' group performances, the Cadet category (< 11) saw Shopian Sqay Association finish in third place, followed by Ganderbal Sqay Association in second, while Budgam Sqay Association emerged victorious with a powerful and well-coordinated performance. In both the Senior (> 18) and Junior (< 18) categories, Shopian Sqay Association secured second place, while Ganderbal Sqay Association delivered another remarkable performance to claim the top honours.

The girls' group performances were equally compelling. In the Cadet category (< 11), Shopian Sqay Association secured third place, followed by Ganderbal Sqay Association in second, while Budgam Sqay Association claimed first place with an energetic and spirited display. The Sub Junior categories (< 14) witnessed impressive performances, with



Srinagar Sqay Association finishing second and Budgam Sqay Association delivering a dynamic and winning performance that earned them the top position.

Disha Pandith, organizing secretary, said, "Sqay represents the spirit, resilience, and cultural legacy of Jammu & Kashmir. It is encouraging to see growing interest among young athletes who are keen to learn and carry this tradition forward. Support from organisations like Usha Play plays a crucial role in this journey, as it helps create platforms for talent to thrive while bringing greater visibility to indigenous sports like Sqay."

Sqay, an indigenous armed, and unarmed combat style martial art using a bargula (shield) and tora (leather-covered bamboo sword), from Jammu & Kashmir, is deeply rooted in the region's cultural and warrior traditions.

Evolving from ancient self-defence techniques, it has evolved into a structured modern sport, which is now recognized at national and international platforms. Supporting this initiative aligns with Usha Play's larger vision of nurturing grassroots talent, preserving indigenous sporting heritage, and creating accessible platforms for young athletes across regions.

Usha is deeply invested in revitalizing indigenous/ancient Indian disciplines that bring communities together and foster active, joyful, and healthy living.

CRPF Organises Free Medical Camp in Anantnag, more than four hundred Beneficiaries Avail Services

■ FAROOQ RATHER

ANANTNAG, MAR 30: In a significant outreach initiative aimed at promoting community welfare and strengthening ties with the local population, the 90 Battalion of the Central Reserve Police Force (CRPF) on Sunday organised a free medical camp under its Civic Action Programme at Government Middle School, Wopzan in Bijbehara area of south Kashmir's Anantnag district. The medical camp was inaugurated by Commandant of 90 Bn CRPF, Shri Kamendra Pratap Singh, who highlighted the importance of such initiatives in bridging the gap between security forces and civilians while ensuring access to basic healthcare facilities in rural areas. A dedicated medical team comprising CRPF Medical Officer Dr. Suraj Kumar Singh (CMO-OG), along with Dr. Insha Saleem and Dr. Gazi Jahangir (Medical Officers, Bijbehara), and trained paramedical staff, provided healthcare services during the camp. The initiative witnessed an overwhelming response, with a large number of residents from Wopzan, Kandipora, and adjoining areas participating.

According to officials, a total of 437 individuals, including men, women, and children, benefitted from the camp. Free general health check-ups, medical consultations, diagnosis, and medicines were provided to the attendees. The camp effectively brought essential healthcare services to the doorsteps of the villagers, many of whom have limited access to medical facilities.

In addition to medical services, refreshments were arranged for the visitors. Children who accompanied their parents were also given sweets and biscuits, adding a humane touch to the initiative.

Local residents appreciated the efforts of the CRPF, stating that such programmes not only address healthcare needs but also help build trust and goodwill between the security forces and the community.

The programme concluded with CRPF authorities assuring that similar welfare and outreach activities will continue to be organised in the future for the benefit and well-being of the local population.

Kruhen Cultural Forum Unveils Revival Strategy, Announces Grand Literary Conference on April 12

"Sharaf-e-Kruhen" Award Instituted; Late Syed Manzoor Hashmi to be Honoured Posthumously



■ HT NEWS DESK

SRINAGAR, MAR 29: The Executive Body of the Kruhen Cultural Forum Kreeri held an important Session at its head office in Andrabi Complex, Kreeri, where a comprehensive strategy was formulated to revive and strengthen the functioning of the organisation and to promote literary and cultural activities across the region.

The meeting was presided over by the Forum President, Syed Shamim Ahmad Shamim, while proceedings were conducted by General Secretary Syed Sharief Hussain Qadri. Detailed deliberations were held on strengthening the organisational structure, improving institutional performance, and revitalising literary and cultural engagement in North Kashmir.

The Executive Body also decided to organise a grand one-day literary conference on April 12, 2026, at Government Degree College Kreeri. The conference will comprise two sessions. During the inaugural session, a new literary honour titled "Sharaf-e-Kruhen" will be instituted. The first award will be conferred posthumously upon noted scholar and litterateur, the late Syed Manzoor Hashmi, in recognition of his significant literary contributions.

The meeting ratified the induction of new members, including Mumtaz Rashid, Shaukat Tilgami, Dilbar Wani Gami, Syed Tasaduq Hussain Gohar, and Ghulam Hassan Darvesh.

A representative delegation was also constituted for Adabi Markaz Kamraz, comprising SGM Andrabi,

Mumtaz Rashid, Shaukat Tilgami, and Sarwar Hashmi. The delegation will be led by Executive Member Syed Jahangir Bukhari.

In a move to revive its publication activities, the Forum constituted an editorial board tasked with expediting the publication of its long-pending annual journal "Anhaar." Additionally, it was decided to launch a new publication titled "Babul Murad," aimed at providing a platform for emerging writers and literary enthusiasts to showcase their creative work.

Concluding the meeting, Vice President Syed Ghulam Mohiuddin Andrabi expressed satisfaction over the proceedings and reaffirmed the Forum's commitment to intensifying efforts for the promotion of literature and culture in the region.

KU begins week-long workshop on communication skills in AI era

■ HT NEWS NETWORK

SRINAGAR MAR 30: A week-long workshop on 'Developing Communication Skills in the Age of AI' began today at the Main Campus of the University of Kashmir (KU).

The workshop is being organised by the varsity's Department of English, in collaboration with the Centre for Writing and Pedagogy, Krea University, under the sponsorship of the Higher Education Council.

It aims to equip participants with essential communication competencies in an AI-driven world, focusing on critical thinking, digital writing practices, ethical use of AI tools, and enhancing

academic and professional communication skills.

Speaking at the inaugural session, Vice-Chancellor, KU, Prof. Nilofer Khan, said, "In the rapidly evolving digital landscape, communication skills have acquired new dimensions. It is imperative for students and scholars to adapt to emerging technologies like artificial intelligence while preserving the core values of clarity, creativity, and critical thinking."

She further said that such workshops play a vital role in bridging the gap between traditional learning and contemporary technological advancements, enabling participants to become effective communicators in both



academic and professional domains.

Delivering the keynote address, Neha Mishra, Assistant Professor of Practice at the Centre for Writing

and Pedagogy, Krea University, highlighted the growing relevance of AI in shaping communication practices. She provided an overview of the work-

shop, outlining its focus on integrating AI tools with writing pedagogy, fostering creativity, and developing responsible digital communication strategies.

Earlier, Head, Department of English, KU, Prof. Mufti Mudasir Farooqi, in his welcome address, emphasized the importance of such collaborative initiatives in enhancing students' academic engagement and preparing them for the evolving demands of the global knowledge economy.

The week-long workshop will feature a series of technical and practical sessions on AI-assisted writing, academic communication, digital literacy, and ethical considerations in the use of artificial intelligence.

Legislators raises several Public interest issues in Assembly

■ HT NEWS NETWORK

JAMMU, MARCH 30: Legislators today raised several issues during the Zero Hour concerning day to day governance and public service delivery across the districts of J&K.

MLA Balwant Singh Mankotia highlighted the issue of daily wages and ad-hoc employees, urging the government to frame a comprehensive policy for their regularization. He also sought rehabilitation policy for those who have crossed the age of 40 years without being regularized. MLA Satish Sharma supported the demand and called for immediate action on the matter.

MLA Hasnain Masoodi expressed concern over changes made in the Political Science syllabus at University of Jammu, stating that the deletion of certain portions has raised serious apprehensions among scholars and academics.

MLA Surjeet Singh Salathia demanded intervention of the Speaker in the alleged harassment of the personal staff of MLAs during security checking at the entry gate of Civil Secretariat.

MLA Aga Syed Muntazir Mehdi sought a one-time exemption for consumers with pending electricity dues, while MLA Farooq Ahmad Shah demanded that trees fallen in forest areas due to heavy snowfall be extracted and distributed among needy citizens of Jammu and Kashmir.

MLA Dr Bashir Ahmad Shah Veeri urged the government to grant relaxation to orchardists for procuring fuel required to operate equipment used for spraying agrochemicals, in view of restrictions on loose sale of fuel by the petrol pump outlets here.

MLA Nazir Ahmad Khan (Gurezi) demanded that educated local youth be given opportunities to address the shortage of teaching



staff in higher secondary schools of his constituency.

MLA Mir Saifullah called for the early issuance of appointment orders in favour of candidates selected by the Jammu and Kashmir Public Service Commission in the Planning Department.

MLA Tanvir Sadiq sought the release of youth arrested by police during protests following the reported death of an Iranian leader.

MLA Shakti Raj Parihar raised the issue of the shortage of engineering staff in the R&B Division of his constituency.

MLA Narinder Singh Raina demanded the posting of Executive Officers in Municipal Committees of R.S. Pura, Bishnah and Arnia. He also sought rehabilitation of shopkeepers affected due to the construction of the flyover at Satwari Chowk.

MLA Iftikhar Ahmed urged the government to resolve issue of ministerial staff in the Health Department who are demanding payment of 2.5 days salary on the pattern of other medical staff.

MLA Khurshid Ahmad

demanded posting of adequate medical and paramedical staff along with ambulance drivers in his constituency.

MLA Shabir Ahmad Kullay called for extension of amnesty schemes for power consumers with long-pending electricity dues.

MLA Mubarik Gul demanded construction of a historic entry gate near Eidgah in Srinagar and completion of the PHC building at Narwara.

MLA Altaf Ahmad Wani (Karoo) urged authorities to make adequate arrangements for the annual Urs of Hazrat Zain-ud-Din Wali at Aishmuqam in Anantnag district.

MLA Dr Sajjad Shafi demanded extension of the Ladli Beti Scheme to Baramulla district.

MLA R S Pathania raised issue regarding the need for scientific disposal of waste in Udhampur Municipal Committee and asked for the time line for the disposal. He also urged for proper examination and seriousness in the replies given in the house.

MLA Prof. Gharu Ram Bhagat sought improvement of the highway

connecting R.S. Pura with Jammu.

MLA Nizam-ud-Din Bhat demanded enhancing the pace of construction of two bridges on the Sumbal-Bandipora road causing inconvenience to public.

MLA Sajad Shaheen sought posting of consultants at the Sub-District Hospital Banihal.

MLA Sajad Gani Lone demanded parity in the definition of poverty for citizens seeking benefits under the Economically Weaker Section (EWS) reservation category.

MLA Mohammad Yousuf Tarigami urged the government to immediately release pensions for old-age persons and widows before the closure of the ensuing financial year.

MLA Saif-ud-Din Bhat raised the issue of halted work on a bridge in his constituency and demanded restoration of access at Yashkoot to connect the area with the national highway.

MLA Irfan Rasool Kar demanded installation of a new X-ray machine at Sub-District Hospital Sopore to replace the defunct machine there.

MLA Mian Mehar Ali sought

commencement of work on the Manigam-Pandach road. He also highlighted the shortage of LPG in his constituency.

MLA Mir Mohammad Fayaz raised concerns over disconnection of electricity supply to the residents in his constituency for want of pending electricity dues.

MLA Sunil Bhardwaj highlighted the unavailability of a surgeon and dentist in his constituency and demanded regularization of NHM employees in the Health Department.

MLA Abdul Majid Bhat (Larmi) sought government intervention to address cases of maternal deaths which as per him is a cause of immediate concern.

MLA Reyaz Ahmad Khan demanded uniform wages for Hospital Development Fund workers across medical blocks in Anantnag district besides implementation of Minimum Wages Act in their favour.

MLA Ali Mohammad Dar urged the government to allocate funds for construction of a bridge and its approach on the Srinagar-Charari-Sharief road to make it usable for public.

MLA Pawan Kumar Gupta raised the issue of shortage of teachers in the schools of his constituency.

MLA Baldev Raj Sharma highlighted the shortage of commercial LPG cylinders in Katra, stating that the situation has forced several eateries to shut down.

MLA Qaysar Jamshaid Lone demanded relaxation for patients suffering from life-threatening diseases in depositing long-pending electricity dues.

The legislators urged the government to take immediate and necessary measures to address these pressing issues affecting people across different regions of Jammu and Kashmir in order to bring respite to them.

ADC Handwara chairs Public Grievance Redressal Programme on Digital Jamabandis at Kargama, Wadder payeen

■ HT NEWS NETWORK

KUPWARA, MARCH 30: Additional Deputy Commissioner, (ADC), Handwara, Javed Naseem Masoodi on Monday chaired a Public Grievance Redressal Programmes on Digital Jamabandis at Panchayat Ghar Kargama in Tehsil Handwara and Panchayat Ghar Wadder in Tehsil Zachaldara of sub division Handwara.

The programmes witnessed active participation from local residents, who raised various issues and grievances related to land records, digitization of Jamabandis, and other revenue matters.



During the camps, the ADC gave a patient hearing to the grievances of the public and issued on-the-spot directions to the concerned officers for their timely redressal. Several cases were resolved on the spot, while others were taken up for prompt action within a stipulated timeframe.

Speaking on the occasion, the ADC emphasized the importance of digitization of land records to ensure transparency, accountability, and ease of access for the general public. He urged the revenue officers to work with dedication and ensure that all pending cases related to Digital Jamabandis are disposed of in a time-bound manner.

The ADC also stressed the need for greater awareness among the people regarding digital land record services and encouraged them to avail the benefits of online platforms for hassle-free access to their records.

Tehsildar Zachaldara, Naib Tehsildars, Handwara and Zachaldara, Girdawars, Patwaris, officials from the Revenue Department and other concerned were present on the occasion and assured full cooperation in addressing public grievances effectively.

The locals appreciated the initiative of the administration in bringing governance to their doorsteps and expressed satisfaction over the prompt response to their concerns.

Shopian Forest Division promotes Green Future with major plantation, distribution drives in district

■ HT NEWS NETWORK

SHOPIAN, MARCH 30: As part of ongoing commitment to environmental sustainability and ecological restoration, three day Institutional Plantation and Distribution Drives in Sedow Forest Block, Heerpora Forest Block and Zawoora Forest Block under prime endeavour "GREEN J&K DRIVE 2026" were conducted in Shopian.



Brigadier - 12 Sector Rashtriya Rifles, Divisional Forest Officer (DFO) Shopian, Deputy Director, Forest Protection Force K-04 Shopian, Range Officer Shopian, Employees of Municipal Council Shopian, Staff and Children of various Schools participated in the events.

The events witnessed fervent participation from Army Personnel, civil society, school children, who collectively planted a significant number of conifer and Broad leaved saplings during the events.

The event at Army Goodwill School Balpora Shopian, was kickstarted by Brigadier - 12 Sector Rashtriya Rifles, Vidur Ji Sharma. He also interacted with the Officials of Forest territorial and Forest Protection, and appreciated their role as Green warriors.

Speaking on the event he emphasized that "Planting a sapling is an investment in the future. He further reiterated that our goal should not be just to plant these saplings today, but to foster a culture of green ownership, where every individual should play a part in nurturing our natural ecosystem.

Divisional Forest Officer, Shopian during his speech at the event thanked everyone who participated in the Plantation Drives.

District Admin Kupwara organises grand culmination event for weeklong 'Vande Mataram' Campaign

■ HT NEWS NETWORK

KUPWARA, MARCH 30: In commemoration of the 150th anniversary of the iconic national song "Vande Mataram", the District Administration, Kupwara, successfully organised a grand culmination event of phase 3 of Vande Mataram campaign today at Town Hall, Kupwara.

The programme was attended by the Deputy Commissioner, Kupwara, Shrikant Suse and SSP Kupwara Syed Al-Tahir Gilani.

The proceedings commenced with the solemn rendition of National Song and the National Anthem.

Documentary produced by the District Information & Public Relations (DIPR) Department, Kupwara, was launched on this occasion elucidating the historical importance of national songs and activities undertaken in the district as part of ongoing Campaign.

On this occasion, Deputy Commissioner underscored the significance of "Vande Mataram" in nurturing national unity and patriotism.

He extended sincere appreciation to all departments and stakeholders for their exemplary coordination in conducting a series of events district-wide during this



special phase of celebrations.

The event concluded with the conferment of Certificates of Appreciation upon the winners securing first, second, and third positions in the singing and essay writing competitions organised by the DIPR.

The programme was also attended by ADC Kupwara, Gulzar Ahmad Khan; ACR, Peerzada Mumtaz Ahmad; ACD; CMO; CEO; besides other senior officers from line departments and school students.

Bandipora CCI Children embark on 'Watan Ko Jano' Tour

■ HT NEWS NETWORK

BANDIPORA, MARCH 30: Children from Child Care Institutions (Palaash and Pareesha) Bandipora today set out on the Watan Ko Jano tour, marking the beginning of an enriching and exciting journey aimed at broadening their horizons and experiences.

The tour is part of an initiative designed to provide children with exposure beyond their immediate surroundings, helping them explore new places, understand diverse cultures, and gain valuable life experiences. Such programmes are widely recognized for promoting learning, confidence, and national integration among young participants.

Filled with enthusiasm and excitement, the children expressed their eagerness to explore, learn, and interact with new environments. For many of them, this journey represents a unique opportunity to step outside their routine lives and experience the wider world.

The District Child Protection Officer, Bandipora, extended heartfelt wishes to all the children for a safe and successful



journey. Officials conveyed their hope that the tour would be both educational and memorable, contributing positively to the children's overall development.

The initiative reflects continued efforts to empower children through exposure, learning, and meaningful engagement beyond their local surroundings.

The programme is organized by the Rehabilitation Council Department of Social Welfare, Government of Jammu and Kashmir, and Ministry of Home Affairs, Government of India.

District Admin Shopian marks grand conclusion of 150 Years 'Vande Mataram' celebrations

Massive participation, student engagement reflect unprecedented patriotic spirit

■ HT NEWS NETWORK

SHOPIAN, MARCH 30: District Administration Shopian today successfully concluded the week-long Special Phase campaign commemorating 150 years of the national song "Vande Mataram", held from March 23 to March 30, 2026, across the district with remarkable enthusiasm and widespread public participation.

The campaign, inaugurated at the Auditorium Hall, GDC Shopian, witnessed an extensive series of cultural, educational, and awareness programmes conducted across schools, colleges, and public institutions, aimed at

commemorating the completion of 150 years of National Song Vande Mataram. During the week-long celebrations, a wide array of activities including mass singing events, debates, symposiums, essay writing, painting competitions, cultural performances, and awareness campaigns were organized across the district.

Educational institutions across the district actively participated in the campaign, ensuring vibrant student involvement and meaningful engagement at all levels.

One of the major highlights of the programme was the large-scale participation of students in mass



singing of Vande Mataram at multiple locations, joined by

members of the general public, creating a powerful atmosphere

of patriotic fervour.

Special initiatives such as Photo Exhibitions and installation of selfie points added depth to the celebrations and strengthened the connection of citizens with the legacy of the freedom struggle.

Educational institutions played a pivotal role, with programmes successfully conducted at GDC Shopian, GDC Zainapora, and schools across the district.

The concluding day witnessed mass participation events held across multiple locations, bringing the week-long celebrations to a meaningful close with a strong message of unity, harmony, and national pride.

DC Srinagar chairs DLRC/DCC meeting to review credit related performance of Banks in the district

HT NEWS NETWORK

SRINAGAR MARCH 30: A meeting of District Level Review Committee/District Consultative Committee (DLRC/DCC) was today held under the Chairmanship of Deputy Commissioner (DC) Srinagar, Akshay Labroo at Meeting Hall of the DC Office Complex, here to review the credit related performance of the Banks in the district and also sponsoring Departments in implementation of priority sector schemes for financial year 2025-26.

Besides, Chief Planning Officer, Fayaz Ahmad Dar, LDO, RBI, Amandeep Singh, DDM NABARD, Purnima Kakroo, Lead District Manager (Banks), Nelofer Jan, Deputy Director Employment, Shubi Tabasum, other District Officers, Cluster Heads of J&K Bank, representatives of Banks and financial institutions operating in Srinagar.

At the outset, the Deputy Commissioner, who is also Chairman of DLRC/DCC conducted a detailed sector-wise review of the performance of banks against



the important credit related and monetary parameters and in implementation of priority sector Government schemes including Mission YUVA, PM Surya Ghar Muft Bijli Yojana, Holistic Agriculture Development Programme (HADP) and other schemes.

He also reviewed achievements under Priority and Non-Priority Sector lending as per the Annual Credit Plan.

Speaking on the occasion, the DC urged banks and sponsoring agencies to focus on achieving targets under Priority Sector Lending and emphasized improving the ease of availing banking facilities for consumers. He also emphasized strengthening financial inclusion schemes through proper handholding of beneficiaries to enhance credit outreach.

Emphasizing improved performance in priority sectors, the DC said banks' progress in extending credit under government-sponsored schemes is being closely monitored and that low-performing branches

would be formally taken up with the respective HR divisions.

He emphasized close coordination between banks and sponsoring agencies for the effective implementation of self-employment schemes, enabling beneficiaries to establish income-generating units seamlessly.

During the meeting, it was informed that banks operating in Srinagar have disbursed a total credit of Rs. 7736 crore to 6472 beneficiaries under various schemes, achieving 157% of the target till the quarter ending December 2025 of the financial year 2025-26.

It was also informed that deposits amounting to Rs 39258.30 crore and advances of Rs 26765.89 crore have been registered.

On the occasion, the Deputy Commissioner also launched the Potential Linked Credit Plan for District Srinagar for the financial year 2026-27, aimed at providing a roadmap for credit planning and facilitating sector-wise growth in alignment with the district's developmental priorities.

DC Srinagar Inspects newly constructed hostel for wards of ex-servicemen/martyrs at Peerbagh

HT NEWS NETWORK

SRINAGAR MARCH 30: Deputy Commissioner (DC) Srinagar, Akshay Labroo on Monday conducted an inspection visit to the newly constructed hostel for wards of ex-servicemen and martyrs at Peerbagh, Srinagar.

During the visit, the DC was accompanied by several senior officials, including Deputy Director Sainik Welfare Pankaj Chib, Additional Deputy Commissioner Mir Imtiyaz Ul Aziz, Chief Planning Officer Fayaz Ahmad Dar, District Social Welfare Officer Dr Mukhtar Ahmad, Executive Engineer R&B Khalid Mehmood, Tehsildar Chanpora Kifayat Hussain and Zila Sainik Welfare Officer Farooq Fareed, Rashid War among others.



On the occasion, the Deputy Commissioner reviewed the overall facilities at the hostel and inspected key components such as the building structure, accommodation rooms, power and water supply facilities and other essential amenities.

While interacting with the Officers, Engineers and Sainik Welfare Officials, the DC observed that most of the construction work has been completed and the hostel is nearly ready for use. He directed the concerned departments to expedite the remaining works in a time-bound manner.

The DC stated that the inspection was aimed at ensuring completion of the hostel facility for safe and comfortable accommodation for students who are wards of ex-servicemen and martyrs. He highlighted that the hostel is a significant initiative funded by the Union Ministry of Defence.

On the occasion, the DC appreciated the efforts of executing agency i.e. Exen R&B Rajbagh and all stakeholder departments along with Zila Sainik Welfare Board for accelerating the project in recent months and bringing it close to completion.

Jammu Kashmir Lok Bhavan celebrates Rajasthan and Odisha Day

HT NEWS NETWORK

JAMMU, MARCH 30: Jammu Kashmir Lok Bhavan on Monday celebrated the Rajasthan Foundation Day, at Jammu. The cultural evening also commemorates the celebrations of Odisha Day 'Utkala Dibasa' which will be observed on 1st April.

Addressing the gathering, Lieutenant Governor Shri Manoj Sinha extended his heartiest greetings and best wishes to the people of Rajasthan and Odisha. "Rajasthan, land of enlightened giants, has offered humanity's highest guidance and upliftment for society's weakest. Likewise, Odisha's rich heritage has shaped India's consciousness and philosophy.

I believe diversity and ancient values of these two states have inspired people, gave them strength and a vision to unite all humanity," the Lieutenant Governor said.

Highlighting the linguistic and cultural diversity of Rajasthan, the Lieutenant Governor said that a glimpse of this blessed land reveals how languages like Hindi, Marwari, Hadoti, Mewari, Mewati, and Punjabi have enriched its literary and cultural traditions.

"Rajasthan shines as a treasure trove of spirituality, valor, heroism, and folk arts. Since ancient times, the Aravalli hills and Thar Desert have witnessed its cultural wealth, with its brave sons dedicating their prowess to Mother India's honor and glory," the Lieutenant Governor said.

The Lieutenant Governor stated that during the Bhakti era, luminaries from Rajasthan spread fresh ideas and awakened self-confidence. "Born in Pali, Meerabai is revered as the torchbearer of Bhakti. Ancient sages declare her the embodiment of devotion itself—synonymous with surrender and sacrifice," he said.

The Lieutenant Governor also spoke on Odisha's rich tapestry of cultural, spiritual and artistic traditions. "Odisha stands as a testament to millennia of India's cultural and spiritual golden age. From Emperor Ashoka's era in 261 BCE—when it was known as Kalinga—to the 21st century, this sacred land has invariably contributed to forging a mighty Bharat," he said.

The Lieutenant Governor paid tribute to the towering personalities and luminaries of the two states and recalled their significant contribution to nation building.

"Great figures from both states fueled goal-oriented devotion through Bhakti. Their vibrant folk arts, music-embedded culture, life values, and industrial feats have fortified the 'Ek Bharat, Shreshtha Bharat' ethos, preserving social principles," the Lieutenant Governor said.

Officials, Students, Faculty members from various educational institutions and the people of Rajasthan and Odisha living in J&K UT were the special invitees on the occasion.

DC Budgam reviews Revenue related matters in district

HT NEWS NETWORK

BUDGAM, MARCH 30: Deputy Commissioner (DC) Budgam, Athar Aamir Khan, today chaired a comprehensive review meeting to assess the functioning of Revenue services across all tehsils of the district at the DC Office Complex, Budgam.

The meeting was attended by ADC, Mehraj-ud-Din Shah, Sub-Divisional Magistrates (SDMs), AC Defence, Tehsildars, Naib Tehsildars, and other concerned Revenue officials.

At the outset, the chair was apprised on the overall status of Revenue services in the district, highlighting key performance indicators and challenges.

During the meeting, the DC emphasized the need for 100% digitization of Jamabandis to enhance transparency, accessibility, and efficiency in land records management. He directed all Revenue officers to prioritize the clearance of pending cases under various categories and ensure prompt and hassle-free delivery of public services at all Revenue offices.

Reviewing the implementation of the Public Services Guarantee Act (PSGA), the DC instructed officers to critically assess rejected and reverted cases within their jurisdictions and ensure their time-bound disposal, minimizing inconvenience to the public.

The DC also took stock of progress on key administrative infrastructure projects, including the Tehsil Office at BK Pora and Niabats at Nagam, Soibugh, and Kachwari. He directed officers to maintain close coordination with executing agencies to ensure timely completion of these projects for early public use.

The DC stressed that Revenue officials must remain proactive in addressing public grievances and adhere strictly to timelines for service delivery.



A detailed review was conducted on multiple aspects including land acquisition cases, fencing of State land, disposal of Revenue Court cases, functioning of the Revenue Management Portal, inheritance mutations, maintenance of stock registers, and issuance of certificates such as income and category certificates.

The DC directed all officers to uphold accountability, ensure efficiency in service delivery, and remain committed to public welfare. He emphasized the need for strong interdepartmental coordination for the identification and demarcation of land for pending Panchayat Ghars, ensuring timely development of essential rural infrastructure across the district.

DLSA Srinagar conducts Legal Awareness Programme at Central Jail on Parole, Furlough & Premature Release

HT NEWS NETWORK

SRINAGAR, MARCH 30: District Legal Services Authority (DLSA), Srinagar today organised an awareness programme at Central Jail Srinagar on Standard Operating Procedures (SOPs) relating to premature release, parole, and furlough.

The programme was conducted under the guidance of Haq Nawaz Zargar, Chairman, District Legal Services Authority (Pr. District & Sessions Judge), Srinagar and under the supervision of Tabassum Qadir, Secretary, DLSA Srinagar.

Tasneem Kausar, Deputy Chief Legal Aid Defence Counsel, along with Ayesha and Minhaj, Assistant Legal Aid Defence Counsels, conducted the session and provided detailed information to the inmates regarding eligibility criteria and procedural aspects of parole, furlough, and premature release.

The initiative aimed at promoting legal awareness among inmates and ensuring that they are informed about the available



legal remedies and entitlements.

The authorities at Central Jail Srinagar facilitated the programme and extended full cooperation for its smooth conduct.

SYSF, District Admin Baramulla hold interaction with Terror Victim Families

HT NEWS NETWORK

BARAMULLA, MARCH 30: Save Youth Save Future (SYSF) Foundation, in collaboration with the District Administration Baramulla, today organized an interaction programme with families of terror victims at Dak Bungalow Baramulla, aimed at providing a platform to listen to their concerns and address the challenges faced by them.

The event was presided by Deputy Commissioner (DC) Baramulla, S.F. Hamid, and attended by Senior Superintendent of Police (SSP) Baramulla, Gurinderpal Singh; Additional Deputy Commissioner (ADC) Baramulla, Syed Altaf Hussain Musvi; Chairman, SYSF, Wajahat Farooq; along with several families from district Baramulla affected by terrorism.

During the interaction, terror victim families shared the challenges they continue to face, including issues related to rehabilitation, financial assistance, and access to government schemes. They sought timely intervention and support from the administration to address their grievances.

Addressing the gathering, the DC expressed deep empathy with the victims and their families, stating that the administration stands firmly with them in their difficult journey. He assured that his office remains open and accessible to all the affected families and reiterated the administration's commitment to ensuring their welfare and dignity. Meanwhile, the DC appreciated the efforts of Save Youth Save Future Foundation, describing it as a beacon of hope and a significant movement working towards the rehabilitation and empowerment of terror victim families.

A key concern raised during the programme was the pendency of cases under relevant SRO provisions. The DC assured that all such pending cases would be examined and fast tracked to ensure that deserving beneficiaries receive justice and rightful assistance. To address specific grievances related to alleged land grabbing faced by some victim families, the DC announced the formation of a dedicated cell under the supervision of the ADC Baramulla which will assess such cases.

DC Kulgam presides over Census Training Programme for District/Charge Level Officers

HT NEWS NETWORK

KULGAM, MARCH 30: Deputy Commissioner (DC) Kulgam, Shahzad Alam, today presided over the District Level Training Programme for District and Charge Level Officers/Officials for Census (Phase-I: House Listing & Housing Census—HLO) at the Conference Hall, Kulgam.

The three-day training programme, scheduled for March 30, 31 and April 6, aims to strengthen the preparedness of officers and officials for the upcoming Census exercise and ensure effective

implementation of census-related activities across the district.

Addressing the participants, the Deputy Commissioner emphasized the importance of conducting the Census process with accuracy, transparency, and dedication. He highlighted that the Census serves as a vital tool for policy formulation, planning, and equitable allocation of resources, thereby playing a crucial role in the overall development process.

During the training programme, officers were briefed on various aspects of the Census exercise, including the

roles and responsibilities of field functionaries, procedures for data collection, and coordination mechanisms required for the smooth conduct of the House Listing and Housing Census (HLO) phase.

The DC urged the participating officers to actively engage in the training sessions and ensure that the Census exercise is carried out efficiently and systematically across all areas of the district.

The programme is being attended by District and Charge Level Officers/Officials from various departments.

District Admin Bandipora organises Painting Competitions across schools under Vande Mataram Celebrations

HT NEWS NETWORK

BANDIPORA, MARCH 30: As part of the ongoing celebrations marking 150 years of Vande Mataram, a series of painting competitions were organised across various educational institutions in Bandipora district, witnessing enthusiastic participation from students and reflecting a strong sense of patriotism and creativity among the youth.

Painting competitions were conducted at MS Dangan, PS

Kharmohalla Bagtore, MS Gobaz, GMS Wanpora, and BMS Wanpora, where students showcased their artistic talent by depicting themes of national pride, unity, and cultural heritage. Similar activities were also organised under the banner of Vande Mataram at HS Wanpora and HSS Izmarg, drawing active participation and appreciation.

The events provided a platform for young minds to creatively engage with the theme while promoting awareness about the importance of unity and national

identity.

These activities collectively added vibrancy to the celebrations across the district, with students playing a leading role in promoting the message of patriotism, unity, and cultural pride through artistic expression.

The programmes are part of the ongoing series of activities being conducted across the district under the special phase of "Vande Mataram," aimed at strengthening the spirit of national unity and collective pride.

HT EDITORIAL

Diminishing profits force private schools to switch over to CBSE

Over the past few years many of the private schools operating in Srinagar and other districts of Kashmir valley have switched over from Jammu & Kashmir Board of School Education (JKBOSE) to Central Board of Secondary Education (CBSE). The switch over from JKBOSE to CBSE has been taken up by these schools due to a host of reasons and they are quite happy about the same.

The most important reason for the switch over is that there is freedom for the schools to choose the books of their own and they need not to follow the diktats of JKBOSE in this regard. Given the fact that both the government and private schools operating under JKBOSE have been asked to adopt uniform syllabus the private school owners have been left with no option but to prescribe the board books for its students.

Even though most of the private schools have prescribed some more books for its students, the number of such books in most of the schools is very less. In the past the private schools would make merry at the start of the new session since the parents were forced to purchase books from a particular book shop with the rates of such books being on the higher side. The private schools would earn huge profits from the sale of the books since they were hand in glove with the book-sellers and publishers.

Many of the private schools in order to continue with their practice of reaping huge benefits out of the sale of the books have taken the decision to shift to CBSE pattern rather than JKBOSE pattern. It has been observed that the education and health sectors have been commercialized to a great extent in the country with Jammu & Kashmir being no exception. As on date we have corporate hospitals and the same can be said about the different private schools operating across the length and breadth of the union territory.

In the modern era most of the people believe that running a school or a hospital is the most profitable venture with the owners of the same earning huge profits. There is a general perception that setting up a school or a hospital is a one time investment with the same being followed by profits and benefits on a regular basis. It is due to this reason that entrepreneurs are more than keen to start a school or hospital.

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Elegy to Vanished Companionships



JAWAID IQBAL

In the vast, intricate tapestry of human existence, friendships emerge as some of the most luminous yet ephemeral threads, weaving warmth, solace, and meaning into the otherwise indifferent fabric of life. Yet, not all friendships are destined for permanence. Some, once vibrant and indispensable, gradually dissolve into the quiet obscurity of memory, becoming what we may poignantly term forgotten friends. These are not always friendships shattered by betrayal or extinguished by conflict; more often, they are eroded by the silent passage of time, the inexorable drift of circumstance, and the subtle realignments of human priorities.

The phenomenon of forgotten friendships is neither novel nor anomalous; it is, rather, an intrinsic aspect of the human condition. To understand it is to confront the transient nature of connection itself—a reality both melancholic and profoundly instructive.

The Genesis of Intimacy

Friendships often originate in proximity and shared experience. Whether forged in the corridors of educational institutions, within the crucible of professional environments, or through serendipitous encounters, they are initially sustained by frequent interaction and mutual discovery. During these nascent stages, individuals reveal fragments of their identities, constructing a shared narrative that engenders trust and emotional intimacy.

At this juncture, the friendship appears immutable. There is a tacit belief—sometimes unspoken, yet deeply felt—that such a bond will endure the vicissitudes of time. Promises are made, memories are created, and the present moment assumes an illusion of permanence.

Yet, embedded within this very illusion lies the seed of eventual dissolution.

The Gradual Dissolution

Unlike dramatic ruptures characterized by conflict or betrayal, forgotten friendships often fade through a process so gradual that it evades immediate detection. Communication becomes sporadic, meetings less frequent, and the once-effortless exchange of thoughts transforms into an occasional, almost obligatory gesture.

This attenuation is frequently precipitated by life's inevitable transitions. Geographical relocation, career advancement, familial obligations, and evolving personal aspirations all conspire to recalibrate one's social landscape. As individuals traverse divergent paths, the common ground that once sustained their connection begins to erode.

It is not necessarily a failure of affection or loyalty, but rather a consequence of competing priorities. Human attention, after all, is a finite resource, and its allocation is often dictated by immediate exigencies rather than nostalgic inclinations.

The Psychology of Forgetting

From a psychological perspective, the phenomenon of forgotten friendships can be understood through the lens of cognitive and emotional economy. The human mind, in its quest for efficiency, continuously reorganizes memories, prioritizing those that are reinforced through repetition and emotional salience.

As interactions diminish, so too does the cognitive prominence of the associated individual. Memories that were once vivid gradually recede into the periphery of consciousness, supplanted by more immediate concerns and relationships. This process is not an act of deliberate neglect but an adaptive mechanism, enabling individuals to navigate an increasingly complex social world.

Moreover, emotional detachment often accompanies this cognitive shift. The intensity of feeling that once characterized the friendship attenuates over time, rendering the eventual forgetting less painful than one might anticipate.

Nostalgia and Retrospective Idealization

Paradoxically, forgotten friendships often resurface in moments of introspection, evoked by a familiar melody, a shared location, or an incidental recollection. In such instances, nostalgia casts its melancholic glow, transforming the past into an

idealized tableau.

This retrospective idealization is both comforting and deceptive. It amplifies the virtues of the friendship while obscuring its imperfections, creating a sense of loss that may not accurately reflect the lived reality. The friend, once forgotten, is resurrected not as they were, but as memory has chosen to preserve them.

In this way, forgotten friendships occupy a liminal space between presence and absence—no longer active, yet not entirely extinguished.

The Ethical Dimension

The dissolution of friendship also invites ethical contemplation. Is forgetting a friend an act of moral failure, or is it an unavoidable consequence of human limitation? The answer, perhaps, lies in distinguishing between neglect born of indifference and that arising from necessity.

To deliberately abandon a friendship without cause may indeed constitute a lapse in moral responsibility. However, to gradually drift apart due to the demands of life is a far more nuanced phenomenon, one that resists simplistic moral categorization.

What remains imperative, however, is the cultivation of gratitude. Even if a friendship does not endure, its existence has contributed to one's personal growth, offering lessons, support, and moments of joy that retain intrinsic value.

Digital Connectivity and the Illusion of Permanence

In the contemporary era, characterized by ubiquitous digital connectivity, the dynamics of forgotten friendships have assumed new complexities. Social media platforms ostensibly enable individuals to maintain contact across vast distances, creating an illusion of enduring connection.

Yet, this digital proximity often lacks substantive engagement. A "like," a brief comment, or an occasional message cannot replicate the depth of sustained interaction. Consequently, friendships may appear intact on the surface while, in reality, they have succumbed to the same process of gradual dissolution.

Indeed, the digital archive—comprising photographs, messages, and shared posts—serves as a repository of past intimacy, simultaneously preserving and fossilizing it. The friend is not entirely forgotten, yet neither are they truly present.

Reconnection: Possibility and Limitation

Occasionally, forgotten friendships are rekindled. A chance encounter, a deliberate outreach, or a shared life event may reignite the dormant connection. Such reunions are often imbued with a sense of wonder, as though time itself has momentarily reversed its course.

However, reconnection is not always synonymous with restoration. The individuals involved have evolved, acquiring new experiences, perspectives, and identities. While echoes of the past may persist, the original dynamic cannot be entirely recreated.

This does not diminish the value of reconnection; rather, it underscores the necessity of embracing the friendship in its transformed state, unburdened by unrealistic expectations.

Acceptance and Transience

Ultimately, the phenomenon of forgotten friendships invites a broader philosophical reflection on transience. Just as seasons change and moments pass, so too do relationships evolve and, at times, conclude.

To resist this reality is to invite perpetual dissatisfaction. Instead, acceptance offers a more constructive path—one that acknowledges the impermanence of connection while cherishing its fleeting beauty.

Forgotten friends, then, are not merely symbols of loss but also testament to the richness of human experience. They represent chapters that have concluded, yet continue to inform the narrative of one's life.

Conclusion: The Quiet Legacy of Forgotten Friends

In the final analysis, forgotten friendships are neither wholly tragic nor entirely inconsequential. They occupy a nuanced space within the human experience, embodying both the fragility and resilience of connection.

Though they may recede from daily consciousness, their influence endures in subtle, often imperceptible ways. The laughter once shared, the support once offered, and the lessons once learned persist as intangible yet indelible imprints upon the self.

Thus, to remember forgotten friends is not merely to mourn their absence, but to acknowledge their quiet legacy—a legacy that continues to shape who we are, even in their absence.

Strait of Hormuz: A Strategic Energy Corridor



MOOL RAJ

According to the United States Energy Information Administration, "daily oil shipments of 20-21 million barrels pass through the Strait of Hormuz, which accounts for 20 percent of global petroleum consumption and almost 30 percent of the world's seaborne oil trade." The importance of this chokepoint for oil is matched by its importance for natural gas. Countries in South Asia, including India, Pakistan, Bangladesh, and Sri Lanka, heavily rely on imported oil and LNG as a primary energy source for power generation and transportation.

First, India needs to diversify its energy supply sources by expanding imports from multiple regions such as Central Asia, Russia, and global LNG markets to reduce dependence on a single corridor and strengthen resilience against geopolitical shocks.

There are few geographic locations that are as important to the global economy as the narrow stretch known as the Strait of Hormuz. This relatively small body of water, situated on the intersecting trajectory between Iran, Oman and the United Arab Emirates, serves as a gateway between the Persian Gulf and the Gulf of Oman and the Arabian Sea through Suez Canal. At its narrowest point, the strait measures only about 33 to 39 kilometers, yet it serves as one of the most critical energy corridors in the world. Despite its limited geographic size, its strategic importance is immense, and any disruption in this passage can have far-reaching consequences for the global economy.

The significance of this narrow passage lies in the enormous volume of global energy supplies that pass through this chokepoint. According to the United States Energy Information Administration, "daily oil shipments of 20-21 million barrels pass through the Strait of Hormuz, which accounts for 20 percent of global petroleum consumption and

almost 30 percent of the world's seaborne oil trade." The importance of this chokepoint for oil is matched by its importance for natural gas. A fifth of the world's total LNG, mostly from Qatar, passes through this strait as well.

In practical terms, it means that a single narrow waterway carries an energy cargo worth hundreds of billions of dollars. But more specifically, there are very few alternative routes for these exports, hence makes it a very vulnerable part of the global energy network.

The geographical significance of Hormuz is further heightened by the nature of the global energy market. The Persian Gulf has some of the world's biggest oil exporters, including Saudi Arabia, Iraq, Kuwait, the UAE, and Iran. The vast majority of the crude oil exports of these countries has to move through this shipping lane before it can reach the global market. According to the energy trade statistics, 84 percent of the crude oil and condensate passing through the strait is destined for Asian markets such as China, India, Japan, and Korea.

This can be attributed to the increasing energy demand in the world, and Asia has taken the lead in this aspect, becoming the biggest energy consumer and importer in the world. As a result of this, even small conflicts in the region have the potential to cause global economic instability. This is because conflicts, disruptions in shipping, and even threats to shipping activities have the potential to cause immediate reactions in the global economy. The recent geopolitical conflicts have shown how brittle & fragile this system has become. In some cases, oil prices have risen sharply in response to threats of shipping disruptions, causing Brent crude oil prices to rise, thereby havoeking and increasing global inflation.

Energy markets responds quickly to changes in the market as it is central input to most of the economic activities. For instance, when there is a rise in the price of oil, there is a similar impacts and corresponding rise in transport costs, power generation, and production. All these factors ultimately affect consumers in one way or another, mainly in terms of food, transport, and manufactured goods. Energy market volatility creates serious challenges for policymakers, planners, and central banks around the globe.

This is particularly true in the case of developing

economies as most of them tend to rely heavily on imported energy resources to drive their industrial and economic cycles. They also use these resources to power their transportation systems. An increase in oil prices thus leads to trade deficits, currency fluctuations, and increases in fiscal budgets.

South Asia is one of the most vulnerable regions to these types of economic shocks. Countries in South Asia, including India, Pakistan, Bangladesh, and Sri Lanka, heavily rely on imported oil and LNG as a primary energy source for power generation and transportation. For instance, India, being the third-largest oil-importing country in the world, imports a large quantity of its crude oil from the Middle East, a large part of which is transported via the Hormuz Strait. Energy security experts claim that Asia imports about 60 percent of its crude oil supplies from the Middle East.

In the case of India, the strategic significance is more apparent. The energy mix of India is largely dependent upon imported fossil fuels. India imports most of its crude oil and refined petroleum products from Gulf countries such as Saudi Arabia, the UAE, and Kuwait. Similarly, the imports of LNG, mostly from Qatar, are an essential part of India's energy mix in power generation. This dependence translates into significant macroeconomic exposure. India's oil import bill exceeds \$15-20 billion annually, making energy a major component of the country's import bill. With the increase in global oil prices, the trade deficit of India widens, that put pressure on the current account and the exchange rate resulting in currency depreciation, which in turn increases the domestic inflation rate of the country.

The effects of inflation can be far-reaching. Fuel prices affect electricity rates, transportation costs, and agricultural input costs. For an individual facing economic challenges, an increase in fuel prices implies an increase in the prices of commodities. For industries, an unstable energy cost acts as a disincentive. In addition to this, energy price increases also have an impact on fiscal management. The government faces dilemma: either pass higher energy costs to consumers, which fuels inflation, or increase subsidies, which widens the fiscal deficit.

THE AUTHOR IS A REGULAR COLUMNIST AND FREELANCE WRITER

A Life of Quiet Greatness: Reading a Father Beyond His Retirement



SAJAD RASHEED

ستاروں سے آگے جہاں اور بھی ہیں
ابھی عشق کے امتحاں اور بھی ہیں
اگر کھو گیا اک نشین تو کیا غم
مقامات آہ و فغاں اور بھی ہیں

The timeless lines of Allama Iqbal remind us that life is a continuous journey of striving beyond visible horizons. As 31st March 2026 marks the formal retirement of my father, Ab Rasheed Dar after 29 years from the Forest Protection Force, this moment is not an end but a profound transition—an invitation to reflect upon a life defined by dignity, perseverance and unwavering commitment.

In official terms, retirement signifies the completion of service. But in human terms, it reveals the depth of a life lived with purpose. To his colleagues, my father will be remembered as a disciplined, honest and dedicated government employee; a vigilant watcher who carried out his duties with sincerity and integrity. His honesty was not occasional; it was foundational. Every achievement he secured, every asset he built, every comfort he provided to his family was earned through lawful means, through hard work and through a character that never compromised with ethical boundaries. In a world where shortcuts often tempt many, he chose the longer, harder but honourable path.

Yet, beyond his professional identity lies a far greater truth—his role as a father.

My father's journey began not in comfort, but in struggle. From working as a carpet weaver, engaging in one of the most laborious forms of manual craftsmanship, he rose step by step into government service. This transition was not merely occupational, it was transformational. It reflected resilience, patience and an unshakeable

belief in gradual progress. His life teaches us that greatness does not always emerge from privilege; often, it is carved out of persistence.

For us, his children, he is not simply a retired government servant—he is the architect of our lives. He proved to be our Pygmalion.

If one wishes to measure his success, one need only look at what he has built through us. His two sons are PhD scholars and NET-SET qualifiers, shaped in some of India's leading institutions such as AMU Aligarh, the University of Hyderabad and universities in Kashmir. Both of us are teaching at reputed institutions, albeit in contractual capacities. His daughter, equally accomplished, holds two Master's degrees along with B.Ed and M.Ed qualifications.

These are not isolated achievements; they are the result of a father's long-term vision, sacrifice and constant guidance. It is perhaps divine design that at the very moment of his retirement, his lifelong efforts and prayers are beginning to bear visible fruit, as both his sons have qualified the School Education Department's Plus-2 Lecturer examination and reached the stage of interviews.

From the earliest days of schooling to the highest levels of education, he stood by us—not only financially, but emotionally and morally. He never allowed us to lose direction. He taught us discipline, focus and the value of hard work. He made us understand that success is never immediate, it is earned through persistence.

I recall a deeply personal journey: I appeared in the NET examination 17 times over several years, facing repeated failure. Yet before every attempt and after every result, the first call I received was always from my father. Despite knowing the outcomes, his hope never faded. Such was the longing in his eyes that, at one point, my struggle ceased to be my own—it became a mission to fulfill his dream. And when success finally came on 22nd February 2026, the tears in his eyes were a moment I will carry with me forever.

I also recall, with deep emotion, that for every step I took in my academic journey; whether it was a debate competition, a Naat competition, or any intellectual pursuit—my father was never a distant observer. He was always present, always concerned, always invested. Wherever I went, he followed not in physical presence alone, but in spirit—with an intensity that only a father can embody. He would constantly check, encourage, and push, almost as if my success was his own unfinished dream. There was a kind of restlessness in him until we achieved something meaningful,



a silent insistence that we must not settle for the ordinary. It is difficult to fully capture this in words; no matter how much one writes, it always feels insufficient. How much I write, it will always fall short of what he truly is and what he has done for us.

Over the last six years, my father fulfilled one of the most significant responsibilities in our social context—the dignified marriages of all his three children. Alongside this, he ensured a life of comfort and stability: a good house, a vehicle, sufficient agricultural land and a standard of living that many aspire to achieve only after retirement. Remarkably, he provided all of this before retiring. What people often plan for the future, he delivered in the present.

Equally important is his sense of responsibility towards family beyond his imme-

diated household. He extended his support to the children of his brothers and sisters, helping them grow, study, and establish their lives. His success, therefore, is not individual—it is collective.

At this point, it is essential to acknowledge the silent pillars behind his journey—his brothers, especially Ab Ahad Dar and Gh Qadir. While my father served in his official capacity, it was Ab Ahad Dar who took responsibility for agricultural fields and household matters, ensuring stability at home. This shared sacrifice made it possible for my father to pursue his aspirations and fulfill his responsibilities. His wife and sisters too, contributed in countless ways, forming an emotional and moral support system that strengthened his path.

As a person, my father is a rare combination of qualities. He is disciplined, thoughtful and principled. He is a planner and a manager, someone who understands how to organise life with clarity and foresight. He is also a man of letters—a poet, a writer and a reflective thinker. As a father, he has been strict, yet deeply nurturing. His strictness was never about control; it was about shaping us into individuals who can think, act responsibly and stand firm in life.

There is a unique dimension to his fatherhood—a silent longing to see his children rise higher, to achieve more than he did. This longing was not passive; it guided every decision he made. His sacrifices were not temporary; they were continuous. His love was not loud; it was constant.

The Holy Qur'an reminds us of the rights of parents in powerful words:

"And your Lord has decreed that you worship none but Him, and that you be kind to parents..." (Surah Al-Isra 17:23)

This verse is not merely an instruction; it is a moral foundation. Today, as my father completes his formal service, we, his children, recognise that a new phase of our responsibility begins. Just as he devoted his life to building ours, it is now our duty—ethical, emotional and spiritual; to care for him, to serve him and to ensure his comfort and dignity in the years ahead. We consider it not a burden, but an honour.

We take pride in saying that everything we have today—our education, our home, our stability, our respect in society comes from a foundation built with honesty. There is no shadow over his earnings, no compromise in his principles. His life stands as proof that integrity is not a weakness; it is a strength that sustains generations.

As we look ahead, we pray for his health, peace and long life. May he be blessed with strength, happiness and contentment. May the coming years bring him rest from hardship, joy from his family and the satisfaction of seeing his efforts bear fruit in the lives he has shaped.

خدا تجھے کسی طوفان سے آشنا نہ کرے
کہ تیرے بحر کی موجوں میں اضطراب نہیں

Today, we do not merely bid farewell to a career, we celebrate a life of meaning. And in that celebration, we find ourselves not just proud but deeply grateful.

The author is a Contractual Lecturer, Government Degree College Sumbal

TEACHING: A PASSION BEYOND PROFESSION



DR. SURINDERPAL SINGH

Teaching has always been regarded as one of the most respected and meaningful roles in society. While it is often seen as a profession that provides livelihood, in its true essence, teaching is much more than a job—it is a passion, a responsibility, and a noble cause. A teacher does not merely deliver lessons but shapes minds, builds character, and prepares individuals to face life. When teaching is driven by passion rather than just financial motives, it transforms both the educator and the learner.

At its core, teaching is a service to humanity. It involves guiding young minds, nurturing curiosity, and instilling values. A passionate teacher views education not as a routine task but as a mission to enlighten others. Historically, teachers have been seen as moral guides and mentors whose influence extends far beyond textbooks. They shape attitudes, ethics, and life choices. When teaching is approached as a noble cause, students receive more than information—they gain inspiration, and learning becomes meaningful and engaging. A strong teacher-student relationship is built on trust and respect. While earning a salary is important, as teachers also have personal responsibilities, when financial gain becomes the sole motive, the quality

of education may decline. Passion ensures dedication, creativity, and a genuine desire to make a difference.

Passion acts as the driving force that keeps teachers motivated even in challenging situations such as limited resources, diverse classrooms, or administrative pressures. A passionate teacher explains concepts in simple and creative ways, encourages questions and critical thinking, adapts to the needs of different learners, and continuously improves their knowledge and skills. Students can easily sense whether a teacher truly cares, and this passion creates enthusiasm in the classroom, making learning enjoyable rather than a burden.

Education is the foundation of any developed and progressive nation, and teachers are the architects of this foundation. Their influence shapes the future workforce, leadership, and social values of a country. By equipping students with knowledge and skills, teachers contribute to economic growth and productivity. They instill discipline, empathy, honesty, and responsibility, which are essential for a harmonious society. At the same time, they encourage innovation and critical thinking, enabling individuals to solve problems and think independently. Education also serves as a powerful tool for reducing inequality by providing equal opportunities, and teachers play a key role in uplifting underprivileged sections of society through knowledge. In this way, teaching is directly linked to nation-building, as a strong education system leads to a strong nation.

The rise of artificial intelligence is rapidly transforming education. Tools such as smart classrooms, adaptive learning plat-



forms, and virtual tutors are changing how students learn. However, while artificial intelligence can provide information and automate tasks, it cannot replace the human aspects of teaching, such as emotional understanding, moral guidance, motivation, encouragement, and personal connection. Teaching is not just about delivering content; it is about shaping human beings, something machines cannot fully achieve.

The future of the teaching profession will evolve rather than disappear. Teachers will increasingly become facilitators of learning rather than sole providers of knowledge. They will act as mentors and guides who help students navigate vast amounts of information and focus on devel-

oping essential skills such as creativity, communication, and critical thinking. Artificial intelligence will assist teachers, not replace them, making their role even more dynamic and impactful.

To remain effective in the modern world, teachers must adapt and embrace technology. Instead of fearing artificial intelligence, they should use it as a tool to enhance their teaching. Digital tools such as online learning platforms, interactive presentations, educational apps, and videos can make lessons more engaging and accessible. Technology also enables personalized learning by analyzing student performance and offering customized learning paths, allowing teachers to support individual students more effectively. Continuous

learning is equally important, as teachers must regularly upgrade their skills by attending workshops, learning new technologies, and staying updated with educational trends. Despite technological advancements, maintaining human connection remains essential. Teachers must continue to build relationships with students, understand their emotional and psychological needs, and encourage collaboration and discussion. Technology should support teaching, not replace its human touch.

It is unrealistic to ignore the professional aspect of teaching. Teachers deserve fair salaries, respect, and good working conditions. However, the ideal balance lies in treating teaching as a mission while earning a livelihood, maintaining integrity and dedication, and avoiding the commercialization of education. When passion and profession go hand in hand, the results are powerful and long-lasting.

Teaching is one of the few professions that directly shapes the future of individuals and nations. It is not merely a means of earning but a noble responsibility that demands passion, patience, and commitment. In the age of artificial intelligence, the role of teachers will become even more important as guides, mentors, and moral leaders. A passionate teacher can inspire generations, build strong societies, and contribute to national progress. Therefore, teaching should always begin as a passion—a calling to serve—before it becomes a profession.

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

Health Benefits of Milk and Bodybuilding



SAHIL MANZOOR

Everyone aspires to stay fit, smart, healthy, and attractive. But attractiveness doesn't always mean wearing branded clothes, expensive shoes, or luxury accessories. True attractiveness comes from within—when you are confident. And confidence grows when you're physically fit and mentally healthy.

Today, we are advanced in almost every field, especially in health and fitness. Unlike in the past, when people would consult doctors only during severe illness, people today are more aware and proactive. Regular health checkups, timely diagnoses of internal and external issues, and early treatments are now common. Here in the Kashmir Valley, we are fortunate to have renowned doctors providing excellent care and guiding patients with suitable advice.

Doctors often emphasize lifestyle changes and dietary modifications, advising us to eat what suits our body and avoid what harms it. With modern medical advancements and increasing awareness, diseases like tuberculosis (TB) and leprosy are being eradicated—a great achievement for our country.

The Power of Bodybuilding

In this article, I want to explore the importance of bodybuilding—a trend that has rapidly grown over the past 10–15 years. Today, countless individuals are hitting gym centers, building their physiques, and focusing on planned diets to stay fit and attractive.

Gyms Then and Now

In the past, there were only a few gyms in Srinagar. Today, gyms are available in



almost every neighborhood, providing people easy access to equipment and training that help them fight diseases and stay healthy.

Is Bodybuilding Attractive?

Absolutely! The gym environment itself is energizing. The use of various workout machines improves blood circulation, regenerates cells, and keeps the body glowing and healthy. It gives both physical and mental satisfaction.

The Social Side of the Gym

Another great benefit of gym culture is the positive company. Most people at the gym are focused, health-conscious, and determined to avoid harmful habits like drugs. I've personally met supportive and kind individuals at the gym who not only take care of their own health but also motivate others to do better.

Bodybuilding keeps us away from drug abuse and helps develop discipline and purpose. For many, it becomes a healthy

addiction—one that brings out their best version physically, mentally, and emotionally.

Role of the Gym Trainer

Gym trainers play a key role in shaping this fitness journey. Whether you're a beginner or experienced, guidance from a trained professional is essential. Every exercise comes with specific techniques and safety instructions. Doing it wrong could cause injuries like joint or back pain. Trainers ensure you follow the right form, weight, and routine.

Tips for Beginners

Start light: Begin with low-weight dumbbells and use machines to help you maintain balance.

Seek guidance: Always have a helper during hard exercises like the shoulder press, thigh workouts, or bench presses.

Warm-up: Begin with 10–15 minutes of warm-up to avoid cramps and injuries. **Rest is important:** Take short breaks



(5–10 minutes) between sets to regain energy.

Diet: Focus on a natural diet—milk, bananas, eggs, cheese, leafy vegetables, and fruits. Avoid harmful or substandard supplements and consult a doctor or nutritionist for a proper meal plan.

The Power of Milk

Let's not forget one of nature's most complete foods—milk. Milk contains essential nutrients like calcium, protein, vitamins D and B12, and minerals like potassium and magnesium. It:

- Strengthens bones and teeth
- Helps in muscle recovery and growth
- Boosts the immune system
- Keeps the skin glowing and healthy
- Supports heart and brain function

Including milk in your daily diet, especially post-workout, supports muscle

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Bodybuilding keeps us away from drug abuse and helps develop discipline and purpose. For many, it becomes a healthy addiction—one that brings out their best version physically, mentally, and emotionally.

recovery and keeps your energy levels high.

Final Thoughts

Your health should always be your first priority. The more you invest in your health today, the fewer problems you'll face tomorrow. Eat well, exercise regularly, avoid harmful substances, and stay surrounded by positive people.

Say yes to bodybuilding. Say yes to milk. Say no to drugs.

Stay healthy, stay smart.

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CMYK

From Playground Dreams to Marathon Roads — The Story of Touseef Hamid

■ ZUBAIR DAR

BARAMULLA, MAR 30: Some friendships are built in classrooms, but others are forged on playgrounds. This is the story of Touseef Hamid, not just an athlete, but a symbol of resilience and inspiration for an entire community.

Touseef isn't just a childhood friend to many—he's someone people grew up with, sharing the simple joys of school days at St. Joseph. Back then, life revolved around friendships, laughter, and endless games. Among all those games, cricket stood out as their first love.

But this wasn't just casual play. It was passion. That passion carried them from school grounds to zonal competitions and eventually to district-level cricket in Anantnag. One unforgettable moment still echoes—a defining partnership where one scored 65 while Touseef stood firm with 52. It wasn't merely about runs on the board; it was about belief, teamwork, and a shared dream.

Even as life moved forward, their connection to sports never faded. Conversations often circled back to one idea—how to improve sports infrastructure in their town and create opportunities for others.

While some pursued different paths, Touseef carved his own unique journey. Professionally, he became a banker, but his heart never left the field. He turned his



vision into reality through his involvement in Big Blues Football Sports Fitness and Social Club—a concept that brought something fresh and meaningful to the town. It wasn't just a club; it was a mission to build a healthier, more active community.

Then came 2024—a year that changed everything. A major ankle fracture during a game threatened to end his sporting journey. Doubts surfaced. Many believed he would never return to the ground, let alone continue his role in the fitness community.

But they underestimated his spirit.

Touseef proved that he is more than just an athlete—he is a warrior.

He didn't just recover; he came back stronger. And this time, he reinvented himself. Shifting from cricket pitches to marathon tracks, he introduced a new culture in the region—long-distance running.

Today, Touseef is a familiar face in marathons across different places, constantly pushing his limits and motivating others to join him. What began as a personal comeback has now grown into a movement, inspiring many in Baramulla to embrace fitness and endurance sports.

His contribution goes beyond personal achievements. He is building a community, encouraging healthier lifestyles, and proving that setbacks are only setups for greater comebacks.

From cricket fields to marathon roads, from injury to inspiration—Touseef Hamid's journey stands as a powerful reminder:

True athletes never quit. They evolve. They rise. And above all, they inspire.

Public Notice

This is to inform the general public that my name has been wrongly mentioned in my Aadhaar Card bearing Aadhaar No. 4686 1082 0437 Now I want to change my name from AADIMA RAFIQ (Old Name) to ADMA RAFIQ (New Name). In this regard, if anyone has any objection, he or she may approach the concerned authorities within a period of seven days. After that, no objection shall be entertained.

**Name:- ADMA RAFIQ
D/O:- MOHAMMAD RAFIQ MIR
R/O:- GARIPORA BEMINA, BUDGAM,
Jammu And Kashmir- 190018**

Government Of Jammu & Kashmir Office Of The Tehsildar Kreeri

Subject: Application of SAEEDA BEGUM S/O Lt AMIR UD DIN TRUMBOO R/O KREERI for the issuance of LEGAL HEIR certificate

PUBLIC NOTICE

Regarding the subject cited above in this context a report sought from patwari halqa concerned and the Death certificate issued by the competent authority reveals that AMIR UD DIN TRUMBOO S/O HABIULLAH TRUMBOO has passed away on 21/01/2026. The report of the patwari further depicts that the deceased has left behind following dependent as tabulated below

- 1... , SAEEDA BEGUM wife 73 House wife (old aged) widow
- 2... FAYAZ AHMAD son 53 years shopkeeper married
- 3... ZABEER AHMAD son 49 years Govt Employee married
- 4... HASEENA BEGUM daughter 45 years H/W married
- 5... KOUNSAR AKHTER daughter 39 H/W married

The applicant has applied for Issuance of Legal heir certificate in favour of Self

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

Naib Tehsild Kreeri

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

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

PUBLIC NOTICE

The Registrar Births and Deaths (Block Development Officer Wagoora) / chokedar has submitted case file pertaining to death of ALI MOHAMMAD MIR S/O GH MOHAMMAD MIR R/O. KHISIPORA KREERI Tehsil KREERI Distt. Baramulla having verified the date of death as 13/02/2024 event has been shown to be occurred at HOME for issuance of delay order. In this connection .

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

Sd/- Executive Magistrate 1st Class Kreeri

Public Notice

This is for information of general public that the (Electric bill) power connection is registered on my Father's name MALLA REHEEM R/O JAHANGIRPORA SHRAKWARA Now this Connection bearing Consumer ID NO 0212040007529 wants to be registered on my name GHULAM NABI MALLA S/O ABDUL REHEEM MALLA R/O JAHANGIRPORA SHRAKWARA .If anybody have any objection in this regard He/She may file his/her objection in the concerned PDD office within seven days from the date of publication of this notice after that no objection will be entertained

**Name..GHULAM NABI MALLA
S/O ...Late ABDUL REHEEM MALLA
R/OJAHANGIRPORA SHRAKWARA
BLOCK.... WAGOORA**

Public Notice

It is hereby notified that my Name spelling has been wrongly mentioned in service regards as FAROOQ AHMMAD ZARGER instead of FAROOQ AHMAD ZARGER as for All regards now I have applying for it's correction of the same if any person have any objection in this regards may file the same to the office of the Government Railway Police Department Srinagar within the period of seven days from the date of publication of this notice After that no objection shall be entertained.

**FAROOQ AHMAD ZARGER
S/O HABIULLAH ZARGER
R/O, KINAL, DISTRICT KUPWARA**

Public Notice

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

Correct name: Haya Feroz. Address: Achabal Sopore Jammu and Kashmir 193201. The above mentioned person (Maryam Feroz) hereby declares that the name printed on the Aadhaar is incorrect and that her correct and legal name is Haya Feroz .Any objection to this correction should be brought to the attention of the UIDAI Aadhaar Seva Kendra, Office Srinagar within 7 (seven) days from the date of publication of this notice.

If no objection is received within the stipulated period, the necessary correction procedures may be undertaken.

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

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

PUBLIC NOTICE

The Registrar Births and Deaths (Block Development Officer Wagoora) / chokedar has submitted case file pertaining to Birth of GH NABI BADOO S/O GH MOHI UD DIN BADOO R/O. KREERI Tehsil KREERI Distt. Baramulla having verified the date of Birth as 20/02/2022 and event has been shown to be occurred at HOME for issuance of delay order. In this connection .

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

Sd/- Executive Magistrate 1st Class Kreeri

Government Of Jammu & Kashmir Office Of The Tehsildar Kreeri

Subject: Application of. HANEFFA BEGUM S/O Lt MOHAMMAD MAQBOOL DAR R/O NAGBAL for the issuance of LEGAL HEIR certificate

PUBLIC NOTICE

Regarding the subject cited above in this context a report sought from patwari halqa concerned and the Death certificate issued by the competent authority reveals that MOHAMMAD MAQBOOL DAR S/O ABDUL REHMAN DAR has passed away on 26/01/2026 .The report of the patwari further depicts that the deceased has left behind following dependent as tabulated below

- 1... , HANEFFA BEGUM 58 House wife widow
- 2... MANZOOR AHMAD DAR son 28 years labour unmarried
- 3... TAHIRA BANO Daughter 26 years H/W married
- 4... SHAKIR AHMAD DAR Son 17 years student un married

The applicant has applied for Issuance of Legal heir certificate in favour of Self

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

Naib Tehsild Kreeri

Public Notice

It is to inform the general public that I have lost the RC of my vehicle bearing registration number- JK10 7572 . Now I want to apply for its duplicate, anybody having any objection may contact ARTO Leh within the period of 7 days of this notice.

**Sheikh Siraj ud din , S/O- Aziz ud din
R/O- Stagophelok, Leh**

Government Of Jammu & Kashmir Office Of The Tehsildar Kreeri

Subject: Application YAQOOB RAMZAN S/O MOHAMMAD RAMZAN KHAN R/O SALOOSA Tehsil for Issuance of EWS Financially weakened section in favour of YAQOOB RAMZAN S/O MOHAMMAD RAMZAN KHAN self R/O SALOOSA

PUBLIC NOTICE

Regarding the subject cited above the file in the office of the undersigned for the issuance of (Ews) in favour of YAQOOB RAMZAN this connection a report of patwari halqa concerned has been sought which reveals that the applicant is currently residing in the village of SALOOSA of Tehsil KREERI and having annual income 95000 // the details of family of the applicant are as follows

- 1..MOHAMMAD RAMZAN KHAN Father 58 years Labour
- 2...SALEEMA BAGUM Mother 55 years H/W
- 3...YAQOOB RAMZAN self 24 years student
- 4..MUBASHIR RAMZAN Brother 20 years student

According to report of patwari concerned that applicants family has not more than 5 acres of Land and does not have greater 1000 residential House...

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

Naib Tehsild Kreeri

Government Of Jammu & Kashmir Office Of The Tehsildar Kreeri

Subject: Application UZMAT AHAD, BURHAN AHAD, NAZIMA AHAD, RUQAYA AHAD D/O ABDUL AHAD NAJAR R/O DOLIPORA Tehsil KREERI for the issuance of OBC (Other Backward classes in his/her favor

PUBLIC NOTICE

Regarding the subject cited above the file in the office of the undersigned for the issuance of OBC in this connection a report of patwari halqa concerned has been sought which reveals that the applicant is currently residing in the village of DOLIPORA of Tehsil KREERI and belongs to the NAJAR community having annual income 104000 // (one lack four Thousand) the details of family of the applicant are as follows

- 1...ABDUL AHAD NAJAR Head of Family 60 years Labour
- 2..ATIQA BEGUM W/O Abdul Ahad 50 years H/W
- 3... UZMAT AHAD daughter 25 years student
- 4...BURHAN AHAD // 23 years //
- 5..NAZIMA AHAD sister 21 years ///
- 6...RUQAYA AHAD //19 years //
- 7...SEERAT AHAD //17 years //
- 8...SAIMA AHAD //25 years // married H/W

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

Naib Tehsild Kreeri

HEADQUARTERS 14TH BATTALION JKAP APC MANASBAL

Lease line ID: coop14@jkpolice.gov.in | Pin Code:191131 Tel No.01941952019

**Ct. Rajat Singh Manhas
No: 850/AP-14th Bn. ARP195606
S/o: Durga Singh R/o: Lahom
A/P: Natar Kothian Barnai
Tehsil/District: Jammu**

FINAL SHOW CAUSE NOTICE LAST OPPORTUNITY

1. Whereas, you, Ct. Rajat Singh Manhas No. 850/AP-14th Bn. ARP195606, were appointed as Constable in IRP-24th Battalion vide Order No. 43 of 2019 dated 02.04.2019 on probation for a period of five (05) years under the provisions of J&K Special Recruitment Rules, 2015 notified vide SRO-202 dated 30.06.2015.

2. Whereas, you proceeded on Earned Leave for 30 days w.e.f. 11.10.2025 and were required to report back for duty on 10.11.2025, but you failed to do so. Consequently, you were marked absent in the Daily Diary of Battalion Headquarters vide DD Report No. 10 dated 10.11.2025.

3. Whereas, repeated communications were sent to you through SHO Police Station Domana, Jammu vide this office letters No. Estt/AP-14th/2025/25574 dated 17.12.2025 and No. Estt/AP-14th/2025/2836-38 dated 05.12.2025, directing you to report for duty at Battalion Headquarters APC Manasbal. However, you deliberately chose to remain absent, and your whereabouts have remained unknown.

4. Whereas, your continued unauthorized absence reflects gross negligence, misconduct, dereliction of duty, and complete disregard for departmental discipline, thereby rendering you liable for strict departmental action.

5. Whereas, due to your prolonged absence and non-traceable status, you were placed under suspension vide this office order issued under Endst. No. Estt-102/AP14th/Susp/2025/25805-15 dated 22.12.2025.

6. Whereas, you were again directed through your concerned Police Station Domana, Jammu vide this office communication No. Estt-102/AP-14th/2025/26006 dated 26.12.2025 to resume your duties, but you failed to comply and continue to remain absent without any intimation.

7. Whereas, you have neither reported back for duty nor furnished any explanation or justification for your unauthorized absence.

8. Whereas, three (03) departmental enquiries already stand initiated against you and are pending in this office, clearly establishing that you are a habitual absentee and have shown persistent disregard towards official duties.

9. Whereas, a Final Attendance Notice No. 01 was served upon you through the concerned SHO and Lines Officer vide this office letter No. Estt/AP14th/Notice/2026/2373-80 dated 11.02.2026, directing you to resume duties within seven (07) days. Despite acknowledging the same, you wilfully failed to comply and did not report for duty nor provided any explanation.

Now, therefore, this is the FINAL and LAST OPPORTUNITY being afforded to you to report for duty within seven (07) days from the date of issuance of this notice and to submit a satisfactory explanation for your prolonged unauthorized absence.

Failing which, it shall be presumed that you have no defense to offer and are no longer interested in serving the department. Consequently, ex-parte action shall be initiated against you, including your discharge/removal from service, strictly in accordance with the relevant rules and provisions governing the service.

No further notice shall be issued in this regard.
**No: Estt /AP-14th/Notice/2026/ 5277-85
Dated: 30-03-2026**

**Sd/- Commandant
JKAP-14th Battalion APC Manasbal**

DIPK: 12259/25 | Dated: 30-03-2026

Super Bazar Jammu to get modern makeover: Yasha Mudgal sets 25% growth goal

■ HT NEWS NETWORK

JAMMU, MARCH 30: Commissioner Secretary, Cooperative Department, Yasha Mudgal, today chaired a comprehensive review meeting at the Civil Secretariat to assess the overall functioning and performance of Jammu Cooperative Wholesale Limited (JCWL), Super Bazar Jammu.

The meeting was attended by Mohammad Shafiq Chak, Registrar Cooperative Societies, J&K; Bhawani Attri, Deputy Registrar (Agri), Cooperative Societies Jammu and Member, Board of Administrators, Super Bazar Jammu besides other senior officers of the Cooperative Department.

The General Manager, Super Bazar Jammu, presented a detailed overview of the institution's current status, financial performance and operational challenges. This was followed by an in-depth discussion on various aspects of its functioning.

The meeting reviewed the functioning of all the outlets and branches of Super Bazar Jammu, including the physical progress of the ongoing renovation and upgradation works at the Gandhi

Nagar branch being carried out under the CAPEX budget.

The Commissioner Secretary directed for timely and quality completion of the renovation work at Gandhi Nagar branch, ensuring early commissioning of the upgraded facility.

Emphasizing the urgent need for business diversification, Yasha Mudgal directed the management to immediately explore and implement new revenue streams such as introduction of organic and specialty products, household utility sections and value-added services. She stressed that Super Bazar Jammu must be developed into a vibrant, customer-centric and financially sustainable economic entity that can compete effectively in the modern retail market.

She further directed that concerted efforts be made to enroll all the eligible Primary Agricultural Cooperative Societies (PACS) and Cooperative Marketing Societies (CMS) as members of Jammu Cooperative Wholesale Limited to strengthen the supply chain and provide direct market access to the farmers, in line with the principle of "Cooperation among



Cooperatives." She asked the Registrar Cooperative Societies to personally monitor the membership drive and ensure tangible progress within the next two months.

Reviewing the sales performance of various outlets, the Commissioner Secretary expressed concern over the current revenue trends. She directed the management to prepare a detailed

action plan within 15 days for increasing sales by at least 25 percent in the next financial year. She specifically instructed that aggressive marketing strategies, attractive discount schemes and promotional campaigns be launched to boost customer footfall.

Yasha Mudgal also directed the revision of working hours of all the outlets and branches to align with public convenience and peak

shopping hours. She emphasized that outlets should remain open till late evening on weekdays and maintain extended hours on weekends to maximize the business opportunities.

Highlighting the importance of innovation and modernization, the Commissioner Secretary called for immediate introduction of modern business practices. She further directed for optimal utilization of the available space in the main Super Bazar complex by setting up additional commercial kiosks and other public utility services to generate supplementary revenue. She instructed all the concerned officers to ensure strict inventory management, reduce wastage and maintain proper hygiene and cleanliness standards across all outlets. She also emphasized the need for regular training and capacity building of staff to improve service quality and customer satisfaction.

The Commissioner Secretary urged all the stakeholders to work with full dedication, coordination and accountability to turn Super Bazar Jammu into a model cooperative retail institution in the Union Territory.

Buffer zone norms being eased for SDH Hazratbal construction: Govt

■ HT NEWS NETWORK

JAMMU, MARCH 30: Minister for Health and Medical Education, Sakeena Itoo, today informed the House that the process for relaxation of buffer zone restrictions under Srinagar Master Plan-2035 for construction of SDH Hazratbal is ongoing and the matter is currently in General Administration Department (GAD) for its placement before the Council of Ministers.

The Minister stated this in reply to the Calling Attention Notice moved by Salman Sagar in the Legislative Assembly today. She informed that the new hospital site of SDH Hazratbal falls within the 200-meter buffer zone of Dal Lake, requiring clearance from the Lakes Conservation and Management Authority (LCMA).

She added that after pursuing the matter with the LCMA through GMC Srinagar, LCMA has advised the department to place a formal proposal before the Cabinet seeking relaxation of the 100-meter buffer restriction for this project. The Minister said that, thereafter, the matter of relaxation of buffer zone restrictions under Srinagar Master Plan-2035 for construction of SDH Hazratbal, was taken up with the General Administration Department for its placement before the Council of Ministers. They advised the department to approach the Department of Law, Justice and Parliamentary Affairs for legal opinion prior to the re-submission of the case file to GAD for placement before the Council Ministers. She added that the Law Department suggested proceeding with a draft Memo/Coordination note to be placed before the Council via GAD, after vetting by HUDD and departmental approval.

The Minister added that the matter was subsequently taken up with HUDD and based on their advice, revised draft memo has been prepared by incorporating the opinion. She added that the revised draft memorandum has been submitted to General Administration Department for consideration and placement before the Council of Ministers in the ensuing meeting.

KATHUA ADMIN HOLDS PUBLIC OUTREACH CAMP AT BOP MANYARI TO ADDRESS ISSUES OF BORDER RESIDENTS

Issues of farmers residing along IB discussed in detail

■ HT NEWS NETWORK

KATHUA, MARCH 30: Kathua Administration today convened a public outreach meeting at Border Out Post (BOP) Manyari to listen to the issues and grievances of border residents.

The meeting was attended by MLA Hiranagar Vijay Kumar, Deputy Commissioner Kathua, Rajesh Sharma and DIG BSF SHQ Vidhur Bhardwaj, who interacted with the local population and took stock of their concerns.

Detailed deliberations were held on key issues projected by the residents, mainly pertaining to pending land compensation and rent in lieu of land acquired or utilized by Defence authorities, including BSF and Army along the International Border. The residents sought rightful compensation for land used for construction of bunkers, ditch-cum-bunds and other utilities, besides land falling within the 44 feet and 135 feet fencing zones.

Issues related to rejuvenation of ponds, establishment of Health & Wellness Centres, installation of tube wells, extension of watershed schemes in border areas and channelization of nullahs affected during recent floods were also discussed. Former



PRI members and local representatives projected a number of issues of the villagers.

The MLA Hiranagar appreciated the initiative of the District Administration and BSF authorities to provide the border residents a

platform to project their issues.

The Deputy Commissioner, while addressing the gathering, said that the outreach programme aims to bring all stakeholders on a common platform for effective redressal of issues of border residents, particularly

farmers affected due to land utilization along the border. He added that the issues raised would be taken up with the appropriate authorities for timely resolution, while those pertaining to the district administration would be addressed on priority.

The DIG BSF assured that genuine issues of the border residents, especially related to pending compensation and rent, will be taken up at appropriate levels for necessary action on priority.

Earlier, the Executive Engineer CPWD apprised the meeting that tenders have been floated for repair of infrastructure damaged due to recent floods, including the construction of culverts, which is expected to significantly mitigate the issue of water stagnation in the affected areas.

Commandants of 159 BN and 107 BN BSF, ACR Vishav Partap Singh; SDM Hiranagar Phulail Singh; CPO, Ranjeet Thakur; Tehsildar Hiranagar Anup Sharma; Tehsildar Marheen Lekh Raj; Defence Estate Officer, XENs from PDD, PMGSY, PWD and CPWD, CAO, CAHO, District Ayush Officer, Wildlife Warden, DIO, BMO and a large number of residents from Bobiya, Manyari, Chak Changa and adjoining villages were also present on the occasion.

District Road Safety Committee meeting held at Kathua

■ HT NEWS NETWORK

KATHUA, MARCH 30: The 24th meeting of the District Road Safety Committee was held today under the chairmanship of Deputy Commissioner Kathua Rajesh Sharma here at the Conference Hall of the DC Office Complex.

At the outset, the Superintending Engineer PWD Arun Gupta briefed the meeting on the progress achieved in filling the identified gaps. He said a number of works have been taken up and the same would be completed in a time-bound manner.

It was informed that the Dinga Amb Bridge under GREF is likely to be completed by June 2026. The link road to GDC Bani has been sanctioned under SASCI funds, while installation of convex mirrors at identified locations by NHAI has also been approved. Further, estimates for improvement of link roads connecting to National Highway under PWD have been submitted for consideration, the meeting was informed.

The DC also reviewed ongoing road safety initiatives, including activities being organised by Road Safety Clubs in Government Degree Colleges. It was informed that safety audits of two roads in each PWD division will commence from April 2026.

Threadbare discussions were held on several critical issues including development of Hatli underpass, identification of a suitable auto stand at GMC Kathua, regulation of traffic from MC Kathua office to Shaheedi Chowk and identification and rectification of accident-prone blind spots across the district.



The Deputy Commissioner stressed upon the need for intensified awareness campaigns and directed the Regional Transport Officer Kathua to conduct regular road safety awareness programmes in educational institutions. He further called upon all stakeholder departments to submit proposals and suggestions for plan works and activities for the upcoming financial year to strengthen road safety measures in the district.

ADC Vishavjeet Singh, ASP Rahul Charak, RTO Surinder Sharma, concerned Officers of PWD, NHAI, Health, GDCs and other stakeholders attended the meeting.

Rajouri gears up for Census 2027: 3-Day Capacity Building training kicks off

■ HT NEWS NETWORK

RAJOURI, MARCH 30: A three-day training programme for Census 2027 Phase-I (House Listing & Housing Census) commenced today at Government Boys Model Higher Secondary School-Rajouri.

The training is being conducted under the overall supervision of the Principal Census Officer (Deputy Commissioner), Abhishek Sharma, in collaboration with the Directorate of Census Operations-J&K and the Planning, Development & Monitoring Department-J&K. A total of 35 Census Clerks, deputed by District Census Officers, Sub-Divisional Census Officers and Charge Census Officers, are participating in the training programme. The training sessions are being facilitated by expert master trainers from the Directorate of Census Operations, including Sunil Kumar (Assistant Director), Rahul Kumar and Divyendu Pratap, Statistical Investigators. The programme has been organized by the District Statistics & Evaluation Office with all necessary arrangements in accordance with the guidelines and circular instructions issued by the Registrar General and Census Commissioner of India.

The training focuses on equipping participants with both theoretical understanding and practical skills required for the conduct of Census operations. Special emphasis is being laid on hands-on training through the use of personal laptops.

Ramban: DC presides over Workshop on Gender Targeting & Inclusion Sensitization under JKCIP

■ HT NEWS NETWORK

RAMBAN, MARCH 30: Deputy Commissioner Ramban Mohammad Alyas Khan today presided over a one-day sensitization workshop on Gender Targeting and Inclusion held in the Conference Hall.

The Workshop, hosted under the aegis of the Jammu and Kashmir Competitiveness Improvement of Agriculture and Allied Sectors Project (JKCIP), witnessed enthusiastic participation from approximately 150 women farmers hailing from different parts of the district.

The primary objective of the workshop was to promote gender inclusivity and empower women farmers by integrating them into the mainstream agricultural economy. The programme focused on creating awareness about various livelihood opportunities, government schemes and institutional support available under JKCIP.

Speaking on the occasion, the Deputy Commissioner highlighted the pivotal role of women in strengthening the agricultural



sector. He emphasized that empowering women farmers is key to achieving sustainable agricultural growth and improving rural livelihoods. He urged the participants to actively avail the benefits of various schemes under JKCIP and adopt modern agricultural

practices to enhance productivity and income.

The DC also encouraged women entrepreneurs to apply online under the scheme and take full advantage of the financial and technical support being provided.

In his address, Chief Agriculture

Officer Dr. Vinay Kumar Jandial elaborated on the special provisions under JKCIP aimed at women empowerment. He informed that the scheme ensures a significant 47% reservation for women beneficiaries, reflecting the government's commitment to

gender equity. He further highlighted that 50% subsidy is provided on several high-impact interventions designed to promote income generation and entrepreneurship among farmers.

The CAO detailed key components of the scheme, including Construction of Water Harvesting Tanks to improve irrigation facilities, cultivation of Medicinal and Aromatic Plants for high-value returns, establishment of Mushroom Sheds for additional income generation, promotion of Apiculture (Beekeeping) to support allied agricultural activities, encouragement of Commercial Vegetable Farming to enhance market-oriented production.

The workshop concluded with an interactive session, where subject matter specialists and technical experts addressed queries raised by the participants. The session provided practical insights and guidance, motivating women farmers to adopt innovative practices and come forward as self-reliant entrepreneurs.

CAIT says India's supply chain stable amid West Asia tensions, warns against rumours

UNITED NEWS OF INDIA

NEW DELHI, MAR 30: Amid ongoing geopolitical tensions in West Asia, the Confederation of All India Traders (CAIT) today said that India's supply chain remains stable and resilient, while urging traders and consumers not to panic over misinformation regarding shortages of essential goods.

In a statement, CAIT Secretary General and Member of Parliament Praveen Khandelwal said the central government has assured adequate availability of

essential commodities across the country. He further said that coordinated efforts between central and state agencies, along with monitoring mechanisms, have helped maintain uninterrupted supply chains.

CAIT National President B CBhartia said traders have been advised to continue normal business operations and ensure smooth supply of goods. He also urged the trading community to cooperate with authorities to avoid any inconvenience to consumers.

The traders' body criticised



the spread of rumours about shortages, calling such claims baseless and against national interest. It called for strict action against those spreading misinformation that could trigger panic in the market.

Highlighting structural factors, CAIT said improvements in logistics infrastructure, diversified sourcing, digital monitoring, and increased domestic production have strengthened India's supply chain resilience. It also pointed to strategic reserves, port operations, and transportation

networks as key elements helping cushion the impact of external disruptions.

However, the statement comes at a time when experts continue to closely monitor global supply chains due to ongoing tensions in the region, which could potentially impact energy supplies and trade routes if the situation escalates further.

CAIT maintained that the trading community remains committed to ensuring price stability and adequate availability of goods across the country. (UNI)

FUEL's Social IPO to be listed on NSE on March 30

UNITED NEWS OF INDIA

PUNE, MAR 30: FUEL (Friends union for Energising Lives), a pioneering educational institution providing free professional training to students through CSR initiatives, is set to launch its Social IPO on the Social Stock Exchange of the National Stock Exchange (NSE).

With this, FUEL becomes the first educational institution in the country to be listed on the NSE Social Stock Exchange.

The bell-ringing ceremony for the IPO will take



place on March 30 at the NSE Atrium in Bandra Kurla Complex (BKC), Mumbai. Maharashtra's Higher and Technical Education Minister Chandrakant Patil and Skill Development and Entrepreneurship Minister Mangal Prabhat Lodha will attend the event as chief guests, said release.

FUEL Group of Institutions Founder and Chairman Dr. Ketan Deshpande expressed confidence that the IPO will receive a strong response due to the institution's credibility and impact.

He stated that the funds raised through the IPO—targeted at rupees 1 crore—will be used to provide scholarships to 40 selected girl students. These students will receive free access to a three-year undergraduate degree program in Business Administration.

Under the concept of a Social IPO, investors do not receive any financial returns. Instead, the model focuses on social impact, with strict evaluation of the institution's performance, objectives, outcomes, and credibility. This ensures that funds contributed for social causes are effectively utilized, offering satisfaction and transparency to contributors.

The Social Stock Exchange initiative was introduced by Finance Minister Nirmala Sitharaman in the union Budget three years ago to facilitate funding for non-profit organizations and ensure accountability in social sector investments. Currently, around 70 social organizations are registered on the platform.

Dr Deshpande also urged non-profit organizations working on a no-profit, no-loss basis to participate in Social IPOs to expand their social impact, said release. (UNI)

Foreign investors pulled out Rs 1.14 tn from Indian markets amid Iran war

UNITED NEWS OF INDIA

NEW DELHI, MAR 30: Amid the ongoing Iran war, the foreign investors have pulled out Rs 1.14 trillion from domestic equities in March.

The month became worst outflow, weighed down by escalating tensions in West Asia. The foreign investors were affected due to the concerns over the impact of elevated crude oil prices on India's growth story as well the continuing fall in the Indian Rupee.

The previous record for the highest monthly exodus stood at Rs 94,017 crore in October 2024.

As per the NSDL data, the total foreign portfolio investors (FPIs) outflow has reached Rs 1.27 lakh crore so far in 2026.

FPIs have remained persistent sellers throughout March, offloading equities worth Rs 1,13,380 crore in the cash market till March 27. The sharp sell-off follows a strong rebound in February, when foreign FPIs pumped in Rs 22,615 crore, the highest monthly inflow in 17 months.

On Friday, the Stock Market recorded significant fall as the benchmark indices fell over 1.8pc, tracking global stocks and elevated Brent crude prices. Sensex crashed 1600 points while Nifty



gave up the critical 22,900 level.

India's growth story is likely

to take a hit due to the escalating tensions in the middle east. ICICI Bank in its report revised the Consumer Price Index (CPI) upward from an earlier projection of 3.9pc.

Moody's Analytics has said India could face one of the steepest economic setbacks if the Middle East conflict persists, with output potentially falling by nearly 4pc from its baseline trajectory.

Notably, the central government has asked the Reserve Bank of India (RBI) to maintain retail inflation at 4 per cent with a margin of 2 per cent on either side for another five years ending March 2031. (UNI)

Telangana yet to tap full potential of SME IPO boom: FTCCI Conclave

UNITED NEWS OF INDIA

HYDERABAD, MAR 30: India's SME IPO market is witnessing strong momentum, but Telangana remains underrepresented, highlighting significant untapped potential for businesses in the state, speakers said at an industry conclave here on Saturday.

Addressing the SME IPO Awareness & Funding Conclave 2026 organised by the Federation of Telangana Chambers of Commerce and Industry, experts noted that nearly 270 SME IPOs were launched across India in 2025, of which only around 10 originated from Telangana.

The event, held in Hyderabad with support from the National Stock Exchange of India, DBS Bank and other partners, focused on promoting capital market access among small and medium enterprises.

Securities and Exchange Board of India official Rajesh Kumar Dangeti said SMEs form the backbone of the Indian economy and emphasised the need for a continuous pipeline of companies entering capital markets to achieve the country's \$5 trillion economy goal.

He said India's IPO market has raised nearly \$65 billion, ranking among the top three globally, and highlighted the rapid growth of the investor base from 30 million before the pandemic to over 140 million currently.

Dangeti stressed that transpar-



ency and accurate disclosures are key to building investor confidence and ensuring successful IPOs.

FTCCI President R. Ravi Kumar said capital markets are becoming increasingly important for business expansion and noted that Hyderabad hosts several high-potential enter-

prises that are yet to tap public markets.

He said SME IPOs are gaining traction but are still perceived as complex by many businesses, adding that the conclave aimed to bridge this gap and enable companies to access growth capital. (UNI)

Market valuation of 7 of top-10 firms tumbled by Rs 1.75 tn in week

UNITED NEWS OF INDIA

NEW DELHI, MAR 30: The combined market valuation of seven of the top-10 most valued firms tumbled by Rs 1.75 trillion last week. Reliance Industries took the biggest hit, as its market valuation was eroded by Rs 89,720.3 crore to Rs 18,24,515.62 crore.

In a rank-wise analysis, Reliance Industries remained the most valued firm. It was followed by HDFC Bank, Bharti Airtel, State Bank of India, ICICI Bank, TCS, Bajaj Finance, Infosys, Larsen & Toubro and Hindustan Unilever. HDFC Bank's valuation tanked by Rs 37,248.59 crore to Rs 11,64,018.69 crore while its market capitalisation of ICICI Bank dropped by Rs 8,121.76 crore to Rs 8,83,551.30 crore. State Bank of India lost Rs 35,399.42 crore from its market valuation, which stood at Rs 9,41,569.15 crore.

The market valuation of Reliance Industries eroded by Rs 89,720.3 crore to Rs 18,24,515.62 crore and that of Bharti Airtel declined by Rs 2,480.42 crore to Rs 10,50,413.33 crore. Hindustan Unilever's mcap diminished by Rs 2,091.13 crore to Rs 4,87,540.19 crore, while the market valuation of Larsen & Toubro surged by Rs 18,051.68 crore to Rs 4,90,536.19 crore.

Tata Consultancy Services (TCS) dipped by Rs 271.35 crore to Rs 8,64,668.65 crore while Infosys added Rs 6,245.3 crore, taking its valuation to Rs 5,15,034.67 crore.

The market valuation of Larsen & Toubro surged by Rs 18,051.68 crore to Rs 4,90,536.19 crore, and of Bajaj Finance jumped Rs 8,680.36 crore to Rs 5,25,395.48 crore.

Stock Market on Friday closed the week with bloodbath as the benchmark indices ended 2 percent lower amid broad-based selling across sectors.

At close, the Sensex was down 1,690.23 points or 2.25 percent at 73,583.22, and the Nifty was down 486.85 points or 2.09 percent at 22,819.60. Nifty Midcap index dropping 2.2pc and the Smallcap index declining 1.7pc.

The cumulative market capitalisation of BSE-listed firms dropped to Rs 422 lakh crore from Rs 431 lakh crore in the previous session. Investors collectively lost nearly Rs 9 lakh crore. (UNI)

Economic outlook more uncertain due to geopolitical developments in West Asia: Monthly Economic Review

UNITED NEWS OF INDIA

NEW DELHI, MAR 30: Economic outlook became more uncertain in the wake of geopolitical developments in West Asia with early indications of some 'moderation' in economic activity, said the Monthly Economic Review (MER) released by Department of Economic Affairs here on Saturday.

MER noted that the ongoing turbulence in West Asia have disrupted key energy and logistic channels, leading to tightening of global supply conditions.

"Before the onset of these developments, economic activity in India remained robust up to February 2026 with strong performance across both supply and de-

mand-side indicators" the MER said.

The current Monthly Economic Review mostly reviews the performance of Indian economy as reflected in the data for February prior to the west asian escalation.

The report noted that the recent shocks showing early signs of 'moderation' in economic activity with domestic demand conditions remaining stable so far.

Growth risks are evident for the sectors linked with imported inputs. Industrial activity in February grew moderately with weighing of hydrocarbon segment due to the contraction in crude oil and natural gas output amid west Asia turbulence.

Coming on sectoral trends, Steel and Cement



production witnessed strong growth.

The steady expansion of coal and fertiliser is support-

ed by public-capital expenditure and supply-side ini-

tiatives like Bharat Audyogik Vikas Yojana.

"Retail inflation rose to 10 month high of 3.21pc in February 2026, driven primarily by a sharp uptick in food prices, while most other categories broadly remain stable" it said.

The report noted that current inflation numbers don't saw the impact of rising crude prices.

Monetary and financial sectors have remained supportive with bank credit growth boosted 14.5pc (Y-o-Y) in Feb.

"In February 2026, India's merchandise exports declined marginally by 0.8pc (Y-o-Y), while petroleum, non-gems and jewellery imports by 6.6pc (Y-o-Y)"

The widening of India's

current account deficit to 1.3pc of GDP in Q3FY26 from 1.1pc in Q3FY25 is driven by larger merchandise trade deficit, notwithstanding continued strong performance in the services sector.

Amid global uncertainty, India's labour market in FY26 remained steady with higher participation rates, declining unemployment and consistent hiring across various sectors.

The government has undertaken multiple steps to manage supply disruptions, ensure energy availability and support trade and logistics. So, with the help of these interventions plus some macroeconomic buffers the balance of risks remain tilted to downside. (UNI)

Virat Kohli: Whenever I come back to play, it's 120%

The RCB batter began his IPL 2026 season with a half-century in a commanding win against SRH

UNITED NEWS OF INDIA

BENGALURU: Virat Kohli returned to T20 action with 69 off 38 balls in Royal Challengers Bengaluru (RCB)'s victory against Sunrisers Hyderabad at the Chinnaswamy Stadium and said that the time away from the format had helped him return "fresh, excited" and at "120%".

Kohli's last T20 was the IPL 2025 final, which RCB won to end their wait for a maiden IPL trophy, and they began their title defence by chasing down a target of 202 in 15.4 overs. Kohli remained unbeaten in the chase.

"Well, you know, the kind of scheduling that we've had over the last 15 years, and the amount of cricket I've played, for me, there was always a risk of getting burnt out rather than being undercooked,"

Kohli said after the game. "So these breaks helped me immensely. I stay fresh, I stay excited. Whenever I come back to play, it's 120%. I'm not coming back, you know, underprepared.

"In fact, the extra rest helps me to mentally freshen up. And as long as you're physically fit and you're excited mentally, both those things come together nicely. And then you're able to, you know, contribute for the team's cause. And that's what you want to do as a player. You don't want to hold on to a spot. You want to keep performing, and, you know, keep putting in the work for the team."

Kohli entered the IPL after scoring 93, 23 and 124 in three ODIs against New Zealand in January. He was India's top-scorer in that series, and also in the preceding ODI series against South Africa in December,

when he made 302 runs including two centuries.

Against SRH, Kohli hit five fours and five sixes, and finished the chase by going 6, 4, 4, 4 against Harshal Patel in the 16th over. He said that despite not having played a T20 since June last year, his performances in the recent ODIs helped him "stay in that same kind of momentum".

"I wasn't playing, you know, shots that I don't usually play," he said of his knock against SRH. "So I knew as long as I have the rhythm, and I've put enough work physically behind the scenes with my fitness, things should come together nicely. And yeah, tonight was another another chance to start strong and to build on this."

RCB's next fixture is another home game against Chennai Super Kings on April 5.



Parag goes from doing what he's told to calling the shots

UNITED NEWS OF INDIA

GUWAHATI: Mithoo Baruah and Parag Das raised an obedient child. They take pride in the fact that he does what he is told. The funny thing is, for the next few weeks, he will be doing the telling and an entire IPL team will do the doing.

Riyan Parag shouldn't find captaincy too taxing, though he does face the challenge of leading a Rajasthan Royals team that has lost one of its pillars (and gained a rockstar). They are also coming into the 2026 season on the back of a ninth-place finish last year.

"I told him one thing that whenever you play, it doesn't matter whether you are the captain or not - play like one," Das said. "If you are not the captain, wherever you are fielding, and if you think some field position needs to be changed, suggest it to the captain, and if the captain listens to you and changes the field, and it leads to a catch, then it means you are fully involved."

"We involved him in decision-making around the house from a very young age," Baruah said. She is a former swimmer who once held the national record in 50m freestyle. Parag was first taken to the pool to see if he had his mother's skills but he didn't. "A very simple example, if he wanted ice cream, we would tell him why he should have it or shouldn't have it. If we were buying new curtains, we would ask him if he liked them. I think that helps the child to know what he's doing."

Parag's parents live in an apartment in Guwahati surrounded by their son's milestones. His awards from the IPL. Pictures of him getting his first India cap. A collage of him in Royals pink. A snapshot of him with Kumar Sangakkara. Baruah is the mastermind behind the décor.

The dining table is flanked by pictures of Parag from when he was barely old enough to hold a bat. In one, he demonstrates his dad's go-to shot, the back-foot punch. In another, both of them show off the front-foot drive. Having started that early, he convinced former Assam coach Sanath Kumar he was ready for the state side when he was 14. He made his List A and T20 debuts at 15.

"My favourite innings of his is from an Under-13 district tournament," Das said. "In the semi-final, he scored 157 not out and in the final 125. At that time, the way he used to bat was fully copybook - the way it should be. The final was against Charaideo. All their coaches had asked Riyan's coaches how to dismiss him. They were told that instead of trying to dismiss him, try restricting his runs. Because it was an Under-13 game, there were no [fielding] restrictions. So from the start, they put all fielders on the boundary line. Despite that, the knock he played, of 125, was very solid." This IPL comes at a time when Parag hasn't been able to keep himself on the field. Fixing a shoulder injury had to take precedence. He got fit in time to be part of an India A team that took part in the T20 World Cup warm-up matches. Parag last played for India in October 2024. He is peripheral to their plans. On social media, he is a target of trolls. At Royals, it is different.

They gave him his first cap when he was 17. Back then, he was batting down the order, but in time, his performances convinced the franchise to expand his role. Parag was handed the No. 4 spot in 2024. He was being trusted to dictate the flow of the innings, not just finish them. In 2025, occasionally captaining in place of the injured Sanju Samson, he finished as Royals' second-highest run-getter.

Dewald Brevis to miss CSK's opening game in IPL 2026

UNITED NEWS OF INDIA

KOLKATA: Dewald Brevis will miss Chennai Super Kings' opening game of IPL 2026 against Rajasthan Royals in Guwahati on March 30 due to an injury. CSK coach Stephen Fleming confirmed the development on the eve of the match.

Brevis' absence will deplete CSK further. They are already without fast bowler Nathan Ellis, who has been ruled out of the entire season with injury, and MS Dhoni is likely to miss the first two weeks because of a calf strain. They are also waiting for the arrival of fast bowler Spencer Johnson, who is Ellis' replacement. Johnson, who is working his way back from injury himself, is set to link up with CSK around April 21-23.



With just four wins, CSK finished bottom of the table in 2025

and will be looking for a change in fortunes this year.

Brevis had joined CSK as a replacement player in the previ-

ous season after an injury to left-arm quick Gurjapneet Singh and emerged as a six-hitter in their middle order. He hit 17 sixes in 125 balls and finished his short stint with 225 runs in six innings at a strike rate of 180. CSK then retained him for IPL 2026, and now in his absence Australia allrounder Matt Short, who joined the side on March 22, could be an option to slot into the middle order.

In the absence of both Dhoni and Brevis, Kartik Sharma and Prashant Veer, who CSK bought for INR 14.2 crore each at the auction in December, could be in line for their IPL debuts. With captain Ruturaj Gaikwad confirming that he will open along with Sanju Samson, Sarfaraz Khan and Urvil Patel are the other options for CSK at No.3 or lower.

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