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Drug Trafficking Equals Terrorism: Warns LG Sinha

Vows Crackdown Across J&K, Launches intensified anti-narcotics drive in Doda

HT NEWS NETWORK

JAMMU, APRIL 30: Lieutenant Governor Manoj Sinha on Thursday declared narcotics smuggling as "no less than terrorism" and vowed stringent action against those involved, as he launched an intensified phase of the Drug-Free Jammu and Kashmir campaign in Doda.

Addressing a gathering, Sinha described drug abuse as a form of "silent terrorism" that poses a grave threat to society. He said the illegal narcotics trade is "terrorism in disguise," undermining youth, destabilising families, and eroding the social fabric.

In a strong message, the Lieutenant Governor announced that drug traffickers in the Union Territory would be dealt



with under the law on par with terrorists. "They are enemies of society, humanity, and our youth. We are committed to eliminating this menace," he said.

Reiterating a zero-tolerance policy, Sinha asserted that all those involved in the narcotics network—including smugglers, local peddlers, and syndicate members—will be identified and jailed. "We will not rest until these networks are completely dismantled," he said.

Highlighting progress under the ongoing 100-day अभियान, the Lieutenant Governor said that in the past 20 days alone, around 350 FIRs have been registered and 440 drug traffickers arrested. With 80 days remaining, he termed the coming period as critical for achieving tangible results.

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Vande Bharat Express Connects Jammu to Srinagar, Rail Expansion to Border Areas Planned

Centre unveils plans to extend rail network to Poonch, Rajouri and Uri



HT NEWS NETWORK

SRINAGAR, APR 30: Union Railway Minister Ashwini Vaishnaw on Thursday flagged off the first direct Vande Bharat Express linking Jammu with Srinagar, marking a significant milestone in integrating the Kashmir Valley with the national rail network. The minister also announced plans to extend railway connectivity to remote and border regions, including Poonch, Rajouri and Uri.

The development follows the completion of the Udhampur-Srinagar-Baramulla Rail Link, a flagship project aimed at connecting Kashmir with the rest of the country. Vaishnaw said detailed project reports have been prepared for the proposed rail links to the Poonch-Rajouri belt and Uri, and efforts will be made to commence work soon.

Describing the Jammu-Srinagar Vande Bharat service as a "lifeline" for the region, the minister said the train has witnessed overwhelming demand, operating at full capacity since its launch. To address this, the service has been upgraded from eight to 20 coaches.

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Dream Come True: Finally Direct Rail Connectivity to Kashmir Valley

HT NEWS NETWORK

NEW DELHI, APR 30: Union Railway Minister Ashwini Vaishnaw on Thursday stressed the urgent need for specialised and technology-driven

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CM Omar Abdullah Attends Flagging Off Vande Bharat

HT NEWS NETWORK

JAMMU, APRIL 30: Chief Minister Omar Abdullah today attended the flag-off ceremony marking the historic extension of the Vande Bharat Express service from Shri Mata Vaishno

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Haj Airfare Raised by ₹10,000 Amid Global Fuel Surge

HT NEWS DESK / AGENCIES

NEW DELHI, APR 30: The Haj Committee of India has announced a Rs. 10,000 increase in airfare for Haj 2026 pilgrims, citing a sharp rise in global Aviation Turbine Fuel (ATF) prices triggered by the ongoing Middle East crisis.

The revision, approved by the Ministry of Minority Affairs, translates to an additional \$100 per pilgrim regardless of embarkation point. Officials said airlines had initially sought a fare hike ranging between \$300 and \$400 per passenger due to escalating fuel costs.

All pilgrims have been directed to deposit the additional Rs. 10,000 by May 15 as part of the revised fare structure, according to an official circular, which described the move as a one-time adjustment under exceptional circumstances.

Union Minister Kiren Rijiju said the government had acted to protect pilgrims from a significantly higher financial burden. Emphasising that Haj is a deeply valued spiritual journey for many families, he said negotiations with airlines ensured a substantial reduction in the proposed increase.

The ministry maintained that the

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Amit Shah Attends Historic Buddha Relics Exposition in Ladakh

HT NEWS DESK / AGENCIES

LEH, APR 30: Union Home Minister Amit Shah arrived in Ladakh on Thursday to attend the first-ever international exposition of the sacred relics of Gautama Buddha in India, marking a landmark spiritual and cultural occasion.

He was received at the Kushok Bakula Rimpochee Airport by Lieutenant Governor V. K. Saxena and other senior civil and police officials, and accorded a ceremonial welcome.

During his two-day visit, Shah will pay homage to the relics on Buddha Purnima on Friday. Calling the occasion



a moment of "profound good fortune," he said devotees from across the globe would gather to offer veneration during the exposition beginning May 1.

The revered Piprahwa relics—linked

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Tight Security Grid for Amarnath Yatra; Anantnag Police Step Up Preparedness

HT NEWS NETWORK

SRINAGAR, APR 30: With the annual pilgrimage to the holy cave shrine set to begin in the first week of July, the Anantnag Police on Thursday undertook a comprehensive review of security and logistical arrangements for the Shri Amarnath Ji Yatra 2026, focusing on ensuring a safe and smooth conduct of the event.

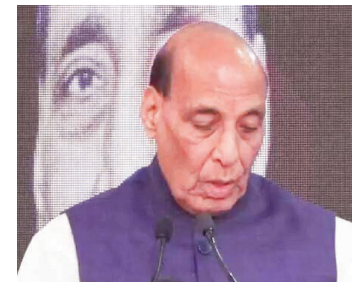
Senior Superintendent of Police, Anantnag, Amod Ashok Nagpure chaired a high-level meeting at the District Police Office, attended by senior officers and officials from concerned departments. The deliberations covered key operational areas, including security deployment, traffic management, crowd regulation and inter-agency coordination.

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India Known for IT, Pakistan for 'Terror': Rajnath Signals Hardline Shift

HT NEWS DESK / AGENCIES

NEW DELHI, APR 30: Defence Minister Rajnath Singh on Thursday launched a sharp attack on Pakistan over its alleged support to terrorism, stating that while India has earned global recognition for Information Technology, Pakistan is increasingly seen as



a centre of "international terrorism."

Speaking at a National Security Summit in the national capital, Singh said both nations achieved independence at the same time but have followed starkly different paths. "India is recognised globally for IT—

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Major Reshuffle In J&K Finance Department; Over 70 Officers Transferred

HT NEWS NETWORK

JAMMU, APRIL 30: The Government of Jammu and Kashmir on Wednesday ordered a large-scale reshuffle in the Finance Department, transferring and posting more than 70 officers across various departments and districts to streamline administrative functioning.

According to Government Order

No. 174-F of 2026 dated April 30, 2026, the transfers and postings have been made with immediate effect in the interest of administration.

As per the order, several senior officers have been reassigned to key positions. Mr. Iftikhar Hussain Chouhan, Director Finance in the Information Technology Department, has been given additional charge as

Director Finance in the Chief Minister's Secretariat. Ms. Naila Zahoor Chib, Director Finance Police Headquarters J&K, has been transferred and posted as Director Finance at the Accountancy Training Institute, Srinagar.

Among other significant changes, Mr. Yasir Sharief has been shifted from Saddar Treasury Jammu to serve as Financial Advisor/CAO in

the J&K Sports Council, while Mr. Sachin Verma has been posted as Treasury Officer Saddar Treasury Jammu. Mr. Manohar Lal has been moved to JPDCL Kathua as Chief Pay & Accounts Officer.

The reshuffle also includes multiple postings in the health and education sectors. Mr. Mohd Ayoub Lone has been posted as

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CS inaugurates SOC to strengthen cyber security framework across J&K

HT NEWS NETWORK

JAMMU, APRIL 30: Chief Secretary, Atal Dulloo today inaugurated the Jammu and Kashmir Security Operations Centre (JK SOC), marking a significant step towards strengthening the Union Territory's cyber security infrastructure.

Additional Chief Secretary, (Financial Commissioner) Revenue, Shaleen Kabra; Principal Secretary, Home, Chandraker Bharti; Divisional Commissioner, Jammu, Ramesh Kumar; Secretary, IT Department, Dr. Piyush Singla; Director Gen-



eral, National Informatics Centre, VTV Ramana; CEO, Jammu and Kashmir e-Governance Agency, Mahima Madan; and SIO, NIC J&K, J. S. Modi were present on the occasion.

The JK SOC has been estab-

lished to enhance the cyber security framework of the UT administration. It will provide round-the-clock monitoring, threat detection, and incident response capabilities to

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Drug Trafficking.....

Sinha underscored that the campaign must evolve into a mass movement, stressing the importance of public participation. He urged citizens, educational institutions, social organisations, and the media to actively support the initiative.

"Drug smugglers thrive on silence and indifference. This mindset must change. A drug-free society can only be built when every citizen takes responsibility," he said, calling for collective vigilance and sustained community action.

Vande Bharat.....

significantly enhancing passenger capacity. Highlighting its technical capabilities, Vaishnav said the train is designed to operate in extreme weather conditions, including sub-zero temperatures and heavy snowfall, ensuring year-round connectivity.

Chief Minister Omar Abdullah, who was present at the ceremony along with Union Minister Jitendra Singh, termed the launch a long-awaited achievement for the people of Jammu and Kashmir. He said the direct rail link eliminates the need for road travel between Jammu and Katra, significantly easing movement.

The service builds on the earlier inauguration by Prime Minister Narendra Modi in June 2025 of the Katra-Srinagar Vande Bharat Express, now extended up to Jammu Tawi.

Apart from passenger convenience, the rail link is also transforming freight movement. Vaishnav noted that essential goods such as cement and vehicles are now being transported efficiently, while nearly 20,000 tonnes of apples and other fruits have been shipped to markets across the country, benefiting growers and stabilizing prices.

Abdullah also urged the Centre to establish an inland dry port in the Union Territory to facilitate customs clearance locally and boost exports.

Officials said the expanded rail connectivity is expected to enhance tourism, strengthen trade, and provide a reliable all-weather transport network, while proposed extensions to border areas like Uri are likely to hold both economic and strategic importance.

Dream Come.....

maintenance practices for the rail network in Jammu and Kashmir, citing the unique challenges posed by the region's fragile Himalayan terrain.

Speaking in Jammu after flagging off a 20-coach Vande Bharat Express from Jammu to Srinagar, Vaishnav noted that the geologically young Himalayas demand advanced solutions to maintain critical infrastructure, including the Chenab Bridge, Anji Khad Bridge, and an extensive network of tunnels.

He said the Railways is focusing on stabilising maintenance systems to ensure long-term reliability, while coordinated efforts involving the Jammu and Kashmir Police, the Ministry of Home Affairs, and railway officials are strengthening safety and security across the network.

The minister also highlighted plans to enhance carrying capacity on the Jammu-Srinagar route, alongside the installation of automatic signalling systems and development of additional crossing stations to improve operational efficiency.

On infrastructure development, Vaishnav said re-development of Jammu Tawi railway station is progressing at a rapid pace with a modern design, while four stations across the Union Territory are being constructed or upgraded to improve passenger amenities.

With the upcoming Amarnath Yatra, he assured that special arrangements will be made to facilitate pilgrims, ensuring safety and convenience.

Vaishnav added that improved rail connectivity has boosted freight operations, reduced the cost of essential commodities, and strengthened supply chains, enabling large-scale transport of apples and easing movement of perishable produce like cherries, thereby benefiting farmers and traders in the region.

CM Omar....

Devi Katra to Jammu, enabling for the first time a direct rail connection between Jammu and Srinagar.

The train was flagged off by Union Minister for Railways Ashwini Vaishnav in the presence of Chief Minister Omar Abdullah, Union Minister of State (Independent Charge) Science & Technology; Earth Sciences; MoS PMO, PP/DoPT, Atomic Energy, Space, Dr Jitendra Singh, Members of Parliament Sat Paul Sharma and Ghulam Ali Khatana, several MLAs, along with senior officials from the Government of India, Northern Railways and the Jammu and Kashmir administration.

Addressing the gathering prior to the flag-off ceremony, the Chief Minister described the occasion as "a day long awaited by the people of Jammu and Kashmir," emphasizing that the extension of the Vande Bharat Express to Jammu marks not just improved connectivity, but the beginning of a transformative phase in the region's development.

Congratulating the Union Government and the Railway Ministry, the Chief Minister recalled the inauguration of key infrastructure projects, including the iconic Chenab Railway Bridge and Anji Khad Bridge, nearly ten months ago. He noted that what was once seen as a major engineering feat has now evolved into a highly popular and widely utilized mode of transport.

Highlighting the overwhelming response to the rail service, he said the demand has grown so significantly that the train's capacity has been expanded from 8 coaches to 20 coaches, increasing passenger capacity from around 500 to nearly 1,400 in a single journey. With two such trains operating, nearly 2,800 passengers will now be able to travel daily between Jammu and Srinagar, significantly easing travel and enhancing convenience.

"The success of this railway is not merely in passenger travel," the Chief Minister remarked, underlining its growing role in freight movement. He pointed out that the rail network has already begun facilitating the transportation of goods, including cement, food supplies and vehicles, into the Valley. Notably, automobiles are now being transported directly to Srinagar by rail, marking a significant logistical breakthrough.

Equally important, he added, is the outbound move-

ment of goods from Jammu and Kashmir. "Our fruits, milk and dairy products are now reaching markets outside J&K efficiently through this rail network," he said, stressing that this enhanced connectivity will strengthen local industries and open new economic avenues for farmers and producers.

In a forward-looking appeal, the Chief Minister urged the Railway Minister to consider establishing an inland dry port in Jammu and Kashmir. He said such a facility would enable customs clearance and streamline export processes within the region, eliminating the need to route goods through other cities. "This will not only benefit our businesses but also contribute to the country's overall economic growth," he asserted.

Calling the day historic, the Chief Minister said that for the first time, people of Jammu and Kashmir can seamlessly travel between Jammu and Srinagar by train, reducing dependence on road transport and significantly improving accessibility.

"This is the day we had been waiting for years," he said. "Today, a dream has been realized. With this rail link, Jammu and Kashmir is more connected than ever before."

Amit Shah.....

to the life of the Buddha—were brought to Leh on Wednesday in a special aircraft of the Indian Air Force. The relics received a ceremonial reception, with large numbers of residents assembling along the route to pay their respects.

Discovered at Piprahwa in Uttar Pradesh near the Nepal border, the relics have gained renewed international prominence following the repatriation of associated artefacts from a British collection in July 2025. Though previously exhibited in several countries, this is the first time they are being displayed beyond their place of preservation within India.

The exposition will allow public veneration at Jivetsal from May 2 to 10, followed by Zanskar on May 11-12 and the Dharm Centre in Leh from May 13-14. The relics are scheduled to return to Delhi on May 15.

In addition to attending the exposition, Shah will lay the foundation stone for a 10,000 litres per day dairy plant in Kargil and participate in related development programmes.

Haj Airfare.....

decision was taken transparently and in good faith to ensure smooth conduct of Haj operations for over one lakh registered pilgrims, noting that the surge in ATF prices was driven by global geopolitical tensions beyond the government's control.

The fare hike, however, has drawn sharp criticism from opposition leaders. Asaduddin Owaisi called for the rollback of the surcharge, terming it unjust, while Congress MP Imran Pratapgarhi questioned the timing of the increase, saying it placed an undue burden on pilgrims at the last moment.

Responding to the criticism, the ministry said private tour operators had already raised fares sharply and, in some cases, imposed additional increases, asserting that the government's negotiated revision remained comparatively moderate.

Reiterating its commitment, the Centre said it continues to work towards making Haj accessible and affordable while balancing global economic pressures.

Tight Security.....

Officials said the meeting aimed at finalising a multi-layered security framework ahead of the yatra, which is scheduled to commence on July 3. Emphasis was laid on maintaining a strong security grid across all vulnerable points along the route and ensuring seamless communication among various agencies involved in the arrangements.

Directing officers to remain on high alert, SSP Nagpure underscored the importance of vigilance and preparedness in dealing with any unforeseen situation. He called for optimal deployment of personnel and strengthening of communication systems to enable swift response to contingencies.

The review also focused on facilitating the safe movement and well-being of pilgrims. Officers were instructed to conduct regular field inspections, identify potential risk areas and take preventive measures well in advance.

Reaffirming its commitment to the successful conduct of the yatra, the district police said all necessary steps are being taken to provide a secure environment and necessary assistance to devotees during the pilgrimage.

India Known....

Information Technology—while Pakistan is regarded as the epicentre of another IT—International Terrorism," he said.

Underscoring a significant shift in India's security approach, the Defence Minister described Operation Sindoor as a defining moment that reflects the government's resolve to move beyond conventional diplomatic responses to terror attacks. He said the operation demonstrated India's readiness to employ firm and calibrated military action when required.

Singh noted that the operation showcased seamless coordination among the Army, Navy and Air Force, highlighting growing jointness in the country's defence forces. He emphasised that the mission was executed and concluded entirely on India's own terms, sending a clear message of strategic confidence.

"The government led by Prime Minister Narendra Modi has moved beyond intent and rhetoric, demonstrating unwavering commitment through decisive action," he said.

Calling terrorism a "distorted and perverse mindset," Singh said the fight against it is not only a matter of national security but also about safeguarding fundamental human values. He warned against attempts to justify terrorism through ideological or religious narratives, terming such efforts dangerous.

The Defence Minister further asserted that India has the capacity to sustain prolonged conflict if needed, backed by strong logistics, rapid mobilisation capabilities and a growing military-industrial base. He added that India did not succumb to nuclear threats during

the operation and successfully achieved its objectives.

Describing Operation Sindoor as a "shining example" of integrated military strength, Singh said India's armed forces now operate in a coordinated and unified manner, reflecting the country's emergence as a confident and capable global power.

"This is the New India in a new world order—an India that makes no distinction between terrorism and those who sponsor it," he said, reiterating the government's firm stance on national security.

Major Reshuffle.....

District Treasury Officer Anantnag, while Ms. Nuzhat Mushtaq has been assigned as Financial Advisor/CAO at Government Medical College, Srinagar.

Several Chief Accounts Officers have also been re-positioned across departments. Mr. Irfan Majid has been posted with the J&K Road Transport Corporation, while Mr. Nishad Akhtar has been transferred to the Police Headquarters Srinagar. Mr. Mohd Iqbal Pedhar has been posted as Chief Accounts Officer in SICOP.

In district-level changes, officers have been shifted in Kupwara, Pulwama, Kulgam, Baramulla, Ganderbal, and other districts to strengthen treasury and accounts management. Notably, Mr. Farooq Ahmad Lone has been posted as District Treasury Officer Pulwama, while Mr. Belal Ahmad Lone has been shifted to the Directorate of Industries and Commerce, Srinagar.

The order further includes adjustments of officers awaiting promotion, who have now been placed as Chief Accounts Officers or District Treasury Officers in various departments and districts.

The government stated that these transfers aim to enhance efficiency, ensure better financial governance, and improve coordination among departments.

The order has been issued by the Finance Department under the approval of the competent authority and signed by Financial Commissioner (ACS) Finance, Shaileendra Kumar.

Mr. Iftikhar Hussain Chouhan, Director Finance, Information and Technology Department shall hold the charge of the post of Director Finance, Chief Ministers' Secretariat in addition to his own duties, till Mr. Mohd Araf Khan returns from leave. Mr. Naila Zahoor Chib, Director Finance Police Headquarter J&K is transferred and posted as Director Finance, Accountancy Training Institute, Srinagar. One special scale post is transferred from overall cadre strength of J&K Accounts Service to Accountancy Training Institute, Srinagar till the time officer remains posted there.

Mr. Yasir Sharief, Treasury Officer Sadder Treasury Jammu is transferred and posted as Financial Advisor/CAO, J&K Sports Council vice Mr. Dalawar Singh.

Mr. Sachin Verma, Financial Advisor/CAO Police Housing Corp J&K is transferred and posted as Treasury Officer, Sadder Treasury, Jammu vice Mr. Yasir Sharief. Mr. Manohar Lal, Financial Advisor/CAO, Principal Chief Conservator of Forests, J&K is transferred and posted as Chief Pay & AO, JPDC, Kathua against available post.

Ms. Shadab Mukhdoomi, Financial Advisor /CAO, Chief Engineer Jal Shakti (PHE) Kashmir is transferred and posted as District Treasury Officer, Budgam vice Mr. Showkat Ali Rather.

Mr. Alok Gupta, Chief pay & AO Baglihar Hydro Electric project, Chanderkote with additional charge of Chief Engineer, Chenab Valley Batote is transferred and posted as Financial Advisor/CAO, J&K Prison Headquarter vice Ms. Mubashira Hussain.

Mr. Javed Maqbool Khanday, Treasury Officer, Sadder Treasury, Srinagar is transferred and posted as Financial Advisor/CAO, Government Medical College, Anantnag vice Mr. Mohd Ayoub Lone.

Mr. Mohd Ayoub Lone, Financial Advisor/CAO GMC Anantnag is transferred and posted as District Treasury Officer, Anantnag vice Mr. Mohd Akram.

Mr. Lokesh Gupta, Financial Advisor/CAO, Govt. Medical College Udhampur with additional charge of Chief Pay & AO Udhampur JPDC is transferred and posted as FA/ Chief Pay & AO Baglihar Hydro Electric Project, Batote vice Mr. Alok Gupta.

Mr. Pritpal Singh, Financial Advisor/CAO Board of Professional Entrance Examination UT of J&K is transferred and posted as Chief Accounts Officer, Inspector General Registration vice Mr. Abhishek Talwaria.

Ms. Nousheen Mushtaq, Financial Advisor/CA, attached with Directorate General Accounts & Treasuries is transferred and posted as Financial Advisor/CAO, Government Medical College, Srinagar vice Ms. Tehleela Asmat.

Mr. Showkat Ali Rather, Treasury Officer DTO Budgam with additional charge of CP&AO, Power Development Corporation, Ganderbal is transferred and posted as Chief Pay & AO, KPDC, Ganderbal against available post. He shall continue to hold the charge of the post of CP&AO, PDC, Ganderbal in addition to his own duties, till further orders.

Ms. Tehleela Asmat, Financial Advisor/CAO Govt. Medical College Srinagar is transferred and posted as Treasury Officer, Sadder Treasury, Srinagar vice Mr. Javid Maqbool Khanday.

Mr. Sareer Ahmad Mir, Treasury Officer District Treasury Ganderbal is transferred and posted as FA/CAO, Chief Engineer PHE, Kashmir vice Ms. Shadab Mukhdoomi.

Ms. Syed Mubashira Hussain, Financial Advisor/CAO, J&K Prisons Headquarter is transferred and posted as Financial Advisor/CAO, J&K Police Headquarter vice Ms. Naila Zahoor.

Bikram Dutt, Financial Advisor/CAO District Fund Office Udhampur is transferred and posted as FA/ Government Medical College, Udhampur vice Mr. Lokesh Gupta.

Mr. Laikat Khan, Chief P&AO Parnai Hydro Electric Project is transferred and posted as District Treasury Officer, Rajouri against available post.

Ms. Anudeep Kour Sudan, Financial Advisor/CA Directorate of Industries and Commerce Jammu is transferred and posted as Treasury Officer, Addl Treasury Gandhinagar vice Mr. Zaffar Iqbal.

Mr. Satyan Shree Gupta, District Treasury officer, Doda is transferred and posted as Chief Pay & AO, JPDC, Udhampur relieving Mr Lokesh Gupta of additional charge of the post.

Mr. Mohd Akram, District Treasury Officer, Anant-

nag is transferred and posted as Chief Pay & AO, JKPTCL Srinagar against available post.

Mr. Irfan Majid, Chief Accounts Officer, J&K Energy Development Agency (JKEDA) is transferred and posted as Chief Accounts Officer, Road Transport Corporation on full time basis.

Ms. Nishad Akhtar, Chief Accounts Officer, Directorate of Industries and Commerce, Kashmir is transferred and posted as Chief Accounts Officer, GP Fund Police Provincial Cell, (ZPHO) Srinagar vice Ms. Shaziya Rasool.

Mr. Mohd Iqbal Pedhar, District Treasury Officer, Kulgam is transferred and posted as Chief Accounts Officer, J&K Small Scale Industries Development Corporation Ltd., (SICOP) against available post. He shall also hold the charge of the post of Chief Accounts Officer, SIDCO in addition to his own duties, till further orders.

Mr. Mohd Ashraf Ahanger, Chief Accounts Officer, Srinagar Metropolitan Regional Development Authority, Srinagar (SMRD) is transferred and posted as Chief Accounts Officer, District Fund Office, Kupwara against available post.

Mr. Vivek Sharma, Chief Accounts Officer, J&K State Forest Development Corporation with additional charge of SICOP is transferred and posted as Chief Accounts Officer, Directorate of Family Welfare relieving Mr.

Vaneet Singh of additional charge of the post. Mr. Abdul Salam Kumar, District Treasury Officer, Kupwara is transferred and posted as Chief Accounts Officer, District Fund Office, Ganderbal against available post.

Mr. Anish Singh, Chief Accounts Officer, Chief Engineer, Jal Shakti (PHE) Jammu is transferred and posted as Chief Accounts Officer, Chief Engineer, Public Works (R&B), Chenab Valley, Batote against available post.

Mr. Mohd Iqbal, Chief Accounts Officer, presently attached with the Directorate of A&T Jammu is transferred and posted as Chief Accounts Officer, Board of Professional Entrance Examination vice Mr. Pritpal Singh.

Mr. Jatinder Singh, Treasury Officer, Addl. Treasury New Plot, Jammu is transferred and posted as Chief Accounts Officer, Transport Commissioner Office, against Leave Reserve post.

Mr. Farooq Ahmad Lone, Chief Accounts Officer, Chief Engineer Public Works (R&B) North Kashmir (Baramulla) is transferred and posted as District Treasury Officer, Pulwama vice Mr. Shabir Ahmad Zagoo.

Mr. Belal Ahmad Lone, Treasury Officer District Treasury Baramulla is transferred and posted as Chief Accounts Officer, Directorate of Industries Commerce, Srinagar vice Ms. Nishad Akhtar.

Mr. Kuldeep Kumar, Treasury Officer, Additional Treasury Talab Tillo is transferred and posted as Chief Accounts Officer, District Fund Office, Kathua relieving Mr. Jivtesh Singh of additional charge of the post.

Mr. Lokesh Kumar, Chief Pay & AO, J&K Power Development Corporation Ltd., Kishtwar transferred and posted as Chief Accounts Officer, District Fund Office, Kishtwar against available post. He shall also hold the charge of the post CP&AO, PDCL, Kishtwar in addition to his own duties, till further orders.

Mr. Zafar Iqbal, Treasury Officer Addl. Treasury Gandhi Nagar is transferred and posted as Chief Accounts Officer, Principal Chief Conservator of Forests vice Mr. Manohar Lal.

Mr. Qamar Rehman, District Treasury Officer, Reasi with additional charge of District Fund Office, Reasi is transferred and posted as Chief Pay & AO, Baba Ghulam Shah Badshah University, Rajouri against available post.

Mr. Mohd Shafait Rehman, Chief Accounts Officer, G.P Fund Moving Cell, Civil Secretariat is transferred and posted as Deputy Director, Budget Division, Finance Department vice Mr. Shah Nawaz Ahmad. He shall also hold the charge of CAO, G.P Fund Moving Cell, Civil Secretariat, in addition to his own duties, till further orders.

Mr. Shah Nawaz Ahmad, Chief Accounts Officer, Budget Division, Finance Department is transferred and posted as Chief Accounts Officer, Chief Engineer PHE, Jammu vice Mr. Anish Singh.

Mr. Mohammad Ashraf Iqbal Hakla, Chief Accounts Officer, GMC, Rajouri is transferred and posted as Chief Accounts Officer, J&K Public Service Commission vice Mr Naveed Anjum.

Mr. Abdul Rashid Dostum, District Fund Officer, Anantnag is transferred and posted as Chief Pay & AO, JPDC, Poonch relieving Mr. Mohd Hanief of additional charge of the post.

Mr. Abhishek Talwaria, Chief Accounts Officer, Inspector General Registration, J&K is transferred and posted as Chief Accounts Officer, J&K Handloom Development Corporation relieving Mr. Zia-U-Rehman of additional charge of the post.

Mr. Showkat Ahmad Khan, Deputy Financial Advisor/CAO Central Financial Organization PDD Srinagar is transferred and posted as Chief Accounts Officer, G.M Accounts Power Development Corporation Ltd., Srinagar vice Ms. Sayka Hassan. He will also hold the charge of the post of CP&AO, Power Development Corporation Ltd., in addition to his own duties, till further orders.

Mr. Dalawar Singh, Chief Accounts Officer, J&K Sports Council is transferred and posted as Treasury Officer, Additional Treasury, New Plot vice Mr. Jatinder Singh.

Mr. Mohammad Shafi Wani, Chief Accounts Officer, GMC, Baramulla with additional charge as CP&AO Power Development Corporation, Baramulla is transferred and posted as District Treasury Officer, Kupwara vice Mr. Abdul Salam.

Ms. Shaziya Rasool, Chief Accounts Officer, G.P Fund Provincial Police Cell, Zonal Police Headquarters Kashmir is transferred and posted as Chief Accounts Officer, Central Financial Organization, PDD Srinagar vice Mr. Showkat Ahmad Khan.

Ms. Sonika Sharma, Chief Accounts Officer, J&K Board of School Education is transferred and posted as Chief Accounts Officer / Sr. Instructor Northern Zonal Accountancy Training Institute, Jammu against Leave Reserve post.

Ms. Sayka Hassan, Chief Accounts Officer/G.M (Accounts) Power Development Corporation, Srinagar with additional charge of CP&AO, Power Development Corporation, Srinagar is transferred and posted as Chief Accounts Officer, Metropolitan Regional Development Authority, Srinagar vice Mr. Mohd Ashraf Ahanger.

Mr. Muzafar Ahmad Rather, District Treasury Officer, Shopian is transferred and posted as Chief Accounts Officer, District Fund Office, Kulgam against available post.

Mr. Sheikh Abid Manzoor, District Treasury Officer, Bandipora is transferred and posted as Chief Accounts Officer, Government Medical College, Handwara against available post.

Mr. Mohd Rameez Khan, Chief Accounts Officer, SAMAGRA J&K is transferred and posted as Chief Accounts Officer, JAKEDA J&K vice Mr. Irfan Majid.

Mr. Naveed Anjum, Chief Accounts Officer, J&K Public Service Commission is transferred and posted as Chief Accounts Officer, SMAGRA J&K vice Mr. Mohd Rameez Khan.

Mr. Shabir Ahmad Zagoo, Chief Accounts Officer, District Treasury Officer, Pulwama is transferred and posted as Chief Accounts Officer, District Fund Office, Anantnag against available post.

Mr. Sameer-ul-Rehman, awaiting orders of adjustment on promotion as Chief Accounts Officer, is posted as Chief Accounts Officer, National Rural Livelihood Mission against available post.

Mr. Omer Javid, awaiting orders of adjustment on promotion as Chief Accounts Officer, is posted as District Treasury Officer, Shopian vice Mr. Muzaffer Ahmad Rather.

Mr. Sumit Sharma, awaiting orders of adjustment on promotion as Chief Accounts Officer, is posted as District Treasury Officer, Ramban against available post.

Mr. Arun Kumar, awaiting orders of adjustment on promotion as Chief Accounts Officer, is posted as Treasury Officer, Additional Treasury Talab Tillo vice Mr. Kuldeep Kumar.

Mr. Firdous Ahmad, awaiting orders of adjustment on promotion as Chief Accounts Officer, is posted as Chief Accounts Officer, Directorate of Industries & Commerce, Jammu vice Ms Anudeep Kour.

Mr. Parvez Ahmad Sheikh, awaiting orders of adjustment on promotion as Chief Accounts Officer, is posted as District Treasury Officer, Baramulla vice Mr. Belal Ahmad Lone. He shall also hold the charge of the post of CP&AO Power Development Corporation, Baramulla in addition to his own duties, till further orders.

Ms. Nadia Khanday, awaiting orders of adjustment on promotion as Chief Accounts Officer, is posted as District Treasury Officer, Ganderbal vice Mr. Sareer Ahmad Mir.

Mr. Ruchit Kumar, awaiting orders of adjustment on promotion as Chief Accounts Officer, is posted as District Treasury Officer, Reasi vice Mr. Qamar Rehman.

Ms. Tanveema, awaiting orders of adjustment on promotion as Chief Accounts Officer, is posted as Chief Accounts Officer, Shar-i-Kashmir Institute of Medical Sciences, Soura against available post.

Mr. Zubair Sultan, awaiting orders of adjustment on promotion as Chief Accounts Officer, is posted as Chief Accounts Officer, J&K Board of School Education vice Ms. Sonika Sharma.

Mr. Shah Nawaz Umer Khan, awaiting orders adjustment on promotion as Chief Accounts Officer, is posted as Chief Accounts Officer, Government Medical College, Baramulla vice Mr. Mohd Shafi Wani. He shall also hold the charge of the post of CAO, Chief Engineer PW (R&B) North Kashmir, Baramulla in addition to his own duties, till further orders.

Mr. Kumar Abhishek, awaiting orders of adjustment on promotion as Chief Accounts Officer, is posted as Chief Pay & AO, Parnai Hydro Electric Project vice Mr. Liakat Khan.

Mr. Rahul Mahajan, awaiting orders of adjustment on promotion as Chief Accounts Officer, is posted as Chief Accounts Officer, Forest Development Corporation vice Mr. Vivek Sharma.

Mr. Sayar Ahmad Mir, awaiting orders of adjustment on promotion as Chief Accounts Officer, is posted as District Treasury Officer, Kulgam vice Mr. Mohd Iqbal Pedhar.

Mr. Imtiyaz Ahmad, awaiting orders of adjustment on promotion as Chief Accounts Officer, is posted as District Treasury Officer, Bandipora vice Mr. Sheikh Abid Manzoor.

CS inaugurates.....

safeguard critical government digital infrastructure and sensitive data from cyber threats.

Speaking on the occasion, the Chief Secretary emphasized that with the rapid digitization of government services, ensuring robust cyber security has become imperative. He further observed that the SOC will serve as the nerve centre for securing the Union Territory's digital assets and ensuring the safe and seamless delivery of e-governance services to citizens here.

The centre is equipped with advanced tools for real-time threat intelligence, vulnerability assessment, and security analytics. It will also coordinate closely with national agencies, including CERT-In, for effective cyber incident management.

Senior Director, NIC, Anil Kumar Sharma delivered a detailed presentation on the functioning and capabilities of the JK SOC.

Senior officers from the IT Department, Divisional Administration Jammu, and technical experts were also present at the inauguration.



Div Com Kashmir directs for meticulous execution of plans for seamless Nasha Mukht J&K Padyatra

HT NEWS NETWORK

SRINAGAR, APRIL 30: In preparation for the upcoming Nasha Mukht J&K Padyatra scheduled for May 3, Divisional Commissioner Kashmir, Anshul Garg, on Thursday chaired a high-level meeting to review arrangements laying strong emphasis on precision, coordination, and seamless execution.

The meeting was attended by senior officials, including the DIG Central Kashmir, Deputy Commissioner Srinagar, Commissioner SMC, Director Information & Public Relations, Director Health Services, SSP Traffic, and heads of various departments such as School Education, Higher Education, Transport, Culture, Hospitality & Protocol, Tribal Affairs, and other key stakeholders.

During the meeting, the Divisional Commissioner stressed the importance of meticulous planning and effective inter-departmental coordination to ensure the smooth conduct of the padyatra and associated events. He directed all concerned departments to formally invite stakeholders and special guests

in advance.

On the occasion, the Div Com gave special emphasis to arrangements at the Football Stadium, the designated venue for the flag-off ceremony besides arrangements enroute and at culmination point.

Officials were instructed for installation of Pandals, ensure adequate seating facilities for VVIPs, dignitaries, and participants. He also instructed that participants must reach the venue before 7:30 AM for timely commencement of the event.

Regarding transportation facility, designated nodal officer was tasked with developing a comprehensive plan for the movement of students and participants, ensuring sufficient transport availability on designated stations.

The Information Department was assigned the responsibility of enhancing the event's outreach and visibility through the installation of a Public Address System (PAS), preparation of a theme-based video, display of an anti-drug pledge on digital screens, and the creation of thematic flags and banners.



To amplify public engagement, the Divisional Commissioner also directed the formation of a human chain by students from the venue up to Poloviw.

The Deputy Commissioner Srinagar was instructed to ensure the availability of essential services along the entire route of the padyatra.

The Cultural Department was tasked with organizing performances, including songs and thematic presentations, within a stipulated timeframe. Meanwhile, the Hospitality & Protocol Department was directed to distribute refreshments for students and participants in advance while for VVIPs, and other dignitaries at the venue.

Security and crowd management responsibilities were entrusted to the Police Department, which will also oversee the deployment of a police band to support the event.

The Divisional Commissioner reiterated that the padyatra is a significant initiative aimed at promoting a drug-free Jammu and Kashmir and called for comprehensive efforts from all departments to ensure its success.

PROANG Calls for Strong Welfare Measures for Non-Gazetted Police Personnel on International Labour Day

HT NEWS NETWORK

SRINAGAR, MAY 1: The Police Non-Gazetted Officers Association (PROANG) marked International Labour Day 2026 by extending heartfelt greetings to workers and urging stronger welfare, security, and recognition for non-gazetted police personnel serving under demanding conditions.

In a statement, Chief Spokesperson Mir Niyaz Ahmad said Labour Day symbolizes dignity of labour, collective strength, and the ongoing struggle for rights and social justice. He paid special tribute to non-gazetted police personnel, describing them as silent and steadfast servants of the nation who continue to protect society despite challenging circumstances and personal sacrifices.

PROANG stressed that every worker deserves fair treatment, security, and respect, highlighting the need for improved working conditions, enhanced healthcare support, timely financial benefits, and stronger post-retirement security for police personnel.

An extraordinary meeting of PROANG members and office bearers was held in Srinagar under the chairmanship of Gh. Ghulam Hassan Zargar, where participants held detailed deliberations on issues faced by serving and retired non-gazetted police personnel. The meeting emphasized urgent implementation of structured welfare measures, legal support systems, and stronger organizational coordination across Jammu and Kashmir.

Participants resolved to intensify efforts to address grievances related to pensions, healthcare, and the rights of widows and dependents. The association also decided to expand awareness and advocacy initiatives to ensure the concerns of the police fraternity are effectively represented at all relevant forums. Reaffirming its commitment to constructive advocacy and engagement, PROANG said it will continue working to create an environment where service is honoured, sacrifice is recognized, and every member feels secure during and after service. The association called for renewed collective commitment to justice, equality, and respect for all workers.

Cultural Heritage Show Organised at PMSHRI Government Boys High School Mandigam

HT NEWS NETWORK

KUPWARA, APR 30: PMSHRI Government Boys High School Mandigam successfully organised a Cultural Heritage Show, providing a meaningful platform to celebrate and preserve the rich traditions of the region.

On this occasion, Mountain House, under the able guidance of Headmistress Mtr. Mahmooda Bano, presented a well-organised display of traditional artefacts and commonly used items from earlier times. The exhibition beautifully reflected the cultural values, lifestyle, and creativity of past generations.

Students enthusiastically participated in the event and gained a deeper understanding of their cultural heritage. The display not only showcased historical items but also helped learners connect with their roots and appreciate the simplicity and wisdom of earlier lifestyles.

The initiative fostered a sense of pride among students and highlighted the importance of preserving our cultural legacy for future generations.

GMPS HOLDS GRAND FUNCTION IN JAMMU

Dr Karwani Stresses Preservation of Cultural Heritage

HT NEWS NETWORK

JAMMU, APR 30: Ganesh Mandir Prabandhak Samiti (GMPS) organised a grand function in Jammu in connection with the celebration of Ganesh Chaturdashi. Relief and Rehabilitation Commissioner Dr Arvind Karwani attended the programme as the Chief Guest. Addressing the gathering, Dr Karwani stressed the need to preserve the rich cultural heritage, traditions and Sanskars inherited from the ancestors. He said that safeguarding these values was the collective responsibility of society.

The function commenced with Saraswati Vandana. Director Radio Sharda Ramesh Hangloo and noted scholar of Shaivism Sanjay Raina were the Guests of Honour on the occasion.

President of the Samiti U K Handoo highlighted the significance of Lord Ganesh and briefed the audience about the various activities undertaken by the Samiti for the development and upkeep of the historic Ganpatyar Temple in Srinagar. Speaking on the occasion, Sanjay Raina threw light on the history of Ganpatyar Temple and explained the religious and historical importance of the holy shrine, particularly in view of Swayambhu Ganesh. A large number of members of the Kashmiri Pandit community, representatives of social and religious organisations, Mandir committees and prominent citizens attended the function. Dr Karwani also assured the community that their genuine demands would be addressed on a priority basis.

Handwara Police, Excise & Revenue Teams Destroy Illegal Poppy Cultivation in Langate

DR. AB QAYOOM

HANDWARA, APR 30: In a major crackdown against narcotic cultivation, Handwara Police in coordination with the North Kashmir Excise Range and Revenue Department Langate today destroyed illegal poppy crops at multiple locations in the Pharou area of Langate. The joint operation was carried out under the ongoing Nasha Mukht Jammu and Kashmir Abhiyan, aimed at eradicating drug abuse and illegal cultivation across the area. Acting on specific inputs, teams conducted a thorough drive in areas falling under Police Post Chogal in Police District Handwara, where sizeable patches of illicit poppy cultivation were identified and destroyed on the spot.

Officials stated that an FIR has been registered under relevant sections of the NDPS Act at the concerned police station. All legal procedures, including seizure, sampling, and destruction of the narcotic crop, were completed as per norms during the operation.

The drive witnessed active participation from Handwara Police led by the DO Police Post Chogal, officials of the Revenue Department under the supervision of the Naib Tehsildar Langate, and teams from



the North Kashmir Excise Range equipped with necessary machinery. Authorities said the action reflects the strong commitment of the district administration, under the supervision of SSP Handwara and the civil administration, to curb illegal narcotic activities and

uphold the rule of law. Meanwhile, members of civil society and local residents appreciated the efforts of the authorities, stating that such initiatives send a strong message against drug abuse and reinforce the vision of a "Nasha Mukht" Handwara.

Rail Boost Proposed for Kashmir Horticulture Sector: AC Cargo Trains, Expanded Loading Points, 7-Day Cherry Service on Cards

FAROOQ RATHER

SRINAGAR, APR 30: In a significant move aimed at strengthening Kashmir's horticulture supply chain, a joint inspection and interaction between fruit growers, traders, and senior officials of Northern Railway was conducted along the Srinagar-Baramulla rail section.

The inspection was carried out in a specially arranged single-bogie coach, covering key stations including Srinagar, Budgam, Pattan, Sopore, and Baramulla. The meeting was attended by Sh. Parveen Pandey, Principal Chief Commercial Manager, Northern Railway; Sh. Jaswant Singh, ACM Jammu-Srinagar; and Syed Tariq, Incharge Srinagar, along with other senior railway officials.

The growers' delegation was led by Bashir Ahmad Basheer,

President of the New Kashmir Fruit Association (NKFA) and Chairman of Kashmir Valley Fruit Growers-cum-Dealers Union. He was accompanied by Vice President Anil Kumar, Chairman Transport Ali Mohammad Reshi, and other executive members.

The central focus of the interaction was to develop efficient, temperature-controlled (AC) cargo rail solutions to facilitate seamless transportation of Kashmir's key horticultural produce—apples, cherries, plums, pears, and walnuts—to markets across India. The plan also includes strengthening inbound supply chains for essential commodities such as onions, potatoes, mangoes, melons, and watermelons into the Valley.

During the visit, Sopore and Baramulla railway stations were identified for development of yard-

based bulk loading facilities. Additionally, phased development of cargo handling infrastructure was proposed at Anantnag, Awantipora, and Pampore stations. Operational bottlenecks at Budgam and Srinagar stations were also highlighted for early redressal.

The delegation pointed out that growers faced multiple challenges during last year's peak loading season, including cumbersome security procedures, restricted access, and delays in handling. To address these issues, the installation of modern integrated security systems—such as high-sensitivity scanners and sensor-based monitoring—was proposed to streamline operations and reduce manual intervention.

The delegation noted that a VP (Parcel Van) service for cherry consignments is currently being operated from Katra to Mumbai

five days a week. Railway authorities informed that the service is under consideration for expansion to a seven-day schedule, ensuring uninterrupted movement of highly perishable produce during the peak season.

Terminal Upgrades Sought in Metro Cities

The need for upgrading handling and logistics infrastructure at major terminal points, including Mumbai and Delhi stations, was strongly emphasized. Improved facilities at these locations are expected to ensure faster unloading, efficient handling, and timely delivery of fruits to mandis, especially for perishable items like cherries.

Positive Response from Railway Authorities

Railway officials gave a patient hearing to the concerns raised and expressed willingness

to introduce refrigerated cargo services, improve handling systems, and undertake necessary infrastructure upgrades. The delegation stressed that enhanced railway support would significantly improve efficiency, reliability, and competitiveness of Kashmir's horticulture sector.

The joint team also visited apple and cherry orchards in Tangmarg to assess ground realities and align logistics planning with production zones.

The delegation expressed gratitude to the Ministry of Railways and Railway Minister Ashwini Vaishnaw for continued support. The fruit trade also welcomed the improved connectivity through the Jammu-Srinagar rail network, stating it will benefit both passenger movement and trade logistics.

Satish Sharma meets Union MoS; pushes for NFSA cap removal, expanded ration coverage

HT NEWS NETWORK

JAMMU, APRIL 2026: Minister for Food, Civil Supplies & Consumer Affairs, IT, Transport, Youth Services & Sports, Science & Technology, Satish Sharma, today held a detailed meeting with Union Minister of State for Food, Civil Supplies & Consumer Affairs, B. L. Verma and raised a comprehensive set of demands aimed at strengthening the Public Distribution System (PDS), enhancing food security and addressing the key welfare concerns in Jammu and Kashmir.

The Minister strongly pressed for lifting the cap on NFSA food grain allocation, stating that the existing restriction has stalled the bifurcation of ration cards and is adversely impacting the families whose size has increased over time. He urged the Union Government to revise and enhance Jammu and Kashmir's allocation quota to facilitate issuance of new and bifurcated ration cards. He also sought sanction of additional food grain quota to meet genuine demand, particularly in remote, border and tribal areas.

Highlighting Jammu and Kashmir's preparedness, Sharma requested expedited approval for new ration card applications, noting that e-KYC processes and database cleansing are nearing completion.

Focusing on systemic strengthening, the Minister called for a special infrastructure grant for PDS in difficult terrains, citing challenges in high-altitude, snowbound and border areas. He also sought an increase in FPS dealer margins to ensure sustainability and reduce attrition and proposed introduction of additional commodities such as pulses, edible oil, and millets through FPS with central support.

The Minister highlighted Jammu and Kashmir's achievement in implementing the SMART PDS framework and sought performance-linked incentive funding, noting the region's early adoption of digital systems including RCMS, SCMS and route optimization.

Addressing the vulnerable sections, Sharma raised the issue of Kashmiri migrant ration card integration and sought continued support to ensure uninterrupted



entitlements. He also advocated for special ration provisions for border and nomadic communities, including Gujjars and Bakerwals with flexible e-KYC norms.

With Reference to Consum-

er Affairs, the Minister called for modernization of Legal Metrology infrastructure, including advanced testing equipment and manpower support, particularly for remote districts. He also sought enhanced funding under

CCPA for consumer awareness campaigns in rural and semi-urban areas.

Undersocial justice initiatives, Sharma emphasized the timely release of PM-AJAY and DA&DBT funds, including scholarships for SCs, OBCs and EWS categories. He further urged for expedited action on inclusion of Pahari and other deserving communities in central OBC/deprived lists. He called for sanction of additional hostels under Babu Jagjivan Ram Chhatrawas Yojana in districts like Jammu, Samba, Udhampur and Rajouri.

On administrative and financial matters, the Minister requested the release of pending central assistance and CSS instalments and sought capacity-building support for FCS&CA officials in areas like data analytics, supply chain management and enforcement.

Sharma reiterated the commitment of the Jammu and Kashmir government to ensure efficient service delivery and inclusive welfare and expressed confidence that the Union Government would extend full support in addressing these critical issues.

DC Budgam reviews arrangements for Smooth conduct of NEET-2026 in District

HT NEWS NETWORK

BUDGAM, APRIL 30: A review meeting to finalise arrangements for the smooth conduct of the NEET-2026 examination was held today, under the chairmanship of Deputy Commissioner (DC) Budgam, Athar Aamir Khan, at the Conference Hall Budgam.

The NEET-2026 examination is scheduled to be conducted by the National Testing Agency across six designated examination centres in the district.

The meeting was attended by ADC Budgam, Mehraj ud din Shah, DSP Headquarters Budgam, representatives of NTA, all Centre Magistrates, Centre Superintendents, and other concerned of-



ficers.

During the meeting, the DC took a detailed review of the preparedness and arrangements being put in place for the examination. Threadbare discussions were held on key aspects including traffic regulation, transportation facilities, and availability of basic amenities at examination centres.

The DC emphasized the need for close coordination among all departments to ensure a secure, transparent, and hassle-free examination environment for candidates. He stressed strict adherence to guidelines issued by the NTA and called for zero tolerance towards any malpractice.

He further directed officers to ensure timely deployment of manpower, proper monitoring at all centres, and seamless logistical support on the day of examination. Special focus was laid on facilitating candidates and ensuring that no inconvenience is caused.

The DC instructed the concerned to maintain close coordination and ensure that all arrangements are put in place well in advance for smooth conduct of the examination across all Six centres in Budgam district.

DC Bandipora interacts with Numberdars, Chowkidars on Drug Abuse Prevention

HT NEWS NETWORK

BANDIPORA, APRIL 30: Deputy Commissioner Bandipora, Indu Kanwal Chib on Thursday held an interaction with Numberdars and Chowkidars at the Conference Hall, Mini Secretariat to discuss measures for curbing drug abuse and strengthening community participation in the anti-drug campaign across the district.

During the interaction, the Deputy Commissioner emphasized the importance of coordinated efforts by the administration, police, teachers, parents, and community representatives in eradicating the menace of drug abuse.

She stated that the administration is working round the clock to address public concerns and ensure effective implementation of preventive measures.

During the interaction, participants appreciated the Deputy Commissioner's concern for the district and stated that responsibility for tackling social issues cannot rest on the government alone, adding that society must also play its role.

They thanked the Deputy Commissioner for providing them an opportunity to share their views and observed that such interactions strengthen coordination between the administration and the community.

The participants also highlighted various public concerns and assured full support to the administration in the fight against drug abuse and in maintaining peace and social harmony in the district.

On the sidelines of the interaction, Numberdars from various areas raised issues related to delayed honorarium and highlighted concerns regarding its timely disbursement.

The Deputy Commissioner reiterated the importance of community outreach programmes in strengthening public participation and ensuring better coordination between citizens and the administration.

DDC Anantnag reviews implementation of 'Gyan Bharatam Mission'

Focus on preserving Ancient Manuscripts, Heritage

HT NEWS NETWORK

ANANTNAG, APRIL 30: District Development Commissioner (DDC) Anantnag, Dr. Bilal Mohiuddin Bhat, today chaired a comprehensive meeting to review the implementation of the 'Gyan Bharatam Mission', a national project aimed at the digital preservation of hand written texts, ancient manuscripts and centuries old historical documents.

The meeting was attended by CPO, ACD, DEPO, BDOs, EOs of MCs and other concerned officials.

During the meeting, the DDC emphasized that the mission's core

objective is to locate centuries-old handwritten texts and use modern technology to safeguard this wealth of knowledge for future generations.

To ensure the mission's success, the DDC directed the officers to identify target groups like specific individuals, families, and institutions that are custodians of ancient records. He asked them to conduct field visits to villages, panchayats, municipal wards besides cultural, educational and religious institutions to identify and document rare texts.

Focus on quality work and ensure all information collected is reliable, authentic, and well documented, he

remarked.

The DDC stated that the district holds a rich intellectual history and it is the administration's priority to preserve the ancient and historical documents. He urged all departments to work with a sense of urgency to bridge the gap between ancient heritage and the digital future.

The meeting concluded with a resolve by all officers to locate and collect the rich historical texts and age old manuscripts and to preserve their wealth of knowledge through use of technology for future generations.

District Admin Ganderbal engages Religious leaders, Village officials in Anti-Drug Drive

HT NEWS NETWORK

GANDERBAL, APRIL 30: In a significant step towards strengthening the grassroots outreach of the Nasha Mukht Bharat Abhiyan (NMBA@100), the District Administration Ganderbal today convened a one-day sensitisation conference with Imams, religious leaders, Lumberdars and Chowkidars drawn from across the district at the Conference Hall, Mini Secretariat here.

The conference, chaired by Additional Deputy Commissioner (ADC) Ganderbal, Syed Faheem Bihagi brought together frontline community voices to collectively address the grow-

ing challenge of drug and substance abuse.

Assistant Commissioner Revenue (ACR) Ganderbal, S. Salah-ud-Din; Sub-Divisional Magistrate Kangan, Nazir Ahmad, and other senior officers and officials of the district administration were also present on the occasion. The deliberations centred on the alarming rise of drug abuse among the youth and the urgent need for society to respond in a united and proactive manner. Participants were reminded that the fight against narcotics is not the responsibility of the administration alone, it demands active engagement from every corner of the community, particularly from those who hold positions



of trust and influence at the local level.

Addressing the gathering, Additional Deputy Commissioner underscored the indispensable role that religious leaders and village-level functionaries play in shaping public opinion and behaviour. He called upon the Imams to incorporate awareness messages in their Friday sermons and community gatherings, and urged Lumberdars

and Chowkidars to serve as the eyes and ears of the administration at the village level in identifying and reporting drug-related activity.

He emphasized that 100-Day NMBA must evolve from a government initiative into a genuine people's movement, and that its success depends on the collective will of every citizen.

The officers present also highlighted the critical importance of moral guidance, timely intervention and community vigilance in preventing young people from falling prey to substance abuse. It was stressed that early identification, family support and social accountability are among the most effective

tools in combating this menace before it takes deeper root.

The participants responded with resolve, pledging their full support and active cooperation to the district administration in carrying the anti-drug message to every village, mosque and household in Ganderbal.

They acknowledged their responsibility as trusted community figures and committed to making their localities free from the influence of drugs and narcotics.

The conference concluded with a collective pledge to work with unity, purpose and determination towards building a healthier, drug-free society in District Ganderbal.

DC Budgam reviews preparedness for Census 2027

HT NEWS NETWORK

BUDGAM, APRIL 30: Deputy Commissioner (DC) Budgam Athar Aamir Khan, who is also the Principal Census Officer of the district, on Thursday chaired a review meeting to assess the preparedness for the Census 2027 and to review the progress achieved so far.

During the meeting the DC was apprised about the administrative framework, timelines, digital tools, and roles and responsibilities of various census functionaries.

The DC was also informed about the key aspects including the two phases of Census 2027 viz House Listing and Housing Census (HLO) and Population Enumeration as well as the use of digital platforms such as mobile applications and the Census Management and Monitoring System (CMMS) for efficient data collection and monitoring.

The DC took a detailed charge-wise

review of the progress with regard to formation and mapping of Houselisting Blocks (HLBs), appointment of enumerators and supervisors, and readiness of logistics and digital infrastructure.

The DC stressed the importance of a systematic approach for smooth conduct of census. Furthermore, the DC directed proper utilization of the CMMS portal for real-time monitoring and reporting, and asked officers to ensure seamless coordination among all stakeholders.

He further directed officers to intensify awareness initiatives, including promotion of self-enumeration, to ensure maximum public participation and accuracy of data.

The DC also directed the Charge Officers to establish helpdesks at the charge level to address technical and operational issues promptly.

Besides, ADC Budgam, DESO Budgam, all Tehsildar's and other concerned officers attended the meeting.

DC Anantnag reviews arrangements for NEET(UG) 2026 Stresses adherence to SOPs, Guidelines

HT NEWS NETWORK

ANANTNAG, APRIL 30: A meeting to review arrangements for the smooth conduct of NEET (UG) 2026 examination was held today under the chairmanship of Deputy Commissioner Anantnag, Dr. Bilal Mohiuddin Bhat at Khanabal.

The meeting was convened ahead of the NEET (UG) 2026 examination scheduled to be held on May 03, 2026 across the country. ADMs, Dr. Muzamil Maqbool (ADC) and Tariq Ahmad Malik (ACR), SES Jal Shakti and PDD, ARTO, DEPO, DIO, Inspector Traffic, City Coordinator NTA (NEET) UG, Exam Observers, Superintendents, Dy. Superintendents and other officials attended the meeting.

At the outset, the Deputy Commissioner emphasized the need for meticulous planning and close coordination among all concerned

departments to ensure the examination is conducted smoothly and without any inconvenience to candidates. He directed all officers to strictly follow the SOPs and guidelines issued by the National Testing Agency (NTA) and ensure that all necessary facilities are put in place in a proper and systematic manner.

Dr. Bilal instructed the concerned departments to maintain close coordination for smooth, fair and successful conduct of the examination across the district. He also emphasized effective security, surveillance and other critical measures at the examination centres.

During the meeting, detailed discussions were held on key arrangements including establishing district control room, security deployment, transportation facilities, availability of electric-



ity and drinking water at examination centres, traffic management, and dissemination of information. The meeting also discussed deployment and role of magistrates, centre superintendents, and observers besides invigilating and support staff to ensure fair and transparent conduct of the examination.

On the occasion, it was informed that a total of 9286 candidates are expected to appear in the examination, which will be held at 29 centres of the district.

Later, a comprehensive train-

ing session for superintendents and deputy superintendents, invigilating and other supervisory staff was organised at the same venue. Key aspects of the examination process were discussed in detail to ensure that the staff is well-versed with the necessary procedures. Special emphasis was laid on proper checking of candidates at entry points before allowing them into the examination halls, while providing proper guidance for their ease and convenience. Further, strict instructions were issued to ensure that no candidate carries mobile phones or any other prohibited electronic gadgets inside the examination centres.

The session emphasized the importance of professional approach, vigilance, transparency and fairness throughout the conduct of the examination.

DC Anantnag visits Shampora, extends condolences to bereaved family

Sanctions cumulative financial assistance of Rs 3.6 lakh for deceased, injured victims

■ HT NEWS NETWORK

ANANTNAG, APRIL 30: Deputy Commissioner (DC) Anantnag, Dr. Bilal Mohiuddin Bhat, on Wednesday visited Shampora, Qazigund, and expressed heartfelt sympathies to the bereaved family of Fatima Altaf, a Class 2nd student who tragically lost her life after being hit by a vehicle on April 27 at Qulibagh, Kurigam.

The young girl was on her way to school along with her sister, Tehmima Altaf, and others when the unfortunate incident occurred.

During the visit, the Deputy Commissioner consoled the grieving family and prayed for the eternal peace of the depart-



ed soul. He also enquired about the health of the deceased's sibling, who was critically injured during the accident.

As an immediate relief measure, Dr. Bilal sanctioned a cumulative financial assistance of Rs 3.6 lakh in favour of the affected families.

An amount of Rs 2 lakh (Rs 1 lakh under Road Accident Assistance and Rs 1 lakh from the District Red Cross Fund) was sanctioned for the deceased. For the critically injured sibling, Rs 1 lakh (Rs 50,000 each under Road Accident Assistance and District Red Cross Fund) was sanctioned.

Additionally, Rs 60,000 (Rs 50,000 under Road Accident Assistance and Rs 10,000 from the

District Red Cross Fund) was sanctioned for another victim from another family who sustained minor injuries in the incident. The bank cheques for the sanctioned amount were handed over to the affected families on the occasion.

As a gesture of solidarity during this difficult time, the DC assured the families of all possible support from the administration for the proper treatment and recovery of the injured.

The DC was accompanied by ADC, Dr. Muzamil Maqbool, ARTO, Muazzam Ali, Tehsildar Qazigund, Shakeel Ahmad, Executive Officer, Municipal Committee Qazigund, Mohd Iqbal, and other officials.

Bandipora continues intensified Nasha Mukht Awareness Campaign across Institutions, Public Spaces

■ HT NEWS NETWORK

BANDIPORA, APRIL 30: The anti-drug awareness campaign under the ongoing 100-Day Nasha Mukht Jammu and Kashmir Abhiyan continued across Bandipora district on Thursday, with a series of pledge ceremonies, awareness programmes, cultural activities, street plays, and sports events organized in educational institutions and public spaces.

During the day, students, teachers, officials, and community members actively participated in activities aimed at spreading awareness about the harmful effects of substance abuse and promoting a healthy, drug-free society.



At HSS Chuntimulla, a pledge ceremony was conducted where students and staff reaffirmed their commitment against drug abuse.

At Community Health Centre (CHC) Sumbal, an awareness programme was organized to sensitize students about the dangers of drug abuse and the importance of leading an addiction-free life.

Community Health staff members participated in the programme, while Dr. Arshad Hussain Trag (Administrator) addressed the gathering and urged students to stay away from harmful substances and spread awareness within society.

Pledge ceremonies and IEC activities under Nasha Mukht J&K Abhiyan were also conducted at HSS Sumbal, HSS Nowgam Bandipora, PM SHRI HSS Shadipora, BHSS Alooosa, AGS Dawer Gurez, HS Jurniyal Tulail, HS Kanzalwan, HS Ketson, High School Achoora, GHS Naidkhai, MS Lankreshipora, Govt MS Chuntiwari, MS Khairpora Arin, HS Panar, HS Garoora, GHS Nadihal, and Govt High School Tarabal.

Meanwhile, GHSS Gadkhud organized a "Run for Life" race to spread awareness among students and the general public about the dangers of drug abuse.

The Rural Development Department (RDD) Bandipora organised an awareness programme to sensitize the public about the ill effects of drug abuse.

The programme was attended by Assistant Commissioner Development Bandipora, Bashir Ahmad Paddar, along with BDO Alooosa, Ulfat Ali, BDO Bandipora, Zahoor Ahmad Hadi; and BDO Arin, Abdul Majeed.

The programmes witnessed enthusiastic participation from students and staff, reflecting growing public awareness and collective commitment towards achieving the vision of a drug-free Bandipora under the Nasha Mukht Jammu and Kashmir Abhiyan.

YS&S Bandipora organises Yoga Event under Nasha Mukht J&K Abhiyan at Wullar Vantage Park

■ HT NEWS NETWORK

BANDIPORA, APRIL 30: Department of Youth Services and Sports (YS&S) Bandipora on Thursday organised a Yoga event at Wullar Vantage Park under the Nasha Mukht Jammu and Kashmir Abhiyan 2026 with enthusiastic participation of students and officials.



The programme aimed to spread awareness about the importance of a healthy and drug-free lifestyle through yoga and physical fitness activities. Participants performed various yoga exercises and meditation sessions under the guidance of trained instructors.

On the occasion, speakers highlighted the role of yoga in promoting mental well-being, discipline, and positive lifestyle choices among youth. They also stressed the importance of collective efforts in combating drug abuse and encouraging healthy habits among students.

The event witnessed active participation from students of various educational institutions, officials of the Youth Services and Sports Department, and other officials.

DLTC Meeting stresses timely completion of connectivity works in Ganderbal

■ HT NEWS NETWORK

GANDERBAL, APRIL 30: A meeting of the District Level Telecom Committee (DLTC) was held here today under the chairmanship of Additional Deputy Commissioner (ADC) Ganderbal, Syed Faheem Bihagi to take stock of the progress of mobile tower installation, elimination of communication gaps, and the status of broadband connectivity works across the district.

The meeting held a detailed review of mobile tower installation by various service providers, with particular focus on areas that continue to lack adequate network coverage. It was noted that out of total identified tower sites for which land has been made available, almost all are now functional while work on the remaining a few sites is still pending, and all concerned agencies were directed to complete these without further delay.

Concern was expressed over BSNL's failure to complete assigned works despite earlier directions at previous committee meetings. The state-run operator was specifically directed to immediately take up pending tasks and provide a compliance report. Airtel and Jio were di-

rected to expedite installation of towers at critical locations, particularly at District Hospital Ganderbal and the Darend area, where absence of reliable connectivity poses a direct challenge to healthcare access and emergency response.

The meeting also reviewed the progress of BharatNet, the national programme to bring broadband connectivity to all gram panchayats.

The meeting was informed that surveys across all blocks in the district have been completed, active work is currently underway in Kangan and Lar blocks. Work in Safapora block, however, remains incomplete, and the executing agencies were directed to accelerate progress there and adhere to the prescribed timeline.

KPDCL was specifically directed to prioritise the provision of electricity to all telecom installation sites, as power availability remains a prerequisite for the commissioning of towers and broadband nodes.

All agencies were further directed to ensure that pending work orders are issued within a week, so that ground-level execution is not stalled on account of procedural delays.

Telecom companies were also directed to carry out proper restoration of sites following installation works and to take full responsibility for protecting public infrastructure and civic assets during execution. Any damage to roads, footpaths, or utilities caused during cabling or tower installation must be made good by the concerned agency.

The ADC underscored that seamless telecom connectivity is not a matter of convenience but a necessity for effective delivery of public services, functioning of healthcare facilities, coordination during emergencies, and the broader development goals of the district.

He stressed that strengthening telecom infrastructure is vital for public service delivery, emergency response, and overall socio-economic development of the district, and called upon all stakeholders to work in close coordination to achieve targets within the prescribed timeframe.

The meeting was attended by the officers and officials of district administration, besides representatives of BSNL, Airtel, Jio, and other concerned departments and agencies.

DC Kulgam inaugurates Milk Value Addition Startup at Poniwah

Encourages Youth to leverage Employment Schemes for establishing Business Units

■ HT NEWS NETWORK

KULGAM, APRIL 30: Deputy Commissioner (DC) Kulgam, Shahzad Alam, today inaugurated a Milk Value Addition Startup at Poniwah established under the Holistic Agriculture Development Programme (HADP).

The unit has been set up by beneficiary Jalaluddin Bhat through

the Department of Animal Husbandry, Kulgam under HADP, Project-23 (Dairy Development in J&K), with a subsidy/grant of Rs 25 lakh provided to support the venture.

The inauguration was held in the presence of Chief Animal Husbandry Officer Kulgam, Dr. Shakeel Ahmad Dar, along with officials from the Animal Husbandry Department and other

concerned stakeholders. Speaking on the occasion, the DC highlighted the importance of value addition in enhancing farmers' income and creating sustainable livelihood opportunities.

He emphasized that such initiatives under HADP aim to modernize the agriculture and allied sectors while encouraging entrepreneurship.

He also urged the youth to actively leverage government-sponsored employment schemes to establish income-generating units and become self-reliant.

Chief Animal Husbandry Officer Kulgam shared that the unit has a processing capacity of around 10 quintals of milk per day and is producing a range of value-added dairy products

including curd, yoghurt, and cheese.

He added that the department is committed to support dairy farmers through innovative interventions, infrastructure development, and capacity building.

He added that such initiatives play a vital role in boosting local dairy production and promoting self-reliance.

International Labour Day observed at GDC Shopian

Labour Department registers over 25000 workers, Rs 9.81 Crore disbursed under Welfare Schemes

■ HT NEWS NETWORK

SHOPIAN, APRIL 30: International Labour Day was today observed at Government Degree College (GDC) Shopian, with a focus on the dignity, rights, and welfare of the labour class.

Assistant Labour Commissioner Shopian, Dr. Nida Yousuf, while addressing the gathering, highlighted the significance of Labour Day as a tribute to the invaluable contributions of workers across all sectors, including construction, industries, and services.

She emphasized that the day is dedicated to recognising the efforts of labourers and ensuring that their dignity is upheld in society.

Dr. Nida also elaborated on the role of the Labour Department in safeguarding workers' rights and



highlighted that the authority plays a crucial role in resolving disputes, providing legal assistance, and ensuring justice for the labour class. He informed that issues related to labour disputes can be reported through the toll free helpline number 15100.

District Information Officer Shopian, Showkat Hussain Ganie, while speaking on the occasion, underlined the importance of maintaining dignity and respect for every worker and employee. He stated that empathy and human concern must precede legal frameworks in ensuring justice and harmony in society.

The programme also featured awareness on the ongoing 'Nasha Mukht Jammu and Kashmir Abhiyan'. Speakers emphasized the need for youth to focus on education and career and highlighted the role of parents and teachers

in guiding them away from substance abuse.

Officials from the Labour Department detailed various labour laws, including the Payment of Wages Act and the Gratuity Act, explaining how these provisions protect workers' rights and ensure financial security. They also highlighted the J&K Building and Other Construction Workers (JK-BOCW) Welfare Scheme, including its registration process, eligibility criteria, and benefits.

As per official data, a total of 25,758 labourers have been registered with the department till date. During the year 2025-26, under various welfare schemes, financial assistance was provided to 13,099 beneficiaries, with a total disbursement of Rs 9,81,45,163, including support for education, medical aid, marriage assistance, and other benefits.

GCOE Srinagar organizes Drug Awareness Mural under Nasha Mukht Bharat Abhiyan

■ HT NEWS NETWORK

SRINAGAR, APRIL 30: Department of Fine Arts and the Beautification Committee of Government College of Education (GCOE), M.A. Road Srinagar, organized a wall painting under the Nasha Mukht Bharat Abhiyan on the college campus.

The mural was inaugurated by Prof. (Dr.) Seema Naz, Principal of the College, in the presence of faculty members including Prof. Mohd Yaseen Pir, Prof. Nashid Naseem, Prof. Lateef Shah, Prof. Bilquees, Prof. Mansoor Lone, Prof. Abdul Gani Kumar, Prof. Syed Shaban, Prof. Abdul Rashid, Prof. Showkeen Bial, and other staff members.

The artwork was created by B.Ed. students of College Shayad Rashid and Mukhtar Ahmad under the supervision of Arshid Sualeh. The mural highlights the ill effects of drug abuse and conveys a strong message of prevention, awareness, and collective responsibility towards building a drug-free society.

Speaking on the occasion, Prof. (Dr.) Seema Naz appreciated the creative efforts of the students and lauded the initiative as a meaningful contribution towards the national campaign against drug abuse. She emphasized that such activities not only enhance artistic expression but also play a vital role in shaping social responsibility among future teachers.

Faculty members present on the occasion also praised the initiative and encouraged students to continue using art as a medium for social awareness and positive change. They reiterated the importance of educational institutions in guiding youth away from substance abuse and towards constructive engagement.

The programme concluded with a vote of thanks, acknowledging the efforts of the Department of Fine Arts, the Beautification Committee, supervising faculty, and the student artists for successfully executing the awareness initiative.

HT EDITORIAL

Take practical steps for return of Kashmiri Pandits to valley

For the past two decades or so the successive central governments have been pitching for the return of Kashmiri Pandits to the Kashmir valley. In this regard multiple job and rehabilitation packages were announced from time to time. The sole aim of such packages was to enthruse the members of the Kashmiri Pandit so that they feel confident and are encouraged to return to their motherland.

It is an established fact that the elder members of the Kashmiri Pandit community want to come back to Kashmir and live their remaining life among their erstwhile neighbours. The younger ones of the community are not so keen in this regard and they have their own reasons to put forward in this regard. The Kashmiri Pandit youth have got jobs in multinational companies and other big companies across the country as well as abroad.

In such a situation they are not expected to put their careers at risk once they take the decision to settle down in the Kashmir valley. Since the employment opportunities are sparse in the valley the younger generation of Kashmiri Pandit community cannot be asked to come and settle down in Kashmir. As on date most of the youth are not interested in taking up jobs in the government sector since the avenues of promotion are limited. They are more inclined towards the private sector and the Kashmir Pandit youth are no exception.

According to the rehabilitation roadmap drawn by the government it was envisaged that the Kashmiri Pandit families intending to return to Kashmir valley would be settled in specific colonies and clusters. This plan has totally failed as only three families have returned to the valley and this information has been substantiated by a reply to a RTI application moved sometime back. In other words, it can be said that the central government's plan to rehabilitate the Kashmiri Pandits in colonies and clusters has not gone well with the members of the Kashmiri Pandit community.

There is a general feeling among the people that the return of Kashmiri Pandits is impracticable if they are placed at specified places. These people need to settle down at their native places and in case their houses are not there then the government must step in and do the needful in this regard. At the same time, an attractive employment package needs to be given to the Kashmiri Pandit youth so that they too are motivated to come to Kashmir.

Living in a Digital World: Opportunities, Risks, and the Changing Reality



■ MOHAMMAD HANIEF

The world today stands firmly in the grip of a digital revolution that continues to redefine the way societies function. What began as a technological advancement aimed at simplifying communication and information sharing has evolved into a powerful force shaping economies, governance, education, and personal lives. As of 2026, the digital ecosystem is not merely a support system—it has become central to human existence across regions, from advanced urban centers to remote rural landscapes.

The rapid expansion of digital technologies has created unprecedented levels of convenience. Everyday tasks such as banking, shopping, and communication can now be performed instantly through smartphones and internet-enabled devices. The rise of digital payments and e-commerce platforms has transformed consumer behavior globally. In countries like India, mobile-based financial systems and unified payment interfaces have enabled millions to participate in formal economic activities, bridging gaps that once excluded large sections of society.

One of the most defining features of the current digital age is the widespread integration of artificial intelligence. AI has moved beyond theoretical applications and is now embedded in daily life. It powers recommendation systems, automates customer service, assists in medical diagnostics, and even generates content. Industries across the world are adopting AI to improve efficiency, reduce costs, and enhance productivity. Governments are also increasingly relying on data-driven systems for governance, planning, and service delivery.

However, this rapid technological advancement has also led to significant shifts in the global job market. Automation is replacing repetitive tasks, altering the nature of work across sectors. While new opportunities are emerging in technology-driven industries, traditional roles are diminishing or evolving. This transformation is particularly challenging in developing regions, where access to digital skills training remains uneven. The need for reskilling and adapting to new forms of employment has become urgent, as digital literacy increasingly determines economic participation.

Education has undergone a parallel transformation. The expansion of online learning platforms and virtual classrooms has made education more accessible than ever before. Students in remote areas can now access lectures, courses, and educational resources that were once limited to elite institutions. Hybrid learning models have become a lasting feature even after the disruptions caused by the pandemic years. Yet, this progress is not evenly distributed. Rural areas and underserved communities continue to face challenges such as poor internet connectivity, lack of devices, and limited digital literacy.

The healthcare sector has also experienced

significant digital transformation. Telemedicine has become a practical solution for delivering healthcare services to remote populations. Patients can consult doctors without the need for physical travel, and wearable technologies allow continuous monitoring of health conditions. Artificial intelligence is assisting in early disease detection and improving diagnostic accuracy. These developments have the potential to make healthcare more inclusive and efficient. However, they also raise concerns about data privacy and the security of sensitive medical information.

Despite these advancements, the digital world presents a range of challenges that are becoming increasingly complex. Among the most pressing issues is the spread of misinformation. Social media platforms have made it possible for information to travel rapidly across the globe, but they have also enabled the widespread circulation of false and misleading content. The emergence of AI-generated media, including deepfakes, has made it even more difficult to distinguish between truth and fabrication. This has serious implications for public trust, democratic processes, and social harmony.

Privacy concerns have intensified alongside the growth of digital services. Every online interaction generates data, which is often collected, analyzed, and monetized by companies. Many users remain unaware of how their personal information is being used. Data breaches, unauthorized surveillance, and targeted advertising have raised ethical and legal questions worldwide. While some countries have introduced data protection laws, the enforcement of these regulations varies significantly across regions.

Another growing concern is the impact of digital technology on mental health. The constant exposure to screens, social media pressure, and the need for online validation have contributed to rising levels of anxiety and stress, particularly among young people. The phenomenon of digital fatigue is increasingly common, as individuals struggle to balance their online and offline lives. Reduced face-to-face interaction has also affected social skills and emotional well-being.

Cybersecurity threats have become more sophisticated and widespread. Individuals, businesses, and governments are all vulnerable to cyberattacks, ranging from financial fraud to large-scale breaches of critical infrastructure. As societies become more dependent on digital systems, the risks associated with these threats continue to grow. Strengthening cybersecurity frameworks has become a priority, but challenges persist due to the rapidly evolving nature of digital threats.

Environmental concerns linked to digital growth are also gaining attention. Data centers that power cloud computing and online services consume vast amounts of energy, contributing to carbon emissions. The increasing demand for electronic devices has led to a surge in e-waste, much of which is improperly disposed of in developing regions. This creates environmental and health hazards, highlighting the need for sustainable practices in the technology sector.

The digital divide remains a critical issue that limits the benefits of technological progress. While some regions are advancing with high-speed internet and next-generation technologies, others still lack basic connectivity. This disparity reinforces existing inequalities, particularly in educa-

tion, employment, and access to information. Bridging this gap requires investment in infrastructure, affordable technology, and digital literacy programs.

In response to these challenges, governments and international organizations are taking steps to regulate the digital space. Policies focusing on data protection, platform accountability, and ethical use of artificial intelligence are being developed. There is a growing demand for transparency in how digital platforms operate, particularly in relation to algorithms that influence user behavior. However, the pace of regulation often struggles to keep up with the speed of technological innovation.

At the individual level, there is an increasing need to adopt responsible digital practices. Digital literacy is no longer optional; it is essential for navigating the complexities of the modern world. Understanding how to identify misinformation, protect personal data, and manage screen time are critical skills. Encouraging mindful use of technology can help mitigate its negative effects while maximizing its benefits.

The relationship between humans and technology is also undergoing a shift. There is a growing awareness that technology should serve as a tool rather than dominate daily life. Efforts to reduce screen dependency, promote offline engagement, and maintain a healthy balance are becoming more important. Families, educators, and communities all play a role in shaping how individuals interact with digital technologies.

Looking ahead, the digital landscape is expected to evolve even further. Emerging technologies such as virtual reality, augmented reality, and advanced AI systems are gradually becoming part of mainstream life. Workplaces are likely to become more automated, education more immersive, and communication more integrated into digital environments. These developments hold immense potential but also require careful consideration of their social and ethical implications.

The future of the digital world will ultimately depend on how it is managed. Ensuring that technology benefits society as a whole requires a collective effort involving governments, industries, and individuals. Inclusivity, sustainability, and ethical considerations must guide digital development to prevent the deepening of existing inequalities.

Living in a digital world today is both an opportunity and a challenge. It offers unparalleled access to information, services, and global connections, while also presenting risks that demand awareness and responsibility. The choices made in how technology is used and regulated will shape the trajectory of future societies.

As the digital age continues to unfold, one thing remains clear: technology itself is neither inherently good nor bad. Its impact depends on how it is designed, implemented, and used. By fostering a balanced approach—one that embraces innovation while addressing its risks—society can harness the power of the digital world to create a more equitable and sustainable future.

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We Should Give Our Best for Our Parents



■ SAHIL MANZOOR BHATTI

Kashmir's renowned doctor, Mr. Mohammad Sultan Khuroo, recently highlighted that during the last fifteen years, cases of fatty liver and Helicobacter pylori have increased due to people's lifestyle. This is very alarming. We must seriously reflect on our lifestyle and improve our diet.

Today, young people are becoming victims of obesity, which is very unfortunate. Youth should be physically fit because they are the future of the nation. We live in an era of awareness and cutting-edge technology, yet we lack basic understanding of how important physical fitness is and how dangerous junk food and an unhealthy lifestyle can be. Fast food is not entirely bad, but we must take every health-related matter seriously and never be careless in this regard.

During the 1990s, the Kashmir Valley suffered due to various rea-

sons, and young people did not have enough opportunities to explore their interests and careers. Today, however, we have numerous opportunities to fulfil our dreams and live comfortably. Our parents, teachers, relatives, and well-wishers have great expectations from us. We must keep our promises and do our best for the nation and for humanity.

Routine Exercise Reflects Discipline
Routine exercise reflects discipline and keeps us fit and healthy. Therefore, regular exercise is vital for good health. Today's era is full of stress and anxiety, and people often complain about fatty liver, high cholesterol, obesity, and many other health issues. To overcome these problems, we need discipline in our lives. We must follow a balanced diet, exercise regularly, and go for routine medical check-ups.

Healthy People, Healthy Nation
Today, people face severe health problems such as obesity, gastrointestinal disorders, fatty liver, heart diseases, orthopedic issues, and many other health risks.

Our body performs countless functions such as digestion, blood circulation, and waste removal. When we observe these processes, we realize how perfectly they work. We are blessed with intelligence to study and research what already exists in

the universe. We should always be grateful and hopeful for the future.

Unfortunately, even in the age of advanced technology, we still lack complete treatment for certain diseases like cancer, AIDS, and several genetic disorders. This reminds us that every part of the universe has value and that we must remain humble.

Health Comes First
Today, people are motivated to achieve success and wealth but often forget to prioritize health. In reality, health comes before money, buildings, and fame.

Workers and labourers are fortunate because their jobs involve physical activity, which keeps them fit, although their income is often low. They deserve appreciation and better support.

Sportspeople are also fortunate because regular physical activity keeps them healthy while bringing recognition and financial stability.

Many people complain they do not have time for exercise. For them, a home gym is a great solution.

Importance of a Home Gym
A home gym means setting aside a room or a small space with basic equipment to exercise daily. You can gradually add equipment as your financial condition improves. You may even request friends and rela-

tives to gift fitness equipment on special occasions.

Benefits of Exercise
I started gym exercises in 8th class. In Kashmir, it is often called the iron game. During this journey, I met kind and supportive people who motivated me. I experienced great positivity, increased energy, and improved confidence. Exercise helps remove fatigue and brings freshness to daily life.

I encourage young people to join gyms, stay away from drugs, develop interest in sports, and become confident and disciplined individuals.

Before starting a home gym, consult a trainer for proper guidance. Involve your parents and siblings to make fitness a family habit.

Schools should establish mini gym centres to create awareness among students. Colleges should open gym facilities for students to reduce stress and promote healthy activities.

In villages, many youngsters fall into harmful habits such as smoking and drug use. It is our collective responsibility to replace these habits with healthy activities.

Regular exercise keeps us happy, healthy, and energetic.

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Sarwanand Kaul Premi: Remembering a Voice of Kashmir's Composite Culture

Thirty-six years later, the life and legacy of a poet, scholar, and freedom fighter continue to resonate

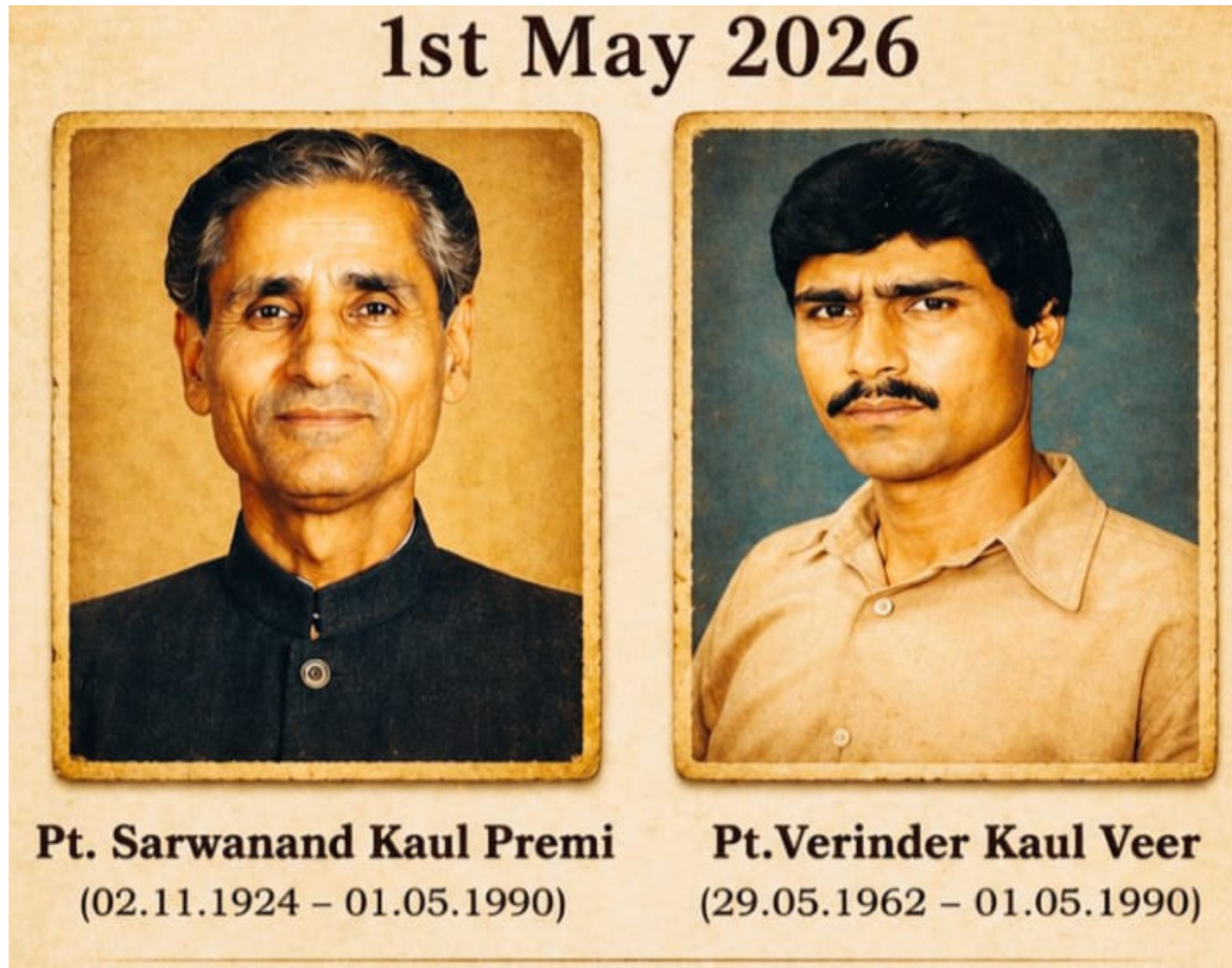


ROHIT TIKOO

Thirty-six years ago, terrorism took Sarwanand Kaul Premi and his son Virender Kaul from us. They were not merely killed. They were killed for their convictions, for their refusal to abandon their homeland, and for their choice of dignity over fear. In a valley that has produced many remarkable men, Premi Ji stood apart: a freedom fighter, a scholar of six languages, a bridge-builder between communities, and a poet whose voice carried the full weight of Kashmir's composite soul.

Premi Ji was a towering intellectual figure and a living embodiment of Kashmir's composite culture. His command over six languages, Hindi, Urdu, Kashmiri, Persian, English, and Sanskrit, placed him in an exceptionally small class of scholars. In a region where language has always been political, where the tongue you speak signals the community you belong to, a man who moved freely across six languages was making a quiet, daily argument for the irrelevance of those walls.

He translated Rabindranath Tagore's Gitanjali, the Bhagavad Gita, and the Ramayana into Kashmiri, carrying the wisdom of one tradition into the heart of another. Translating Gitanjali alone required far more than fluency. It demanded a deep understanding of two distinct spiritual worlds: the devotional Vaishnavism of Bengal and the Shaiva mystical tradition of Kashmir. Premi navigated both with fidelity and grace. His original works, including Kalamati Premi and Bhakti Kusum, numbered more than three dozen publications. He also worked actively as a social reformer, dedicating personal effort to the cause of marriage for orphaned Muslim girls, a gesture that reflected a worldview which saw no walls



between communities where human need existed.

He was also a freedom fighter. During the Quit India Movement, he worked underground and faced arrest. In 1946, Mahatma Gandhi personally invited the 22-year-old Premi for a meeting and presented him with a photoframe bearing one of his own Hindi poems, an act of recognition from Babu to a young patriot from Kashmir. He later served the State Education Department for more than two decades, ensuring young people across the valley had access to

learning. The bitterest irony of his story is this: the man Gandhi welcomed as a comrade in India's freedom struggle would, forty-four years after independence, be dragged from his home in the dark and killed.

During the 1986 communal riots in South Kashmir, when temples were desecrated and economic boycotts threatened to fracture the valley, Premi walked directly between the two communities. He spoke of centuries of shared life, of Kashmiriyat, of bonds that no political manipulation could permanently sever. His

words carried weight because his life gave them credibility. A man who had translated the Bhagavad Gita and helped orphaned Muslim girls build futures was no partisan voice. He was someone both communities had reason to trust.

28 April 1990: The Night They Did Not Return

By early 1990, the armed insurgency had driven most Kashmiri Pandits from the valley. Targeted killings, threats, and the broadcasting of names over mosque loudspeakers had made the message un-

mistakable. Premi stayed. He remained in Soaf Shali, in his ancestral home, with his library, his manuscripts, and the work of a lifetime.

On the night of 28 April 1990, armed extremists arrived at his door. They cut the local power supply, forced their way in, and looted the house systematically, taking gold, jewellery, Pashmina shawls, literary manuscripts, and works in progress. Decades of intellectual labour left the house that night along with the stolen valuables. Then they demanded that Premi accompany them to meet their Commander. They promised to return him safely.

His younger son Virender refused to let his father go alone. Father and son walked out into the darkness together and did not come back.

On 1 May 1990, police found their bodies hanging from a tree. Their arms and legs had been broken. Their eyes had been gouged. The killers had been methodical in their cruelty. Virender Kaul left behind a young widow and an infant son, eighteen months old.

Thirty-Six Years, Still No Justice

Rajinder Kaul, the elder son, has spent nearly four decades fighting on two fronts: preserving his father's legacy and compelling the state to acknowledge what was done to his family. Since 1994, he has moved from the National Human Rights Commission to the State Human Rights Commission to the Jammu and Kashmir High Court. Each door opened, but rarely led to resolution. There is an unspoken fear that shadows this journey: after decades of waiting, he remains uncertain whether he will witness justice in his own lifetime.

Official recognition arrived in time, through posthumous gold medals, named institutions, postal covers, and metro panels, but no one has been held accountable for the murders of a poet and his son.

Remembering is not enough. If Sarwanand Kaul Premi's story is to mean anything, it must move beyond tribute into accountability. A nation that honours its freedom fighters cannot allow their deaths to remain unanswered.

Book Review

From Nothingness to Divine Reality: A Profound Journey Through the Layers of Existence



SHAHNAWAZ NAZIR

In an age where the boundaries between science and spirituality are often seen as distant or even conflicting, this remarkable work emerges as a deeply thoughtful and visionary attempt to unite them. Spanning a wide range of themes—from the origins of the universe to the depths of human consciousness—the book presents a rich and immersive exploration of existence, guided by a powerful central metaphor: the onion, symbolizing the layered nature of reality.

From its very beginning, the book invites the reader into a profound contemplation of "nothingness." Rather than treating nothingness as mere emptiness, the author presents it as a fertile, living potential—the unseen origin from which all existence unfolds. This perspective is both philosophically engaging and spiritually resonant, echoing timeless insights found in mystical traditions while offering a fresh interpretive voice. The transition from nothingness to creation is described with a sense of wonder, encouraging readers to rethink the very foundations of reality.

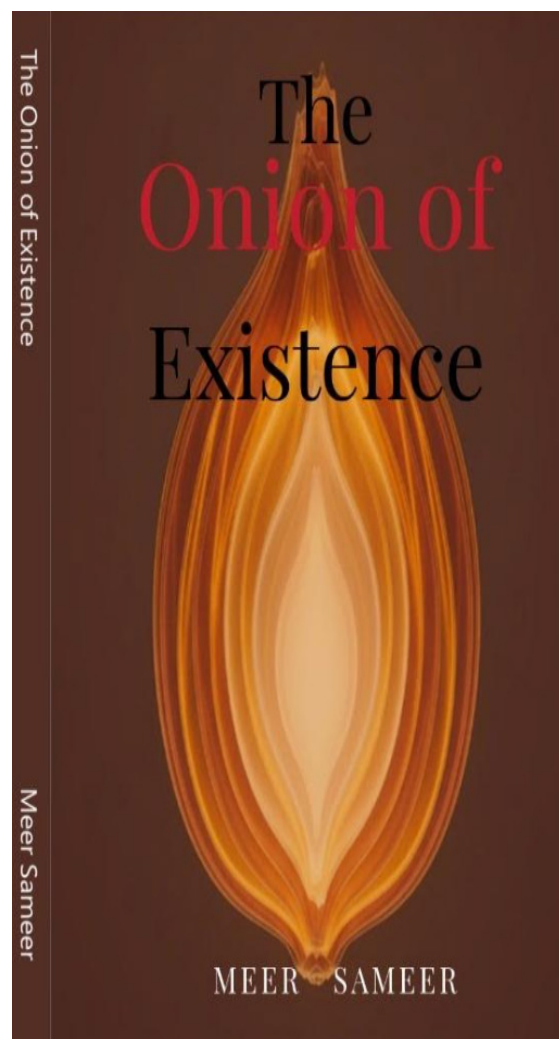
One of the most compelling aspects of the book is its seamless movement between scientific insight and spiritual reflection. The early chapters explore the formation of the universe, touching upon nucleosynthesis, the birth of stars, and the emergence of galaxies. These discussions are presented in a way that is both accessible and meaningful, allowing readers from di-

verse backgrounds to engage with complex ideas. Rather than overwhelming the reader with technicalities, the author uses science as a doorway into deeper philosophical inquiry, transforming facts into reflections.

At the heart of the book lies the "onion analogy," a beautifully sustained metaphor that gives structure and depth to the entire narrative. Each layer represents a different dimension of existence—physical, emotional, intellectual, intuitive, and ultimately spiritual. As the reader metaphorically "peels" these layers, a powerful realization emerges: that the essence of existence is not found on the surface, but within. This idea is handled with remarkable sensitivity and insight, making it one of the most memorable contributions of the work. The inclusion of poetic verses and references to revered spiritual figures such as Abdul Wahab Khaar and Qadir Sahib Kehni adds a unique richness to the text. These elements ground the book in a living spiritual tradition, particularly within the Sufi heritage of Kashmir, and provide moments of deep emotional resonance. The poetry does not merely decorate the narrative; it deepens it, offering glimpses into truths that transcend ordinary language.

As the book progresses, it expands its scope to include the inner dimensions of human experience. Chapters on consciousness, intuition, and the "pregnant emptiness" invite the reader into a more introspective space. Here, the writing becomes almost meditative, encouraging not just intellectual understanding but personal reflection. The concept of the human being as a "mirror of the universe" is especially powerful, suggesting that the journey outward into the cosmos is inseparable from the journey inward into the self.

The later sections of the book are particularly valuable for readers seeking practical transformation. By introducing concepts such as non-resistance, shadow work, and conscious living, the author moves from theory to lived experience. The inclusion of reflective practices like "Observing Emergence" and "Sacred



Ordinary" provides readers with tools to engage with the ideas on a personal level. These practices gently

guide the reader toward a more mindful and integrated way of living, making the book not just a philosophical text but a companion for inner growth.

One of the standout features of the work is its ability to reinterpret traditional concepts in a way that feels both respectful and innovative. The exploration of symbolic ideas, such as the movement beyond cycles of limitation and the awakening of higher consciousness, reflects a deep engagement with spiritual teachings while opening new avenues for understanding. This interpretive courage gives the book a distinctive voice—one that honors tradition while speaking to the present moment. Stylistically, the writing flows between clarity and poetic depth. The author demonstrates an impressive ability to articulate complex ideas in language that is both evocative and accessible. At times, the prose takes on a lyrical quality, inviting the reader to pause and reflect rather than rush forward. This rhythm enhances the reading experience, making it not just informative but contemplative.

What ultimately sets this book apart is its unifying vision. It does not treat science, philosophy, and spirituality as separate domains, but as interconnected expressions of a single reality. The universe is presented not as a cold, mechanical system, but as a living, unfolding mystery—one that is intimately connected to human awareness. The idea that creation is a continuous unveiling, rather than a finished event, offers a deeply hopeful and dynamic perspective on existence.

In conclusion, this book stands as a significant and inspiring contribution to contemporary spiritual literature. It challenges the reader to think deeply, feel profoundly, and explore courageously. With its rich blend of scientific curiosity, philosophical depth, and spiritual wisdom, it offers a journey that is as enlightening as it is transformative. For those willing to engage with its layers, the book reveals not only the nature of the universe, but also the hidden dimensions of the self.

The author from Zagitpora Charsharief

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HEMOCHROMATOSIS

What is hemochromatosis?

Hemochromatosis happens when too much iron builds up in the body. Your body needs iron to make hemoglobin, the part of your blood that carries oxygen to all of your cells. But when there is too much iron, it can damage the liver and heart and lead to other diseases, such as diabetes and arthritis.

Hemochromatosis can be treated to prevent serious problems. But without treatment, hemochromatosis will continue storing iron in the body. When iron levels are dangerously high, organ and tissue damage can happen.

The most common type of hemochromatosis runs in families. This is called hereditary or primary hemochromatosis. But people sometimes get it from having a lot of blood transfusions, certain blood problems, liver disease, or alcoholism. This is called acquired or secondary hemochromatosis.

Men are more likely than women to have too much iron built up. Women get rid of extra iron through blood from their menstrual cycles and during pregnancy.

WHAT ARE THE SYMPTOMS?

Symptoms often don't appear until a person is age 40 or older. This is because extra iron builds up slowly throughout the person's life. And symptoms appear after a certain amount of extra iron builds up.

The early symptoms are somewhat vague or subtle. So this disease is sometimes mistaken for another condition. Early symptoms include:

Tiredness.

Weakness.
Pain in the joints.
Weight loss.
Urinating more often.

HOW IS HEMOCHROMATOSIS DIAGNOSED?

Your doctor will do a physical exam and ask about your medical history. If the doctor suspects hemochromatosis, you will have blood tests to see if you have too much iron in your body.

Most of the time hemochromatosis is caused by a gene that runs in families. It is an autosomal recessive disorder that can be passed to a child from the parents. Hemochromatosis can be found early with a blood test. If you have this disease, you may want to have your children tested to see if they have it. Other family members may also want to be tested. Talking to a doctor will help you decide whether genetic testing is a good idea for you and your family.

HOW IS IT TREATED?

Treatment for hemochromatosis includes:

Phlebotomy. This is the most common treatment. It is like donating blood and is done on a regular schedule.

Chelation therapy (also called chelating agents). This is medicine that helps your body get rid of excess iron. It might be used in some people who can't have phlebotomy.

Treatment can:

Safely and quickly remove excess iron from the blood.



Limit the progression and possible complications of the disorder.

Prevent organ damage, such as in the liver or heart.

Most people need treatment for the rest of their lives. But some people may not need further treatment if their iron levels return to normal and the hemochromatosis is clearly caused by another disease or by a treatment for another disease (such as blood transfusions).

CAN HEMOCHROMATOSIS BE PREVENTED?

Having hemochromatosis in your family doesn't mean that you will automatically get it. If you find out that you have inherited a gene that causes hemochromatosis that means you are more likely to get hemochromatosis. Your doctor or a genetic counselor can help you understand the results of a gene test. You might watch for symptoms so that if

you do get hemochromatosis, you can get treatment as early as possible. Early treatment can reverse most symptoms and prevent future problems.

HOW CAN YOU TAKE CARE OF YOURSELF AT HOME?

At home, you can take steps to make sure you are not getting too much iron in food or drinks.

Limit or do not drink alcohol. If you drink alcohol, you absorb more iron from food and raise your risk of liver damage (cirrhosis).

Do not take extra vitamin C supplements (more than 200 mg a day). Extra vitamin C can increase the amount of iron you absorb from food. But it's okay to eat and drink foods that naturally contain vitamin C.

Do not take nutritional supplements or vitamins that contain iron.

If you get phlebotomy treatment, ask your doctor if you should change the foods you eat. If you need to lower the amount of iron in your diet, you can eat less red meat and iron-fortified food, such as cereals.

Drink tea and coffee - These drinks-tea more than coffee-can cause your body to absorb less iron from the food you eat. Drinking these beverages does not replace usual treatment.

Do not use iron cookware - Food cooked in ironware can absorb some of the iron.

Do not eat uncooked seafood - It can contain a bacteria that's harmful to people who have hemochromatosis. **Courtesy EMJ**

People with mild sleep apnoea at higher risk of hypertension, diabetes

Researchers have found that individuals who are suffering from mild-to-moderate obstructive sleep apnoea with symptoms like snoring and excessive daytime sleepiness, are at higher risk of developing hypertension and diabetes.

Obstructive sleep apnoea is a serious chronic disease that involves the repeated collapse of the upper airway during sleep.

The study showed that mild sleep apnoea in young adults was strongly associated with a risk of developing hypertension by

four times.

Similarly, compared to individuals without sleep apnoea, moderate sleep apnoea was associated with the risk of developing diabetes by almost three times.

Lead author Yun Li, postdoctoral researcher at the Pennsylvania State University said, "Given the stronger association of sleep apnoea with metabolic abnormalities in this age group, emphasis should be placed on yearly monitoring of indices of metabolic symptoms and lifestyle interventions, such



as weight control, healthy diet, regular exercise, and stress management."

If left untreated, sleep apnea can result in a growing number of health

problems, including: High blood pressure, Stroke, Heart failure, irregular heart beats, and heart attacks.

Li added, "Early detection and treatment of

mild-to-moderate sleep apnoea is warranted in order to prevent future cardiometabolic disease."

For the study, the team conducted twin studies involving a sample of 1,741 adults.

Participants completed a detailed medical history interview at baseline and were evaluated in a sleep centre during an overnight sleep study. Those without hypertension or diabetes at baseline were followed up after 10 years.

The finding was published recently in the journal Sleep. **Courtesy EMJ**

How a protein boosts immune system to fight PNEUMONIA



Researchers have determined how a protein can boost immune system's ability to battle pneumonia.

The finding may offer a new way for doctors to boost patients' ability to fight off the life-threatening infection as bacteria become more and more resistant to antibiotics.

"We're interested in seeing if there are things we can do to strengthen the natural defences of the host to help them fight the infection more effectively," said Borna Mehrad from University of Virginia School of Medicine.

"Potentially this would be the sort of thing you could do in addition to antibiotics to help patients with severe infections," Mehrad noted.

Mehrad and his team determined that the lack of the cytokine M-CSF (short for macrophage-colony stimulating factor) in infected mice worsened the outcome of bacterial pneumonia.

Not having the protein resulted in 10 times more bacteria in the lungs, 1,000 times more bacteria in the blood and spread the infection to the liver, resulting in increased deaths.

Clearly M-CSF has an important role in battling pneumonia, but what exactly

does it do?

"M-CSF has previously been shown to help make a type of immune cell, called monocytes, so my idea was that if you take it away, infected hosts just stop making monocytes and that's why they get sick, and it turned out that was completely wrong," Mehrad said.

Instead, the findings published in The Journal of Immunology showed that M-CSF helped monocytes survive once they have arrived in the infected tissues.

"If you take M-CSF away, the infections get worse, so that raises two important questions about therapy: Would more be better? It may be that during infection, the body is making the right amount of M-CSF and if we add extra, it won't improve outcomes further," Mehrad said.

"The second possibility is that there is room for improvement: in the fight between monocytes and the bacteria, M-CSF may make monocytes live longer and give them an edge. In addition, some people with weakened immunity might not make enough of M-CSF. If that's the case, you could augment that and improve their ability to fight the infection," Mehrad explained.

Courtesy Healthline

Healthy summer: 7 quick tips to stay fit, happy

While there is no perfect time to set new health goals, jump starting your way towards a healthier lifestyle, especially, during summer time, can give you countless reasons to stay fit and happy even when the temperature is at its peak.

Here are a few tips to make your summer ultra-worthwhile:

Eat a balanced diet, focusing more on fruits and vegetables such as cucumber, watermelon, berries, etc, to keep you energised, help you maintain a healthy weight and strengthen your immune system.

Limit the intake of fried foods, like vadas, samosas, chips, bhajias, farsans, etc, as they contain large amount of fats and oils that can hamper digestion.

Avoid caffeine or carbonated drinks, alcohol beverages and those high in sugar that can lead to dehydration. Get outside and get moving - try walking, jogging, running, swimming, bike riding, cycling with your kids and family.

Biking to work is a good option to stay fit and lose weight. Studies suggest that bike commuters are less likely to die from cardiovascular disease, cancer, and all-cause mortality.

Relax and de-stress by going outside - do some breathing exercises that can help relieve the symptoms of stress and anxiety.

Set regular bedtimes and wake times to get adequate sleep. Avoid staying up late and drinking alcohol within three hours of bedtime.

If you haven't thought of setting any health goals until now, start doing today for a healthier, happier you!

Courtesy EMJ

Omega-3 fatty acids good for heart attack patients

Omega-3 fatty acids from fish oil have some anti-inflammatory properties which allows the heart to contract better and reduces the fibrosis in the undamaged muscle, a new study has revealed.

According to the study, published in the journal Circulation, giving heart attack patients a high dose of omega-3 fatty acids daily for six months after a heart attack can improve its functioning.

A previous study found that omega-3 fatty acids from fish oil were associated with improved survival for heart attack patients but the role of omega-3 fatty acids in improving the

structure and tissue of the heart in patients receiving current guideline-based therapy after a heart attack was unknown.

The study involved 360 heart attack survivors, half were given a high dose omega-3 fatty acids and half placebo, beginning within a month of the heart attack. Because the study participants were given high doses of omega-3s in addition to their other medications, patients were under a physician's care and observed for any potential adverse outcomes.

The researchers found that compared to those taking a placebo, patients taking a dose of 4 grams of omega-3 fatty acids daily for six months experi-

enced a 5.8 per cent reduction in left ventricular end-systolic volume index and had a 5.6 per cent reduction in a measurement of scarred connective tissue (fibrosis) formation in the non-damaged heart muscle.

"Heart failure is still a major problem after a heart attack despite all the therapy we have and the advances in interventional care. Our findings show that omega-3 fatty acids are a safe and effective treatment in improving cardiac remodeling, so it may be promising in reducing the incidence of heart failure or death," said Raymond Y. Kwong, Associate Professor, Harvard Medical School. **Courtesy Healthline**

PILATES FOR A HEALTHIER, FITTER BODY

With monsoon almost over us, many will stop going for their usual morning or evening walks.

To make sure that you do not put on weight, try doing some simple Pilates exercises at home. Here are the ones we suggest you try.

Supine Arm Work

This is indeed one of the most beneficial arms and abs exercise. This workout helps in strengthening your arms, abs and upper mid back muscles. This workout is perfect if you're looking to get rid of your bulging tummy, and if you're rooting for slimmer arms.

Feet in Straps

Pilates professional Sheetal Shah says, "Feet in straps is that one exercise which works the best towards strengthening your lower body. It targets your abs and legs. It specifically increases the flexibility of hamstrings and hips. It also works towards developing balance in hip musculature. So now fit in easy in the pants or skirt you have been hiding in your closet. Show your newly



tone curves after trying out this workout."

Chest Expansion and Kneeling Arm Circles

This workout is good for your upper body. It is great for the same as it works towards strengthening your posterior and anterior shoulder muscles. This workout also

increases your torso stabilization. It helps you achieve the ideal posture which you might lack. Also, helps you in getting toned shoulders.

Kneeling side arms - side bent press

The right posture helps you look taller,

slimmer and more confident. The posture you have tends to give away your personality. So, in order to get a striking personality, having a right posture helps a lot. This Pilates workout, in particular, strengthens scapular stabilizers, increases torso stabilization and improves your standing posture. Besides,

your posture it additionally helps in your arm and shoulder muscles.

Pull up / Hamstring

Hamstring is that part of the body which runs from the bottom of your buttocks to the back of your knee. Many of us face the problem of having weakness in that area or even stiffness. Pilates workouts can help loosen, strengthen and condition that part to have a toned look. Pull Up Hamstring is helpful in strengthening your abdomen. Along with that it also helps in strengthening your shoulders and hip flexors.

Lunge

If you want to show off your leg by the slit of the skirt or just walk with mega confidence, then this workout is for you. Pilates lunge helps in strengthening your four quadriceps which is the fleshy muscles at the front and side of your thighs, hamstrings and glutes. It also improves the alignment of your legs. So no need to stress about that as this Pilates workout will help you achieve your desired look. **Courtesy EMJ**

Rail Expansion Beyond Jammu Accelerated After PM Modi Took Over: Dr Jitendra

HT NEWS NETWORK

JAMMU, APR 30: Union Minister Dr Jitendra Singh today recalled that although the first train had reached Jammu as early as 1972, it took around 50 years for it to reach Srinagar, as further expansion into the Kashmir Valley was taken up in right earnest only after Narendra Modi took over as Prime Minister in 2014. He noted that significant progress has been achieved in last one decade, with railway infrastructure now being developed in Jammu & Kashmir at par with the rest of the country.

Dr Jitendra Singh said that commencement of the augmented 20-coach Jammu-Srinagar Vande Bharat Express marks a landmark achievement in the ongoing efforts to transform rail connectivity in the Union Territory of Jammu & Kashmir.

The Minister was addressing the gathering at Jammu Railway Station during the flagging ceremony in the presence of Union Minister for Railways and Information & Broadcasting, Ashwini Vaishnav, Chief Minister Omar Abdullah, Members of Parliament Sat Paul Sharma Ghulam Ali Khatana.

Dr Jitendra Singh said, the introduction of this direct train service between Jammu and



Kashmir is set to significantly enhance ease of travel, improve logistics efficiency, and promote ease of doing business across the region. He said the commencement of the Vande Bharat Express between Jammu and Srinagar fulfills a long-standing aspiration of the people of the region.

The Minister emphasized that improved rail connectivity is expected to lead to a substantial rise in pilgrim inflow to important destinations in the region, while also facilitating seamless and efficient movement of security personnel. He highlighted that enhanced connectivity would reduce travel time, improve

access to remote areas, and integrate local economies more closely with national markets.

Underscoring the economic significance of the project, the Minister stated that the new rail service will play a pivotal role in strengthening supply chains and reducing transportation costs for essential commodities and local produce.

Highlighting the cultural and tourism potential, the Dr Jitendra Singh said that the rail corridor passes through some of the most picturesque and previously less accessible locations, including areas such as Sangaldan in Ramban district which

were not easily accessible earlier. With improved accessibility, these scenic destinations are likely to witness increased tourist footfall and renewed interest from filmmakers. He observed that Jammu & Kashmir has historically been a favoured destination for film shooting, and the new connectivity is expected to revive that legacy by making remote and pristine locations more reachable.

Dr. Jitendra Singh expressed gratitude to Prime Minister Narendra Modi for enabling this landmark direct rail connectivity between Jammu and Srinagar. Recalling earlier milestones,

Dr. Jitendra Singh mentioned that Prime Minister Shri Narendra Modi had personally visited the region to inaugurate the Mata Vaishno Devi Railway Station soon after assuming office in 2014, reflecting the Government's continued focus on improving connectivity and infrastructure in the region. Later, the Minister travelled on the Vande Bharat Express with Railway Minister Ashwini Vaishnav to visit Shri Mata Vaishno Devi Katra Railway Station and the Chinab bridge.

Speaking to reporters, Dr Jitendra Singh stated that this is like a pilot rail project, given its technological sophistication and execution in challenging Himalayan terrain, and is perhaps the first-of-its-kind in the world. He informed that the experience and learnings from this project will now be replicated in other hilly and mountainous regions, including Uttarakhand, Himachal Pradesh, and the Northeastern States. He also expressed his gratitude to the Union Minister for Railways and Information & Broadcasting, Ashwini Vaishnav, for his constant support and for addressing and fulfilling all requirements related to the project.

Afterwards, Dr Jitendra Singh also accompanied Shri Vaishnav for inspection of Anji Bridge and Chenab Bridge along the Vande Bharat Express route.

Kulgam Police Holds Thana Diwas/PCPG Meeting at Behibagh, Strengthens Public Outreach under Anti-Drug Campaign

FAROOQ RATHER

KULGAM, APRIL 30: In a continued effort to enhance police-public relations and promote responsive, community-oriented policing, Kulgam Police on Wednesday organized a Thana Diwas/PCPG (Police Community Partnership Group) meeting at Behibagh.

The outreach programme witnessed enthusiastic participation from local elders, respected citizens, youth, and members of civil society, reflecting growing public engagement in maintaining law and order.

During the interaction, police officers sensitized participants about newly introduced criminal laws and procedures, emphasizing the importance of legal awareness among the public. Special focus was laid on the ongoing Nasha Mukta Jammu & Kashmir Abhiyaan, with officers urging citizens to play an active role in curbing drug abuse and guiding the younger generation towards a healthy and constructive lifestyle.

Participants raised several issues of public importance, all of which were attentively heard and documented by the officers. The police assured that the grievances would be taken up with the concerned departments for timely and appropriate redressal.

Reaffirming its commitment to community-centric policing, Kulgam Police urged citizens to maintain close coordination with law enforcement agencies. The public was also encouraged to actively support initiatives like the anti-drug campaign to ensure a safe, peaceful, and drug-free society.

J&K records historic Rs 5,824 crore investments in Financial Year 25-26

HT NEWS NETWORK / KNO

SRINAGAR, APR 30: Jammu and Kashmir has recorded its highest-ever annual investment of Rs 5,824.42 crore in the financial year 2025-26, marking a major milestone in the Union Territory's industrial growth and ongoing economic transformation.

According to official data accessed by the news agency-Kashmir News Observer (KNO), the investment is over 13 times the average annual inflow recorded between 2014 and 2021, reflecting a sustained surge in industrial activity across the UT.

The data shows that the upward trend has remained consistent over recent years, with investments

rising from Rs 2,153 crore in FY 2022-23 to Rs 3,389 crore in FY 2023-24 and Rs 4,145 crore in FY 2024-25, culminating in the current record.

For the first time, multiple anchor investments exceeding Rs 500 crore are being grounded in the region. As per the data, 312 industrial units involving a cumulative investment of Rs 7,864 crore have completed more than 50 percent of groundwork and are expected to begin production soon.

The conversion of investment proposals into functional units has also improved notably. Under the New Central Sector Scheme (NCSS), 88.6 percent of registered units have already commenced production. Over the past three years, incentives

worth Rs 2,513 crore have been disbursed under various schemes, including NCSS, GST reimbursement, PMEGP and other programmes of the Industries and Commerce Department. The MSME sector has seen significant formalisation, with Udyam registrations increasing from 0.24 lakh in 2021 to 6.16 lakh in FY 2025-26. The total number of registrations is expected to reach 7.1 lakh within the current financial year.

On ease of doing business, J&K has been ranked 5th nationally under the Business Reforms Action Plan (BRAP) 2024, based on independent stakeholder feedback. Reform implementation has improved from just 0.30 percent in 2016 to 100 percent compliance.

The data further shows that nearly 79 percent of over 8.11 lakh applications received through the single-window system have been approved, with 89 percent cleared within stipulated timelines, while rejection rates remain below 5 percent.

The startup ecosystem has also witnessed rapid expansion. A total of 1,305 startups have been registered with the J&K Entrepreneurship Development Institute (JKEDI) till FY 2025-26, compared to just 69 in 2020. Notably, 816 startups were registered in FY 2025-26 alone. The New Startup Policy 2024 is currently operational, with funding support extended to 25 startups and four incubators.

To enhance industrial competitiveness, the UT

is offering highly subsidised industrial land at premiums ranging between Rs 2.5 lakh and Rs 8 lakh, even in areas where market rates run into several crores. This, coupled with low power tariffs, has created a cost-competitive environment for investors.

Key reforms include the introduction of a single certificate of in-principle approval based on self-declaration to reduce procedural delays, and the revival of sick MSMEs by extending incentives at par with new units under the existing policy framework and RBI guidelines.

The government has also introduced systemic measures such as the first MSME Health Clinic to support stressed units and signed an MoU with the National Stock Exchange

to facilitate access to capital markets. The MSME Facilitation Council, Jammu, has received the MSE-FC Excellence Award from the Government of India for effective dispute resolution. J&K's performance under flagship central schemes has further strengthened its position. Under PM Gati Shakti, the UT ranks among the top five, with 676 GIS layers integrated and 51 major infrastructure projects mapped with an outlay of Rs 5,000 crore.

Under the One District One Product (ODOP) initiative, J&K has secured the National Gold Award for the second consecutive year in 2024, reaffirming in 2025, reflecting sustained progress in value-chain development and artisan support.

Northern Railway officials, fruit traders discuss roadmap to strengthen transportation of fruits from Kashmir

HT NEWS NETWORK / KNO

SRINAGAR, APR 30: Senior officials of Northern Railway on Thursday held threadbare discussions with fruit growers and traders to strengthen the transportation of horticultural produce from Kashmir to markets across the country and modernize rail-based cargo logistics in the Valley.

According to the details available with the news agency-Kashmir News Observer (KNO) the high-level delegation of the railway officials travelled in an arranged inspection coach from Srinagar to Baramulla via Budgam, covering key stations including Pattan and Sopore. The visit was aimed at assessing infrastructure gaps and identifying ways to ensure seamless movement of fruits and vegetables.

The meeting was attended by Principal Chief Commercial Manager Parveen Pandey, ACM Jammu-Srinagar Jaswant Singh, and other senior officials. The fruit growers' delegation was led by Bashir Ahmad Basheer, President of the New Kashmir Fruit Association (NKFA), along with key representatives of the trade.

A major focus of the interaction was the introduction of temperature-controlled (AC/refrigerated) cargo

trains to transport highly perishable produce such as apples, cherries, pears, plums, and walnuts.

Stakeholders stressed that such facilities are essential to maintain quality and reduce post-harvest losses, particularly during peak export seasons.

The proposal also includes improving inbound logistics to ensure timely supply of essential commodities like onions, potatoes, mangoes, and melons into the Valley.

To streamline bulk handling, Sopore Railway Station and Baramulla Railway Station have been identified for development of yard-based loading facilities. Additionally, phased development of cargo infrastructure has been proposed at Anantnag, Awantipora, and Pampore.

Operational bottlenecks at Budgam and Srinagar stations were also highlighted, with traders urging swift intervention to resolve issues impacting loading efficiency.

Growers and traders raised concerns over last year's challenges, including lengthy security checks, restricted access, and delays in handling consignments. To address these issues, the delegation proposed installation of modern security infrastructure such as high-sensitivity scanners and sensor-based systems, which would reduce manual inter-

vention and speed up cargo processing.

The delegation noted that a Parcel Van (VP) service currently operates five days a week from Katra to Mumbai for cherry consignments. Railway officials informed that the service is under consideration for expansion to a seven-day schedule, a move expected to significantly benefit growers dealing with highly perishable produce.

The joint team also visited orchards in Tangmarg to understand production patterns and align logistics planning with on-ground realities.

Railway officials assured that proposals for AC cargo services, upgraded infrastructure, and improved handling systems will be examined on priority.

Fruit traders expressed optimism that enhanced rail connectivity would improve efficiency, reduce transportation costs, and boost the competitiveness of Kashmir's horticulture sector.

The delegation also appreciated the continued support of the Ministry of Railways under Railway Minister Ashwini Vaishnav, and welcomed improved connectivity initiatives such as the Vande Bharat Express on the Jammu-Srinagar route-(KNO)

Public Notice

It is hereby notified that my Name and cost spelling has been wrongly mentioned in service records as Gh Mohi ud din S/O Gh Mohd Gojri R/O Handwara instead of Gh Mohe ud din Geogry S/O Gh Mohd Geogry R/O Handwara as per All regards now I have applying for it's correction of the same if any person have any objection in this regard may file the same to the Concerned authority within the period of seven days from the date of publication of this notice After that no objection shall be entertained.

**GH MOHE UD DIN GEOGRY
S/O GH MOHD GEOGRY
R/O HANDWARA TEHSIL HANDWARA
DISTRICT KUPWARA**

Public Notice

This is to inform the general public that my name has been wrongly mentioned in my Aadhaar Card bearing Aadhaar No 4219 9932 2261 Now I want to change my name from HAJIRA BANO (Old Name) to HAJIRA (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:- HAJIRA
W/O:-GHULAM MOHAMMAD DAR
R/O : ALAMDAR COLONY RAWALPORA SANAT
NAGAR SRINAGAR J&K 190005**

Government of Jammu and Kashmir

OFFICE OF THE CHILD DEVELOPMENT PROJECT OFFICER ,BRENG

**Shibu Jan
R/O Akingam
Mobile No. 7006799756**

No: CDPO/POSHAN/Breng/2026-27/43-45 | Dated.30.04.2026

Subject: Compliant regarding Recruitment of AWW of AWC Akingam -A

Ref: DPO/poshan/Ang/2025-26/79 Dated 10.04.2025

Ref: DPO/ Ang/ poshan/ 2026/27/244-256 Dated 28.04.2026

Whereas advertisement of Various Honorary Posts of AWWs and AWHs of Various AWC of designated Panchayat Halqas of specific Wards was made vide Notification No. Notice 02 of 2024 Dated 07.12.2024 among which the advertisement for the post of AWW of AWC Akingam-A Panchayat Halqa Akingam-B Ward No. 08 with opening date and closing date of submission of application forms as 10.12.2024 and 25.12.2024 and later on last date extended upto 30.12.2024 vide notification No CDPO/Poshan/Breng/2024-25/932-43 Dated 24.12.2024.

Whereas, in response to aforesaid advertisement that for AWC Akingam-A Panchayat Halqa Akingam-B Ward No. 08 we received only six application forms and designated committee constituted vide Govt order No. 222- JK (SWD) of 2022 Dated 30/11/2022 scrutinized the applications and framed the panel of selection in pursuance to the criteria mentioned in Govt. Order No. 103-JK(SWD) of 2023 Dated 28/04/2023

Whereas, provisional Selection list was issued vide No.CDPO/Poshan/bring/2024-25/975-985 Dated 18.01.2025 in which Benish Manzoor D/O Manzoor Ahmad Bhat being meritorious was provisionally selected and selection has been made on the basis of merit in 12th

Whereas on 11.02.2024 we have received compliant from you (Shibu Jan) that the candidate provisionally selected and the next in merit are post Graduates and they have recently applied for the Post of Lecturer in Jammu and Kashmir Public Service Commission. In order to check whether both first and second meritorious candidates are are post Graduate , we have asked time and again to the you to produce the solid proof in the form of Post Graduate Marks Sheet/Degree Certificate of the first two meritorious candidates , but you failed to produce the same. Above all we have taken the matter with the Controller Examination University of Kashmir but they clearly replied that unless and until you will not provide the marks sheet of the post graduate we cannot help you out.

In view of this the selection of the post of AWW of the said AWC centre is on hold.

Whereas it remains impossible to get the Post Graduate Marks Sheets of the First two meritorious candidates neither from our side or from your side .

Now therefore you are hereby given the time period of 40 days from the date of issuance of this notice to produce the Post graduate Degree / Post Graduate Marks sheets of the first two meritorious candidates failing which your compliant will be considered null and void and further process of the selection will be carried out.

**Sd/- Child Development Project
Officer Breng**

DIPK: 937/26 | Dated: 30-04-2026

Budgam witnesses continued momentum in Nasha Mukta Bharat Abhiyan Initiatives

Comprehensive awareness, outreach activities conducted across district

■ HT NEWS NETWORK

BUDGAM, APRIL 30: Continuing its sustained efforts under the Nasha Mukta Bharat Abhiyan (NMBA), a series of awareness, outreach, and community engagement activities were conducted today across various parts of Budgam district to strengthen the campaign against drug abuse.

A pledge ceremony was organised by the Sukhnag Forest Range of Pir Panjal Forest Division Budgam at the Forest Range Office Sukhnag, where officials and participants reaffirmed their commitment towards building a drug-free society.

An NMBA Awareness-cum-Pledge programme was also held at Ishtiyaq Memorial Government Middle School Drang Khag by the Sukhnag Forest Range of Pir Panjal Forest Division Budgam, sensitising students and staff about the harmful effects of substance abuse and encouraging respon-



sible social behaviour.

Meanwhile, the Excise Department Budgam conducted an extensive awareness and survey programme under the NMBA campaign at Village Aripanthan, Tehsil Beerwah. During the programme, posters highlighting the ill effects of drug abuse were pasted at prominent locations

and distributed among local residents.

Door-to-door awareness was carried out among farmers, advising them to refrain from cultivation of illicit crops and informing them about offences and penalties under the NDPS Act. Farmers actively participated in the campaign and expressed strong support for

eliminating the menace at the grassroots level. A field survey was also conducted to detect illicit cultivation; however, no such crops were found.

In another initiative, a Wall Painting event promoting anti-drug awareness was organised at Government Degree College Maggam under the Nasha Mukta Jammu & Kashmir Abhiyan, spreading awareness through creative community engagement.

Additionally, NMBA awareness rallies were conducted across all Halqas of Block Narbal by the Rural Development Department (RDD) with active participation of local youth, reinforcing collective responsibility in combating substance abuse.

The District Administration Budgam reiterated its commitment to intensify the Nasha Mukta Bharat Abhiyan through coordinated efforts, public participation, and sustained awareness initiatives aimed at achieving a drug-free and healthy society.

Kupwara Admin hosts Mega Awareness Event under Nasha Mukta J&K Abhiyan at GDC Karnah

■ HT NEWS NETWORK

KUPWARA, APRIL 30: District Administration Kupwara today organized a mega awareness event under the Nasha Mukta J&K Abhiyan at Government Degree College (GDC) Karnah, reaffirming its commitment to building a drug-free society through sustained public engagement and youth participation.

The programme was presided over by Deputy Commissioner Kupwara, Shrikant Suse, and witnessed the presence of SSP Kupwara, Syed Al Tahir Gilani, Deputy Commander 104, Col Sundeep Bose. Among other prominent attendees were the Principal, GDC Karnah, Prof. Mushtaq Ahmad wani; ACR Kupwara, Peerzada Mumtaz Ahmad; BDO Tangdar, Mudasir Sikander; Tehsildar Karnah, Mohammad Amin Bhat; Xen SSD Tangdar, Javid Iqbal; members of the Bar Association Karnah, representatives of civil society, faculty members, and a large gathering of enthusiastic students.

Addressing the gathering, the Deputy Commissioner emphasized the urgent need for collective societal action to combat the menace of drug abuse. He highlighted that youth are the most valuable asset of the nation and called upon them to act as ambassadors of change by spreading awareness about the ill effects

of substance abuse within their communities. SSP Kupwara, in his address, underlined the role of law enforcement agencies in curbing drug trafficking and urged the public to cooperate with authorities by sharing information and supporting preventive initiatives. Col. Sundeep Bose and other officers also spoke about the drug abuse and need for its eradication. A pledge ceremony was conducted during the event, where all participants collectively resolved to stay away from drugs and contribute actively towards creating a drug-free Jammu and Kashmir. The programme also featured vibrant cultural performances by students, including skits, songs, and thematic presentations, creatively conveying powerful messages about the dangers of drug addiction and the importance of leading a healthy and disciplined life.

On the occasion, awareness about the Gyan Bharatam initiative was also imparted to the participants. The initiative aims to survey, document, and digitize India's vast and invaluable manuscript heritage, thereby preserving the country's rich intellectual and cultural legacy for future generations. Participants were encouraged to contribute to this national mission by identifying and sharing information about rare manuscripts in their possession or communities.

Director Agriculture Jammu reviews supply, stock position of Fertilizers

■ HT NEWS NETWORK

JAMMU, APRIL 30: Director Agriculture Jammu Anil Gupta, who is also the Controller of Fertilizers for the Union Territory of Jammu & Kashmir, today chaired a high level meeting here at the Krishi Bhawan to assess the preparations for the visit of Parliamentary Standing Committee on Chemicals and Fertilizers to Jammu & Kashmir in last week of May, 2026.

The meeting was attended by the representatives from the fertilizer companies and officers from the enforcement wing.

During the visit, scheduled from May 22 to May 30, 2026, the Committee shall visit multiple locations across the UT to assess the availability, distribution and regulation of fertilizers, as well as initiatives taken for



strengthening the domestic fertilizer sector.

Detailed deliberations were held to assess the current status of fertilizer availability in the Union Territory, streamline distribution mechanisms and identify any potential instances of misuse or diversion. The discussions also aimed at en-

sureing that all necessary arrangements and data inputs are in place for the upcoming visit of the Parliamentary Committee.

Joint Director Agriculture (Extension) Sanjay Anand; Assistant Director Law Enforcement (ADLE) Kuldeep Singh; JAEO I/c Fertilizer Section, (DoA) Kamal

Sharma and Heads of leading fertilizer companies including Chambal Fertilisers and Chemicals Limited (CFCL), Indian Farmers Fertiliser Cooperative Limited (IFFCO), National Fertilizers Limited (NFL) and Indian Potash Limited (IPL), participated in the meeting.

The Director emphasized the

critical importance of maintaining an efficient and transparent fertilizer supply chain in the Union Territory. The concerned officers and representatives from fertilizer companies were asked to ensure adequate stocking and timely supply of fertilizers across all districts, while strictly adhering to regulatory norms.

They were asked to compile comprehensive and accurate district-wise data on availability and consumption patterns for effective presentation before the Parliamentary Committee. 'Strict vigilance shall be maintained to prevent any misuse or irregularities,' he stressed and directed to take prompt corrective measures wherever necessary.

The Director asked for designating nodal officers for smooth coordination and facilitation during the Committee's visit.

Free health check-up camp hosted for drivers at Ramban

■ HT NEWS NETWORK

RAMBAN, APRIL 30: In a significant initiative aimed at promoting the health and well-being of the transport fraternity, the Motor Vehicles Department (MVD) Ramban, in coordination with the Health Department, today organised a free medical health check-up camp for drivers, conductors and other members of the transport operators here at the Community Hall.

The camp was organised in line with the directives of Deputy Commissioner Mohammad Alyas Khan to promote physical fitness and health awareness among the transport workers, who play a vital role in public transportation and road safety.

More than 100 drivers and conductors participated in the camp and underwent comprehensive health screening conducted by a team of doctors deputed by the Health Department, including a General Physician and an Ophthalmologist.

The medical examination focused on overall physical fitness, vision assessment and other health parameters essential for safe driving.

The programme also formed part of the ongoing 100-Day Nasha Mukta Jammu & Kashmir Abhiyan, being actively implemented across the district to create awareness against substance abuse and promote a drug-free society.

During the interaction, participants were sensitised to the harmful effects of drug addiction, particularly the grave risks associated with driving under the influence of intoxicants. Drivers and conductors were urged to become ambassadors of the anti-drug campaign by spreading awareness within their communities and strictly refraining from the use of any intoxicating substances.

During the camp, participants were also educated about road safety measures, including defensive driving practices, adherence to traffic regulations and maintaining alertness while operating vehicles.

The transport union members appreciated the initiative and expressed gratitude to ARTO Varun Bhasin for organising the much-needed health check-up camp for the transport community.

The ARTO informed that similar free medical check-up camps shall be organised in Gool, Ukhral, Banihal, Batote and other areas of the district in the coming months.

Ramban Admin intensifies Nasha Mukta Jammu & Kashmir Campaign

■ HT NEWS NETWORK

RAMBAN, APRIL 30: Continuing the momentum of the ongoing Nasha Mukta Jammu & Kashmir Abhiyan, the District Administration Ramban, under the leadership of Deputy Commissioner Mohammad Alyas Khan, organized a series of Padyatras and awareness activities across 34 Panchayats of Banihal, Ukhral, Khari, Ramsoo, Ramban, Rajgarh, Batote, Gandhri, Sangaldan, Gundadhar and Gool blocks.

The initiative aimed at raising mass awareness against drug abuse and promoting a healthy, addiction-free society.

A massive padyatra was conducted at Panchayat Dooligam Upper-B and Panchayat Chaknarwa in Block Banihal under the leadership of SDM Mohammad Naseeb Bajraan. The event witnessed enthusiastic participation from people of all walks of life, including students, youth, religious leaders and other prominent citizens. Participants raised slogans against drug abuse, spread awareness about its harmful effects and took a collective pledge to contribute towards building a drug-free society. Similar Padyatras were held in other Panchayats with active involvement of Tehsildars, BDOs and CDPOs, who led the campaign at the grassroots level.

Students from various schools, officials from different departments and community members participated in large numbers, turning the campaign into a mass movement. Awareness messages were widely disseminated, with participants reiterating their commitment to eradicate the menace of drug abuse.

As part of the 100-day Nasha Mukta campaign, Parent-Teacher Meetings were also organized in schools across the district. The parents were sensitized about the serious consequences of drug abuse and encouraged to play an active role in guiding youth towards a positive and healthy lifestyle. The overwhelming community participation reflects the strong collective resolve of the people of Ramban to support the administration's mission of a drug-free society. The district administration remains committed to intensifying such awareness drives to ensure a safer and healthier future for all.

Sensitization Programme on Workplace Safety, SHe-Box held at GCOE Jammu

■ HT NEWS NETWORK

JAMMU, APRIL 30: The SPARSH Committee of Government College of Education Jammu organized an awareness programme on SHe-Box (Sexual Harassment electronic Box) to sensitize students to workplace safety, gender dignity and mechanisms for reporting sexual harassment.

The programme commenced with a welcome address by the Principal, Dr. Jyoti Parihar, who highlighted the importance of creating a safe, respectful and inclusive academic environment. She encouraged students to remain aware of their rights and responsibilities and emphasized the collective duty to ensure a harassment-free campus.

The session was conducted by the Resource Person, Dr. Sonam Gandotra, Head Department of ICT. She delivered an insightful presentation on SHe-Box, an initiative of the Government of India that provides a single-window online platform for lodging complaints related to sexual harassment at the workplace. She elaborated on the concept and forms of sexual harassment, including quid pro quo and hostile work environment and explained the process of filing complaints through SHe-Box. Stressing the importance of timely reporting and documentation, she conveyed the key message that silence encourages harassment.

The programme was convened by Dr. Davinder Kour, Convenor, SPARSH Committee, who ensured

the smooth organization of the event. A total of 79 students actively participated in the programme and engaged meaningfully in the interactive session, reflecting their keen interest in understanding the subject.

The event was graced by the presence of senior faculty members including Dr. Rajinder Kour, Prof. Anuradha Chowdhary, Dr. Sushma Bala, Dr. Shalini Rana, Dr. Rakesh Bhatti, Dr. Suraj Parkash, Prof. Roopa Kumari, Dr. Shalini Jasrotia and Prof. Deepali Devi.

The programme concluded with a formal vote of thanks by Dr. Shalini Sharma, who appreciated the efforts of the organizing committee, the resource person and the participants for making the event a success.

DC Kathua reviews Drug Control measures, implementation of NMJKA

Calls for mass awareness, crackdown on narcotic trafficking

■ HT NEWS NETWORK

KATHUA, APRIL 30: Deputy Commissioner Kathua Rajesh Sharma today chaired a meeting to review the implementation of drug control measures under NCORD initiative and the ongoing 100 Day Nasha Mukta J&K Abhiyan (NMJKA) in the district.

The Deputy Commissioner took a first-hand appraisal of the anti-drug and anti-narcotics initiatives launched by the enforcement departments. He stressed the need to give further push to awareness and enforcement activities by adopting innovative and result-oriented approaches. "The fight against drug abuse requires collective and sustained efforts involving

all stakeholders" he stressed and called for intensifying awareness campaigns at the grassroots level. The departments of Education, Social Welfare, Youth Services and Sports and Excise were asked to organize age-group specific activities to spread awareness among youth and vulnerable sections of society. "The awareness initiatives shall be complemented by strict enforcement measures with the active involvement of Police, Excise, RTO and Tehsildars to ensure effective monitoring and control over narcotics-related activities," he maintained.

Additional Deputy Commissioners and Sub-Divisional Magistrates were directed to identify drug peddlers operating in



their respective jurisdictions and initiate confiscation of their properties as per the legal provisions.

The SSP Mohita Sharma called upon banks to remain vigilant and promptly share information regarding suspicious financial transactions, particularly accounts reflecting sudden abnormal monetary activity, to help track and curb narcotics-related transactions and financial net-

works linked to drug peddling.

The Agriculture Department was asked to closely monitor and report instances of illegal cultivation or wild growth of cannabis and poppy so that timely action can be taken for its eradication. Similarly, the Assistant Controller Drugs was directed to keep strict vigil on the sale of scheduled drugs and ensure compliance with all prescribed regulations.

The meeting also reviewed the progress achieved in areas related to rehabilitation, lifestyle counselling, parent counselling during Parent-Teacher Meetings and advocacy campaigns aimed at creating awareness against drug abuse.

Highlighting the role of social

and religious institutions, the Deputy Commissioner called for roping in heads of religious institutions to motivate communities and reinforce moral responsibility in combating the drug menace.

The functioning of Mahila Samitis mandated under the campaign was also reviewed. It was decided to strengthen these committees and ensure close liaison with Police for monitoring and reporting suspicious narcotics-related activities in local areas. ADC Basohli Pankaj Bhagotra, ADC Vishavjeet Singh, RTO Surinder Sharma, SDM Hiranagar Phulail Singh, ACD, CMO, district and sectoral officers of civil administration besides officers of BSF were also present.

Asian Paints unveils latest corporate campaign 'Rangon Ki Warranty'

■ HT NEWS NETWORK

SRINAGAR, APR 30: Asian Paints has unveiled its latest corporate campaign, 'Rangon Ki Warranty' — a natural progression of the conversation it began last year with 'Asian Paints ki Warranty, India ka Har Doosra Ghar Kehta Hai.'

A spokesman of the company said that set to a warm, evocative track, the film captures Indian homes adorned in Asian Paints' colours becoming a part of everyday memory and community life. The colours last long enough. Through simple, relatable moments, the narrative brings alive how, even as life continues to evolve, colours remain unchanged — transforming into more than just paint and becoming lasting markers of recognition.

By showcasing easy, familiar moments between homes and their residents, the film reiterates that Asian Paints' long-lasting colours don't just stay on walls; they stay in people's minds, becoming the true addresses of homes over time. The campaign is a testament to what 'warranty' has always meant to Asian Paints. Beyond durability and performance, it represents an emotional promise — to protect not just walls, but the memories, recognition, and familiarity built around them.

For over eight decades, Asian

Paints has been a part of homes and hearts across India, spanning small towns and metros, first homes and dream homes built across generations. Last year's campaign brought this legacy of trust to life, capturing how homeowners across the country have consistently relied on Asian Paints' warranties across categories.

Over the year, this message was further strengthened through multiple interventions — from print executions such as 'Decades of Trust' to cultural moments like the Warranty Countdown during the Asia Cup. 'Rangon Ki Warranty' is a natural evolution of this narrative, viewed through the lens of colour — a space the brand owns through deep emotional connection with Indians.

Speaking on the campaign, Amit Syngle, Managing Director & CEO, Asian Paints, said, "For over eight decades, Asian Paints has been adding colour to Indian homes-but more importantly, has become a part of their identity. We believe our promise of warranty is reflected on walls that don't just stand firm, but stay vibrant — holding warmth, shared rituals, and memories that grow more valuable with time. When colour lasts long, it becomes memory translating to the address of a home — instantly recognizable, deeply remembered. 'Rangon Ki Warranty' is an ode to this enduring bond, where paint doesn't



merely adorn a surface but stays intact to become a lasting marker of a home's legacy & pride. For us, warranty is not just a product assurance; it is a commitment built on trust and an unwavering confidence in long lasting performance. That is why 'Asian Paints Ki Colour Warranty' has become 'India Ke Har Dusra Ghar Ka Pata' — a quiet but powerful sign of homes that endure, colours that stay, and stories that continue."

Launched during the Indian Premier League, where Asian Paints

is an Associate Broadcast Sponsor on television, the campaign finds a natural cultural intersection. Cricket, much like homes, is deeply intertwined with emotion and identity in India. It is also a celebration of colours — team colours, city pride, and shared moments. Asian Paints seamlessly integrates this context, connecting the colours we rally behind with the colours we live with, making the narrative intuitive and deeply relatable.

Speaking on the creative idea,

Sukesh Nayak, Chief Creative Officer, Ogilvy India, said, "Across India, a home's vibrant, lasting colour often becomes its true identity. This campaign reflects how enduring product performance weaves itself into the very fabric of our consumers' lives."

Simple, familiar, and deeply rooted in everyday behaviour, the campaign transforms a functional promise into something far more human. A colour that lasts does more than stay on a wall — it stays in people's hearts.

Since its founding in 1942, Asian Paints has become India's leading and Asia's second-largest paint company, with a consolidated turnover of 33,797 crores (338 billion). It continues to uplift spaces, transcend the boundaries of colour and design, creating a positive impact in the lives of customers. The organization operates in 14 countries and has 26 paint manufacturing facilities globally, servicing consumers in over 60 countries.

Asian Paints has always been a leader in the paint industry, innovating and introducing new concepts in India like Colour Ideas, Beautiful Homes Painting Service, Colour Next, and Asian Paints Beautiful Homes Stores. Asian Paints manufactures a wide range of paints and coatings for Decorative and Industrial use and also offers specialized painting and interior decor solutions. The decorative business portfolio also includes the SmartCare range for waterproofing, Wood Tech products for wood finishes, and the Adhesives range for all surfaces.

Asian Paints also offers a wide range of Home Décor products and is one of the leading players in the integrated decor space in India, offering Modular Kitchens and wardrobes, Bath Fittings and Sanitaryware, Decorative Lightings, uPVC windows and doors, Wall coverings, Furniture, Furnishings, Rugs, etc.

Rupee breaches 95 mark amid rising oil prices due to US-Iran tensions

■ UNITED NEWS OF INDIA

NEW DELHI, APRIL 30: The Indian rupee extended its losing streak on Wednesday, breaching the crucial 95 mark against the US dollar, weighed down by rising global uncertainties due to US-Iran tensions and surging crude oil prices.

The Indian currency slipped sharply to 95.39 against the dollar around 12:20 pm, compared to its previous close of approximately 94.85, reflecting



ing mounting pressure in the forex market.

Market sentiment remained fragile amid the uncertain outcome of ongoing peace talks between the United States and Iran, with no clear resolution in sight.

On Thursday, the stock market also witnessed a fall with Sensex and Nifty both fell by more than 1pc till 12:00 pm. Sensex came at 76,639.47 after falling by 856.89 points, and Nifty witnessed a fall of 258.50 points and came at 23,919.15.

The prolonged geopolitical tension has heightened concerns over global oil supply disruptions, adding to the rupee's woes.

Further compounding the situation, Brent crude prices surged past the USD 114 per barrel mark on Wednesday, intensifying inflationary fears for oil-importing countries like India.

A sustained rise in crude prices typically widens the trade deficit and exerts additional downward pressure on the local currency.UNI

APEDA signs 70-year lease agreement to setup Basmati & organic centre in UP

■ UNITED NEWS OF INDIA

NEW DELHI, APR 30: The Agricultural and Processed Food Products Export Development Authority (APEDA) has signed a 70-year lease agreement with the Government of Uttar Pradesh to transfer the land for the establishment of a Basmati & Organic Training Centre-cum-Demo Farm at Tanda Bijaisi, Pilibhit.

Under the agreement, the Basmati & Organic Training Centre-cum-Demo Farm will be developed over an area of approximately seven acres. The centre will be equipped with facilities including an auditorium, museum, and gallery on Basmati and organic farming, a conference room, a laboratory, and storage space for organic farming inputs. The facility is expected to support training and

capacity building for Basmati and organic farmers, and also serve as a resource centre for agricultural experts and students, according to a Commerce and Industry Ministry statement.

Union Minister of State for Commerce and Industry Jitin Prasada appreciated the initiative and highlighted the potential of Pilibhit as a major Basmati-producing region, and emphasised the importance of expanding organic cultivation and called for greater farmer engagement.

MoS Prasada suggested incorporating an AI-based interactive museum at the centre to provide information and experiential learning for visitors and students, along with establishing a dedicated outlet for quality Basmati seeds and organic inputs for farmers. He also unveiled India's first



AI-based Basmati Paddy Survey project (2026-2028), to be implemented by APEDA in collaboration with the All-India Rice

Exporters Association (AIREA). As per the information shared by the ministry, the project will cover nearly 4 million hectares,

collect data from over 150,000 ground-truth points, and engage with more than 500,000 farmers. It aims to support precise crop assessment, varietal identification, scientific advisory services, and improved export planning. It was also announced that the upcoming centre has been designated as an All India Coordinated Research Project (AICRP) centre for national-level Basmati trials, as recognised at the 61st Annual Rice Research Group Meeting.

Pilibhit will become the third AICRP centre in Uttar Pradesh's Basmati GI zone after Nagina (Bijnor) and BEDF Modipuram, following the operationalisation of the facility.

This will facilitate systematic testing and evaluation of new Basmati varieties suited to the region's agro-climatic conditions.

Motilal Oswal reports 25pc surge in Q4FY26 earnings Y-o-Y

■ UNITED NEWS OF INDIA

NEW DELHI, APR 30: Motilal Oswal Financial Services Ltd (MOFSL) reported its highest quarterly and annual operating PAT of Rs 661 crore in Q4FY26, which is a growth of 25pc Y-o-Y, said a MOFSL statement released here on Wednesday.

The annual operating profit after taxation (PAT) in FY 26 was Rs 2,360 crore which is a growth of 16pc on Y-o-Y basis.

This performance is driven by strong growth in Asset & Private Wealth Management (PWM) business.

According to company data, in Q4FY25 the operating PAT



was Rs 527 crore and in FY25 it stood at Rs 2,029 crore.

The company reported strong growth in Asset Management (PAT up 55pc YoY, AUM Rs 1.76 lakh Cr) and Private Wealth (PAT up 15pc, AUM Rs 1.97 lakh Cr).

Capital Markets PAT rose 30pc to Rs 336 Cr, while Housing Finance grew 22pc to Rs159 Cr with ADB backing.

Wealth Management saw mixed results, with FY PAT down 7pc despite higher brokerage and distribution growth.

Overall FY26 consolidated PAT (incl. OCI) stood at Rs 2,043 crore, tempered by treasury mark-to-market impacts.UNI

Chola MS reports Rs.8,904 cr GWP in FY26

■ UNITED NEWS OF INDIA

CHENNAI, APR 30: Cholamandalam MS General Insurance Company Ltd. (Chola MS), a joint venture between the Murugappa Group and Mitsui Sumitomo Insurance Group (Japan), has recorded a Gross Written Premium (GWP) of Rs 8,904 crore for the 2025-26 fiscal.

Releasing its financial performance for the financial year 2025-26, a company statement on Thursday said it recorded a GWP of Rs 8,904 crore for FY26, compared to Rs 8,327 crore in the previous year, an increase of 6.9% for the year.

For the quarter, the GWP stood at Rs 2,348 crore as against Rs 2,134 crore in the corresponding quarter of last year, an increase of 10%.

The Profit Before Tax (PBT) for the quarter stood at Rs 99.25 crore and for the financial year, PBT was Rs 445 crore.

The net worth, as on March 31, 2026, stood at Rs 3,329 crore with 88% of the net worth from accumulated profits.

The Return on Equity (RoE), on average net worth, for the year was 10.45 per cent, while the company's investment corpus was over

Rs 19,000 crore, reflecting a well-diversified portfolio. The solvency margin stood at 1.96 times, comfortably above the regulatory requirement of 1.5 times.

In line with its focus on deepening rural reach, the company generated business from 2,13,264 Gram Panchayats across the country, covering over 62 lakh units/lives.

Chola MS continued to strengthen its customer and partner ecosystem, adding to OEM tie-ups, bancassurance partners and retaining all existing bancassurance relationships.

As part of its ongoing digital transformation journey, the company continues to enhance technology capabilities across multiple customer touchpoints. The rollout of advanced, cloud-enabled claims solutions in the motor insurance segment has improved operational agility and enabled faster, more efficient claim processing, in line with evolving customer expectations.UNI

West asia crisis affected India's industrial performance in early FY27: Monthly Economic Review

■ UNITED NEWS OF INDIA

NEW DELHI, APRIL 30: West Asia crisis has weighed on India's industrial performance in early FY27 with the fertiliser sector bearing the brunt of disruptions to gas and chemical supplies, said Monthly Economic Review (MER) released by the Department of Economic Affairs here on Wednesday.

The monthly economic assessment released by the finance ministry noted that business activity has been softened and e-way bill has fallen from its near 30 per cent peak in November 2025, despite absolute numbers reaching record levels in March this year.

Some indicators pointed towards the supply-side moderation in March, while demand-side indicators are resilient.

"India's policy response to date has demonstrated an ability to manage immediate disruptions without losing sight of long-term priorities," said MER.

Coming on the inflationary dynamics, the report noted that it remains moderate at CPI 3.4 per cent in March which is aided by robust policy measures.

The report warned that if supply disruptions persist, it will lead to a spike in consumer inflation.

"Monetary policy has there-

fore maintained a cautious stance, keeping the repo rate unchanged at 5.25 per cent while closely monitoring the second-round effects"

"As of March 31, 2026, bank credit has grown by 17 per cent year-on-year, although the ongoing West Asia crisis has slightly dampened bankers' optimism regarding loan demand and terms for Q1 FY27" the report said, highlighting the country's banking health.

In FY26, trade performance remained resilient despite a volatile environment as total exports increased by 4.2 per cent Y-o-Y, touching the mark of USD 860.1 billion.

Non-petroleum exports hit

the mark of USD 387.8 billion, which is historic, while services exports also touched USD 418.3 billion.

However, west asia crisis affected the trade numbers of March as total exports and imports reduced by 4.6 and 5.7 per cent respectively.

On growth predictions, the MER quoted the IMF's report and said, "India remains a relative bright spot with the IMF revising India's 2026 GDP growth upward to 6.5 per cent."

India's domestic demand, policy buffers, resilient financial system, and sustained public investment provide some insulation in the ongoing west asia crisis.

The report warned that "prolonged uncertainty about energy and fertiliser supply" is an important question.

MER also warned about El Niño Southern Oscillation (ENSO), which is expected to keep India's southwest monsoon below normal, and most rainfall districts are expected to receive below-normal rainfall this season.

So, the risks are tilted to the upside for the inflation, fiscal, and external deficits and to the downside for economic growth.

However, while striving to sustain economic growth, policy is expected to safeguard medium-term fiscal and external stability, the report concluded.UNI



Gill-Buttler Firepower Guides Titans to Victory

■ UNITED NEWS OF INDIA

AHMEDABAD: Gujarat Titans delivered a commanding performance to defeat Royal Challengers Bengaluru by four wickets in their Indian Premier League encounter on Thursday, successfully chasing down a modest target with aggressive intent and composure.

Opting to bowl first, Gujarat Titans restricted the defending champions to a below-par total of 155, putting themselves in a strong position early in the match. The bowlers executed their plans effectively, ensuring RCB never really gained momentum with the bat.

In response, Gujarat came out all guns blazing. Skipper Shubman Gill led from the front with a blistering knock of 43 off just 18 deliveries. His innings, laced with boundaries and fearless stroke play, set the tone for the chase and put immediate pressure on the RCB bowlers. Gill's aggressive approach ensured that the required run rate never became a concern.

He was ably supported by Jos Buttler, who continued the assault with a quickfire 39 off 19 balls. Buttler's innings maintained the tempo and kept Gujarat firmly ahead in the contest, even as wickets fell at the other end.

RCB found a glimmer of hope through the efforts of experienced pacer Bhuvneshwar Kumar, who delivered a disciplined spell to claim three wickets for 28 runs. His timely breakthroughs briefly slowed Gujarat's progress and raised hopes of a late comeback.

However, Gujarat's batting depth proved decisive. The middle and lower order contributed just enough to steady the innings and carry the team across the finish line. The Titans eventually reached the target in 15.5 overs, losing six wickets in the process.

With this victory, Gujarat Titans registered their fifth win of the season, taking their points tally to 10 and strengthening their position in the standings. For RCB, the loss highlighted the shortcomings of their batting performance, as their modest total failed to challenge a confident and in-form Gujarat side.

Punjab FC defends AIFF Elite Youth League title

■ UNITED NEWS OF INDIA

GARHSHANKAR (HOSHIARPUR): Three second half goals in 10 minutes saw Punjab FC beat Zinc Football Academy 3-0 and successfully defend their AIFF Elite Youth League 2025-26 title here on Tuesday.

Karish Soram opened the scoring in the 69th minute, Vishal Yadav doubled the advantage in the 70th minute and the game was put to bed by a 79th minute strike by Thongram Rishikanta Singh.

Punjab FC dominated possession throughout the first half, with most of the play confined to the Zinc Academy half. Vishal and Sameer both tested Zinc FA goalkeeper Smarnik Thapa early on, but the



custodian responded well to keep them out.

The goalkeeper was called into action again in the 30th minute, producing an excellent diving save to deny Satnam Singh's header from a corner.

At the other end, Zinc FA made good use of their set-pieces to create a couple of opportunities, but their efforts were directed straight at Viswajeet, ensuring both sides went into the half-time break locked at 0-0.

Zinc FA continued to be resilient in defence but the deadlock was broken in the 69th minute, after captain Vishal Yadav was pulled down just outside the penalty box. Karish Soram left the goalkeeper no chance as stunning left-footed curler flew into the top left corner.

The defending champions doubled their advantage within a minute. A misplaced pass by a slipping Zinc Academy defender allowed Vishal Yadav to intercept the ball high up the pitch. The Punjab skipper calmly defeated the advancing goalkeeper and slotted it home to make it 2-0.

Punjab FC continued the attacking momentum and found their third goal in the 79th minute. Moirangthem Sayonba Singh provided a perfectly weighted assist for Rishikanta, who dribbled past his marker and found the back of the net with a left footed shot. Punjab FC controlled the remainder of the game and defended the title in front of their home supporters.

Affarwat-XI Sports Club Baramulla Felicitates Debutant Idrees Mustafa Rehbar, Reaffirms Commitment to Youth Development

■ HT SPORTS DESK

BARAMULLA, APR 30: Affarwat-XI Sports Club Baramulla organized a felicitation ceremony to honour its newly joined player, Idrees Mustafa Rehbar, following his debut appearance for the club. The event, held after the match, witnessed the presence of team members, management, and local supporters who gathered to celebrate the young cricketer's entry into the club.

Idrees Mustafa Rehbar, who recently joined the squad, was appreciated for his dedication and potential. Club officials congratulated him on achieving this milestone and expressed confidence in his abilities to contribute positively to the team's future



performances. The felicitation ceremony highlighted the club's culture of encouraging and supporting emerging talent.

Speaking on the occasion, members of the club management reiterated that Affarwat-XI Sports Club Baramulla remains committed to promoting sports at the grassroots level. They emphasized that the club has consistently worked towards involving more youth in constructive sporting activities, aiming to channel their energy into positive avenues.

Over the years, the club has been actively organizing and participating in local tournaments, providing a platform for budding players to showcase their skills. By nurturing young

talent and offering them exposure, the club aspires to help players progress to higher levels of competition.

The management further stated that such initiatives not only boost the confidence of young players but also strengthen the sports culture in the region. They expressed hope that more youngsters would come forward to join sports and make a mark at district, state, and national levels.

The event concluded with words of encouragement for Idrees Mustafa Rehbar and other aspiring players, reaffirming the club's vision of building a strong, talented, and disciplined sporting community in Baramulla.

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