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“Despite Repeated Invasions, Somnath Has Continued To Guide India”: LG Sinha

LG Said That Somnath Temple Symbolizes India’s Enduring Faith, Cultural Strength

HT NEWS NETWORK

SRINAGAR, MAY 11: Lieutenant Governor Manoj Sinha on Sunday said that the historic Somnath Temple has remained a beacon of faith and national strength despite repeated invasions and destruction over centuries, describing it as a timeless symbol of India’s spiritual and cultural identity.

Addressing a gathering during the “Somnath Swabhiman Parv” celebrations at Lok Bhavan after



offering prayers at the temple event, the Lieutenant Governor said Somnath represented the enduring spirit of the nation and continued to inspire generations with its resilience and sacred legacy.

“Despite countless invasions and destruction by aggressors, Somnath has continued to guide India towards new horizons,” Sinha said. He said the reconstruction and consecration of the temple in 1951 marked the revival of national confidence and cultural

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LG Inaugurates National Youth Festival- Aarohan 2026 in Srinagar

HT NEWS NETWORK

SRINAGAR, MAY 11: The Lieutenant Governor, Shri Manoj Sinha today inaugurated National Youth Festival- Aarohan 2026 in Srinagar.

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“Statehood Cannot Be Achieved In One Meeting”: Omar Abdullah

HT NEWS NETWORK

NEW DELHI, MAY 11: Jammu and Kashmir Chief Minister



Omar Abdullah on Monday met Union Home Minister Amit Shah in New Delhi to discuss a range of issues concerning

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CS Reviews Census-2027 Readiness, Stresses Public Participation

HT NEWS NETWORK

SRINAGAR, MAY 11: Chief Secretary, Atal Dulloo today chaired the 3rd meeting of the UT Level Census Coordination Committee here to review the preparedness for the initial phase of Self-Enumeration and House Listing activities for Census 2027 across the districts of Jammu and Kashmir.

The Chief Secretary took this occasion to emphasize on the need for conducting vigorous and comprehensive training programmes for

both Enumerators and Supervisors to ensure the highest standards of accuracy and reliability in data capturing during the Census process. He underscored that well-trained field functionaries would be key to maintaining the integrity and credibility of the entire enumeration exercise.

He further directed that the formation and demarcation of House Listing Blocks (HLBs) be completed well before the commencement of

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CS Pushes NABH, NQAS Certification for All Health Institutions

HT NEWS NETWORK

SRINAGAR, MAY 11: Chief Secretary, Atal Dulloo today chaired a comprehensive review meeting of the National Health Mission (NHM) and allied healthcare programmes in Jammu and Kashmir and took stock of the achievements, challenges and future roadmap

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“We Must Reduce Fuel Consumption And Dependence On Imports”: PM Modi

HT NEWS DESK / AGENCIES

NEW DELHI, MAY 11: Narendra Modi on Monday called for nationwide restraint in fuel consumption and reduced dependence on imports as the ongoing crisis in West Asia continues to raise concerns over global energy supplies and economic stability.

Addressing a public gathering in Vadodra after inaugurating the



Sardar Dham Hostel, the Prime Minister appealed to citizens to adopt responsible spending practices, reduce the use of imported products and conserve foreign exchange reserves during what he described as one of the most serious international crises in recent years.

“The West Asia crisis is one of the worst in the decade; just as we

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CONTINUE FROM FRONT PAGE.....

“Despite Repeated.....

pride after Independence. “From the consecration of the rebuilt Somnath on May 11, 1951, this sacred place has awakened the deepest spirit in every Indian. Its blessings will continue to inspire the country with renewed determination,” he said. The Lieutenant Governor described Somnath as a living symbol of India’s spiritual traditions and civilizational continuity. “Somnath represents the soul of India. It reflects devotion, truth, faith and strength. Its sanctity lives in the heart of every Indian,” he said.

Highlighting the temple’s historical significance, Sinha said no other place of worship had suffered repeated destruction so many times and yet risen again with equal grandeur. He referred to repeated attacks on the temple by invaders including Mahmud of Ghazni, Alauddin Khilji and Zafar Khan, saying the shrine survived in the collective consciousness of the people despite centuries of turmoil.

“The story of Somnath is the story of courage, faith and reconstruction. Even after repeated destruction, it continued to stand as a source of strength for society,” he said.

The Lieutenant Governor paid tribute to historical figures who defended and preserved the temple through different periods of history, including Bhim Dev, Jayapal, Anandpal and Maharaja Dharsen.

He also recalled the role played by Sardar Vallabhbhai Patel in initiating the reconstruction of the temple after Independence and noted that the consecration ceremony was performed by Dr. Rajendra Prasad on May 11, 1951.

Calling the rebuilding of Somnath a symbol of national renewal, Sinha said the temple remained a source of inspiration for building a stronger and more confident India.

“Somnath Temple is a beacon for the nation. It continues to inspire unity, faith and collective strength,” he said.

Among those present on the occasion were Satish Sharma, Atal Dulloo, Nalin Prabhat, senior officials and prominent citizens.

LG Inaugurates.....

The Lieutenant Governor said this event declares a new vision of ‘Rise, Shine, and Conquer’ to our youth which encapsulates a complete philosophy that lights the path to the future, a promise, and a bold challenge to build a developed India @2047.

“National Youth Festival is also a proclamation that the time for youth has arrived. Through Youth Festival’s ‘Young Leaders Dialogue,’ we are laying the very foundation and the framework on which the next chapter of India’s glorious heritage will stand tall,” the Lieutenant Governor said.

The Lieutenant Governor observed that history was never made by those who waited for permission to be extraordinary. He urged the youth participating in ‘Viksit J&K Young Leaders Dialogue’, ‘Hackathon’ and ‘Cultural Event’ to rise up and commit to building a developed India that future generations will take pride in. He said governance can’t thrive without the voice of its youth and inclusive governance means ensuring young people have a real stake in the work happening across every key sector.

“Every young boy and girl has incredible talent. They just need opportunities and faith in themselves. I want India’s youth to create their own paths instead of treading well-worn trails, because innovation and invention spring from uncharted routes. What India needs is youth brave enough to shatter pre-made molds,” the Lieutenant Governor said.

The Lieutenant Governor also stated that culture is our identity and it is the vibrant proof of our existence, revealing who we are and what dreams and aspirations drive us. He said when young people express themselves through music, art, literature, dance, theater, sports, and crafts, they are channeling the soul of India itself.

The Lieutenant Governor said that the youth must embrace their uniqueness instead of copying others and realise their full potential.

“The world doesn’t need another copy of someone who already exists. It craves no duplicates. It needs unique youth like you, individuals with one-of-a-kind personalities who don’t just shine for themselves, but light the way for those who come after,” the Lieutenant Governor said.

He said victory isn’t about dominating others but about conquering apathy, overcoming inequality, and defeating despair.

“Our youth must remember that humanity’s greatest triumphs weren’t won on battlefields. The biggest victories emerged from classrooms and labs, achieved by young trailblazers who refused to accept the world as they found it and transformed it through their resolve and grit. We must triumph over darkness. We must conquer the fear of bold new experiments. And we must resolve to build a strong, empathetic, and developed India,” the Lieutenant Governor said.

Shri Satish Sharma, Minister for Youth Services & Sports; Shri Ashwani Kumar, Additional Chief Secretary, Power Development Department; Dr Shahid Iqbal Choudhary, Commissioner Secretary to Government, Youth Services and Sports; Shri Akshay Labroo, Deputy Commissioner Srinagar; Dr GV Sundeeb

Chakravarthy, SSP Srinagar; Ms Anuradha Gupta, Director General, Youth Services and Sports; Young leaders from various parts of the country, senior officials and youth in large number were present.

“Statehood.....

the Union Territory, including restoration of statehood, business rules and administrative matters.

Speaking to reporters before leaving Srinagar for the national capital, Abdullah said the long-pending issue of statehood restoration would be taken up during the meeting, while acknowledging that the matter could not be resolved through a single discussion.

“I wish we could have got our statehood after one meeting with the home minister. If that was the case, we would have got it a long time ago. But yes, I will raise statehood, business rules and other issues concerning Jammu and Kashmir in the meeting,” the Chief Minister said.

The meeting assumes significance amid continuing political discussions over the restoration of full statehood to Jammu and Kashmir following its reorganisation into a Union Territory in 2019.

Abdullah also addressed the Centre’s recent decision authorising the Lieutenant Governor to exercise powers related to telecom services during public safety events and national emergencies under the Telecommunications Act, 2023.

Defending the move, the Chief Minister said powers linked to law and order and security appropriately fall under the jurisdiction of the Lieutenant Governor.

“There is nothing wrong in this. These powers should remain with the Lieutenant Governor because security and law and order are under his charge,” Abdullah said.

He further clarified that orders relating to suspension of internet or phone services are issued by the Home Department, which functions under the Lieutenant Governor’s authority.

Last week, the Centre empowered the Lieutenant Governor of Jammu and Kashmir to exercise provisions under Section 20(2) of the Telecommunications Act, including interception of signals, suspension of telecom services and decryption of messages during situations concerning public safety and national security in the Union Territory.

“We Must.....

overcame the COVID-19 pandemic, we will come out of this also,” Modi said while expressing confidence in the country’s ability to withstand global economic pressures.

The Prime Minister urged people to reduce private vehicle use, make greater use of public transport and shift towards electric vehicles in order to lower fuel consumption. He also encouraged organisations and institutions to promote work-from-home arrangements wherever possible to minimise travel and save energy.

Emphasising India’s heavy dependence on imported crude oil and cooking gas from the West Asia region, Modi said every effort must be made to reduce unnecessary imports and avoid activities that involve excessive spending of foreign currency.

“We must make every effort to reduce the use of imported products and avoid personal activities that involve spending foreign currency,” he stated.

In a significant appeal aimed at protecting foreign exchange reserves, the Prime Minister advised citizens to postpone non-essential gold purchases, noting that large quantities of the precious metal are imported every year.

Referring to previous national crises, Modi said citizens had always responded responsibly during difficult times and expressed confidence that the country would once again display unity and discipline.

“Whenever India faced war or any other major crisis, citizens fulfilled their responsibilities upon the government’s appeal; we need to do the same today,” he said.

The Prime Minister had first outlined these austerity measures during an event in Telangana on Sunday before reiterating them during his address in Gujarat on Monday.

CS Reviews.....

enumeration so that the process remains seamless, exhaustive and free from any lacunae. He stressed upon close monitoring of the progress at district and charge levels to avoid delays and ensure proper ground preparedness.

The Chief Secretary also called for launching effective and coordinated promotional campaigns involving different departments and stakeholders on designated thematic days to encourage citizens to voluntarily participate in the Self-Enumeration process. He observed that active public participation and awareness would play a crucial role in making the Census exercise successful and inclusive.

The Chief Secretary reviewed district-wise preparedness and stressed upon all Deputy Commissioners and concerned officers to ensure seamless coordination, timely completion of preparatory activities and extensive public outreach for achieving maximum participation in Self-Enumeration. He emphasized the importance of regular monitoring at district and charge levels to ensure smooth conduct of the House Listing phase.

During the meeting, Additional Chief Secretary, Finance, Shailendra Kumar stressed upon conducting multiple rounds of trainings for Enumerators and Supervisors keeping in view the critical and sensitive nature of the Census exercise. He also emphasized that no household, particularly in remote and hilly areas, should be left out during the formation of House Listing Blocks, calling for meticulous planning and field verification to ensure complete coverage.

During the meeting, Director, Census Operations J&K and Ladakh, Amit Sharma, gave a detailed presentation outlining the progress achieved in training of field functionaries, formation of House Listing Blocks (HLBs), appointment of enumerators and supervisors, publicity plans, administrative preparations and fund utilization for the upcoming Census operations.

The meeting was informed that a total of 29 batches for training of Field Trainers had been created across all districts and the training process had substantially been completed by May 10, 2026. Training batches for Enumerators and Supervisors have also been constituted in 17 districts, while training programmes have already commenced in 12 districts.

The Director further informed that all districts and Municipal Corporations have identified the required field staff and the process of appointment and registration on the Census Management and Monitoring System (CMMS) portal is underway.

It was further informed that the Office of the Registrar General and Census Commissioner, India (ORGI) has approved deployment of 27,784 field functionaries for the UT, including 23,774 Enumerators and 4,014 Supervisors, excluding reserve staff.

Moreover QR-coded appointment letters and identity cards for registered field staff will be generated through the CMMS portal and distributed along with kit items after completion of trainings here.

Regarding House Listing Block formation, the meeting was apprised that more than 24,000 HLBs have been created across Jammu and Kashmir. Out of these, more than half have already been geo-tagged and demarcated. The meeting was apprised that certain districts have sought updation and correction in administrative units, following which related issues have been taken up with ORGI for early resolution.

The presentation also highlighted a comprehensive publicity and awareness campaign being planned for Self-Enumeration. As per ORGI guidelines, the campaign would include print, television, radio and digital media outreach, besides outdoor publicity, social media engagement, exhibitions, mobile publicity vans, nakkad natak and community-level awareness initiatives in multiple languages including Urdu, Dogri and Gojri.

The meeting was also informed that Self-Enumeration of VVIPs would commence on May 17, 2026, the first day of Self-Enumeration, in accordance with the Standard Operating Procedures issued by ORGI for encouraging general public. Extensive media coverage and public awareness messaging would also be undertaken during the campaign.

A thematic 15-day Self-Enumeration outreach calendar has also been prepared to ensure participation from different sections of society, including elected representatives, educational institutions, judiciary, uniformed services, industries, health institutions, women’s groups, senior citizens, media organizations and youth groups.

To achieve 100 percent Self-Enumeration, districts have been advised to involve Panchayati Raj Institutions, Common Service Centres, educational institutions and local bodies for facilitating citizens in the enumeration process free of cost. Various districts have already initiated awareness campaigns through public meetings, school activities, debates, press conferences and Gram Sabha announcements.

The meeting also reviewed the status of updation of administrative units on the CMMS portal. It was divulged that administrative boundaries had been frozen as on December 31, 2025, in accordance with notifications issued by the Government of India and the J&K Government. However the requests for updation of villages, wards and locality names have been received from districts and submitted to ORGI for earlier approval.

CS Pushes.....

of the Health & Medical Education Department for strengthening healthcare delivery across the Union Territory.

The meeting, besides Commissioner Secretary, Health & Medical Education, was attended by MD, NHM; Director, SKIMS; Principals of Government Medical Colleges; Director, Health Services, Jammu/Kashmir, besides other concerned officers.

During the meeting, the Chief Secretary stressed the need for further strengthening healthcare systems and directed that premier healthcare institutions in Jammu and Srinagar should immediately initiate the process for securing NABH accreditation.

He instructed each Medical College in these cities to designate a nodal officer for ensuring institutional preparedness and observed that other Medical Colleges and District Hospitals should subsequently follow the same model

to improve quality standards and patient care services across the UT to get accredited under NABH framework.

Emphasizing the need for equitable healthcare access, the Chief Secretary directed the department to ensure posting of at least one Medical Officer in every Primary Health Centre and reiterated that no health institution across Jammu and Kashmir should remain without a doctor.

He also called for expediting the tendering process for establishment of Tele-ICU, Tele-Radiology and BEMMP facilities, stating that these initiatives would significantly strengthen tertiary care delivery and enable patients to avail advanced healthcare services closer to their homes.

Reviewing quality assurance measures, the Chief Secretary directed the Directors of Health Services to ensure certification of all health facilities under the NQAS framework within the current year. He stressed that quality certification and adherence to healthcare standards are essential for improving service delivery and public confidence in government healthcare institutions.

The Chief Secretary also reviewed the ongoing screening of the population for Non-Communicable Diseases (NCDs) and emphasized intensifying efforts for screening people above 40 years of age. Describing NCDs as silent killers, he warned that these ailments could assume alarming proportions if neglected and underscored the importance of promoting lifestyle modifications and preventive healthcare measures among the general public.

He further called for strengthening Drugs & Vaccine Distribution Management System (DSDMS) to improve availability of drugs under the Essential Drug List across healthcare institutions.

The Commissioner Secretary, Health & Medical Education, M. Raju, during the meeting elaborated upon the steps taken by the department for implementation of the directions issued previously and also gave a detailed overview of the progress achieved under various programmes being implemented under NHM.

He maintained that Jammu and Kashmir has registered remarkable improvement in major healthcare indicators and has already achieved the Sustainable Development Goal targets for Neonatal Mortality Rate and Under-Five Mortality Rate besides meeting several National Health Policy targets ahead of schedule. Mission Director, NHM, Akriti Sagar apprised the meeting that significant improvement has been recorded in Neonatal Intensive Care Units (NICUs) and Sick Newborn Care Units (SNCUs), where the successful discharge rate of neonates increased from 76 percent during 2024-25 to 83 percent in 2025-26, while neonatal deaths and referrals to higher institutions have shown a decline.

Reviewing the Rashtriya Bal Swasthya Karyakram (RBSK), she informed the meeting that more than 18.84 lakh children had been screened under the programme during the current financial year while over 1.51 lakh children requiring treatment were referred to higher healthcare institutions.

The review further highlighted remarkable institutional delivery coverage in the UT, with nearly 99.82 percent deliveries during 2025-26 taking place in health institutions, reflecting improved maternal healthcare outreach and accessibility. Under Janani Shishu Suraksha

Karyakram (JSSK), more than 1.61 lakh pregnant women were provided free drugs and consumables while over 1.46 lakh women received free diet during hospitalization.

The meeting was also informed that Jammu and Kashmir has emerged as the top-performing region in the country in X-Ray utilization under the TB Mukta Bharat Abhiyaan 2.0 campaign. A total of 1,518 high-risk villages have been identified for intensified TB screening through special shivirs and the UT has already organized 333 screening camps with participation of more than 30,000 people.

It was informed that five districts including Anantnag, Budgam, Kulgam, Pulwama and Shopian have been declared TB-free, while more than 5,500 TB patients are currently undergoing treatment in the UT with all patients linked to designated doctors for regular monitoring and treatment supervision.

Reviewing emergency healthcare services, the meeting was informed that over 5.60 lakh beneficiaries have availed services through the 102 and 108 ambulance network in Jammu and Kashmir. The 104 Medical Helpline has catered to more than 12.82 lakh beneficiaries during 2025-26 and the proposal for its round-the-clock operation has already received approval at the national level.

The review also highlighted the growing impact of Tele-MANAS services in providing mental health support across the UT. The Tele-MANAS cell established at IMHANS, GMC Srinagar has received over 1.53 lakh calls till date, including calls related to substance abuse counseling.

Regarding Comprehensive Primary Healthcare services, the meeting was informed that 87 percent of Ayushman Arogya Mandirs in the UT have been operationalized and are providing expanded healthcare packages including free drugs and diagnostic services. OPD attendance at these facilities has crossed 3.33 crore cumulatively during the last three financial years, indicating enhanced public trust in primary healthcare institutions.

The meeting also reviewed implementation of the Pradhan Mantri National Dialysis Programme under which dialysis facilities have been established in all districts and several Community Health Centres. More than 68,000 dialysis sessions were conducted during 2025-26 and additional facilities are being developed for further expansion of the programme.

While reviewing the National Programme for Prevention and Control of Non-Communicable Diseases, the Chief Secretary was informed that more than 42 lakh people have been screened for hypertension and diabetes during the current financial year.

The meeting further reviewed progress achieved under the National Quality Assurance Standards framework, where a substantial increase in certified healthcare institutions was reported. A total of 409 facilities have achieved certification till April 2026 against only 12 facilities till March 2024.

The review also covered implementation of telemedicine services under e-Sanjeevani, Hospital Management Information Systems, Tele-ICU and Tele-Radiology projects besides progress under PM-ABHIM and Emergency COVID Response Package infrastructure projects.

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DC Srinagar reviews progress of Revenue record digitisation

Emphasizes 100 percent digitisation of revenue records by this month end

■ HT NEWS NETWORK

SRINAGAR, MAY 11: Deputy Commissioner (DC) Srinagar, Akshay Labroo today chaired a review meeting senior Revenue Officers at the Conference Hall of the DC Office Complex to assess tehsil-wise progress on key revenue matters, with specific focus on the digitisation of revenue records in the district.

The meeting was attended by Additional Deputy Commissioner, Mir Imtiyaz Ul Aziz, Additional Deputy Commissioner, Aadil Fareed, SDM West Irfan Bahadur, SDM East Zubair Ahmad, Assistant Commissioner Revenue Umar Gulzar, all Tehsildars and other concerned.

At the outset, the DC undertook a detailed assessment of the ongoing digitisation process across all Tehsils and directed



Officers to expedite the remaining digitisation activities to ensure 100 percent completion of the process by end of this month.

While reviewing the progress of digitisation of Revenue records in the district, the DC was informed that over 75 percent of Revenue records have been digitised so far across Srinagar district, while the work on the remaining records is progressing at a fast pace.

The DC stressed that digitisation of Revenue records is a vital governance reform aimed at ensuring transparency, efficiency and citizen-centric service delivery, besides facilitating easy access to land-related information. He instructed the officers to maintain close coordination and ensure accuracy in the digitised records to avoid discrepancies and inconvenience to the public.

Zeeshan Mohiuddin Felicitated at SYNERTech 2026

Ex-IGP Raja Aijaz, Honours Editor in Chief JK Revolution at KCET

■ HT NEWS DESK

SRINAGAR, MAY 10: Editor-in-Chief of JK Revolution Newspaper, Zeeshan Mohiuddin, was felicitated during the prestigious SYNERTech 2026 in recognition of his outstanding contribution to journalism and media.

The honour was presented by Raja Aijaz Khan



in the presence of Syed Jalal and members of the college administration at Kashmir College of Engineering and Technology.

The ceremony acknowledged the remarkable efforts and dedication of Zeeshan Mohiuddin in highlighting public issues, promoting responsible journalism, and contributing positively to society through the platform of JK Revolution Newspaper.

Speaking on the occasion, the dignitaries appreciated the role of independent journalism in strengthening democracy and spreading awareness among the masses. They lauded the commitment and professionalism demonstrated by Zeeshan Mohiuddin in the media sector.

The two-day SYNERTech 2026 programme witnessed participation from academicians, students, media professionals, and distinguished guests at the college campus in Srinagar.

GDC Ganderbal conducts PRC-cum-Special Lecture under FYUGP (NEP 2020)

■ HT NEWS NETWORK

SRINAGAR, MAY 11: The Department of Urdu, Government Degree College Ganderbal, successfully organized a PRC-cum-Special Lecture under the ambit of the FYUGP course envisioned in the National Education Policy (NEP 2020).

The programme witnessed active participation from faculty members, students, and research scholars. During the session, three research students presented their research synopses before the PRC committee. The external expert and faculty members thoroughly reviewed the presentations and suggested necessary changes and improvements in their synopses to enhance the quality and academic standard of their research work.

Speaking on the occasion, Principal of GDC Ganderbal, Prof. Fouzia Fatima, appreciated the Department of Urdu for its academic initiatives and remarked that the college presently has only two departments offering research facilities — Zoology and Urdu. She described this achievement as a landmark development for the institution and congratulated the Department of Urdu for its continuous academic progress.

Head, Department of Urdu, Dr. Jamsheeda Akhter, appreciated the collective efforts and dedication of all the faculty members of the department, particularly Prof. Nusrat Nabi and Dr. Junaid, for successfully organizing the event.

The invited external expert, Dr. Mushtaq Husain (Hyder), Associate Professor, Kashmir University, delivered a detailed special lecture on "Research Ethics and Methodology." He guided students on various dimensions of research writing, ethical practices, citation methods, and research techniques. The students benefited immensely from the interactive session and gained valuable academic insights.

Dr. Jamsheeda Akhter efficiently coordinated the programme, introduced the objectives and significance of the PRC before the audience, and also moderated the session in a commendable manner.

The programme concluded with a formal vote of thanks delivered by Prof. Nusrat Nabi, who expressed gratitude to the Principal, the external expert, faculty members, and students for their active participation and cooperation.

KVK-Anantnag, SKUAST-K Organizes "Nasha Mukht Bharat Abhiyan" Programme; Hundreds Participate in Anti-Drug Awareness Rally

■ HT NEWS NETWORK

ANANTNAG, MAY 11: As part of the nationwide Nasha Mukht Bharat Abhiyan, Krishi Vigyan Kendra (KVK)-Anantnag, SKUAST-K today organized a massive awareness programme against drug abuse at its campus, witnessing enthusiastic participation from hundreds of school students, government officials, civil society members, religious leaders, farmers, academicians, and youth representatives. Students from different schools participated actively in the programme and pledged to contribute towards building a drug-free society.

The programme was attended by senior officers from the civil administration and Police Department, including Mr. Parvaiz Rahim, SDM, Dooru who was the Chief Guest on the occasion.

Welcoming the guests and participants, Dr. Ishiyayq A. Khan highlighted the growing need for collective societal action to eradicate the menace of drug addiction. Delivering a powerful and motivating address to the students and youth, Dr. Khan remarked that the age they are presently in has the potential to shape them either into responsible citizens or lead them astray, and that "the choice is entirely theirs."

Referring to the message of the Hon'ble Prime Minister under the Nasha Mukht Bharat campaign, Dr. Khan stressed the importance of adopting the "3Ds" — Determination, Dedication, and Discipline — to fight the menace of substance abuse. He cautioned that failure to follow the path of discipline could push youth towards another set of "3Ds" — Darkness, Destruction, and Devastation.

Dr. Khan also elaborated upon the journey of KVK-Anantnag, stating that the institution has evolved not merely as a scientific and agricultural extension institution but also as a socially responsible organization committed to addressing rural societal concerns affecting rural



communities and youth.

Speaking on the occasion, the SHO-Doru Mr. Owais G. Dar from the Police Department sensitized the participants regarding the legal implications of drug abuse and narcotics trafficking. He urged students, parents, and society at large to remain vigilant against drug peddlers and suspicious activities. He also discussed the forward and backward linkages associated with illegal substances and highlighted the stringent legal provisions and actions being implemented against those involved in the narcotics trade.

Earlier, noted social and environmental activist Dr. Jan Waseem appreciated the efforts of the Government, particularly the Hon'ble Lieutenant Governor of Jammu & Kashmir, for vigorously launching awareness campaigns and interventions aimed at eradicating the drug

menace from society.

Speaking on the occasion, Parvaiz Rahim emphasized the need for co-ordinated community participation, awareness, and youth engagement to effectively combat drug addiction and safeguard future generations.

A pledge ceremony was also organized wherein all participants collectively resolved to work towards making Anantnag, Jammu & Kashmir, and India drug-free by spreading awareness and promoting healthy lifestyles. The gathering raised slogans of "Say No to Drugs, Yes to Life" with great enthusiasm.

The programme concluded with a large awareness rally from the KVK-Anantnag campus to adjoining villages, during which participants carried placards and raised anti-drug slogans to sensitize the general public about the harmful effects of substance abuse.

90 Bn CRPF Organises Anti-Drug Awareness Programme at DPS Sangam Under Nasha Mukht Bharat Abhiyan

■ FAROOQ RATHER

ANANTNAG, MAY 11: As part of the ongoing Nasha Mukht Bharat Abhiyan, 90 Battalion CRPF on Sunday organised a comprehensive anti-drug awareness programme under the Civic Action Programme at Delhi Public School Sangam.

The programme was inaugurated by Kamleendra Pratap Singh, who attended the event as the chief guest. Among others present were Pankaj Kumar Singh, Rakesh Kumar, Sartaj Ahmad and Sanjay Sharma, besides faculty members and students.

Addressing the gathering, Commandant Kamleendra Pratap Singh highlighted the serious and far-reaching consequences of drug abuse, particularly among the youth. He stressed the importance of maintaining a healthy and disciplined lifestyle and urged students to play an active role in creating awareness and building

a drug-free society. He encouraged students to stay away from narcotics and administered a mass pledge to students, teachers, staff members and school management, reaffirming their commitment towards the eradication of drug abuse.

The programme also featured expert sessions by medical professionals Dr. Samreen Rasool and Dr. Brajul Afaq, who spoke in detail about the physical, psychological and social consequences of substance abuse. They also emphasized the importance of early prevention, timely intervention and community awareness in tackling the menace of drug addiction.

The event witnessed enthusiastic participation from students and staff, who appreciated the initiative and actively engaged in spreading the message of the Nasha Mukht Bharat Abhiyan.

The awareness programme aimed to sensitise young minds about the dangers of narcotics and motivate them to adopt responsible, healthy and positive life choices.



Healing Nature, Healing Minds: AIPWS, and CRPF Spearhead Major Green Drive in Bhadarwah

■ AMIR IQBAL KHAN

BHADARWAH, MAY 11: In a major push towards environmental sustainability and social wellness, the All India People's Welfare Society (AIPWS) and the 33 Battalion of the Central Reserve Police Force (CRPF) on Monday joined hands to conduct a massive plantation drive at the Sub District Hospital (SDH) Bhadarwah.

The initiative, themed "Youth

Vision for a Greener Tomorrow," was organized under the national framework of the Nasha Mukht Bharat Abhiyan. As part of the drive, the organizers donated over 23 extra-large plant pots, each featuring flowering saplings, to be placed across the hospital premises to enhance the healing environment. Guided by AIPWS National Chairman Amir Iqbal Khan, the drive was executed on the ground by a team of volunteers

led by the organization's President, Zaffar Hussain Wani.

Speaking on the occasion, Wani emphasized that the drive represents a pivotal shift in how the younger generation approaches ecological challenges. "The objective was not just to put a plant in the soil, but to acknowledge that India's youth have a new vision for a greener tomorrow," Wani said. "As a socially responsible organization, AIPWS is committed

to making a significant contribution to a sustainable future while addressing the dual challenges of ecological conservation and the eradication of substance abuse." The event saw enthusiastic participation from the hospital's medical and administrative staff, creating a unique synergy between healthcare and environmental wellness. Lauding the effort, Block Medical Officer (BMO) Bhadarwah, Dr. Varsha Sharma, noted

that the AIPWS has become a pillar of social service in the region. "Whether it is organizing blood donation camps at this hospital, conducting cleanliness drives or carrying out plantation campaigns, this team has always remained at the forefront," Dr. Sharma said. "The passion shown by these volunteers should inspire our youth to collectively build a drug-free and healthy society under the Nasha Mukht Bharat Abhiyan."

Deputy Chief Minister conducts extensive tour of Nowshera constituency

Stresses on quality, timely completion of ongoing development projects

■ HT NEWS NETWORK

RAJOURI, MAY 11: Deputy Chief Minister Surinder Choudhary today conducted an extensive tour of the Nowshera constituency in Rajouri district to assess the progress of various ongoing developmental projects and review public service delivery across key sectors.

The Deputy Chief Minister visited the Sub-District Hospital Sunderbani, where he inspected the healthcare facilities, patient care services and overall functioning of the hospital. He directed the concerned officers to ensure efficient healthcare delivery, adequate medical facilities and prompt public service for the people.

He also inspected the ongoing works at the PWD (R&B) Guest House Kangri and emphasized the need for timely completion of the project while maintaining high quality standards.

At Siot Morh, the Deputy Chief Minister reviewed the progress on the Siot-Kalakote PMGSY Road project. Stressing the importance of improved road connectivity, he directed the executing agencies to expedite the work for the convenience of the local population.



During his visit to Bagnoti Nallah Bridge, the Deputy Chief Minister inspected the under-construction MCH Hospital at Lamberi and assessed the pace of work on the project.

Reviewing the ongoing developmental works on Dhera Road, he reiterated the importance of quality execution and timely completion to enhance connectivity and public convenience.

He also visited the I&FC Guest House Rajal and inspected the developmental works being carried out there. He stressed for efficient execution and improvement of infrastructure facilities for greater public benefit.

At the PWD (R&B) Guest House Nowshera, the Deputy Chief Minister reviewed several ongoing developmental initiatives in the constituency.

Interacting with the officers, he reiterated the government's commitment towards timely implementation of public welfare and infrastructure projects.

The Deputy Chief Minister further visited the Sports Stadium Nowshera and inspected the ongoing developmental works at the stadium.

"The government is focused on creation of sports infrastructure and develop better facilities to promote youth engagement and nurture sporting talent in all areas," he said.

The Deputy Chief Minister also inspected the facilities and functioning at Sub-District Hospital Nowshera. He directed the authorities to ensure improved patient care, adequate medical infrastructure and better healthcare services for the public.

Later, the Deputy Chief Minister visited the bridge project at Masiti Mohalla Nonial and reviewed the ongoing construction works. He stressed the need for timely completion of the bridge to improve connectivity and facilitate smooth movement for local residents.

Senior officers accompanying the Deputy Chief Minister during the tour included the Additional Deputy Commissioner (ADC), Superintending Engineers, Executive Engineers of various engineering wings, Block Medical Officers (BMOs) and other concerned officials.

District Admin Bandipora organises Awareness Programmes across Educational Institutions, Panchayats

■ HT NEWS NETWORK

BANDIPORA, MAY 11: The ongoing 100-Day Nasha Mukta Jammu and Kashmir Abhiyan continued across Bandipora district on Monday with awareness programmes, group discussions, essay competitions, pledge ceremonies and IEC campaigns organised in various educational institutions and Panchayat Halqas to spread awareness about the harmful effects of drug abuse and promote a healthy



and drug-free society.

Discussions on "Myths about Drug Addiction" were organised at Higher Secondary School Sumbal, HSS Nowgam, HSS Mantrigam, Government HSS PTL Gurez, HSS Gadakhud, Government High School Naidkhai, High School Kehnusa, High School Achoora and other institutions.

Students and faculty members actively participated in the programmes, where speakers highlighted the physical, psychological and social consequences of substance abuse and encouraged students to adopt healthy lifestyles.

Essay writing competitions under the Nasha Mukta Abhiyan were organised at Government High School Nadihal, HSS Nowgam and Government Higher Secondary School Chuntimulla, while pledge-taking ceremonies were held at Islamic Model School Wangipora and HSS Quilmuqam.

PMSHRI HSS Shadipora also organised an awareness session and mass pledge under the campaign. IEC campaigns and awareness activities were also conducted at Government Higher Secondary School Purana Tulail Gurez, Jurniyal-A, Nadihal-B, Dangerpora, Buglinder-A, HS Panar, HS Ahamsharif and various Panchayat Halqas including Dawar Gurez, Kawpora and Payeen Badugam.

The programmes witnessed active participation of students, teachers, Panchayat representatives and general public, reflecting the continued commitment towards the successful implementation of the Nasha Mukta Jammu and Kashmir Abhiyan across the district.

Power Shutdown by KPDC

■ HT NEWS NETWORK

SRINAGAR, MAY 11: Chief Engineer, Distribution KPDC has informed that the Shutdown of 33 KV Habbak-Zakura-Burzama line will be observed due to which power supply to Zakura, Batpora, Gulabagh, Burzama, Chaterhama, Tailbal, Danihama, Khimber, Shuperbagh and adjoining areas will be affected from 09 AM to 3:30 PM on 17 May 2026.

Similarly, shutdown of 33 KV Cheshmashahi-Brein-Nishat line and Cheshmashahi-Shalimar-Line/Nishat Tap line will be observed due to which power supply to Dalbund, Brein, Tulip Garden, Pahloo, Taj Vivanta, BSNL, Nishat, Foreshore, Pathanbagh, Filtration plant and adjoining areas will be affected from 09 AM to 3:30 PM on 13 & 19 May 2026.

Likewise, shutdown of 33 KV Cheshmashahi-Buchwara line will be observed due to which power supply to BB-Cant Tap line, Nehru Park, Dalgate, Dal, Zabarwan and adjoining areas will be affected from 9 AM to 3:30 PM on 12 May 2026.

Similarly, shutdown of 33 KV Cheshmashahi-TRC-Nedous line/ Rajbagh Tapline will be observed due to which power supply to TRC, Nedous, Sonwar, Zabarwan, Dalgate and adjoining areas will be affected from 09 AM to 3:30 PM on 13 May 2026.

Furthermore, shutdown of 220/132/33 KV GSS Delina will be observed due to which power supply to Panzipora, Tarzoo, Hygam, Shair Colony, Arampora, Mahrajpora, Bugoo, Police Station Sopore, ADC Sopore, Watlab, Hathlangoo, Warpora, Dooru, Shiva, Tujjar Sharief, Tujjar Shrine, Nowpora, Mazbugh, Reban, Achabal, Doabgah, Ferozpora, Panzulla, Shutloo, Chakloo, Ladoora, Nadihal, Seer, PHE, Fruit Mandi, LIS, Dangiachi, Hachipora, Hadipora, Watrigam, Safalpora, Ganpora, Nowpora, Achabal, Seelu, Bomai, Seer, Chakloo, Rohama, Ludoora, Delina, Jetty, Railway, Chandosa, Sultanpora, Sangrama, Kreeri, Wagoora, Kalantra, Hard-Ichloo, Sopore Town, TSS Baramulla, Salamadbad, Uri, Bandi, Rampora, Noorkhah, Mohara, Peernia, Nowshera, Boniyar, Sheeri, Drangbal, Bagi-Islam, Baramulla Town, DC Office Baramulla, GMC Baramulla, Kanlibagh, MES, Malpora, Gantamulla, Magam, Mazhama, Kongamdera, Ahmedpora, Aripanthan, Khag, Beerwah, Arizal, Dhobiwan, Kunzer and adjoining areas will be affected from 02:30 PM to 03 PM on 15 May 2026.

DC Srinagar hands over ambulance to CMO under CSR initiative of IDBI Bank

■ HT NEWS NETWORK

SRINAGAR, MAY 11: Deputy Commissioner (DC) Srinagar, Akshay Labroo on Monday handed over a fully equipped ambulance to the Chief Medical Officer (CMO) Srinagar procured by IDBI Bank under the Corporate Social Responsibility (CSR) initiative aimed at strengthening emergency healthcare services and improving medical transportation facilities in the district.

Chief Planning Officer, Fayaz Ahmad Dar, Assistant Commissioner Revenue, Umar Gulzar, Chief Medical Officer, Dr Tahir Sajad, ZMO, SR Gunj, Dr Shafaqat, ZMO, Zadiibal, Dr Rubeeana, Medical Superintendent JLNH Hospital, Dr Arshid, Asset Officer IDBI Bank, Virender Singh, Branch Head IDBI, Karan Nagar, Shoeb



Khan, Operation Manager, Haseeb

Shakeel, and other Officers of District Administration and IDBI Bank were present on the occasion.

Speaking on the occasion, the DC emphasized that the addition of the ambulance would significantly enhance emergency healthcare services in the district and serve as a vital asset for the benefit of the general public particularly in the transportation of patients and trauma cases across the district. He said such initiatives are aimed at uplifting healthcare facilities by ensuring timely medical assistance and strengthening emergency response capabilities.

The DC lauded IDBI Bank's CSR-backed HOPE initiative, stating that such support reflects a strong commitment toward community welfare and public health development.

Cultural Academy continues efforts to connect younger generation with their heritage

Organizes literary, cultural programme at Doru

■ HT NEWS NETWORK

ANANTNAG, MAY 11: Jammu and Kashmir Academy of Art, Culture and Languages (JKAACL) organized a significant literary and cultural programme at Village Zaldura, Doru, Anantnag, with the primary objective of connecting the younger generation with their rich heritage, language, and cultural traditions.

The programme was aimed at encouraging young students and local youth to remain connected with their roots and to develop a deeper understanding of their cultural identity.

The event witnessed enthusiastic participation from students, young writers, and members of the local community. During the programme, students

and young participants presented poetry recitations and literary pieces, showcasing their talent and interest in Punjabi language and literature. Their performances were highly appreciated by the audience and reflected the growing enthusiasm among the younger generation towards preserving their mother tongue and cultural legacy.

Speaking on the occasion, Popinder Singh Paras, Chief Editor, Punjabi Sheeraza, emphasized the importance of preserving language and culture in today's rapidly changing world. He stated that the Academy remains committed to promoting Punjabi language, literature, and cultural values among the youth through meaningful programmes at the grass-



roots level. He added that such literary and cultural initiatives not only strengthen the bond of young people with their heritage but also help in nurturing a sense of pride and belonging towards their traditions.

He further said that in the present era of globalization and technological advancement, it has become even more impor-

tant to preserve our linguistic and cultural identity. "Our heritage is our strength, and it is our collective responsibility to pass it on to future generations," he remarked.

He also highlighted that JKAACL has been continuously organizing programmes across Jammu and Kashmir to encourage youth participation and to provide a platform for emerging writers, poets, and artists.

The programme also served as an interactive platform where elders and community members shared their experiences and insights regarding the importance of preserving traditional values, local literature, and indigenous cultural practices. Their words inspired the younger participants and reinforced

the significance of maintaining a strong connection with their roots.

Prominent local personalities, social workers, and community leaders were present on the occasion and appreciated the efforts of the Academy and expressed hope that more such programmes would be organized in rural areas to benefit the younger generation and strengthen cultural awareness at the grassroots level.

The event concluded with a collective resolve to continue promoting literature, language, and cultural awareness among the youth, reaffirming the Academy's dedication towards preserving and celebrating the rich cultural diversity and literary traditions of Jammu and Kashmir.

Awareness Activities, Padyatras continue across Pulwama under NMBA

■ HT NEWS NETWORK

PULWAMA, MAY 11: As part of the ongoing 100-day campaign under the Nasha Mukta Jammu and Kashmir Abhiyan, awareness and outreach activities continued across District Pulwama today with various departments and stakeholders organising programmes aimed at sensitising the public about the harmful effects of drug abuse and promoting a healthy and drug-free society.

An awareness camp was organised in Panchayat Gadpora of Block Aripal, during which awareness sessions were conducted highlighting the importance of collective efforts in curbing substance abuse. On the occasion, participants also took part in the Nasha Mukta pledge and a padyatra was also organised as part of the programme to spread awareness among the general public regarding the harmful consequences of drug addiction and the need for

active community participation in prevention efforts.

Similar awareness programmes were also organised at Namlabal Pampore and Ashminder Pampore, where participants were sensitised about the objectives of the Nasha Mukta Jammu and Kashmir Abhiyan and encouraged to actively support the anti-drug campaign. Meanwhile, the Social Welfare Department organised a series of awareness and outreach activities at various locations and

educational institutions across the district under the campaign.

The activities featured awareness rallies, pledge ceremonies, signature campaigns, pamphlet distribution drives, poster campaigns, debates and discussion sessions focusing on prevention of substance abuse and promotion of healthy lifestyles among youth and students. Short film and video screenings highlighting the ill effects of drug abuse were also conducted during the programmes.

DC Kulgam inaugurates Basketball Tournament at Manzagam under Nasha Mukta Bharat Abhiyaan

■ HT NEWS NETWORK

KULGAM, MAY 11: As part of the ongoing activities under the Nasha Mukta Bharat Abhiyaan, Deputy Commissioner (DC) Kulgam, Shahzad Alam today inaugurated a basketball tournament at Manzagam aimed at promoting sports and spreading awareness against drug abuse among youth. Speaking on the occasion, the DC highlighted the importance of sports and positive extracurricular activities in steering youth away from sub-

stance abuse and encouraging a healthy lifestyle. He said that such initiatives provide a constructive platform for young people to channel their energy and talent in a positive direction.

He also encouraged active participation of youth in sports and social initiatives to build a healthy and drug-free society. It was informed that 16 teams are participating in the tournament, reflecting the enthusiastic involvement of local youth in the anti-drug awareness initiative through sports.

Prompt redress of public grievances receiving govt's prime focus: Javid Dar

HT NEWS NETWORK

SRINAGAR, MAY 11: The prime focus of present dispensation is to ensure prompt redress of public grievances through a responsive and people-centric governance.

Minister for Agriculture Production, Rural Development and Panchayati Raj, Cooperative and Election Department, Javid Ahmad Dar, stated this during his exclusive interaction with scores of public delegations who called on him today from various parts of Kashmir Division at the Civil Secretariat here. He took stock their grievances and developmental concerns.

The delegations apprised the Minister of several issues pertaining to repair and upgradation of roads and streets, transfer-relat-



ed matters, adequate irrigation water supply and other developmental requirements concerning

their respective areas. During the interaction, the Minister assured the delegations

that all their genuine issues would be addressed in a time-bound and through close coordination with the concerned departments.

Javid Dar reiterated that public grievance redress remains a prime focus of the government. He emphasized that sustained public outreach and direct interaction are essential for ensuring transparent, accountable and efficient governance. He stated that the Omar Abdullah government is working with dedication to strengthen the basic infrastructure, enhance service delivery mechanisms and ensure equitable development across Jammu and Kashmir.

The Minister directed the concerned officers to take immediate cognizance of the issues raised and initiate necessary measures for their early resolution.

Central Kashmir Excise Range destroys illegal poppy cultivation at multiple locations

HT NEWS NETWORK

SRINAGAR, MAY 11: Central Kashmir Excise Range intensified its crackdown against the illicit cultivation of narcotic crops under the Nasha Mukht Jammu and Kashmir Abhiyan and destroyed illegal poppy cultivation at multiple locations across the Srinagar-Budgam-Ganderbal Excise Range in collaboration with Police, Revenue and Agriculture Departments.

During the enforcement drive, illegal poppy cultivation spread over different patches of land was identified and destroyed at various locations, including Aulipora Chadoora in Budgam district.

In this connection, Case FIR No. 58/2026 under Section 8/18 of the NDPS Act has been registered at Police Station Chadoora and investigation has been taken up.

All legal formalities, including seizure, sampling and on-spot destruction of the illicit crop, were completed as



per procedure.

The Excise Department reiterated its commitment towards curbing the illegal cultivation and trafficking of narcotic substances and ensuring strict enforcement of the law under the supervision of the Excise Commissioner and Deputy Excise Commissioner (Executive), Kashmir.

100 Day Nasha Mukht J&K Abhiyaan: Hundreds of awareness, outreach events held across Shopian

HT NEWS NETWORK

SHOPIAN, MAY 11: Diverse range of awareness and outreach events numbering in hundreds were today conducted across district Shopian under the ongoing 100 Day Nasha Mukht Jammu and Kashmir Abhiyan, witnessing proactive participation of students, youth, teachers, cooperative societies members, government departments and civil society members.



The day-long campaign featured pledge ceremonies, group discussions, sports activities, yoga sessions, poster display campaigns, painting and counselling sessions, seminars & debates and public interaction and awareness programmes aimed at spreading awareness about the harmful effects of drug abuse and promoting a drug-free society.

Educational institutions across the district actively participated by organizing anti-drug awareness talks, sports activities and assembly sessions to encourage students towards positive and healthy lifestyles.

Similarly, members of cooperative societies, lambardars and other frontline workers also participated in engagement and outreach activities in public spaces especially in business units, market places, medical shops, petrol pumps, playgrounds etc.

Special awareness drives and outreach programmes were also carried out by various government departments including RDD, Revenue, Poshan Projects, Ayush, Co-operative, Agri allied departments, and other departments as part of the awareness campaign.

Parliamentary panel inspects riverfront, Lal Chowk smart city Projects in Srinagar

HT NEWS NETWORK

SRINAGAR, MAY 11: A Parliamentary Standing Committee on Housing and Urban Affairs on Sunday reviewed the progress of Smart City and urban development projects during a study visit to Srinagar.

The visit was part of the Committee's programme for 2025-26 aimed at assessing the implementation of key urban development initiatives in Jammu and Kashmir. During the visit, members of the Committee were briefed about projects related to urban infrastructure, housing, sanitation and municipal services. Discussions focused on improving urban governance,

strengthening civic facilities and ensuring effective implementation of flagship programmes of the Government of India.

The Committee also carried out field visits to several major public infrastructure sites in the city, including the Jhelum Riverfront, Lal Chowk Public Square and Balidan Stambh, where members reviewed development and beautification works completed under the Smart City project. Chief Executive Officer of Srinagar Smart City Limited, Faz Lul Haseeb, briefed the Committee about various Smart City initiatives being implemented across Srinagar. He informed the members about projects aimed at improving public spaces, pro-



moting pedestrian-friendly infrastructure, enhancing urban mobility and strengthening civic amenities.

The members of the Committee appreciated the works carried out under the Smart City programme and stressed the need for sustainable, inclusive and citizen-friendly urban development. They also emphasized further improvement of civic infrastructure and public amenities in the city.

The visit gave the Committee firsthand insight into the Smart City initiatives in Srinagar and is expected to help in framing recommendations for strengthening urban development and governance in the region.

Awareness Event held at DDAC Rajouri under 100-Day campaign

HT NEWS NETWORK

RAJOURI, MAY 11: On the directions of Deputy Commissioner Rajouri Abhishek Sharma, a mega awareness event was organised today here at District Deaddiction Centre (DDAC) as part of the ongoing Nasha Mukht Bharat Abhiyan (NMBA) 100-Day Campaign.

The programme witnessed enthusiastic participation from recovered individuals, officials, inmates and members of the Civil Society, besides officials from the stakeholder departments. A series of awareness, motivational and recreational activities were organised at the event to educate and encourage participants towards leading a drug-free life.

The event commenced with a pledge ceremony wherein all participants took a solemn pledge and reaffirmed their commitment towards building a drug-free society.

A guided yoga session was also conducted to promote physical fitness, mental calmness and overall well-being among the participants.

HoD Psychiatrist GMC & AH, DySP Headquarters and SHO delivered insightful lectures on measures to prevent drug menace. The speakers highlighted the psycho-



logical impact of substance abuse, social and legal consequences, preventive measures and rehabilitation support mechanisms being implemented under the Nasha Mukht Bharat Abhiyan.

The participants also shared their feedback regarding the positive impact of counselling sessions, awareness activities and rehabilitation support on their behaviour and lifestyle. Recovered individuals also delivered motivational addresses, inspiring the participants with their stories of transformation, resilience and hope for a better future.

To encourage emotional expression and positive engagement, a musical programme was organised featuring playing of different mu-

sical instruments.

A special "Wall of Hope" display was also inaugurated by the parents of patients, marking an emotional and encouraging moment at the programme.

The display featured messages of hope, recovery and positivity along with DIY items prepared by inmates, showcasing their creativity, efforts and rehabilitation journey.

The event also featured several fun and recreational activities including Book Balance, Tug of War and Spoon Balancing competitions aimed at improving focus, coordination, teamwork and active participation among the participants.

An awareness session on self-employment schemes and livelihood opportunities was conducted by the Deputy Director, District Employment & Counselling Centr, who informed the participants about various skill development programmes, government-sponsored schemes and loan facilities aimed at promoting rehabilitation through economic independence.

Principal ITI, District Social Welfare Officer, District Youth Services & Sports Officer, District Cultural Officer, besides other officials also attended the programme.

DC Shopian chairs meeting to finalize arrangements for VVIP visit

HT NEWS NETWORK

SHOPIAN, MAY 11: Deputy Commissioner (DC) Shopian, Shishir Gupta today chaired a meeting here at Mini-Secretariat Shopian to review and finalize arrangements for the upcoming VVIP visit to Shopian, scheduled on May 14.

All arrangements including security, transport, participation, parking facilities, water and power supplies, PAS, sanitation, healthcare, and other essential arrangements were minutely discussed and directions given to all to ensure the arrange-



ments well on time.

During the meeting, the DC issued strict instructions to all heads of departments to execute their assigned tasks seamlessly with the highest degree of synergy and coordination to ensure smooth and successful conduct of the event.

He directed departments to execute departmental action plans perfectly while keeping in view the hassle free public movement towards the venue for participation and mobilisation strategy so that the event is organised in the best possible manner.

He emphasized the need for making the event inclusive and vibrant through broad-based participation from all sections of society.

The event marks a major milestone in the government's push towards engaging youth in sports activities as some of the ambitious and vital sports infrastructure projects are being dedicated for the public.

The meeting was attended by ADC, Dr. Zakir Hussain Faaz, PO Poshan Abhiyan, GM DIC, ACR, ACD, ASP, district and sectoral officers of departments and other officials.

Somnath Amrut Mahotsav celebrated with religious fervour across Ramban

Kalash Yatra, Satsang, Rudrabhishek & Live Screening of PM's Address Mark Day-Long Spiritual Events

HT NEWS NETWORK

RAMBAN, MAY 11: The District Ramban today witnessed an atmosphere of devotion, spirituality and cultural vibrancy as the Somnath Amrut Mahotsav was celebrated with great religious fervour across various temples, drawing enthusiastic participation from devotees, students, women and members of the local community.

District Administration Ramban led by Deputy Commissioner coordinated all the necessary arrangements for devotees to celebrate Somnath Amrut Mahotsav in the district.

The celebrations commenced with a Kalash Yatra from the sacred banks of the Chenab River. Devotees, carrying beau-

tifully decorated traditional earthen pots, proceeded in a spiritually charged procession towards Shiv Mandir Maitra amidst the chanting of bhajans, Vedic hymns and religious slogans.

Simultaneously, Raghunath Mandir Ramban emerged as the focal point of devotional activities where a soulful Satsang and Puja Archana were organised. Devotees from different parts of the district gathered to offer prayers and seek divine blessings. Religious scholars and local spiritual leaders addressed the gathering and highlighted the historical, cultural and religious significance of the Somnath Temple, one of India's most revered jyotirlingas and a symbol of the nation's rich spiritual



heritage.

A major attraction of the celebrations was the live screening of Prime Minister Narendra Modi's address from the his-

toric Somnath Temple in Gujarat.

The programme was attended by Additional Deputy Commissioner Ramban Varunjeet Singh Charak, Tehsildar

Headquarters Reejuta Mahajan, besides other officers and prominent citizens. Students from local educational institutions also participated actively, adding youthful enthusiasm to the event.

The celebrations continued with Rudrabhishek and several other spiritual and cultural programmes at Shiv Mandir Suikhad Govindpura and other temples across the district.

Locals termed the event a meaningful initiative to preserve spiritual traditions and strengthen cultural values among the younger generation. The day-long celebrations concluded with the distribution of Prasad and collective prayers for peace, prosperity and harmony in the region.

HT EDITORIAL

Restrict number of passengers boarding a smart city bus

Most of the buses running under the smart city bus service in the Srinagar city and other districts of the Kashmir valley are violating the norms since they are overcrowded. The overcrowding of the buses can lead to accidents and one cannot rule out the fatal casualties. It was in this context a senior cop stopped a smart city bus in the Nishat area of Srinagar and asked the people who were standing to disembark the bus.

There is a general perception among the people that ever since the union territory government has announced free ride for females in smart city buses there has been an exponential increase in the number of passengers. It has been observed that the females don't miss out on a ride of the smart city bus even if they have to wait for a long period of time. At times the female passengers outnumber the male passengers in a smart city bus.

It needs to be understood by the people that the smart city bus cannot accommodate beyond a particular number. There is a limit to the number of passengers that can board a smart city bus and in no way the number can exceed the prescribed limit. Once more than the required number of passengers board a bus it is quite clear that there are umpteen chances of an accident. The people should understand that their safety is more important at the end of the day.

The government should acquire more smart buses and then operate them on the city routes rather than extending them to the other districts of the Kashmir valley. Once more buses are available to the people then their ride would be smooth and comfortable. In such a scenario the operation of the smart city bus service would get the real meaning. The commuters would feel a difference between a normal mode of transport and smart city bus as and when there are a requisite number of passengers and there is no overloading.

Each and every person wants that his or her travel to a particular destination is hassle free without any hiccups whatsoever. Since smart city buses have been introduced people have become more enthusiastic and more and more people want to board these buses. As such it is imperative that the volume of such buses is increased, but by that time the people need to understand the limitations.

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RNI No: Jkeng/2011/39231
dailyheadlinestoday@gmail.com
headlinestoday2024@gmail.com

DOGRI THEATRE: A CULTURAL FORCE BEYOND LANGUAGE



RAHUL SINGH

At a time when regional art forms across India struggle to retain their identity amid the dominance of mainstream culture, Dogri theatre from Jammu and Kashmir offers a compelling counter-narrative. What was once considered a relatively underdeveloped theatrical tradition has evolved into a powerful cultural movement with national recognition. Its journey reflects not just artistic growth, but also a deeper assertion of cultural identity rooted in language, tradition, and innovation.

Dogri theatre today stands apart because it has resisted the temptation to imitate dominant theatrical forms. Across the country, many amateur theatre groups replicate mainstream narratives and styles. Jammu's theatre movement, however, has chosen a different path. It has developed a distinct identity that remains firmly anchored in Dogri culture while embracing modern theatrical techniques.

This balance between tradition and modernity is central to the success of Dogri theatre. Traditional performance elements such as Karan singing and Geetru dance are not treated as mere cultural artifacts. Instead, they are integrated into the narrative structure of plays, enhancing both emotional depth and visual appeal. These elements create a theatrical language that goes beyond spoken dialogue and relies

heavily on visual storytelling, rhythm, and movement.

One of the most significant examples of this evolution is the play Bawa Jitto. Widely regarded as a landmark in Dogri theatre, it has been performed over 140 times and featured in more than thirty national theatre festivals. What makes this play truly exceptional is its ability to communicate with audiences who do not understand the Dogri language. Its success lies in its use of visual composition, choreography, and symbolic staging, which allow it to transcend linguistic barriers.

Audiences across India, from Kerala to Assam, have responded enthusiastically to Bawa Jitto. Critics have often noted that even without understanding the language, viewers were deeply moved by the performance. This demonstrates that theatre, when executed with creativity and precision, can communicate universal emotions that resonate beyond language and geography.

Another important production that strengthened the reputation of Dogri theatre is Mahabhoj. Adapted from Mannu Bhandari's novel, the play addresses themes such as political manipulation, social injustice, and the role of media. Its staging is minimalist, sometimes relying on just a few props, yet it delivers a powerful impact. This approach highlights the strength of storytelling and direction over elaborate sets and resources.

Dogri theatre has also shown a strong commitment to addressing social issues. Plays such as Suno Eh Kahani focus on child marriage and the struggles faced by young girls in rural communities. Similarly, Ghumayee explores themes of women's empowerment through a blend of traditional performance

forms and contemporary storytelling. These productions underline the fact that Dogri theatre is not confined to folklore. It actively engages with contemporary social realities.

The role of visionary directors has been crucial in shaping this movement. Balwant Thakur, in particular, has played a transformative role in developing a unique theatrical language. His emphasis on visual storytelling, ensemble performance, and symbolic imagery has helped Dogri theatre gain recognition at both national and international levels. Performances in countries such as Russia and Germany further demonstrate its global appeal.

The new generation of theatre practitioners has carried forward this legacy with remarkable dedication. Abhishek Bharti represents this emerging wave of artists who combine academic knowledge with practical experience. His work reflects a deep understanding of both traditional Dogri culture and contemporary theatre practices. By adapting classical texts and experimenting with new forms, he has expanded the creative boundaries of Dogri theatre.

Bharti's approach to theatre is holistic. He is involved in every stage of production, from conceptualization to execution. This comprehensive engagement allows him to create performances that are both technically sound and emotionally impactful. His consistent recognition through awards and critical acclaim highlights the growing maturity of Dogri theatre as an artistic discipline.

Despite its achievements, the journey of Dogri theatre has not been easy. It has faced challenges such as limited resources, lack of infrastructure, and initial skepticism from critics. However, the dedication of theatre groups and artists has

ensured its steady progress. What was once criticized has now become a source of pride for the region.

The success of Dogri theatre carries broader implications for India's cultural landscape. It demonstrates that regional art forms can thrive without compromising their authenticity. By staying rooted in local traditions while embracing innovation, Dogri theatre has created a model that other regional theatres can learn from.

In a country as diverse as India, preserving regional languages and cultural expressions is essential. Theatre plays a vital role in this process because it brings stories, traditions, and social issues to life in a direct and engaging manner. Dogri theatre, with its unique blend of tradition and experimentation, has contributed significantly to this cultural preservation.

Looking ahead, the future of Dogri theatre appears promising. A new generation of artists is ready to take the movement forward with fresh ideas and renewed energy. With continued support from institutions, audiences, and policymakers, this vibrant theatre tradition can reach even greater heights.

Dogri theatre is not just a regional art form. It is a powerful expression of cultural identity and creative resilience. Its journey from local stages to national and international platforms reflects the strength of a community that values its heritage while embracing change. In doing so, it has secured a significant place in the larger narrative of Indian theatre.

The writer is a Scholarship and Fellowship Holder from Ministry of Culture, Government of India in the field of Theatre

Nasha-Mukt Bharat Abhiyan and Liquor Policy: A Contradiction J&K Must Address

When Anti-Drug Campaigns and Liquor Policies Send Mixed Signals to Society



MUZAMIL ARIF

"A nation progresses when its youth are guided towards education, discipline, and hope rather than addiction and despair. The vision of an addiction-free society cannot depend on slogans alone; it requires consistent policies, social awareness, and collective responsibility. The debate surrounding liquor policies in Jammu & Kashmir highlights an important need for thoughtful dialogue and balanced reforms aimed at securing a healthier future for the coming generation."

Across Jammu and Kashmir, campaigns under the banner of the "Nasha-Mukt Bharat Abhiyan" continue to gain visibility. Schools, colleges, police departments, and social organisations regularly organise rallies, awareness drives, seminars, and public programmes aimed at protecting the younger generation from addiction. The message is clear: substance abuse is a growing threat to society and a serious challenge to the future of the nation.

At the same time, however, the continued operation and auctioning of liquor vendors across the Union Territory has sparked public debate and concern. Many citizens now question whether anti-addiction campaigns and liquor policies are moving in the same direction. The debate is no longer only about al-

cohol; it is about the broader message being communicated to society, especially to the youth.

The Jammu and Kashmir administration has repeatedly acknowledged the rising danger of drug abuse and narcotics in recent years. Authorities have launched awareness programmes and anti-drug initiatives to combat addiction and discourage the spread of narcotic substances. These efforts are necessary and deserve appreciation. A society affected by addiction faces consequences that go far beyond individual suffering – families break down, economic conditions worsen, mental health declines, and the social fabric weakens.

Yet many people believe that the presence of openly operating liquor outlets creates a contradiction in public policy. On one hand, campaigns urge young people to stay away from intoxicants; on the other hand, alcohol remains legally accessible through licensed systems. This duality has created confusion among sections of society who expect stronger consistency between public messaging and administrative action.

From the government's perspective, alcohol and narcotic drugs are treated differently under the law. Alcohol is regulated through licensing and excise policies, while narcotic drugs are illegal and punishable offences. Revenue generated through excise also contributes to government finances and economic activity. Supporters of the current policy argue that complete prohibition may encourage illegal trade, black marketing, and unsafe illicit liquor networks, which could create even greater social and health risks.

These arguments carry administrative and economic significance. However, the social concerns being raised by citizens also deserve serious consideration.

Jammu and Kashmir is passing through an important phase where the role of youth is central to future peace, development, and nation-building. In such a situation, any form of addiction – whether drugs or excessive alcohol consumption – can become an obstacle to progress. Young people require opportunities, education, sports infrastructure, employment, and positive social environments that encourage productivity and discipline.

The larger concern expressed by many families is that addiction in any form gradually weakens individuals and communities. Parents worry not only about drugs, but about the growing normalisation of intoxicants in society. Public anxiety increases when awareness campaigns against addiction continue alongside policies that appear, at least symbolically, to move in another direction.

This issue therefore requires a balanced and practical approach rather than emotional reactions or extreme positions.

History has shown that sudden prohibition policies do not always eliminate addiction and can sometimes strengthen illegal markets. At the same time, awareness campaigns alone cannot succeed without broader social reforms. The real challenge lies in building a long-term strategy that reduces dependency on intoxicants while also addressing unemployment, social frustration, and lack of opportunities among youth.

Instead of relying heavily on excise-based revenue systems, greater emphasis can be placed on sectors that create sustainable growth and social stability, including tourism, entrepreneurship, agriculture, handicrafts, education, and skill development. Stronger regulation of liquor outlets, strict enforcement around educational

institutions and residential areas, age verification mechanisms, and awareness regarding responsible behaviour are equally important.

Most importantly, rehabilitation and counselling facilities must become more accessible. Addiction should not only be viewed as a law-and-order issue but also as a social and public health challenge. Families struggling with substance abuse often require support, guidance, and rehabilitation rather than silence and stigma.

The ongoing debate in Jammu and Kashmir reflects a larger national question: how can society effectively fight addiction while simultaneously balancing economic realities and administrative policies? There may not be easy answers, but there is certainly a need for greater clarity, consistency, and public engagement.

A nation's strength is ultimately measured not only through economic growth or infrastructure, but through the well-being, discipline, and potential of its younger generation. If the vision of a "Nasha-Mukt Bharat Abhiyan" is to become meaningful in practice, then policies, awareness campaigns, and social priorities must work together in harmony.

A society cannot move confidently towards a drug-free future while remaining uncertain about the direction of its own policies.

The author is an independent writer and social commentator who writes on various contemporary issues including environmental, social, health, political, regional, and youth-related topics. His writings focus on public awareness, social responsibility, and issues concerning society and nation-building.



BOOK REVIEW



MOHAMMAD ARFAT WANI

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

A Critical Review of Ghuttan, a Collection of Short Stories by Subzar Ahmad Bhat

In Urdu literature, the short story is not only a literary form but a mirror that reflects human consciousness, social truths, and psychological complexity. Through the medium of short stories, individuals and society can view and observe themselves in reality. The role of a short story writer is not only to write stories but to reveal the unseen aspects of life, to voice human emotions, and to keep alive issues that are often forgotten due to social apathy and indifference. Urdu short story writing has always progressed through writers who, instead of relying on their imagination and creativity, used to derive inspiration from life's bitter and sweet experiences. In this rich tradition, Subzar Ahmad Bhat's collection "Ghuttan" emerges as a meaningful and valuable addition.

Ghuttan is more than just a book comprising stories since it is an embodiment of inner turmoil, social pressure, and mental conflict. Written in the year 2026, this book proves that the author is a good observer of his environment and portrays it in a literary manner. This is evident from his dedication of the book to his elders, which denotes the profound relationship that he shares with his roots and culture.

The book contains 36 short stories that portray different elements of life. The stories give an account of the rustic and urban life, the fragility of human interactions, and contradictions in society in an interesting manner. Ghuttan, Purana Ghar, Kabootar Baaz, Gidh, Chaska, Angaray, Bazgasht, Bahadur Uncle, Zameer, Drama Baaz, Maa Hoon Na, Aanch, Khirki, Baddua, Pagal Aurat, Sila, Paraya Shehar, Bahaar, Urooj, Anokha Tohfa, Aulad Na-Khalaf, Naqsh-e-Qadam, Sapnay Chand Ke, Saboot, Naraz Maa, Award, Roshni, Man Ka Bojh, Ehsaas, Shortcut, Hatmi Faisla, Positive, Main Sarma Mein Lecturer Banunga, Aghosh, Ghanti, and OTP entertain the reader and make them think critically about their life experiences. Through his simplistic language, realism, and versatility, the author shows his sense of duty and accountability as a writer.

Ghuttan is an exceptional literary creation. This work not only captures the essence of Kashmiri society but also talks about universal human behavior and emotions. The fact that the work is written for a small audience

cannot diminish the depth of its ideas and significance, as it can easily gain a prestigious place in Urdu literature. Ghuttan is not just a book filled with narratives; rather, it invites the reader to think and analyze the society, which proves that its author was a true novelist.

Noor Shah, the renowned fiction writer, considers Sabzar Sahab to be one of the promising names for the future of Urdu fiction. The author successfully manages to bring human emotions, psychology, and social reality into his narrative stories. Considering him a teacher, one can notice his sense of social and moral responsibility. According to Noor Shah, he is a broad-minded young novelist whose work shows great signs of growth.

Parvez Manooos sahib regards Bhat Sabzar as an accomplished story writer of the present era. He states that Bhat has progressed from traditional narrative to a more realistic and socially oriented way of storytelling. His stories carry within themselves an elegant mixture of aspects of rural and urban life, of human interactions, of class conflict and psychological insightfulness. As he claims that Bhat's story named Ghuttan not only reaches out to one's heart but also provokes the mind into deep reflection; thus becomes an invaluable addition to the body of Urdu literature.

Dr. Gulzar Ahmad Wani Sahab regards the stories of Bhat as a kind of surgery on social evils. They not only pinpoint those problems but offer remedies as well. He is a simple yet effective writer whose characters reflect real life persons. Malik Manzoor sahib sees in Bhat an honest, humble soul who possesses a passion for literature opening new avenues of thought and healing social maladies through literature.

Sabzar Bhat Sahab considers this book as an expression of silent protest against inner pain, his own personal observations, and social injustices. With this book, he attempts to communicate the feeling of suffocation that is prevailing in the life of common people. At last, he wants his literary creation to get into the heart of readers and, in fact, his book is having all such qualities. Subzar Ahmad Bhat's stories carry profound meanings and high intellectual level. Every story invites the readers into deep thinking.



The story of ghuttan portrays the difference between the innocence of a village and the alienation of an urban city. It shows how the development of technology is making people restless and emotionally exhausted. However, purana ghar represents warmth and affection. It serves as a reminder that the real path to tranquility should be taken through sincerity and respect for tradition.

Kabootar baaz represents themes of bravery in the face of tyranny, solidarity, and defiance. The message conveyed by this story is that only a united front can stand up against oppressors. Gidh portrays the cruelty and callousness of society, which includes greed and selfishness in even close personal relations. Chaska reflects the modern addiction to mobile phones and the emotional distance it creates among human relationships. It is presented in a subtle yet deeply meaningful way.

In angare, the issue of truth and justice is illustrated in the brave and determined character of Shuja, a journalist who remains strong irrespective of any difficulty he faces. The play clearly conveys that there can be no truth without any sacrifice. Bazgasht illustrates the cruelty of the society and the misusing of power, wherein an innocent mother and her family suffer because of this weakness. Ba-

zasht depicts that the one who makes family members suspicious of each other will ultimately cause themselves destruction.

The story zameer relates pride in money and corruption with the powerful concept that at some point in life a man would appear before himself like a criminal. In drama baaz, satire plays an important role to express any serious problem with some ironical twist. In the story maa hoon na maa, the unselfish nature of mother is depicted in a way along with their neglectful nature as children, which ultimately shows their unique superiority. The theme of aanch is the demolition caused by an illegitimate source of earning along with addiction to drugs.

Khidki signifies patience, endurance, and the persistent struggle for justice that results in ultimate triumph of truth. Baddua refers to the law of karma or consequences indicating that whatever you do comes back to you. Pagal aurat symbolizes the sad story of human psychology and negligence as each cracked mind symbolizes great pain and shattered dreams.

Sila refers to the tragedy of ingratitude when selfishness breaks even familial ties. Paraya shehar emphasizes the theme of belongingness versus urban indifference whereby one can feel comforted only among his kin.

In bahar, there triumphs the idea of truth and righteousness amid doubt and misunderstandings. Uruj refers to the deterioration of values brought about by forgetting parents during the mad rush for fame.

Anokha tohfa highlights the pain inflicted on ungrateful offspring through the workings of nature and law of justice. Aulad-e-na-khalaf shows how spoiled parenting leads to disastrous outcomes. Naqsh-e-qadam exposes the betrayal covered up by pretense of love and social connection. Sapne chaand ke reveals the gap between reality and dreams with tragic irony. Finally, Saboot sheds light on the issue of domestic abuse and society's indifference voiced through the helplessness of a child.

In Naraaz maa, the role of parental wrath and its dire ramifications is discussed. In Award, favoritism and deceit in the education system are criticized. In Roshni, the disintegration of a family caused by negligence and irresponsibility is depicted. In Mann ka Bojh, the emotional torment of a mother and the callousness of her children are portrayed. Ehsaas captures the awakening of the conscience and the destruction of corruption. Shortcut cautions about the hazards associated with achieving success through illicit means.

In Hatmi Faisla, the power of divine justice and the demise of human arrogance are captured. In Positive, the solitude of a good-hearted individual in an ethically ambiguous society is revealed. In Main Sarma Mein Lecturer Banunga, the hardships, dignity, and injustices in the education system are revealed. In Aghosh, maternal love and the agony caused by an unfortunate occurrence are profoundly expressed. In Ghanti, the hypocrisy and inconsistency of religion are revealed. The final story otp reflects the fragility of trust and relationships in the digital age.

In conclusion, all the stories of Subzar Ahmad Bhat Sahab together guide the reader back toward forgotten humanity, fading emotions, and neglected moral responsibilities. They not only mirror society but also carry a strong message of reform and awareness. I, Wani Arfat, sincerely congratulate Subzar Ahmad Bhat on his remarkable collection ghuttan and pray that his pen continues to reflect truth, awaken conscience, and bring light into the world of literature.

Human Nature and Relations



IQRA MOHIUDIN

Human nature is a very complex and difficult thing to understand. It differs from person to person, and that is why it often becomes hard to judge or explain. Human nature can bring people closer, but at the same time, it can also create distance and problems between them.

Sometimes, human nature creates a lot of love, care, and strong emotional connections between two people. It helps in building relationships and spreading happiness. On the other hand, it can also lead to misunderstandings and conflicts.



Many issues between people arise because of differences in thinking, emotions, and behavior.

Human beings are very strange creatures. At times, they show kindness, goodness, and empathy, while at other times, they become the reason for their own destruction. This shows that human na-

ture is neither completely good nor completely bad. It is a mixture of both virtues and flaws.

Every person has a different kind of nature. Some people are calm and understanding, while others may react quickly or emotionally. Human nature also includes mood swings, where a person's feelings

and behavior can change suddenly. Because of this, people sometimes hurt others without even realizing it.

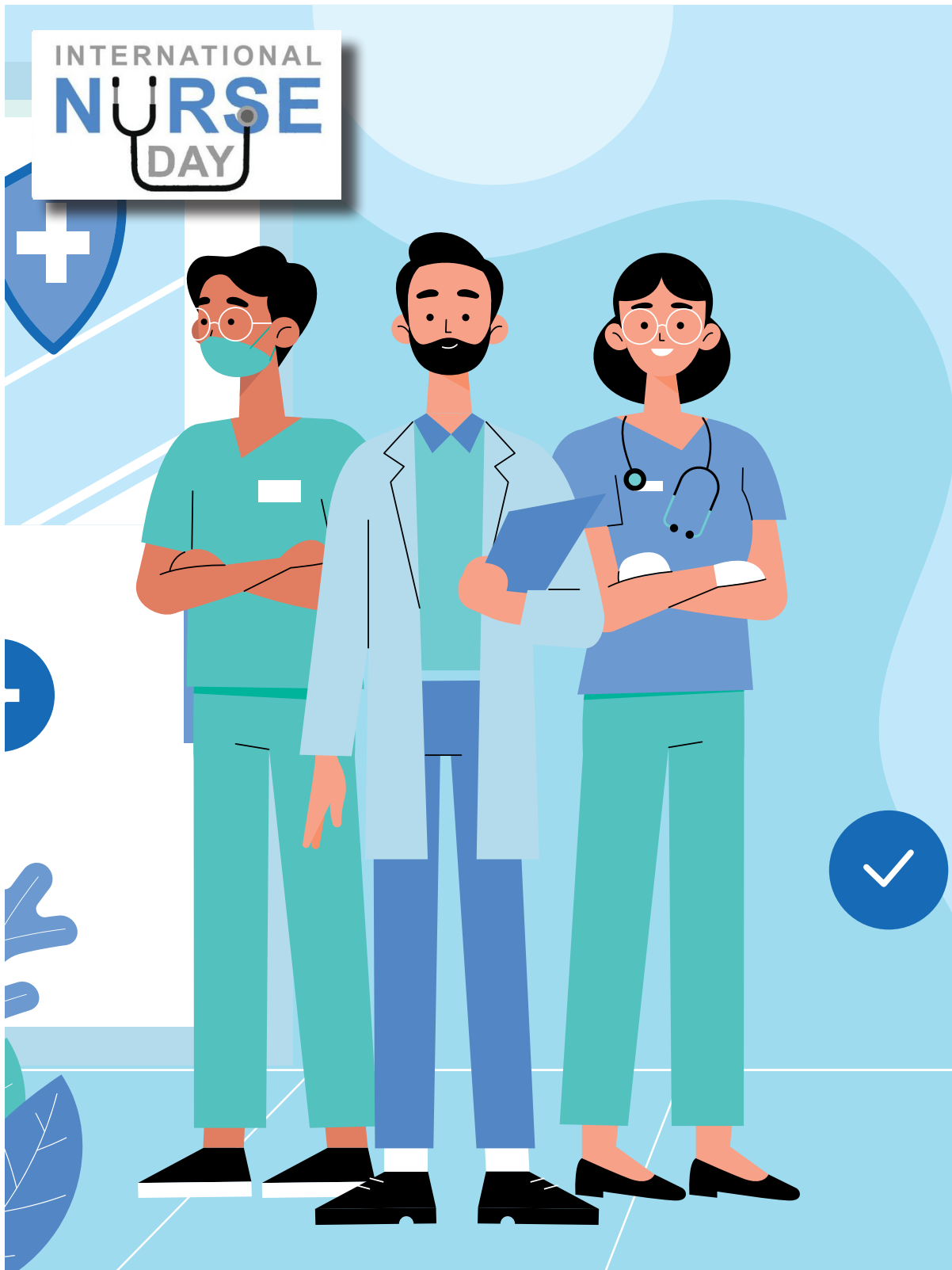
Emotions play a very important role in human nature. Love, empathy, and sacrifice are the most beautiful aspects of being human. These qualities make relationships stronger and life more mean-

ingful. However, negative emotions like anger, jealousy, and ego can create problems in relationships and life.

Sometimes, we lose very important people or opportunities because of our own nature. We act without thinking about our loss and gain, and later we regret it. This shows the importance of self-control and understanding our behavior.

Therefore, it is very important for us to control ourselves and think before we act. We should focus on improving our nature and try to bring out the good side within us. By doing this, we can avoid unnecessary problems and build better relationships.

In conclusion, human nature is all about how people think, feel, and react. It can either create love or cause problems, depending on how we handle it. If we learn to control our emotions and make wise decisions, we can make our lives and relationships better.



Nurses: Backbone of Healthcare, Says Dr Tasaduk Hussain on International Nurses Day' 2026

HT NEWS NETWORK

On the occasion of International Nurses Day 2026 - celebrated every year on 12th May, we must wholeheartedly compliment that nurses play a very crucial and important role in patient care and management and form a backbone in medical healthcare system.

Pertinently, the theme for this year's Nurse's Day as suggested by International Nurses Council - is titled "Our Nurses. Our Future. Empowered Nurses Save Lives". The theme focuses on nurses' health and well-being and highlights the critical role of a healthy nursing workforce in supporting the overall healthcare system.

Moreover, to honour them -- the year 2020 World Health Day theme -- celebrated every year on 7th April by World Health Organization was also titled "International Year for Nurses and Midwives" -- owing to their biggest contribution and support in making the world a healthier place and the efforts they had made in managing the Covid-19 pandemic.

Having said, let us pay due regards and respect to all nurses around the world for their immense role in patient care and management. They behave motherly in ensuring care, concern, compassion and treatment towards patients. I can say that we doctors stand nowhere without their presence -- they form an important connecting link between doctors and patients.

More to say, they always stood at frontline and had played a pivotal role in managing the struggling



DR TASADUK HUSSAIN ITOO
MBBS FRCP FRSPH IDP Fellow MACardMed MRSB IPPPH

period of Covid-19 crisis. They surely deserve accolades of highest honor and regards. We must salute them by acknowledging and appreciating their work they are doing in service to humanity.

Migraine relief: Top 5 cures and remedies

Migraine is a neurological disorder, where one experiences headaches along with symptoms associated with autonomic nervous system. This simply means, a person experiencing migraine will also experience nausea, sensitivity to light and sound, and environment. For migraine relief, there are some natural remedies that can help reduce the pain.

Causes of migraine

Migraine can last for hours and is caused when arteries are inflamed due to the release of chemicals. These chemicals are released when you have an allergic reaction, stress, sleeping pattern, menstruation, menopause, and fasting.

Natural cures for migraine

Vitamin B2: Consuming at least 400 mg of vitamin B2 helps



in reducing the symptoms of migraine significantly. The best sources of vitamin B2 are chicken, fish, eggs, legumes, dairy products, nuts, green leafy vegetables and fortified cereals.

Therapy: Try relaxation

therapy like head a massage, breathing techniques, yoga, tai chi, and meditation.

Ice: The best way to reduce inflammation is with ice. Cold therapy will give you quick relief from migraine.

Botox: Dr. Raj Shekhar Reddy, Consultant Neurologist, with Max Care Hospital from New Delhi explains the use of botox for migraine relief, "The benefit with botox is that it is rightly injected into the problem area, it is not time consuming and has a direct impact. When a patient suffers from migraine attacks, there is sensitisation in the area and the pain keeps knocking on that area. When botox is injected, the sensitisation is relieved by the action in that area. There is a complex chemical process involved where the botox works as a good agent to relax chronic migraines."

Niacin: Increase the intake of foods rich in niacin such as yeast, whole wheat, green leafy vegetables, tomatoes, nuts, sunflower. *Courtesy Healthline*

5 easy steps to deal with your periods

Ask any one - man or woman - what 'that time' of the month means and you'll hear words like avoid, detest, moody, cranky, irritable, hate; and those will be the polite people.

Enough evidence to concur that menstrual cycles or periods aren't loved or appreciated. But is there any way in which women can deal with their periods in a way that doesn't involve a knife and sounding board? Dr. Sadhana Kala, Gynecologist from the Moolchand Women Hospital, lets you in on how to do just that. Here are five easy steps to deal with your periods.

Healthy diet - During this period women should include lots of green leafy vegetables, seasonal fruits and also increase the intake of water and fluids in there diet. Apart from that having a glass of hot milk can also work. Avoid having spicy and oily foods which could further aggravate the problem.

Avoid puffiness and bloating - It is advisable to exercise regularly, preferably in

the mornings, and get eight hours of sound sleep every night. This will help keep bloating at bay, and that will help you fight most of the problems brought on by periods.

Personal hygiene - Frequently change sanitary pad every 4-6 hours and wash hands before and after changing. If there is any itching, discharge or smell then immediately consult the doctor.

Wash up and stay dry - Daily and frequent washing is very important as it helps stop odor and any possible chances of infection. If possible use vaginal hygienic wash solution. It is also very important to keep yourself clean and dry, and change undergarments twice or thrice a day.

Comfy clothes - Wear clothes that will put your body at ease. Tight denims and fitting tops will cause discomfort. Rely on colour therapy with bright clothes that make you feel happy and positive.

Dr. Sadhana Kala is a Consultant for Obstetrics and Gynecology at Moolchand Women Hospital, New Delhi

Increasing coffee intake is bad for your brain!

While drinking your daily cup of coffee can help you stay sharp, modifying your habit by increasing coffee consumption over time may increase risk of mild cognitive impairment (MCI), early symptoms of Alzheimer's disease (AD) and dementia, says new research.

"These findings from the Italian Longitudinal Study on Ageing suggested that cognitively normal older individuals who never or rarely consumed coffee and those who increased their coffee consumption habits had a higher risk of developing MCI," said one of the researchers Francesco Panza from the University of Bari Aldo Moro, Bari, Italy.

"Therefore, moderate and regular coffee consumption may have neuroprotective effects also against MCI - confirming previous studies on the long-term protective effects of coffee, tea, or caffeine consumption and

plasma levels of caffeine against cognitive decline and dementia," Panza noted.

The study involved 1,445 individuals aged 65-84 years.

An interesting finding in this study was that cognitively normal older individuals who modified their habits by increasing with time their amount of coffee consumption (more than a cup of coffee/day) had about two times higher rate of MCI compared to those with reduced habits (less than a cup of coffee/day).

They also had about one and a half time higher rate of MCI in comparison with those with constant habits (neither more nor less than one cup of coffee/day).

Moreover, those who habitually consumed a moderate amount of coffee (one or two cups of coffee/day) had a reduced rate of the incidence of MCI than those who habitually never or rarely consumed coffee.

Courtesy Healthline

TIPS TO REDUCE WEIGHT IN 10 DAYS

Do you wish to reduce weight within 10 ten days? If you eat right, perform the correct exercises and follow a healthy regime, you are bound to lose the excess pounds.

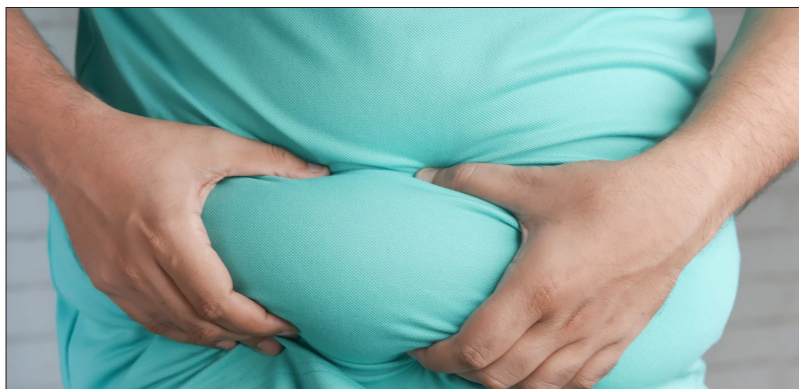
Manish Dagar, an expert at fitness club Celebrity Fitness, has doled out some tips:

- Diet: Diet rules for waist training are that a person has to be calorie deficit. Daily consumption of at least five to six small meals should also be on right amount of protein and healthy fats diet and low in carbohydrates (fats like Omega 3, Omega 6, Omega 9, flaxseed, extra virgin olive oil).

Consumption of green vegetables is extremely important because besides known for detoxing your body, they are known to be rich in fibers and complex carbohydrates.

- Crunches: Basic abdominal crunches, oblique crunch, knee-to-elbow crunches, full sit-ups are very effective.

Raise your head and shoulders off of the floor. Hold for three deep breaths, then return to starting position. You will feel tension in the muscles of your abdomen. Remember not to clasp your hands behind your head while doing abdominal crunches as well.



- Planks: The planks are one of the best exercises you can do for your core because it builds isometric strength to help sculpt your waistline and improves your posture. Depending on the type of plank, you can also engage your back, arms, shoulders, gluts, and hamstrings. The types of plank exercises that can be practiced are forearm planks, straight arm planks, plank with arm or leg lift, side plank, dolphin plank and one-legged plank.

- Waist training basics: It is one of the biggest myths that doing only crunches help reduce waist line. Crunches are essential, however they

only strengthen the core muscles and build endurance. To lose fat around waist line, it is very important to combine high intensity interval training (HIIT) moves along with crunches to get magnum results. Start with cardio moves like skipping, jumping jacks, burpee and hand walk.

- Jogging or running is a popular form of physical activity: Regular running builds strong bones, improves cardiovascular fitness and helps maintain a healthy weight. The difference between running and jogging is intensity, but both are forms of aerobic exercise. **EMJ**

WHAT KEEPS FROZEN FOODS FRESH?

Do you feel apprehensive about using frozen foods thinking they are not nutritious? Now put your doubts to rest about frozen food in cold storage.

Frozen food brand McCain Foods India has elucidated on the IQF technology to help users get over their inhibitions, said a statement.

There are 12 stages before a vegetable or fruit is frozen. First is the reception of the raw produce (actually a misnomer because the product which is perfectly ripe is brought to the factory for freezing).

That is because the produce will not ripen any further once it is frozen and therefore it is best to harvest the crop at its ripest.

The other 11 stages are pneumatic cleaning, washing and de-stoning, visual inspection, trimming, shelling, sizing, pitting and skinning, blanching, cooling, sorting, individual quick freezing (IQF), grading, packing and storage.

The IQF method of freezing ensures that the quality of the end product is much superior compared to other methods of food preservation like dehydration, canning or bottling as it does not lead to any loss of nutrients, flavors, colors, shape or texture. The process also results in a longer shelf life (up to 18 months), reduced thawing loss and no product deformation. **EMJ**

“Development Is Visible on the Ground”: Parliamentary Panel Reviews Projects in Srinagar

■ HT NEWS NETWORK

SRINAGAR, MAY 11: An all-party parliamentary delegation of the Standing Committee on Housing and Urban Affairs on Monday visited the historic Ghanta Ghar Lal Chowk in Srinagar as part of a three-day review tour aimed at assessing urban development projects and infrastructure works in Jammu and Kashmir.

The delegation, comprising more than 18 Members of Parliament from different political parties, inspected development initiatives undertaken with assistance from the Central Government and interacted with local officials during the visit.

Commissioner of Srinagar Municipal Corporation, Fazlul Haseeb, said the committee would continue its engagements in Gulmarg, where senior officers would participate in detailed review meetings. “This is a three-day visit. The Standing Committee on Housing and Urban Development will hold a review meeting in Gulmarg, and all officers concerned will be present there. The development is visible on the ground,” Haseeb said. Ravindra Dattaram Waikar said the delegation was examining whether development works financed through central funds had been effectively implemented. “A large number of MPs associated with urban development have come here to inspect whether projects funded by the Central Government have been properly executed,” he said.

Alok Sharma said significant development was taking place in Jammu and Kashmir under the leadership of Prime Minister Narendra Modi. “This is a historic day for us. Jammu and Kashmir and Srinagar are an inseparable part of India. A great deal of development is taking place here, and further progress will continue in the coming years,” Sharma said.

During the visit, Chamala Kiran Kumar Reddy criticised the Prime Minister over alleged remarks concerning budget allocations to opposition-ruled states, claiming the Centre was reluctant to extend greater financial support to governments led by opposition parties.

Meanwhile, Magunta Sreenivasulu Reddy said the committee’s study tour began in Tirupati and later covered Hyderabad before reaching Srinagar.

“Our MPs are highly impressed with the changes here. Tourist and customer footfall has increased considerably compared to earlier years. The Prime Minister wants Kashmir to be recognised globally as a peaceful destination,” he said.

Public Notice

I, Mohammad Ramzan Kaboo, R/O Lawaypora, Srinagar, J&K, father of Toiba Ramzan (DOB: 01-03-2013) and Muhammad Azaan Kaboo (DOB: 21-03-2015), do hereby inform the general public that my wife’s name (the mother of the aforementioned children) has been inadvertently recorded as “Gulshan” in their birth certificates. Her correct name is “Kulsuma”, as supported by her Aadhaar card and other official documents. I am now applying for the necessary correction in the records of the Registrar of Births & Deaths, Srinagar Municipal Corporation. Any person having any objection to this correction should file it in writing at the office of the Registrar, Births & Deaths, SMC, within seven (7) days from the date of publication of this notice. No objections will be entertained after the expiry of the said period.

Mohammad Ramzan Kaboo
Parent of Toiba Ramzan & Muhammad Azaan Kaboo
R/O Lawaypora, Srinagar, J&K

Public Notice

This is for information of general public that the (Electric bill) power connection is registered on my Father’s name GH ALI RESHI Now this Connection bearing Consumer ID NO 0212040001139 wants to be registered on my name MASOOD HASSAN RESHI S/O GH ALI RESHI If anybody have any objection in this regard He/She may file his/her objection in the concerned PDD office within seven days from the date of publication of this notice after that no objection will be entertained

Name....MASOOD HASSAN RESHI
S/O...GH ALI RESHI
BLOCK.... WATERGAM WAGOORA

Public Notice

I am applying for fresh Pesticide and Fertilizer License under the name / style of NAJAR PESTICIDES deals in Pesticides, Fertilizers and other related items. situated at AUTHOORA, Kreeri, Baramulla.193108 In this regard if anybody is having any objection may file the same to Chief Agriculture Officer Baramulla and PPO Lal Mandi Srinagar within the time period of 07 days from the date of Publication of this notice. After that no objection shall be entertained.

Name....RAYEES AHMAD NAJAR .
S/O...MOHAMMAD YOUSUF NAJAR
R/O ...AUTHOORA KREERI .
dist....BARAMULLA

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

Subject: Application MOHAMMAD ABDULLAH PARRAY S/O MOHAMMAD SUBHAN PARRAY R/O KOHLINA Tehsil KREERI for issuance of RBA certificate in favour of daughter/son RAZIA ABDULLAH & MOHD QASIM PARRAY for the issuance of RBA in his own favor

PUBLIC NOTICE

Regarding the subject cited above the file in the office of the undersigned for the issuance of RBA in this connection a report of patwari halqa concerned has been sought which reveals that the applicant is currently residing in the village of KOHLINA of Tehsil KREERI and belongs to the PARRAY community having annual income 168000 // the details of family of the applicant are as follows

- 1... MOHAMMAD ABDULLAH PARRAY Father 56 years Labour
- 2...MASOODA BAGUM Mother 48 years H/W
- 3... RAZIA ABDULLAH applicant daughter 25 years student
- 4...BISMA ABDULLAH daughter 21 years student
- 5...JAVID AHMAD PARRAY Son 18 years student
- 6...MOHD QASIM PARRAY Son applicant 15 years student
- 7...ADEEBA JAAN daughter 10 years student

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

NAIB TEHSILDAR KALANTRA

Government of Jammu and Kashmir Government Medical College, Srinagar

Subject: Written examination (OMR Based) for selection/engagement as Data Entry Operator.

Notification No: 14-EC of 2026 | Dated: 11-05-2026

It is hereby notified for information of all those candidates who have applied for engagement as Data Entry Operator in response to Advertisement Notice No. Micro/HOD/2026/1182-89, Dated: 30.01.2026 under National One Health Programme for Prevention and Control of Zoonosis in the Department of Microbiology GMC, Srinagar that their written test (OMR MCQ based) shall be conducted in the Anatomy Main Lecture Hall of Government Medical College, Srinagar on 19.05.2026 (Tuesday) from 02:00 PM to 03:00 PM.

In this context, the applicants who are appearing in the examination are advised to strictly adhere the following instructions:

01. The Admit cards/Roll number slips of the candidates shall be available w.e.f. 12.05.2026 in their respective Registered User Accounts through which they have applied for the above posts.
02. On the actual date of the examination i.e., 19.05.2026 (Tuesday), the candidates shall report at the examination centre 60 minutes prior to the scheduled commencement of examination for verification of their identity along with their admit cards (coloured format only) and anyone of the following documents as proof of their identity:
 - a. Photo Identity card issued by the competent authority.
 - b. Driving license.
 - c. Pan card/Adhaar card.
03. Candidates must not bring any prohibited item to the examination centre.
04. The candidates are advised to bring blue/black ball pen only, in order to mark an answer on their OMR sheets.
05. Any type of electronic devices, mobile phones, Bluetooth devices, scanning devices, earphones, tablets, books, note books, calculators, smart watches, laptop, I-pad etc. are not allowed inside the venue. Violation, if any, shall strictly be dealt under law.
06. Scratching, overwriting, tick-marks and multiple answers shall be considered as wrong.
07. Do not make any unnecessary/stray marks on the OMR sheet.
08. Use of whitener, eraser, nails, rubber, blade on the OMR sheet is completely prohibited.
09. Any attempt to seek or provide assistance during the examination will lead to immediate disqualification and expulsion from the examination centre.
10. The instructions on the question booklet and OMR sheet should be followed in letter & spirit.
11. Issuance of the admit card is provisional and does not imply confirmation of eligibility or selection. The candidature is subject to verification of eligibility criteria as per the information provided in the application form. If, it is found at any stage that the candidate does not fulfil the eligibility criteria/parameters/ requirements, his/her candidature shall be cancelled without prior notice.
12. Candidates are advised to regularly visit the official website of GMC Srinagar: www.gmcs.ac.in for official updates and notifications.

No: GMCS/EC/WT/43-49 | Dated: 11-05-2026

Sd/- Prof. (Dr.) Iffat Hassan Shah,
Principal/Dean

DIPK: 1192/26 | Dated: 11-05-2026

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

Subject: Application of BASHIR AHMAD BOKDA S/O DARYA MOHAMMAD BOKDA R/O BANDI-BALA for the issuance of ST (SCHEDULE TRIBE Gujjar and Bakerwal) in favour of his son NADEEM BASHIR BOKDA

PUBLIC NOTICE

Regarding the subject cited above, the applicant has submitted the file in the office of the undersigned for the issuance of ST . in this connection a report of patwari halqa concerned has been sought which reveals that the applicant is currently residing in village BANDI BALLA and belongs to the ST caste and GOJER BOKDA community, having annual income is 175000 the details of the family of the applicant are as follows

- 1...BASHIR AHMAD BOKDA Head of family 46 years Labour
- 2.... SALEEMA BEGUM wife 44 years H/W
- 3...RAMEEZ AHMAD Son 27 years Labour
- 4...WASEEM AHMAD Son 24 years student
- 5...NADEEM BASHIR son 17 years Student
- 6...NAVEED BASHIR son 16 years Student
- 02 years infant
- 7...RIZWANA BANO daughter 14 years student
- 8...RUBEENA BEGUM daughter in Law 26 years H/W
- 9...SABZAR HUSSAIN Grand son 06 years student
- 10...HAMZA RAMEEZ Grand son 03 years infant

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

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

NAIB TEHSILDAR KALANTRA

Government Of Jammu & Kashmir Office Of The Tehsildar Kreeri

Subject: Application of FAYAZ AHMAD KHAM S/O AB HAMID KHAN R/O KOHLINA for the issuance of LEGAL HEIR certificate

PUBLIC NOTICE

Regarding the subject cited above in this context a report sought from patwari halqa concerned and the Death certificate issued by the competent authority reveals that AB HAMID KHAN S/O AB REHMAN KHAN has passed away on 20 /04/2015 .The report of the patwari further depicts that the deceased has left behind following dependent as tabulated below

- 1... SARWAR JAN wife 74 years pensioner widow
- 2... PARVAIZ AHMAD KHAN son 52 years Labour married
- 3...HASEENA BEGUM daughter 50 years H/W married
- 4...TARIQ AHMAD KHAN Son 47 years Govt employee married
- 5...SHAKEELA BEGUM daughter 30 years H/W married
- 6...FAYAZ AHMAD KHAN Son 40 years Labour married

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

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

Naib Tehsild Kreeri

Public Notice

This is for information of general public that the (Electric bill) power connection is registered on my Father’s name AB SALAM MALIK S/O WALI MOHD MALIK Now this Connection bearing Consumer ID NO 0212040006598 wants to be registered on my name MUDASIR AHMAD MALIK S/O ABDUL SALAM MALIK If anybody have any objection in this regard He/She may file his/her objection in the concerned PDD office within seven days from the date of publication of this notice after that no objection will be entertained.

Name....MUDASIR AHMAD MALIK
S/O...ABDUL SALAM MALIK
BLOCK.... DOULATPORA

Public Notice

This is for information of general public that the (Electric bill) power connection is registered on my Father’s name GH ALI RESHI Now this Connection bearing Consumer ID NO 0212040001139 wants to be registered on my name MASOOD HASSAN RESHI S/O GH ALI RESHI If anybody have any objection in this regard He/She may file his/her objection in the concerned PDD office within seven days from the date of publication of this notice after that no objection will be entertained.

Name....MASOOD HASSAN RESHI
S/O...GH ALI RESHI
BLOCK.... WATERGAM WAGOORA

Public Notice

This is for information of general public that the (Electric bill) power connection is registered on my Father’s name AB SALAM MALIK S/O WALI MOHD MALIK Now this Connection bearing Consumer ID NO 0212040006598 wants to be registered on my name MUDASIR AHMAD MALIK S/O ABDUL SALAM MALIK If anybody have any objection in this regard He/She may file his/her objection in the concerned PDD office within seven days from the date of publication of this notice after that no objection will be entertained.

Name....MUDASIR AHMAD MALIK
S/O...ABDUL SALAM MALIK
BLOCK.... DOULATPORA

Public Notice

It is hereby notified that my Children’s Mother’s name spelling and DOB has been wrongly mentioned in school regard Aamina Iqbal DOB 08/01/2016 Annas Bin Iqbal DOB 25/05/2020 Mother’s name spelling Ulfat Bano Father’s name spelling Mohammad Iqbal instead of Aamina Iqbal DOB 08/01/2016 Annas Bin Iqbal DOB 26/05/2020 Mother’s name Ulfat Iqbal Prantage Mohd Iqbal Chopan as per Aadhar record now I have applying for it’s correction of the same if any person have any objection in this record may file the same to the office of the Hill Greeange Public School Handwara within the period of seven days from the date of publication of this notice After that no objection shall be entertained.

**AAMINA IQBAL DOB 08/01/2016 ANNAS BIN IQBAL
DOB 26/05/2020 MOTHER’S NAME ULFAT IQBAL
PRANTAGE MOHD IQBAL CHOPAN
R/O HANDWARA TEHSIL HANDWARA
DISTRICT KUPWARA**



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2nd Merit List	09 June 2026
Admission (2nd Round)	10 June – 15 June 2026
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DC Kulgam reviews implementation of "Classes of Joy Program" in district

HT NEWS NETWORK

KULGAM, MAY 11: A review meeting regarding the implementation of the Classes of Joy program was held today at Mini Secretariat Kulgam under the chairmanship of Deputy Commissioner (DC) Kulgam, Shahzad Alam.

The meeting was attended by Officers of education department, District Coordinators, concerned Resource Persons, and members of the Pratham team.

During the meeting, the Deputy Commissioner reviewed the performance and progress of the previous year's program in light of the recently conducted baseline assessment of students from grades 3rd to 5th. Detailed discussions were held on the current learning levels of children and the need for focused interventions to address learning gaps among students.



Emphasizing the importance of improving foundational learning, the Deputy Commissioner directed all stakeholders to adopt suitable solutions through Pratham's Teaching at the Right

Level (TaRL) approach to effectively cater to the learning loss among children. It was stressed that the program must be implemented in its true letter and spirit to ensure meaningful learn-

ing outcomes. The meeting also highlighted the need for assigning dedicated teachers for both English and Mathematics in schools, who will be solely responsible for the

implementation and smooth execution of the TaRL approach. Directions were issued to ensure proper academic support, regular practice, and continuous assessment of students to strengthen foundational competencies.

Issues related to the availability of teaching-learning material, effective monitoring of schools, and timely supervision were also discussed in detail.

The DC instructed the concerned officials to ensure regular monitoring and coordinated efforts at all levels so that the desired learning outcomes are achieved.

The meeting concluded with a strong emphasis on collective responsibility and committed efforts from all stakeholders to ensure improved performance and best possible results in the endline assessment scheduled for September and October.

Measures discussed to improve traffic management system in Udhampur Town

HT NEWS NETWORK

UDHAMPUR, MAY 11: Deputy Commissioner Minga Sherpa today chaired a meeting with officers and representatives of the transport unions to review and strengthen the traffic management system in Udhampur town.

Additional District Development Commissioner Jugal Kishore; Additional Deputy Commissioner Prem Singh and other officers besides representatives from transport unions participated in the meeting.

Detailed discussions were held on key traffic-related issues, including overloading of vehicles, establishment of temporary parking spaces, maintenance of internal roads in and around Udhampur town and improvement of traffic management



practices.

Emphasis was laid on adopting effective measures to decongest city roads and ensure smooth traffic flow.

The Traffic Police were instructed to regulate traffic efficiently, minimize traffic jams and strictly check overloading with the support of the local police to avoid inconvenience to the general public.

The Deputy Commissioner stressed the need for widespread awareness regarding road safety rules and directed the concerned authorities to take corrective measures for making roads safer for commuters.

Calling for strict enforcement of traffic regulations, the DC asked the Motor Vehicles Authority and Traffic Department to take stern action against violators and emphasized increasing penalties for offences such as overloading, riding without helmets and speeding.

The ARTO was directed to identify designated stopping points for vehicles, while the Executive Engineer, PHE was instructed to repair leaking water pipes in Udhampur town. The concerned departments were also directed to repair potholes on all roads falling within Municipal Council limits.

DC Kishtwar inaugurates Phase-II Training for Enumerators, Supervisors for Paperless Census-2027

HT NEWS NETWORK

KISHTWAR, MAY 11: Deputy Commissioner Pankaj Kumar Sharma today inaugurated the second phase of training for Census enumerators and supervisors here at the District Institute of Education and Training (DIET).

The Phase-II training programme comprised two batches of 50 participants each from Zones Kishtwar and Nagseni who would be trained for the first phase of the Census operation including House Listing and Housing Census activities.



The training programme focused extensively on equipping the enumerators and supervisors with the necessary skills for a paperless census through the use of digital enumeration tools and applications. The participants were sensitized to the importance of accurate data collection, digital data entry, field verification and real-time monitoring mechanisms to ensure transparency, efficiency and reliability in the Census process.

Addressing the participants, Deputy Commissioner Pankaj Kumar Sharma highlighted the significance of the Census as one of the most important national exercises for developmental planning and policy formulation. He urged the enumerators and supervisors to work with dedication, sincerity, and professionalism while carrying out their assigned responsibilities in the field.

During the technical sessions, resource persons imparted detailed training regarding enumeration procedures, use of mobile applications, data handling protocols, supervisory responsibilities and confidentiality measures to be maintained during the Census exercise.

DC Kishtwar reviews Mobile Connectivity Expansion to remote areas

HT NEWS NETWORK

KISHTWAR, MAY 11: Deputy Commissioner Kishtwar Pankaj Kumar Sharma today chaired a meeting at the Mini Secretariat, New DC Office to review and discuss the expansion of mobile connectivity (BSNL) to remote and underserved areas of the district.

Chief General Manager (CGM), BSNL J&K Circle Kush Kumar and officials of other departments attended the meeting.

The meeting focused on bridging the communication gap in geographically challenging areas of the district with special emphasis on strengthening mobile network infrastructure in far-flung regions and



important pilgrimage routes.

The Deputy Commissioner highlighted the urgent requirement for reliable mobile connectivity in the high-priority areas, including the pilgrimage routes of Machail Mata Road and Mindal Mata Road as well as remote sub-divisions such as Marwah and Chhatroo.

Responding to the issues raised by the district administration, CGM BSNL J&K, Kush Kumar said that BSNL is in process of expanding and strengthening its network footprint in Kishtwar district. He informed that the installation and commissioning of mobile towers in the identified locations would be expedited.

To ensure timely progress, the CGM directed BSNL technical teams to complete all pending technical and feasibility surveys without further delay. He also instructed the concerned BSNL officers to coordinate closely with Revenue Department officials for expediting the formal handover of land identified for tower installations.

DC Doda reviews road safety measures at 1st DRSC meeting

Seeks strict action against roadside dumping, violation of safety norms

HT NEWS NETWORK

DODA, MAY 11: Deputy Commissioner (DC) Doda Krishan Lal, who is also the Chairman of the District Road Safety Committee, today chaired its 1st meeting in the Meeting Hall of DC Office Complex to review road safety measures, traffic management and status of ongoing works on National Highways and other roads in the district.

The meeting was attended by ADC, ADC Bhandarwah, ACR, Additional Superintendent of Police (ASP), Dy.SP Traffic, Assistant Regional Transport Officer (ARTO) and other officers and concerned departments and virtual online.

Threadbare discussions were held regarding restoration and maintenance of roads, installation of crash barriers, road markings, signages, traffic regulation measures and removal of en-

croachments and construction material from roadsides to ensure smooth and safe movement of traffic across the district.

The Deputy Commissioner directed all executing agencies to take effective measures for reducing steep gradients on roads falling under their jurisdiction and emphasized timely restoration of damaged road stretches. BRO was directed to intensify efforts for repair and restoration of washed away stretches at Seri Chakranna, Dradoo and Senai Bhalla and ensure early restoration of the strategically important Chattergalla road.

The Chair also directed NHID-CL to remove hanging boulders at Khandote Naseeb Nagar National Highway stretch and keep necessary machinery available for handling emergencies. SDM Thathri was instructed to provide a fire tender vehicle for remov-

al of leftover boulders through water pressure wherever required.

The issue of traffic disruption at Raggi Nallah during rains also came up for discussion. The NHIDCL informed the meeting that the existing culvert at the site shall be replaced with a 10-meter span minor bridge.

The Deputy Commissioner directed the agency to commence work at the earliest for permanent resolution of the issue.

Expressing concern over roadside dumping of muck and construction material, the Deputy Commissioner directed all road-owning agencies to immediately remove encroachments, sand, gravel, bricks and other dumped material from roadsides.

Executive Officers of Municipal Committees were also asked to take strict action against illegal roadside construction

activities and dumping within municipal limits.

To strengthen road safety infrastructure, the Chair directed PWD, PMGSY, BRO and NHIDCL to install metallic crash barriers strictly as per IRC/MORTH specifications and ensure closure of all gaps in crash barrier protection.

The Executive Engineer PWD (R&B) Doda was specifically directed to expedite installation works and complete them within the stipulated timeframe.

The Deputy Commissioner further instructed all agencies to increase installation of mandatory, cautionary and informative road signages, especially at vulnerable locations, sharp curves, hairpin bends and accident-prone zones. Directions were also issued for proper road markings, installation of cats-eyes, edge lines and repair of damaged rumble strips to im-

prove visibility and ensure safe driving during night hours and adverse weather conditions.

The Chair directed strict enforcement against electric autos/e-rickshaws plying without valid driving licenses and categorically stated that no e-auto/e-rickshaw shall ply on National Highways. For effective enforcement and monitoring, Dy.SP Traffic and ARTO were directed to submit weekly reports regarding RC cancellations along with detailed annexures.

The Police Department, Health Department and Motor Vehicles Department (MVD) were directed to work in close coordination for effective operationalization and implementation of the PM-RAHAT Scheme.

All concerned departments were asked to designate nodal officers for smooth implementation of the scheme in letter and spirit.

MVD Ramban conducts Safety Audit of School Transport, Enforcement Drive in Banihal

HT NEWS NETWORK

RAMBAN, MAY 11: Acting on the directions of Deputy Commissioner Mohammad Alyas Khan, the Enforcement Squad of the Motor Vehicles Department (MVD) Ramban today conducted a safety audit and inspection of school transport vehicles in various schools of Banihal to ensure the highest standards of student safety.

The drive was carried out in compliance with the guidelines issued by the Transport Department, Jammu & Kashmir under the directions of the Secretary Transport and Transport Commissioner.

The enforcement team, under



the supervision of ARTO Varun Bhasin, physically examined 14

school vehicles to verify the installation and functionality of mandatory safety equipment, including CCTV cameras, Vehicle Location Tracking Devices (VLTD), Speed Limiting Devices (SLD), and emergency panic buttons, as mandated under the Supreme Court Committee guidelines.

The enforcement team also conducted a detailed scrutiny of vehicle documents and drivers' licences. The audit revealed that the majority of the vehicles were operating in compliance with the prescribed provisions of the Motor Vehicles Rules, with valid documentation and required safety measures in place.

However, notices were served to vehicles found with deficiencies,

granting two day time for rectifying the shortcomings. The owners were strictly directed not to operate such vehicles until full compliance is ensured.

The officials also conducted a road safety awareness session for drivers and conductors, emphasizing safe driving practices, adherence to traffic rules and their responsibility towards ensuring the safety of schoolchildren.

The drivers and officials took a Road Safety Pledge. Awareness was also imparted under the Nasha Mukta Bharat Abhiyan, sensitizing transport staff about the harmful effects of drug abuse and the importance of maintaining a drug-free transport environment.

Inter-School Zonal Level Tournament commences in Zone Doda

HT NEWS NETWORK

DODA, MAY 11: An Inter-School Zonal Level Tournament commenced today in Zone Doda as per the annual calendar of activities of the Department of Youth Services and Sports.

The tournament is being organised under the directions of Director Youth Services and Sports Anuradha Gupta and under the guidance of District Youth Services and Sports Officer Jaffer Haider Sheikh and overall supervision of Zonal Physical Education Officer (ZPEO) Vijay Kumar Manhas.

The inaugural event featured Kabaddi competitions for Under-14 and Under-17 Boys. A large number of students representing different educational institutions of the Zone attended the mega sports event. The atmosphere remained vibrant and

energetic as young athletes showcased their sporting talent and team spirit.

Earlier, ZPEO Vijay Kumar Manhas and Activity Incharge Jaleel Ahmed Tak sensitized the participants about the ill effects of drug abuse and other harmful substances under the Nasha Mukta Bharat Abhiyaan.

The speakers urged students to actively participate in sports activities, emphasizing that sports play a vital role in maintaining good health, discipline, teamwork and a positive lifestyle.

Principal Government Higher Secondary School Boys Rishi Kumar Manhas along with the field staff of the Zone was also present at the event and ensured the smooth and successful conduct of the tournament.

India has 60 days of crude, gas stocks; no shortage fears: Govt

UNITED NEWS OF INDIA

NEW DELHI, MAY 11 : The union government today sought to reassure citizens amid rising concerns over the escalating West Asia conflict, asserting that India has sufficient reserves of key petroleum products and that there is no reason for panic buying or fear of shortages.

Chairing the fifth meeting of the Informal Group of Ministers (IGoM) on West Asia at Kartavya Bhawan in the national capital, Defence Minister Rajnath Singh reviewed the evolving regional situation and directed ministries to ensure that global disruptions do not impact Indian citizens.

The meeting was attended by union ministers including J. P. Nadda, Hardeep Singh Puri, Ashwini Vaishnaw, Kiren Rijiju, Kinjarapu Rammohan Naidu, Sarbananda Sonowal and Jitendra Singh.

Officials informed the ministers that India currently holds 60 days of crude oil reserves, 60 days of natural gas stocks and 45 days of LPG rolling stock, ensuring that domestic demand remains fully met despite turbulence in global energy markets.

"The country is secure, and there is no shortage of any petroleum product," officials told the meeting, while noting that India continues to maintain stable fuel supplies even as many countries have introduced emergency consumption controls.

India currently has foreign exchange reserves of nearly USD



\$703 billion, while its refining capacity continues to remain robust. Officials said India is now the world's third-largest oil refiner and the fourth-largest exporter of petroleum products, supplying fuel to more than 150 countries.

Despite the strong supply position, the government acknowledged the financial strain caused by rising international crude prices.

Officials said public sector oil marketing companies are currently absorbing losses of nearly Rs 1,000 crore per day, while under-recoveries have touched nearly Rs 2 lakh crore in the first quarter of 2026, ensuring that the burden is not passed on to consumers.

There is "no reason for anxiety, and no reason for any citizens to rush to retail outlets," officials emphasised during the meeting.

Rajnath Singh directed ministries and state governments to implement Prime Minister Nar-

endra Modi's call for responsible fuel usage.

"Ministries and States must identify, in a coordinated manner, measures to institutionalise fuel efficiency, public awareness, and responsible consumption behaviour," Singh said.

Earlier in the day, PM Modi had urged citizens to reduce fuel consumption by increasing the use of public transport, opting for carpooling, avoiding unnecessary foreign travel and limiting non-essential purchases.

The Prime Minister also called on farmers to reduce chemical fertiliser usage by 50 per cent, adopt natural farming methods and increase the use of solar-powered irrigation systems.

Following the meeting, Singh reiterated that the government was fully prepared to deal with any disruption arising out of the West Asia conflict.

In a post on X, he said, "All concrete steps are being taken to prevent shortages or disruptions

in supply chains. People must remain calm."

The Defence Minister stressed that India's immediate priority was to protect its economic and energy interests amid global uncertainty.

"Government's primary focus is to ensure that energy flows remain uninterrupted, economic stability is maintained and maritime trade routes remain secure," he said.

He also called for long-term structural reforms in India's energy sector, including faster expansion of renewable energy sources, diversification of imports and strengthening strategic reserves.

Warning that global crises now have far-reaching consequences, Singh said, "We need to focus on strategic crisis anticipation, early warning assessment, scenario planning and timely whole-of-government preparedness."

The ministers were also briefed on recent economic support measures for industries impacted by the crisis, particularly MSMEs.

Officials said the union Cabinet recently approved the Emergency Credit Line Guarantee Scheme 5.0, aimed at providing an additional credit flow of Rs 2.55 lakh crore to businesses, including full credit guarantee support for MSMEs.

The Finance Ministry has also issued force majeure relief measures for companies facing contractual delays due to disruptions caused by the ongoing crisis. UNI

Sensex plummets over 1,000 points, Nifty down by 1pc

UNITED NEWS OF INDIA

MUMBAI, MAY 11 : Indian equity markets remained under sharp selling pressure on Sunday as escalating geopolitical tensions involving the US and Iran, coupled with rising crude oil prices and Prime Minister Narendra Modi's seven appeals to the citizens, rattled investor sentiment and triggered broad-based weakness across sectors.

The BSE Sensex tumbled 1,354.26 points or 1.75 per cent to 75,973.93 against the previous close of 77,328.19, while the NSE Nifty 50 dropped 371.45 points or 1.54 per cent to 23,804.70.

Selling intensified during the final trading hours, dragging both benchmark indices near their intraday lows.

Global crude oil prices also surged sharply amid fears of supply disruptions linked to the West Asia situation.

Brent crude rose 2.48 per cent to USD 103.80 per barrel, after touching a high of USD 106 during the session against the previous close of USD 101.29. The rise in oil prices added to concerns over inflation, higher import costs and pressure on India's fiscal position.

During the session, the Sensex moved between 76,678.52 and 75,957.40, while the Nifty traded in the range of 23,997.45 to 23,801.40.

The benchmarks remained under sustained pressure throughout the day amid weak global cues and heightened risk aversion among investors.

Market participants said the sharp jump in crude prices is particularly significant for India, one of the world's largest oil importers, as sustained high energy prices could impact corporate profitability, inflation and consumer demand.

The market weakness also came amid growing attention around Prime Minister Narendra Modi's "Nation First" appeals,



especially his call to reduce petrol and diesel consumption by using public transport and his appeal to avoid buying gold for one year.

Analysts said the messaging reflects concerns over rising import dependence at a time when geopolitical tensions are increasing pressure on fuel and commodity prices globally.

The Sensex opened at 76,638.09 before slipping steadily through the session, while the Nifty opened at 23,970.10 and failed to hold key support levels amid persistent selling in heavyweight stocks.

Despite the sharp fall, both benchmark indices continued to trade above their 52-week lows. The Sensex has a 52-week range between 71,545.81 and 86,159.02, while the Nifty's 52-week range stands between 22,182.55 and 26,373.20. UNI

Hyd:WealthUp Fintech Solutions launches AI-Driven Micro-Investing Platform 'WealthUp'

UNITED NEWS OF INDIA

HYDERABAD, MAY 11 : WealthUp Fintech Solutions Pvt Ltd on Monday announced the launch of "WealthUp", an AI-driven micro-investing platform aimed at simplifying mutual fund investments for first-time and small-ticket investors in India.

The platform has been designed to make wealth creation accessible, affordable, and user-friendly for salaried individuals, young earners, and small savers, company officials said.

Addressing at the launch event, the Hyderabad based company CEO and Managing Director Ram Tulluri said the platform offers automated mutual fund investing and AI-driven wealth management solutions with investments starting from as low as 100.

He said the platform is AMFI-registered and regulated under SEBI guidelines, ensuring greater security and transparency for users.

He said the app is currently being used by around 1,000 users and aims to reach 10 lakh subscribers over the next five years.

Tulluri said a large section of salaried individuals in India continue to postpone investing due to misconceptions that wealth creation requires substantial savings or deep financial expertise.

He said WealthUp seeks to address this gap by simplifying investment decisions through technology-driven guidance and an easy onboarding process.

"We are not just building an investment app. We are trying to build investing confidence among ordinary Indians," Tul-



luri, who has more than three decades of experience in financial software development, said. Founded by a team of fintech

professionals, including former Goldman Sachs technologist Tulluri, the company aims to promote disciplined and long-term investment habits through AI-enabled financial guidance.

Speaking on the occasion, Ramakrishnan Venksteswaran described the initiative as a broader effort toward financial inclusion and wealth awareness.

He said the platform was specifically designed for first-time investors who often hesitate to enter financial markets due to fear, complexity, or lack of financial literacy.

The company believes artificial intelligence and technology-driven platforms can play a transformative role in democratising access to wealth creation and encouraging early investment participation among ordinary citizens. UNI

Share prices of jewellery companies tumble after PM Modi appeals to avoid unnecessary gold purchases

UNITED NEWS OF INDIA

NEW DELHI, MAY 11: Prime Minister Narendra Modi appealed to citizens to avoid unnecessary gold purchases for "one year", along with other measures to conserve foreign exchange reserves amid the ongoing crisis in the West Asia.

PM Modi also requested citizens to avoid non-essential foreign trips and destination weddings abroad, stressing that reducing imports during global uncertainty would help strengthen India's economic stability amid rising international prices triggered by conflicts in the Middle East.



He called for a series of economic sacrifices from the public, citing the ongoing conflict in West Asia and its pressure on India's foreign exchange reserves.

Reacting to the PM Modi's appeal, the share prices of jewellery companies tumbled to as low as 9 per cent in the early trade on Monday. Titan emerged as top Nifty loser by falling 7% or 291 points to trade at 4,222. Other jewellery stocks like Kalyan Jewellers was down by 9% to 389, Senco Gold down by 9% or 31 points to 333 on the BSE, PC Jeweller also tumbled 5% at the BSE.

PM Modi had urged citizens to reduce petrol and diesel consumption, use metro services, carpool, shift to electric vehicles and work from home where possible. He also asked people to postpone gold purchases and foreign travel for one year and reduce the use of edible oil and chemical fertilisers.

"We have to save foreign exchange by any means. We got into work-from-home, virtual meetings, video conferencing, and many other methods during Covid-19. We got habituated to them. The need of the hour is to resume those methods."

Congress leader Rahul Gandhi launched a scathing attack on PM Modi calling the appeal evidence of "failure". "Yesterday, Modi ji asked the public to make sacrifices—don't buy gold, don't go abroad, use less petrol, cut down on fertiliser and cooking oil, take the metro, work from home. These aren't sermons—they're proof of failure," Rahul Gandhi said in a post on X.

Gold prices climbed above \$4,720 per ounce on Friday, reaching their highest level since 22nd April and heading for a weekly gain of more than 2%, as optimism surrounding a potential US-Iran peace agreement eased concerns that persistent inflation could keep interest rates higher for longer.

Despite a recent exchange of fire between the US and Iran, the biggest test of their month-long ceasefire, Iran said the situation had stabilised, while US President Donald Trump confirmed that the ceasefire remained "in effect".

Olectra Greentech Partners with Dassault Systèmes to accelerate Electric Vehicle development

UNITED NEWS OF INDIA

HYDERABAD, MAY 11 : Olectra Greentech Limited, part of the MEIL Group, on Monday announced a partnership with Dassault Systèmes to adopt the 3DEXPERIENCE platform, marking a major step toward digitally transforming electric vehicle product development in India.

The collaboration aims to help Olectra Greentech limited build a globally benchmarked engineering ecosystem by integrating design, simulation, manufacturing, and product lifecycle management into a unified digital platform.

Through the adoption of Dassault Systèmes' 3DEXPERIENCE platform, Olectra plans to implement: a fully digital, model-based product development process; Real-time collaboration across engineering and manufacturing teams; Virtual simulation and validation before physical prototyping; Faster innovation cycles and reduced time-to-market and Scalable development for future electric mobility platforms, the Hyderabad based Olectra said in a release here

Olectra Greentech Limited Managing Director Mahesh Babu said the company is investing heavily in new electric bus and truck platforms and sees digital engineering as central to the future of mobility. He noted that the collaboration would help Olectra "move faster, design smarter, and deliver with world class precision."

Dassault Systèmes India Managing Director Deepak NG stated that the next generation of mobility will increasingly be engineered virtually before reaching roads, highlighting the role of virtual twin experiences and integrated engineering platforms in accelerating sustainable EV development.

Cyient Semiconductors launches First GaN Power Device Portfolio in India

UNITED NEWS OF INDIA

HYDERABAD, MAY 11 : Cyient Semiconductors Private Limited on Monday announced the launch of seven new gallium nitride (GaN) power devices for the Indian market, developed using Navitas Semiconductor's GaN technology.

The launch marks Cyient Semiconductors' first commercial GaN product family and a significant step toward strengthening India's domestic power semiconductor ecosystem.

The new portfolio is aimed at addressing the growing demand for high-efficiency and high-power-density solutions across AI data centres, telecommunications, consumer fast charging, industrial power systems, and e-mobility platforms, the Hyderabad based company said in a release.

The development builds on the strategic collaboration announced between the two companies in December 2025.

Under the agreement, Cyient Semiconductors will license Navitas' GaN technology for use in India, enabling broader adoption of high-performance GaN power

solutions with local support and supply-chain assurance.

As part of the collaboration, Cyient Semiconductors will also serve as a second source for select Navitas GaN devices already in mass production, helping improve supply chain resilience.

Compared with conventional silicon-based devices, GaN semiconductors offer higher switching speeds, lower conduction losses, and improved thermal efficiency. These advantages help reduce power losses, minimise solution size, simplify thermal management, and improve overall system performance.

Cyient Semiconductors said its initial GaN portfolio targets applications up to 650 volts, including USB-PD chargers, laptop and mobile adapters, AC-DC power supplies, AI data centre and telecom power systems, and e-mobility charging platforms.

The company also plans to expand its GaN portfolio in partnership with local OSATs, with a long-term roadmap toward domestic manufacturing of GaN power devices in India.

The first wave of products includes seven integrated GaN power devices in DPAK packages, com-

binning drive, control, and protection functions with integrated EMI management and current sensing features.

Suman Narayan, CEO, Cyient Semiconductors, said,

"The launch marked the company's entry into high-performance power semiconductors with a roadmap for future expansion."

"These highly integrated devices are designed to accelerate adoption and support next-generation power applications."

This represents the foundation of a broader GaN portfolio that will address the growing power and efficiency demands of AI infrastructure, industrial systems, consumer power, and e-mobility applications," he said.

Chris Allexandre, President and CEO of Navitas Semiconductor, said India remains a key market in the company's growth strategy and the partnership with Cyient strengthens local support infrastructure for customers while supporting "Make in India" initiatives.

Cyient Semiconductors said sampling of the first set of GaN power products is expected to begin by June 2026. UNI



Tim David accumulates two demerit points for code of conduct breach

UNITED NEWS OF INDIA

BENGALURU: Royal Challengers Bengaluru (RCB) batter Tim David has been issued two demerit points for a level 1 code of conduct breach during his team's match against Mumbai Indians (MI) in Raipur on May 10. David will be suspended for a match, if he accumulates one more demerit point. David was also fined 30% of his

applicable match fee for "using a gesture that is obscene, offensive or insulting," an IPL statement said. He admitted to the offence and accepted the sanction imposed by match referee, Amit Sharma.

David was the second RCB team member to be penalised after the game against MI. Their head coach Andy Flower was fined 15% of his applicable match fee for the "use of an audible

obsenity" during the game in Raipur. A separate IPL statement had said the breach took place "when Andy spoke aggressively with the fourth umpire."

After beating MI on Sunday, RCB moved up to the top of the points table. They now have 14 points after 11 games, level with Sunrisers Hyderabad (GT) and Gujarat Titans (GT), but the defending champions have a superior net run-rate.

CSK face LSG with aim to keep playoff hopes alive

UNITED NEWS OF INDIA

CHENNAI: The sixth-placed Chennai Super Kings will look to keep their playoff hopes alive when they face a beleaguered Lucknow Super Giants, currently languishing at the bottom of the points table, in an Indian Premier League match here on Sunday.

With the league stage entering a decisive phase, CSK still remain in contention for a top-four finish despite an inconsistent campaign marked by batting collapses and patchy performances both at home and away.

Returning to Chepauk could offer the five-time champions an opportunity to regain momentum against LSG who have endured a forgettable season and are already staring at an exit.

CSK's campaign has largely revolved around Sanju Samson, whose starts at the top have often dictated the team's fortunes.

While new recruit Samson has emerged as the team's batting anchor and "backbone", skipper Ruturaj Gaikwad has struggled for consistency with the bat this season.

After a poor start, Ruturaj has regained form in the beginning of this month with crucial unbeaten knocks of 74 and 67, his resurgence helping steer CSK towards the top five, even though he failed in their last outing against Delhi Capitals with Samson remaining unbeaten on a match-winning 52-ball 87.

The hosts would also expect bigger contributions from the middle-order featuring Devald Brevis, Kartik Sharma, Jamie Overton and Shivam Dube, hoping to accelerate in the death overs.

MS Dhoni is yet to play any match due to a persistent calf injury sustained before the season. While he has trained in the nets, he has not featured in the playing XI so far.

The conditions at Chepauk have shifted from their traditional extreme slow, spin-friendly nature to more balanced and batting-friendly, but they still retain some assistance for spinners, hence the duo of Akeal Hosein and Noor Ahmad could be the key for CSK in the middle overs.

LSG, on the other hand, are enduring a disastrous season, sitting at the bottom of the table (10th place) with only three wins from 10 matches.

Skipper Rishabh Pant is experiencing a challenging season and has so far struggled to justify his record Rs 27 crore price tag with befitting efforts with the bat. He showed flashes of brilliance, including a 32 off 10 balls against defending champions Royal Challengers Bengaluru on Thursday, but his overall form has been underwhelming.

However, Mitchell Marsh's 56-ball 111 in the nine-run win against RCB has given fresh impetus to LSG's campaign in a season in which they struggled for consistency throughout, with both their batting and bowling units failing to click collectively and consistently.

The win against RCB ended a six-match losing streak for the LSG.

Although struggling at the bottom of the table, this win kept LSG's slim hopes for the playoffs alive.

The big-hitting Nicholas Pooran will also have a key role to play in the middle overs.

As far as the LSG bowling attack is concerned, it is spearheaded by experienced India seamer Mohammed Shami, with useful support coming from Prince Yadav and spinners Shahbaz Ahmed and Digvesh Singh Rathi.

Injuries to Josh Inglis and Mohsin Khan have also pegged LSG back.

I like to bat at No. 6-7: Anukul Roy eyes bigger batting role at KKR

UNITED NEWS OF INDIA

KOLKATA: Anukul Roy has quietly emerged as one of Kolkata Knight Riders' most impactful performers in a season that the team began poorly before turning around dramatically.

While his disciplined left-arm spin has drawn praise, the Jharkhand all-rounder believes he still has much more to offer with the bat and wants a bigger responsibility in the middle order.

Roy was one of the main architects of KKR's dominant win over Delhi Capitals on Friday, returning with 2/31 after dismissing DC top-scorer Pathum Nissanka and Tristan Stubbs at crucial stages. KKR chased down 143 in just 14.2 overs to register their fourth straight win and keep their playoff hopes alive.

In an exclusive interview with PTI, the 27-year-old said he prepares himself equally for both roles and remains mentally ready to contribute whenever required.

"If we are batting first, I wish to contribute as much as possible with the bat for the team. Similarly, if we bowl first, it's about containing as much as possible, restricting runs and taking wickets so that we stay in the game," he said.

"I prepare myself so that I complete my four overs, so the preparation always stays in the mind."

A key member of India's 2018 Under-19 World Cup-winning side under Prithvi Shaw, Roy finished as the joint highest wicket-taker with 14 wickets in that tournament.

That batch also produced players like current India Test and ODI captain Shubman



Gill and Abhishek Sharma.

Roy entered IPL 2026 on the back of an outstanding Syed Mushtaq Ali Trophy campaign for Jharkhand, where he was named Player-of-the-Series after scoring 303 runs at a strike rate of 160.31 and taking 18 wickets at an economy rate of 7.41.

KKR showed immense faith in him this season, regularly using him in the power play ahead of Sunil Narine and trusting him with middle-over responsibilities as well. He has played in all their 10 matches so far.

Despite often being used as a support bowler in a side packed with all-rounders, Roy has continued to make an impact. Against Delhi Capitals, he also grabbed a stunning boundary catch to dismiss Axar Patel.

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