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HEADLINES

TODAY

Voice To The Voiceless



P:12

From 98.6 pc in Class 12 to Asian Games: How Aashima Ahlawat struck a deal with her mother to pursue shooting

J&K Assembly Withdraws Three Bills on Salaries, Allowances, Pensions

HT NEWS DESK / AGENCIES

SRINAGAR, SEP 29: The Jammu and Kashmir Legislative Assembly on Tuesday withdrew three Bills seeking amendments to laws governing the salaries and allowances of ministers and legislators, as well as pensions of former members of the legislature, after objections were raised by BJP members in the House.

Chief Minister Omar Abdullah, who had introduced the Bills during the ongoing Autumn Session, announced their withdrawal amid the opposition to the proposed changes. He told the House that he was never in favour of the proposal and said that if even one member opposed it, the Bills would not be passed.

The three legislations had been introduced on Monday as L.A. Bill No. 13 of 2026, seeking amendments to the Jammu and Kashmir Ministers' and Ministers of State Salaries Act, 1956; L.A. Bill No.

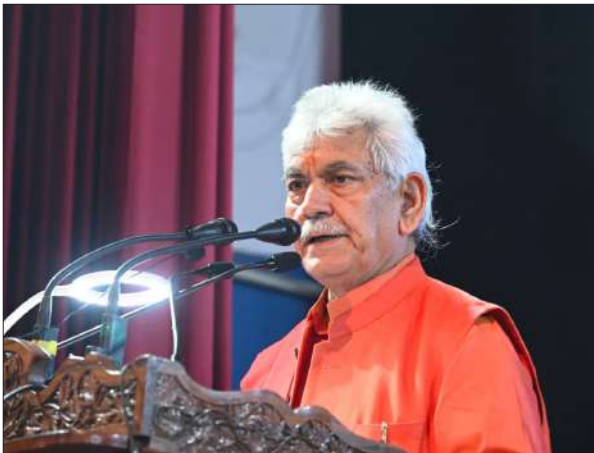
>>> MORE ON P02

“Our young generation is the torchbearer of India's tradition of knowledge and culture”: LG Sinha

LG calls for empowering border youth through education, skills, sports and entrepreneurship

HT NEWS NETWORK

SRINAGAR, SEPTEMBER 29: Lieutenant Governor Manoj Sinha, addressing a felicitation ceremony organised by Wadies Hindi Shiksha Samiti in collaboration with JKAACL, congratulated meritorious students and stressed the importance of language, culture and modern education. He called for smart classrooms, digital libraries, skill-development opportunities and greater access to scholarships and national-level programmes for youth in border areas, urging officials to promote opportunities in handicrafts, horticulture, agriculture, tourism and



local industries.

The Lieutenant Governor, Shri Manoj Sinha today congratulated meritorious students at a felicitation ceremony organised by Wadies Hindi

Shiksha Samiti in collaboration with Jammu Kashmir Academy of Art, Culture and Languages. Extending his greetings to students, teachers, parents, and organisers, the

Lieutenant Governor said that the honoured students are not merely winners of a competition but torchbearers of India's rich tradition of knowledge, literature, and culture.

Highlighting the significance of the mother tongue, the Lieutenant Governor observed that it is not just a medium of communication but an identity, memory, and sensibility connected to the soul. He underlined that Jammu Kashmir's linguistic diversity reflects the confluence of India's shared culture. He noted that the National Education Policy places special emphasis on early education

>>> MORE ON P 02

“Sustainable resource management and energy self-reliance must remain central to the new policy”: Omar Abdullah

CM reviews Draft J&K Hydropower Policy 2026, seeks faster and responsible development

HT NEWS NETWORK

SRINAGAR, SEPTEMBER 29: Chief Minister Omar Abdullah reviewed the Draft J&K Hydropower Policy 2026 and called for a clear roadmap to accelerate hydropower development while protecting environmental and public interests. The meeting reviewed the identified 14,635 MW potential, existing generation, institutional mechanisms and lessons from earlier policies, with emphasis on ecological safeguards, drinking water, irrigation, energy security and balanced regional development. Chief Minister Omar Abdullah today

chaired a meeting to review the Draft J&K Hydropower Policy 2026, calling for a focused policy framework



to accelerate the harnessing of Jammu & Kashmir's vast hydropower potential, augment power generation capacity and strengthen the overall electricity sector. Reviewing the performance of the

>>> MORE ON P02

“Government services should reach citizens through familiar digital platforms”: Chief Secretary

J&K prepares to offer 100 high-footfall services through WhatsApp



HT NEWS NETWORK

SRINAGAR, SEPTEMBER 29: Chief Secretary Atal Dulloo reviewed preparations for an AI-powered WhatsApp platform that will initially bring 100 frequently accessed government services closer to citizens. The platform is proposed to provide services including certificates, land records, transport facilities, welfare schemes, bill payments and registrations, with multilingual support, single sign-on, document processing and grievance

escalation aimed at reducing physical visits and simplifying service delivery.

In a significant step towards making public service delivery more accessible, convenient and

citizen-friendly, Chief Secretary Atal Dulloo today chaired a high-level meeting of all the concerned Administrative Secretaries to review the preparedness of the IT Department for the early rollout of an AI-powered conversational messaging platform that will enable citizens across Jammu and Kashmir to access government services directly through WhatsApp.

The meeting besides the Commissioner Secretary, IT was attended by other Administrative Heads, Deputy Commissioners, senior officers and a team from NeGD, Ministry of Electronics and Information Technology (MeitY), NIC and senior officers from IT Department.

>>> MORE ON P02

Army organises educational tour for 20 girl students from Kashmir to Pune

HT NEWS NETWORK

SRINAGAR, SEP 29: The Indian Army has organised a nine-day educational and national integration tour from Kashmir to Pune for 20 girl students from Pattan in north Kashmir's Baramulla district.

The Capacity Building and

Educational Tour, being held from September 25 to October 3, aims to provide the students with exposure to educational, cultural and social environments outside Jammu and Kashmir.

For several participating students,

the tour is their first journey outside the Valley and an opportunity to experience new places, interact with people from different backgrounds and broaden their perspectives. The students expressed happiness

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“We need stronger maritime surveillance and response mechanisms”: Rajnath Singh

Defence Minister highlights Navy modernisation, indigenous shipbuilding and maritime security

HT NEWS DESK / AGENCIES

NEW DELHI, SEPTEMBER 29: Defence Minister Rajnath Singh



called for stronger maritime surveillance and response capabilities while addressing the Indian Navy Commanders' Conference in New Delhi. He highlighted the Navy's expanding role in the Indian Ocean Region, protection of sea lanes, indigenous shipbuilding and the

planned induction of 18 warships in 2026, besides stressing the need to strengthen India's maritime security architecture.

Defence Minister Rajnath Singh on Tuesday said India has emerged as a first responder and security partner in the Indian Ocean Region, while calling for stronger maritime surveillance and response mechanisms amid growing complexities in the maritime domain.

Addressing the second Indian Navy Commanders' Conference 2026 at Nausena Bhawan, Singh said congestion, deception and grey-zone activities had made the maritime environment more complex and required enhanced monitoring and

>>> MORE ON P02

“Cement plants using Pet Coke will install advanced pollution control systems”: Dy CM

Surinder Choudhary says stricter safeguards will be enforced for industrial units

HT NEWS NETWORK

SRINAGAR, SEPTEMBER 29: Deputy Chief Minister Surinder Choudhary informed the Legislative Assembly that cement plants using Pet Coke as feedstock will install advanced pollution-control systems, including FGD, alkaline scrubbers and ESPs. Replying to a Calling Attention Notice on Pet Coke use in the Khrew-Khanmoh area, he said compliance monitoring falls under the J&K Pollution Control Committee and that units must follow prescribed environmental safeguards, obtain required authorisations and maintain regulated storage and procurement practices. Deputy Chief Minister, Surinder Choudhary today informed



the Legislative Assembly that cement plants using pet coke as feedstock will install advanced pollution control systems.

Replaying to a question in the House, the Deputy Chief Minister said that the proposed systems include Flue Gas Desulphurisation (FGD) System with sulphur removal efficiency of over 90 percent, along with alkaline

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Woman Dies After Reported Scuffle With Daughter-in-Law in Kangan

HT NEWS DESK / AGENCIES

KANGAN, SEP 29: A woman died after reportedly falling unconscious following a scuffle with her daughter-in-law in the Banibagh Cherwan area of Kangan in central Kashmir's Ganderbal district on Tuesday.

According to preliminary information, the two family members reportedly had an altercation at their residence. During the incident, the mother-in-law reportedly fell unconscious at the spot.

She was subsequently shifted to Sub-District Hospital (SDH) Kangan, where doctors declared her brought dead.

Following the incident, a police team from Kangan reached the spot and took the body into custody. Police have initiated further investigation to ascertain the

>>> MORE ON P02

“Government should expedite the new Industry Policy and implement Journalists' Pension Scheme”: Tanvir Sadiq

Zadibal MLA raises industry, journalists' welfare, youth cases and road infrastructure in Assembly

HT NEWS DESK / AGENCIES

SRINAGAR, SEPTEMBER 29: MLA Tanvir Sadiq urged the Jammu and Kashmir Government to expedite the new Industry Policy and take forward the long-pending Journalists' Pension Scheme during Legislative Assembly proceedings. He also raised issues concerning cases against youth, the pending reservation file and road widening and macadamisation works, seeking timely action on matters affecting employment, journalists' welfare and public infrastructure. MLA Zadibal Tanvir Sadiq on Tuesday urged



the Jammu and Kashmir Government to expedite the Industry Policy and take forward the long-pending Journalists' Pension Scheme, while also raising a range of issues concerning youth, reservation and road infrastructure in the Legislative Assembly.

During the Assembly proceedings, Sadiq sought urgent attention to the pending Industry Policy, stressing the need for timely action to provide greater clarity and impetus to the industrial sector in Jammu and Kashmir.

>>> MORE ON P02

Naseer Ahmad Dar Posted as Principal District & Sessions Judge Srinagar

Registrar Vigilance Assigned Additional Charge of J&K Judicial Academy Director



HT NEWS NETWORK

SRINAGAR, SEP 29: The High Court of Jammu & Kashmir and Ladakh has ordered the transfer and posting of Shri Naseer Ahmad Dar, Director, J&K Judicial Academy,

as Principal District & Sessions Judge, Srinagar, against the available post.

According to an order issued by the Registrar General (Camp) at Jammu, Dar has been transferred from the J&K Judicial Academy and posted as Principal District & Sessions Judge, Srinagar, with immediate effect.

The High Court has also assigned the charge of Director, J&K Judicial Academy, to the Registrar Vigilance, High Court of J&K and Ladakh, until further orders. The High Court of Jammu & Kashmir and Ladakh has ordered the transfer and posting of Shri Naseer Ahmad Dar, Director, J&K Judicial Academy, as Principal District & Sessions Judge, Srinagar.

According to an order issued by the Registrar

>>> MORE ON P02

Divyani Singh Rana Raises Governance, Electricity, Jal Jeevan Mission Issues in Assembly



HT NEWS DESK / AGENCIES

SRINAGAR, SEP 29: BJP MLA Divyani Singh Rana on Tuesday raised a range of governance and public-service concerns in the Jammu and Kashmir Legislative Assembly, calling for follow-through on issues taken up in the House and proposing measures to address pending electricity dues.

Referring to the advice of her late father, former MLA Devendra Singh Rana, Divyani Singh Rana said issues raised before the House should be pursued to their

>>> MORE ON P02

Steps taken to rationalize manpower in corporations, retrieve encroached SIDCO land: Dy CM

■ HT News Network

Srinagar SEPTEMBER 29 : Deputy Chief Minister Surinder Kumar Choudhary today informed the Legislative Assembly that the Government has initiated measures to rationalize manpower across industrial corporations, address encroachment on SIDCO land and finalize the revised Industrial Policy for Jammu & Kashmir.

Replying to a question raised by MLA Chander Prakash Ganga, the Deputy Chief Minister stated that SICOP has 591 surplus staff following the closure/cessation of its Marketing Wing and Raw Material Depots. He said the surplus employees are presently engaged on 89-day arrangements.

He informed the House that J&K SIDCO is facing a shortage of regular manpower, particularly due to retirements. To meet the identified requirements, surplus staff from SICOP, along with personnel from J&K Cements Limited, have been deployed in SIDCO. Wherever required, skilled manpower is also being

engaged through outsourcing to ensure smooth functioning of the Corporation, he added.

The Deputy Chief Minister further informed that 30 surplus employees from other Corporations have been deployed/utilized to augment manpower in Corporations facing shortages. The deployments have been made against identified manpower requirements for efficient functioning, he maintained.

On the issue of encroachment on SIDCO land at Balol, the Deputy Chief Minister said that an anti-encroachment drive had been conducted, resulting in the retrieval of 45 kanals of encroached land.

Regarding the remaining encroached land, he said the matter has been taken up with the District Administration through communications dated June 16, 2026 and August 29, 2026. He added that the Department is pursuing the matter with the District Administration and making all requisite efforts for early retrieval of the remaining land.

On the Government's proposal to introduce a revised Industrial Policy addressing



manpower, industrial land, infrastructure and investment promotion, the Deputy Chief Minister said that the draft revised Industrial Policy was placed in the public domain for suggestions and comments from stakeholders. He informed the House that a committee

under the chairmanship of the Administrative Secretary, Finance Department, was constituted by the General Administration Department to examine and consider suggestions/comments received from various stakeholders.

The committee has since held several rounds of meetings with stakeholders to deliberate upon their suggestions and incorporate appropriate inputs in the draft policy.

The Deputy Chief Minister stated that the revised Industrial Policy is presently at the final stage of consideration and is expected to be notified upon completion of the requisite formalities. The committee has since held several rounds of meetings with stakeholders to deliberate upon their suggestions and incorporate appropriate inputs in the draft policy.

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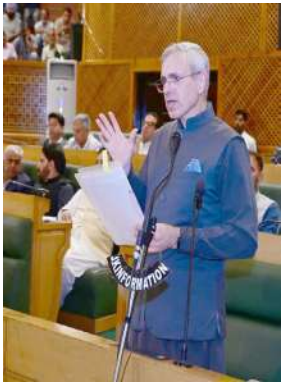
J&K Legislative Assembly passes 5 Bills moved by CM Omar Abdullah

■ HT News Network

Srinagar, SEPTEMBER 29: The Jammu and Kashmir Legislative Assembly today passed five Bills moved by Chief Minister Omar Abdullah, covering key areas including municipal governance, Ease of Doing Business and Ease of Living, taxation, legislative members' pension, and rationalisation and decriminalisation of offences.

The Bills were introduced by the Chief Minister on September 24 and September 28, 2026, after being circulated among the members on the respective dates, and were taken up for consideration and passage during the ongoing Autumn Session of the Assembly.

The Bills moved by Chief Minister Omar Abdullah include the Jammu and Kashmir Municipal (Amendment) Bill, 2026 (L.A. Bill No. 10 of 2026),



moved in his capacity as Minister Incharge, Housing and Urban Development.

As Minister Incharge, Law, Justice and Parliamentary Affairs, the Chief Minister moved the Jammu and Kashmir Ease of Doing Business Bill, 2026 (L.A. Bill No. 11 of 2026). The Bill seeks to consolidate and amend the law to replace permission-based control with rule-based governance and enable citizens and enterprises to plan, invest

and work with confidence. It also seeks to foster Ease of Doing Business and Ease of Living in the Union Territory in a manner that generates employment, attracts investment and sustains long-term economic growth.

In his capacity as Minister Incharge, Finance, Chief Minister Omar Abdullah moved the Jammu and Kashmir Goods and Services Tax (Amendment) Bill, 2026 (L.A. Bill No. 12 of 2026), seeking amendments to the Jammu and Kashmir Goods and Services Tax Act, 2017.

The Chief Minister also moved the Jammu and Kashmir State Legislature Members' Pension (Amendment) Bill, 2026 (L.A. Bill No. 15 of 2026), as Minister Incharge, Law, Justice and Parliamentary Affairs. The Bill seeks to amend the Jammu and Kashmir State Legislature Members' Pension Act, 1984, along with matters connected or incidental thereto.

Omar Abdullah says clerical errors being rectified in J&K land records

■ HT News Network

Srinagar, SEPTEMBER 29: Chief Minister Omar Abdullah today said that more than 1.3 million clerical errors in land records have been identified and rectified as part of the ongoing digitization and verification of Jamabandis across Jammu and Kashmir.

Replying to a question tabled by MLA Devyani Rana during the Question Hour of the ongoing Autumn Session of the J&K Legislative Assembly, the Chief Minister, who also holds the Revenue portfolio, said that verification of digitized Jamabandis is currently under progress in all districts of Jammu and Kashmir. He said a robust digitization process, followed by an extensive error-rectification mechanism, has been put in place to ensure that the digitized Jamabandis



are accurate and error-free.

The Chief Minister informed the House that the land-records system has been transitioned from a static Oracle SQL-based database to a dynamic PostgreSQL platform. Under close supervision, error correction has been undertaken across the entire land records, with more than 1.3 million clerical errors identified and rectified.

He said each entry in the digitized record is subjected to a three-stage verification process through the Maker-Checker-Approver framework. A digital record is also maintained of any changes carried out in the Jamabandi

to ensure accountability and traceability.

Highlighting measures taken to enhance public confidence in the land records, the Chief Minister said more than 6,800 village-level grievance redressal camps have been held across J&K for public reading of land records and disposal of grievances.

He said the JK Zameen Sudhaar Portal has been developed to enable the public to view their land records online and register grievances. The grievances registered through the portal are monitored to ensure their timely disposal.

The Chief Minister further informed that, in collaboration with BISAG-N, a robust and secure Backlog Mutation Module has been developed for systematic updation of Record of Rights (RoR) data up to the year 2026.

118 Kms macadamized across Srinagar during current fiscal:

Dy CM

■ HT News Network

Srinagar, SEPTEMBER 29: Deputy Chief Minister, Surinder Kumar Choudhary today informed the Legislative Assembly that total road length of 118.06 KMs has been successfully macadamized/upgraded across Srinagar District during the current financial year through the joint efforts of the PW(R&B) Department and the Srinagar Municipal Corporation (SMC).

The Minister was replying to a question raised by the legislator Ali Mohammad Sagar.

The Minister said that under special development directives, 15.43 KMs of road length have been upgraded specifically within the Khanyar Constituency till date.

The Minister informed the house that the R&B Department's community centres in Srinagar have generated an annual revenue of 6,83,000/- in the 2025-26, up from 4,15,000/- in the previous year, which is being actively utilized toward essential maintenance works.

The Minister said that the department continues to aggressively pursue bottleneck removals on historic transit corridors under the oversight of the High-Level Committee (HLC).

"With regard to Syed Meerakshah Road (SMS Road), out of the total 10.33 Km stretch, 2.68 Km has been fully widened (25.95% physical progress) and settlement as well as acquisition have been successfully completed for 132 out of 332 affected structures. Similarly, for Khanyar-Zadibal-Pandhara (KZP Road), the total road length is 12.45 Kms. Out of 314 structures, 161 structures have already been acquired, achieving a physical widening of approximately 2.00 Km of the road corridor. In respect of Koolipora-Budobagh Road (Special Reference) a critical 435-metre road widening project has achieved a completed stretch of 231 metres. Out of 29 structures, 14 have been cleared. The remaining 15 cases are currently undergoing fast-tracked resolution. The project stands approved at an estimated cost of 450.00 lakh", the Minister informed.

Chadoora main bridge restoration work underway: Dy CM

■ HT News Network

Srinagar, SEPTEMBER 29: Deputy Chief Minister Surinder Kumar Choudhary today informed the Legislative Assembly that restoration work on the main bridge at Chadoora, which was declared unsafe and closed to vehicular traffic on November 28, 2025, is presently underway.

Replying to a question raised by MLA Ali Mohammad Dar regarding the status of bridges, the Deputy Chief Minister said that the Chadoora main bridge was technically inspected by NIT Srinagar, following which recommendations were received on February 2, 2026. He informed the House that, based on the technical recommendations, a Detailed Project Report (DPR) for restoration/reconstruction of the bridge was prepared and Administrative Approval amounting to 999.54 lakh was accorded. The work was subsequently awarded on August 3, 2026 and is presently in progress.

Regarding the alternate bridge near New Bus Stand, Chadoora, the Deputy Chief Minister stated that the bridge has already been constructed. He said that 50 lakh has been provided under UT Capex 2026-27 for completion of its approach road. He further informed that the land acquisition process and alignment feasibility for the approach road are presently under progress. The approach road and commissioning of the alternate bridge will be taken up thereafter, subject to completion of the requisite land acquisition and other related formalities.

JKPCC ensures strict compliance with environmental norms for establishing stone crushers

517 units inspected since Jan, 2025; 229 legal notices, 146 closure directions issued: Javed Rana

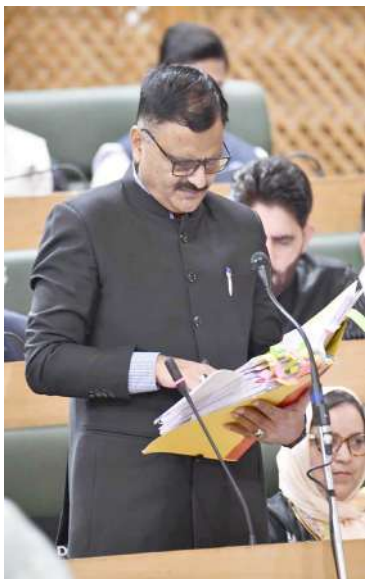
■ HT News Network

The Government today informed the Legislative Assembly that the Jammu & Kashmir Pollution Control Committee (JKPCC) inspected 517 stone-crusher units across the Union Territory from January 2025 till date, issuing 229 legal notices and 146 closure directions for violation of environmental and pollution-control norms.

This was stated by Minister for Forest, Ecology & Environment, Javed Ahmed Rana, while replying to a question raised by MLA Ajaz Ahmad Jan.

The Minister said that in Kashmir Division, 318 crusher units were inspected, 154 legal notices issued and 112 closure orders issued. In Jammu Division, 199 inspections were conducted, resulting in 75 legal notices and 34 closure directions.

The Government stated these directions were issued under the relevant provisions of the Water (Prevention and Control of Pollution) Act, 1974 and the Air (Prevention and Control of Pollution)



Act, 1981. The action was taken, among other reasons, against units found operating without the requisite NOC from the concerned Deputy Commissioner, without valid consent from the J&K

Pollution Control Committee and without adequate or requisite pollution-control measures.

The Government also provided details of four stone crushers approved for establishment in Poonch district, from January 2025 till date, located at Seeri Chowana, Salotri and Bhainch areas, with the approvals granted in accordance with the prescribed norms and criteria.

Javed Rana stated that permissions for setting up and operating stone crushers in the Union Territory are being granted only after ensuring compliance with prescribed environmental norms, siting criteria and applicable regulations.

The minister stated that consents have been granted in accordance with the criteria and norms prescribed by the competent authority, while adhering to the environmental guidelines and siting criteria governing the establishment and operation of stone crushers in Jammu and Kashmir.

He further stated that the applicable framework includes the JKPCC Order No.

70 of 2025 dated May 9, 2025, along with the subsequent amendment to the Siting Criteria for establishment and operation of stone crushers in Jammu and Kashmir issued vide JKPCC Order No. 124-JKPCC of 2025 dated August 30, 2025.

The Government also informed the House that, from January 1, 2025 till date, 58 applications for consent to establish and operate stone crushers had been received. Of these, 27 applications were approved, 28 rejected, while one application is under process. The Government also provided details of four stone crushers approved for establishment in Poonch district, from January 2025 till date, located at Seeri Chowana, Salotri and Bhainch areas, with the approvals granted in accordance with the prescribed norms and criteria.

Javed Rana stated that permissions for setting up and operating stone crushers in the Union Territory are being granted only after ensuring compliance with prescribed environmental norms, siting criteria and applicable regulations.

PWD to lead coordinated efforts to resolve Jail Road waterlogging in Kathua: Dy CM

■ HT News Network

Srinagar, SEPTEMBER 29: The Government today informed the Legislative Assembly that the Public Works (R&B) Department will take the lead in coordinating with all concerned departments and stakeholders to address the issue of waterlogging on Jail Road, Kathua, which has been causing inconvenience to commuters and local residents. This was stated by Deputy Chief Minister Surinder Kumar Choudhary, who holds the portfolio of Public Works (R&B), while replying to a Calling Attention Notice moved by MLA, Dr Bharat Bhushan.

He stated that the matter is being accorded priority and involves issues relating to land records, jail premises, town drainage and housing, which fall within the jurisdiction of different departments and, therefore, require coordinated intervention. Dy CM said that the PWD (R&B) Department will coordinate with all concerned stakeholders to facilitate a comprehensive and expeditious resolution of the issue. Surinder Choudhary said that, as per the report of field staff and local enquiry, the nallah responsible for the waterlogging presently lies within the boundary wall of District Jail, Kathua,

constructed around 25 years ago. He added that, as per available records, the nallah is not registered with the Revenue Department. Deputy Chief Minister stated that since the jail premises fall under the administrative control of the Home Department, matters concerning the premises would be examined in consultation with the Department and in accordance with applicable provisions. As part of the coordinated approach, Dy CM said the Revenue Department will verify the relevant revenue records and undertake joint demarcation of the nallah on the ground to establish its alignment and ascertain the status of any encroachment. "The Home Department/jail authorities will be consulted on the findings to facilitate removal of any obstruction in the nallah or identification of a suitable alternative alignment, without compromising jail security. The Housing & Urban Development Department and Municipal Council, Kathua, will ensure that the drain and outfall are properly integrated with the town drainage system and undertake necessary desilting and sanitation measures within their jurisdiction. The District Administration, Kathua, will convene and oversee a joint site inspection involving all concerned departments and facilitate timely decision.



J&K Judicial Academy organizes interactive session for Trainee Civil Judges Batch 2026

AI can assist but never replace judicial wisdom: Chief Justice to Trainee Judges

■ HT News Network

SRINAGAR, SEPTEMBER 29: The J&K Judicial Academy today organised an interactive session of Chief Justice, High Court of J&K and Ladakh, Dr. Pushpendra Singh Bhati, with the Trainee Civil Judges (Junior Division), Batch 2026.

The Chief Justice interacted with the trainee officers, encouraging them to ask questions and engage meaningfully in the dialogue.

While responding, the Chief Justice emphasised that Artificial Intelligence can assist in administrative and routine tasks and enhance efficiency but judicial decision making requires human reasoning, discretion, empathy and a proper understanding of the facts of each case. He underlined that AI must remain an aid and never a substitute for judicial judgment, with the ultimate responsibility resting with the judge. He further highlighted the need to balance technological advancement with the fundamental values of justice,



fairness, transparency, and public trust.

Addressing the trainees on the use of social media, the Chief Justice advised them to avoid excessive reliance, maintain clear professional boundaries and exercise restraint, responsibility and caution in its usage. He reminded the officers that human values, humility, patience and balanced temperament are essential qualities of a judge and that a judge must always maintain basic human courtesy while

remembering that he or she is ultimately a public servant.

The Chief Justice stressed that one must first be a good human being and only then can one become a good judge. This guidance provided the trainee judges with valuable insights into courtroom management, judicial temperament and professional conduct, thereby strengthening their preparedness for judicial responsibilities and reinforcing the Academy's mission of shaping the future of the

judiciary.

The programme commenced with a welcome address delivered by Director, J&K Judicial Academy, Naseer Ahmad Dar, who highlighted the significance of the Chief Justice's first visit to the Academy after assuming office.

The programme was conducted by Priyanka Bhardwaj, Trainee Civil Judge (Junior Division), and concluded with a vote of thanks presented by Saiqa Sharief Khan, Trainee Civil Judge (Junior Division).

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DC Kulgam reviews Online Grievance Redressal Mechanism

Directs Officers to ensure timely disposal of Public Grievances

■ Farooq Rather

KULGAM, SEPTEMBER 29: Deputy Commissioner (DC) Kulgam, Shahzad Alam, today reviewed the functioning of the Online Grievance Redressal System and JK Samadhan in respect of all departments of the District.

The meeting was attended by ADDC Kulgam Altaf Ahmad Khan, ADC Kulgam Viqar Ahmad Giri, ACR Kulgam Reyaz Ahmad Shah, ACD Kulgam Bilal Ahmad Kamgar, CPO Kulgam Malik Suheel, besides senior officers and district heads of all concerned departments.

During the meeting, the Deputy Commissioner undertook a detailed review of the status of grievances received through the online grievance redressal mechanism, with particular focus on the pendency, timely disposal and quality of responses furnished to the public.

The DC made it categorically clear that no public grievance shall be allowed to remain unattended or unresolved without valid and recorded reasons. He directed all concerned officers to accord top priority to grievance redressal and ensure that every grievance is examined promptly and disposed of within the prescribed timelines.

Emphasising that grievance redressal is a



direct interface between the administration and the public, the Deputy Commissioner directed officers to ensure that grievances are not merely closed on the portal but are properly examined and resolved on the ground wherever required. The officers were further directed to personally monitor pending grievances pertaining to their respective departments and ensure timely action.

The DC warned that any laxity, negligence or failure on the part of officers to attend and redress public grievances will be viewed seriously and may invite strict administrative action. He directed all departments to maintain close monitoring of the grievance portals and ensure that no grievance remains pending due to avoidable administrative delay.

DM Shopian chairs NCORD Meeting

■ HT News Network

SHOPIAN, SEPTEMBER 29: District Magistrate (DM) Shopian, Shishir Gupta, today chaired a high-level meeting of the District Level Narcotics Coordination Committee (NCORD) meeting here at the Mini-Secretariat Shopian to review and strengthen measures against drug abuse across the district.

SSP, Shopian, Mushtaq Ahmed Choudhary, ADC, Dr. Zakir Hussain Faaz, ACR, Shakoar Ahmed Dar, SDM, Zainapora, Bilal Ahmed, Dy. CMO, Dr. Nazir Ahmed and other concerned district officers were present.

During the meeting, the DM called for intensified awareness programmes, regular pharmacy inspections and sustained drives against wild and illegal cannabis cultivation. He stressed the importance of coordinated, multi-departmental efforts to prevent substance abuse and bolster enforcement mechanisms throughout Shopian.

The DM directed for rigorous and routine checks of medical stores to check



illegal sale of psychotropic substances and monitoring of prescription compliance. He further emphasized for sustained drives to identify and eradicate cannabis cultivation across affected pockets of the district. He also stressed for outreach initiatives and educational campaigns targeting youth and local communities to combat addiction and

enhancing synergy between police, civil administration and health authorities to curb drug supply networks and support rehabilitation.

The District Administration reiterated its zero-tolerance policy towards drug trafficking and reaffirmed its commitment to making Shopian a drug-free district through continuous vigilance and strict legal action.

MLA's call on Javed Rana, raise constituency specific issues

■ HT News Network

SRINAGAR, SEPTEMBER 29: Members of the Legislative Assembly Abdul Majeed Bhat and Irshad Rasool Kar today called on Minister for Jal Shakti, Forest, Ecology & Environment and Tribal Affairs, Javed Ahmed Rana, at the Civil Secretariat here and discussed various issues pertaining to development and welfare of their respective constituencies.

During the meeting, the legislators apprised the Minister of the issues and developmental requirements concerning their constituencies, particularly those related to water supply, infrastructure and other public utility services. They also highlighted the need for timely completion of ongoing works and execution of priority projects to address the demands of the people.

The Minister assured the Legislators that their concerns would be examined on priority for speedy redress. He stressed the importance of coordinated efforts between the concerned departments and the elected representatives for effective implementation of developmental programmes and timely resolution of public grievances.

Javed Rana reiterated the government's commitment to ensure equitable development and strengthening of essential public services across Jammu and Kashmir. He directed the concerned officers to examine the issues raised and take appropriate action within the prescribed timelines.

Similarly, a number of people from the respective areas also raised various area-specific issues and apprised the Minister of their concerns and developmental requirements. During the meeting, the legislators apprised the Minister of the issues and developmental requirements concerning their constituencies, particularly those related to water supply, infrastructure and other public utility services. They also highlighted the need for timely completion of ongoing works and execution of priority projects to address the demands of the people.

The Minister assured the Legislators that their concerns would be examined on priority for speedy redress. He stressed the importance of coordinated efforts between the concerned departments and the elected representatives for effective implementation of developmental programmes and timely resolution of public grievances.

Javed Rana reiterated the government's commitment to ensure equitable development and strengthening of essential public services across Jammu and Kashmir. He directed the concerned officers to examine the issues raised and take appropriate action within the prescribed timelines.

DC Srinagar, SSP review anti-narcotics strategy in District NCORD meeting

■ HT News Network

SRINAGAR, SEPTEMBER 29: Deputy Commissioner (DC) Srinagar, Akshay Labroo, today chaired a meeting of the District-Level NCORD Committee at the Meeting Hall of the DC Office to review ongoing efforts under the anti-narcotics strategy aimed at combating drug trafficking and substance abuse, ensuring prosecution of offenders, disrupting drug networks and expanding treatment and rehabilitation facilities across the district.

Senior Superintendent of Police (SSP) Srinagar, Dr. G.V. Sundeeep Chakravarthy was present in the meeting.

The meeting held detailed discussions on enforcement, prevention and rehabilitation, effective implementation of the Common SOP for action against accused persons, implementation of the nationwide 100 Weeks Nasha Mukta Bharat Abhiyan, maintaining zero tolerance towards Government employees involved in NDPS cases, regulation of pharmaceutical



drugs and strengthening and expansion of treatment and rehabilitation measures for drug victims.

On the occasion, the Deputy Commissioner called upon all stakeholder departments to maintain coordinated efforts to curb drug trafficking and strengthen rehabilitation mechanisms to effectively address the drug menace. He noted that while significant achievements have been made under the ongoing anti-drug campaign, all stakeholders need to work with renewed zeal, dedication and commitment to realize the vision of a drug-free society.

While reviewing the progress in implementation of

the recently launched rehabilitation policy being implemented on a pilot basis in selected Districts of Jammu and Kashmir, including Srinagar, the DC appreciated the efforts of IMHAANS and called for further strengthening of rehabilitation, counselling, follow-up and aftercare mechanisms for drug victims to facilitate their recovery and reintegration into society. He further underlined the need for proper enrolment and tracking of rehabilitation cases to ensure timely interventions, effective monitoring of beneficiaries and enhanced coordination among line departments and rehabilitation institutions.

Deputy Chief Minister reviews development works in Lolab constituency

■ HT News Network

SRINAGAR, SEPTEMBER 29: Deputy Chief

Minister, Surinder Kumar Choudhary today reviewed the progress of various ongoing developmental works in Lolab constituency at a meeting held with MLA Lolab Qaysar Jamshaid Lone, Chief Engineer North, Chief Engineer PMGSY and other senior officers of PW (R&B) and PMGSY.

The Deputy Chief Minister had a detailed review of the ongoing road and infrastructure works. He sought updates on their physical

progress and implementation status.

Surinder Choudhary directed the concerned officers to expedite the pace of work, ensure timely completion and maintain the prescribed quality standards. He also stressed close monitoring and effective coordination among all concerned departments for resolving bottlenecks and ensuring smooth execution of projects. The Deputy Chief Minister emphasised that developmental works should be completed

within stipulated timelines so that the people of Lolab constituency receive the intended benefits at the earliest. Surinder Choudhary directed the concerned officers to expedite the pace of work, ensure timely completion and maintain the prescribed quality standards. He also stressed close monitoring and effective coordination among all concerned departments for resolving bottlenecks and ensuring smooth execution of projects.

DC Ganderbal reviews Road Safety Measures Directs time bound implementation of Road Safety Plan

■ HT News Network

GANDERBAL, SEPTEMBER 29: Deputy Commissioner (DC) Ganderbal, Jatin Kishore, today chaired a meeting of the District Road Safety Committee at the VC Room, DC Office, Ganderbal, to review road safety measures and implementation of the road safety plan in the district.

During the meeting, the Deputy Commissioner reviewed the road safety plan formulated by the PW (R&B) Department, Ganderbal, and took detailed stock of the proposed works and interventions aimed at reducing road accidents and improving safety for commuters and pedestrians.

The DC directed the concerned agencies to ensure time bound completion of all proposed road safety works and stressed

upon the officers to accord priority to measures aimed at preventing accidents, particularly at identified accident-prone areas and black spots.

The Deputy Commissioner directed the departments to ensure installation of crash barriers at vulnerable stretches, particularly along identified accident prone locations, besides installation of adequate and clearly visible road signages and retro reflective signage along the roads for improved visibility and guidance of motorists.

He further directed the concerned agencies to identify and address accident-prone areas and black spots on priority and ensure necessary engineering and safety interventions at such locations. He also called for installation of speed breakers at appropriate locations in accident-prone



and populated areas to regulate vehicular speed and enhance pedestrian safety.

The DC stressed upon the concerned departments to ensure proper maintenance and repair of footpaths and other pedestrian

facilities and directed that necessary measures be taken to make roads safer and more accessible for pedestrians.

Reviewing traffic management measures, the Deputy Commissioner

directed the Municipal Council Ganderbal to install traffic lights at Towheed Chowk and ensure their timely operationalisation for effective regulation of traffic at the busy intersection. He also directed the concerned agencies to ensure appropriate traffic safety measures along the Hospital Road. The DC directed the concerned agencies to ensure that road diversions are properly marked and equipped with adequate safety measures, including appropriate signage and visibility arrangements. He further stressed upon the concerned departments to ensure necessary measures at blind bends and other vulnerable stretches to alert motorists and minimise the risk of accidents.

The DC emphasised close coordination among the concerned departments for implementation of road safety measures and directed that all agencies regularly

inspect vulnerable stretches and take corrective measures without delay.

He also directed NHAI and BEACON/ BRO to ensure availability of ambulance services for emergency response along the concerned road stretches and directed that the toll-free contact numbers of the ambulance/emergency services be prominently publicised for the convenience of the general public.

The DC stressed upon all concerned officers to ensure strict compliance with road safety measures and directed that the progress of the works be regularly monitored. He called for a coordinated approach involving the R&B, NHAI, Traffic Police, Municipal Council and other concerned agencies to minimise accidents and improve overall road safety in the district.



The students were accompanied by their teachers, lecturers and other members of the school staff. The Office of the Chief Electoral Officer, J&K, continues to undertake a range of SVEEP and electoral literacy activities aimed at strengthening awareness among young citizens and encouraging

HT EDITORIAL

A House Nearing Its Close Must Not Leave Democracy Unfinished

The Jammu and Kashmir Legislative Assembly's Autumn Session is now drawing towards its close, but the larger question remains whether the House has been able to make full use of the opportunity placed before it. The people sent their representatives to the Assembly with expectations of serious debate, effective scrutiny and meaningful legislation. Unfortunately, repeated disruptions and confrontations have consumed valuable legislative time, leaving the public to wonder whether the House has given sufficient attention to the issues that brought its members there.

The concerns raised during the session—whether relating to National Health Mission employees, outsourcing of jobs, electricity tariffs, public services, development or other matters affecting ordinary citizens—are genuine matters of public interest. They deserve to be debated at length and examined through facts, figures and reasoned arguments. But for that to happen, the Assembly must first be allowed to function.

The Opposition has a legitimate responsibility to question the Government, expose shortcomings and demand answers. Raising the voice of the people is an essential part of parliamentary democracy. But repeated protests, interruptions and walk-outs cannot replace sustained debate. An Opposition demonstrates its strength not merely by resisting the Government, but by putting searching questions on record, presenting alternatives and holding the executive accountable within the House.

The ruling side, too, cannot escape responsibility. The Government must recognise that criticism is an integral part of legislative functioning. Difficult questions cannot be wished away through political arguments or procedural responses. Ministers have an obligation to explain decisions, acknowledge concerns and provide clear answers wherever the public is seeking clarity.

What is particularly disappointing is that both sides appear at times to have allowed immediate political interests to overshadow the larger purpose of the Assembly. Whether in government or opposition, legislators have been sent to the House with public expectations attached to their mandate. The Assembly is not merely a platform for political positioning; it is the institution through which the concerns of the people are expected to be converted into discussion, policy and action.

With the session nearing its end, there is still an opportunity for introspection. Every remaining sitting should be treated as valuable public time.

Questions relating to employment, healthcare, electricity, education, development, infrastructure and the functioning of government departments require detailed discussion. If proceedings are lost to disruption, it is ultimately the public that loses.

Political parties, both ruling and opposition, need to recognise that their own institutional and political interests are best served when the Assembly is seen to be functioning effectively. A productive House gives the Government an opportunity to demonstrate its work and gives the Opposition an opportunity to demonstrate the quality of its scrutiny. A paralysed House benefits neither.

Democracy does not demand agreement; it demands engagement. Arguments can be sharp, disagreements can be deep and political positions can remain completely different. But the Assembly must remain a place where those differences are expressed through debate rather than disorder.

As the Autumn Session approaches its conclusion, the message from the public should be clear: the Government must answer, the Opposition must question, and every MLA must remember why the people sent them to the House in the first place. The Assembly has a limited number of sitting days, but the expectations of the people are continuous. The remaining time must therefore be used not for political theatre, but for the work of democracy.

Maulana Iftikhar Hussain Ansari (RA) A Luminous Legacy

A Solemn Tribute on the 12th Death Anniversary



Dr. Syed Rizwan Bukhari

As 30 September approaches, the air of Kashmir seems to echo with the memory of a voice that once resonated from the pulpit and the prayer niche, stirred hearts in mourning gatherings, and gave voice to the people's concerns in the political arena. This day is inseparable from the memory of the late and revered Maulana Iftikhar Hussain Ansari (RA), a personality who devoted his entire life to serving faith, community, the tradition of mourning for Imam Hussain (AS), and humanity at large.

Maulana Iftikhar Hussain Ansari (RA) was not merely a religious scholar, an eloquent orator, or a political leader; he embodied a thought, a voice, and an era. His personality brought together the dignity of a scholar, the passion and emotional depth of an orator, the vision of a political leader, and the compassion of a deeply sensitive human being. These qualities gave him a distinctive place in his time. It was this multifaceted personality that earned him a special place in the hearts of the people, a place that the passage of time has failed to diminish.

In the religious and social history of Kashmir, one of his most enduring identities was rooted in his remarkable oratory and his profound attachment to the mourning

tradition of the martyrs of Karbala. His sermons, particularly those delivered on the tragic night of Shaam-e-Ghareeban, possessed a unique emotional power and spiritual resonance. Whenever he narrated the events of Karbala, they no longer appeared as a distant episode of history; rather, it seemed as though Karbala, with all its anguish, pathos, sacrifice, and timeless message, had come alive before the listeners.

His voice carried sorrow, his words carried pain, and above all, his message carried purpose. For him, Azadari was not merely an expression of grief; he regarded it as a powerful affirmation of truth, dignity, freedom, and resistance to oppression and tyranny. It was this profound commitment that led many to remember him, with deep respect, as a guardian of the tradition of Azadari in Kashmir.

Alongside his profound religious commitment, Maulana Ansari's political life reflected an equally deep concern for the problems and aspirations of ordinary people. He did not regard politics merely as a means of acquiring office or power; rather, he viewed it as a responsibility to become the voice of the people and carry their concerns to the corridors of power. Understanding the hardships, deprivation, and needs of the common people and raising his voice for their relief remained an important dimension of his public life. He lived among the people and remained connected with their joys and sorrows. It was this closeness that made people regard him not as someone distant from them, but as one of their own.

Another particularly bright and memorable aspect of Maulana Ansari's personality was his commitment to



humanitarian and welfare-oriented service. Reaching out to those in need, consoling the poor, assisting the deserving, and working towards the resolution of collective problems were integral to his temperament. For him, service to humanity was not a separate pursuit; it was an essential practical expression of faith. That is why his memory continues to live on not only within religious circles, but also in the hearts of those who, at some point in their lives, experienced his compassion, guidance, assistance, or personal concern.

To keep this luminous memory alive, a day-long Majlis-e-Aza is being organised, as per tradition, this year as well at Imam Bara Shadi Pora on 30 September. All devotees and lovers of the Ahl al-Bayt (AS) are respectfully requested to attend the gathering, illuminate their hearts with the remembrance of the Ahl al-Bayt (AS), and seek the blessings and reward of this world and the Hereafter.

Some personalities gradually become merely a part of history as time moves on. Yet there are others who, even after becoming

a part of history, continue to live in the memories, hearts, and emotions of the people. Maulana Iftikhar Hussain Ansari (RA) appears to belong to the latter category. His physical voice may have fallen silent, but its resonance can still be heard in the atmosphere of religious gatherings, in the world of cherished memories, and in the hearts of those who had the privilege of seeing, hearing, and experiencing him closely.

His death anniversary is not merely an occasion to remember a distinguished scholar, orator, and public leader. It is also a reminder that communities do not honour their benefactors merely by remembering them; they preserve their legacy by carrying their services, ideals, thoughts, and achievements forward to future generations. The life of Maulana Ansari (RA) represents a remarkable chapter of religious devotion, the preservation of the tradition of Azadari, public service, welfare of society, and a profound sense of collective responsibility. To allow such a legacy to fade from memory would be tantamount to neglecting a luminous chapter of our own past.

30 September is not merely a date on the calendar. It is a remembrance of a voice that, though silenced, continues to resonate; a remembrance of a lamp that, though extinguished, still illuminates the path; and a remembrance of a personality whose services have not faded beneath the dust of time.

May Almighty Allah forgive Maulana Iftikhar Hussain Ansari (RA), elevate his ranks, and accept his religious, communal, humanitarian, welfare-oriented, and public services as an enduring charity (Sadaqah Jariyah) on his behalf.

Why JEE, NEET and CUET-Like Entrance Exams Should Be Held Twice a Year



Dr. Vijay Garg

India's higher-education system is expanding rapidly, but the transition from school to college remains highly stressful for millions of students. Examinations such as JEE, NEET and CUET can determine access to engineering, medical and undergraduate programmes, making the examination process an important part of a student's academic journey.

One proposal that deserves serious discussion is to conduct major national entrance examinations twice a year. A second opportunity could reduce the consequences of illness, technical problems, examination-day difficulties or an unexpectedly poor performance in a single attempt. At the same time, such a system would require careful planning so that it does not increase costs, coaching pressure or administrative complexity.

One Examination Should Not Define a Student's Future

A major entrance examination often represents years of preparation. Yet students are human. They can become ill, experience

severe anxiety, face family emergencies or simply have an unusually difficult day.

When an examination is held only once a year, a temporary setback can have consequences extending for an entire academic cycle. A student who has prepared seriously may have to wait another year to try again.

Holding an examination twice a year could provide a second opportunity within the same admission cycle. It would make the system less dependent on one particular day and could allow students to recover from an unsuccessful first attempt.

This does not mean that every student would necessarily need to appear twice. Those satisfied with their first performance could use that result, while others could choose to attempt the examination again if the rules permit.

JEE Already Demonstrates the Possibility of Multiple Attempts

The Joint Entrance Examination system provides an important example of conducting a major entrance examination more than once within an admission cycle. JEE Main is conducted in multiple sessions, giving eligible candidates opportunities to improve their performance.

A similar philosophy could inform discussions about other national entrance examinations, while recognising that different examinations have different admission structures, candidate volumes and logistical requirements.

The objective should not be to copy one examination model mechanically, but to identify which elements of multiple-attempt systems improve fairness and reliability.

NEET Requires Special Consideration
The case of NEET-UG is more complicated because it serves as the principal national entrance examination for undergraduate medical education and involves a very large candidate population.

A twice-yearly NEET system would require careful decisions about several issues. Should the best score be considered? Would students be allowed to improve only their marks or also their rank? Would the syllabus and difficulty level be strictly comparable across both attempts? How would normalisation work if one paper were perceived to be easier than the other?

These questions cannot be ignored.

If NEET were conducted twice a year, a transparent and statistically sound method would be necessary to ensure that candidates appearing in different sessions are treated equitably.

CUET and the Diversity of Undergraduate Admissions

The Common University Entrance Test (CUET) serves a different purpose. It provides a common entrance mechanism for undergraduate admissions at participating universities.

A twice-yearly model could potentially provide students with greater flexibility, particularly for those who discover after their

first attempt that they need to improve their preparation in a particular subject.

However, universities would need coordinated admission calendars. If different institutions follow different timelines, a second examination session could create confusion rather than flexibility.

Therefore, examination reform should be accompanied by admission-calendar reform. Reducing the Pressure of a Single Attempt

One of the strongest arguments for multiple examination opportunities is psychological.

Students preparing for highly competitive examinations often feel that a single examination day carries enormous importance. This can create intense pressure and may encourage unhealthy study patterns.

A second attempt can change the psychological environment. Students may still work hard, but the knowledge that one difficult day does not necessarily end their opportunity could reduce the sense of irreversible failure.

However, the opposite effect is also possible. Some students may feel compelled to take both examinations even when one attempt would have been sufficient. Coaching institutions could also market multiple attempts as something students must use.

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Time to Empower Tribal Women



Sahil Manzoor

In this important and evolving era, our nation is fully capable of producing great resources in every sector. Our nation is praised worldwide because, with each passing day, we are moving toward our goals of success. Our nation has immense potential and eminent goals, which we are achieving in different sectors. Our country has great diversity in cultures, religious perspectives, and people who think about the upliftment of our proud nation.

In India, one thing is always praised across the world: people from different cultures live under one colorful umbrella. This beautiful umbrella represents our unity in diversity.

However, one thing is unfortunate: in this developing era, some sections of society are still deprived of basic rights, such as access to higher education, skill development, proper shelter, clean water, and government welfare schemes.

Science and technology play an

important and transformative role in today's nation. We now have electricity, internet, water, and road networks in most parts of the country. However, we still lack in some areas. Health centers should be available everywhere so people can receive better medical facilities. Above all, education remains the most powerful tool. Today, we understand the true essence of education and how it shapes the future of generations and transforms the fate of communities and nations. There is no alternative to education. Education is as essential as oxygen, food, and shelter for survival on this mesmerizing blue planet.

In this article, I share my views on the upliftment of tribal women. The government should never hesitate to provide well-equipped educational institutions and skill development centers and should remain deeply concerned about their upliftment. The upliftment of any community directly leads to the upliftment of the nation.

Education for the downtrodden classes should be free and compulsory at every stage, without scholarship barriers.

In a world increasingly connected by cutting-edge technology, true education rises above barriers of caste, color, creed, and gender. Educated individuals promote humanity, equality, and progress.

Technology has unveiled the mysteries of the world and offers unprecedented opportunities for growth and



empowerment. For tribal girls in India, particularly in Jammu and Kashmir, education and technology hold the key to breaking the cycle of marginalization and building a brighter future.

The Role of Technology in Uplifting the Marginalized

The internet has revolutionized access to knowledge and opportunities. It serves as a powerful tool for the underprivileged by offering resources on entrepreneurship, higher education, and skill development. Platforms like YouTube and Google have become virtual classrooms, enabling students to gain knowledge that was once out of reach. Today's learners can access vast information

from the comfort of their homes. This accessibility empowers individuals to improve their social

and economic status. Education is universally recognized as a cornerstone of success. It fosters peace, reduces violence, dispels ignorance, and opens doors to financial independence and social respect. Educational Institutions as Catalysts for Change
India's educational landscape has expanded significantly, reaching even remote areas through schools, colleges, universities, and Industrial Training Institutes (ITIs). These institutions have transformed mindsets and enabled social mobility. Among tribal communities, particularly the Gujar and Bakarwal communities of Jammu and Kashmir,

educational awareness is gradually increasing. Education not only helps in securing jobs but also broadens horizons and promotes independence. Focusing on Tribal Girls' A National Priority

This article highlights the challenges faced by tribal girls, especially from the Gujar and Bakarwal communities, and the urgent need to uplift them. Although India has made progress in promoting gender equality, tribal communities remain economically and educationally disadvantaged.

According to the 2011 Census, around 12% of Jammu and Kashmir's population belongs to tribal groups, with Gujar and Bakarwal being predominant. These communities migrate seasonally with livestock between Jammu's plains and the forests of Pir Panjal. Despite their deep connection with nature, they face significant barriers to education and economic opportunities.

Why Are Tribal Communities Lagging?
Geographical isolation, lack of awareness about government schemes, and poor infrastructure hinder access to education. As a result, tribal girls struggle to realize their full potential and contribute to the nation.

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A dilapidated home in Uri is now a safe start for six orphaned children, thanks to Human Aid Society and the Indian Army standing with them



By M S Nazki

Pyaar Manga Hai Tumhi Se Na Inkaar Karo.....! Where do they refuse in any case! They are there wherever You want them to be!
-Civilians enjoy their time because soldiers sacrifice their time.

-In Life, You have to fight and fight to win, There is no room for the loser Now

-He placed a cardboard placard above the entrance of his bunker with five words, scrawled with a red marker, that appeared to answer his CO's question: I RUST WHEN I REST!.....!

-Uri is a crucial border town in Jammu and Kashmir due to its strategic military location, significant hydropower generation, and historical role as a gateway to the Kashmir Valley.

-Strategic and Military Importance Proximity to the Border: Located in the Baramulla district, Uri sits just 10 kilometers east of the Line of Control (LoC) with Pakistan.

-Defense Hub: The region has historically been treated by the Indian government as a vital point for the defense of the Kashmir Valley.

-Energy and Hydropower Infrastructure Power Generation: Uri is a key pillar for Jammu and Kashmir's energy security through major hydroelectric installations like the Uri power projects.

-Reducing Power Deficits: Ongoing expansions, such as the Uri-I Stage-II hydroelectric project, help the Union Territory combat severe winter electricity shortages and reduce its heavy reliance on power imports from other states.

-Historical and Economic Gateway Historical Route: Known historically as the "window of Kashmir," Uri sat on the traditional Jhelum Valley

Road, connecting Srinagar to Rawalpindi and serving as a vital transit route for traders, Sufi saints, and travelers.

-Border Tourism and Development: The government is currently pushing multi-crore infrastructure and cultural restoration projects in Uri to transform the picturesque frontier town into a major border tourism destination.

-But there are other aspects too:

-A dilapidated home in Uri is now a safe start for six orphaned children, thanks to Human Aid Society and the Indian Army standing with them. Civic action like this (homes, schools, medical camps, skills) turns hardship into hope and knits communities closer.

-A related June 2026 programme in Uri's Baghrota and Busgran villages had Brigadier K.M. Nithin Kuttappa of the 12 Infantry Brigade as chief guest for a house handover and women's poultry livelihood units.

-Indian Army civic work in the same sector includes medical camps for border villages, a gym for Uri youth, school upgrades, and other Operation Sadbhavana projects that fund education, health, and community facilities.

-These efforts give children stable housing and schooling, restore livelihoods after shelling damage, and build everyday trust between the Army and local families in a LoC belt that still carries conflict scars. That's nation-building beyond the border!

-We all have an encyclopaedia of anecdotes here is one amongst many!

-The willow trees along the Jhelum River hung heavy with gray dust the summer the waters rose. In the heart of a quiet village near Srinagar, the ancestral home of the Mir family stood as a silent witness to the fury of nature.

-Built by Ghulam Mir's grandfather, the two-story house featured traditional Kashmiri brickwork, intricate wooden pinjra-kari latticework windows, and a tin roof that had sung with the rhythm of a hundred monsoons.

-When the cloudburst hit the mountains, the valley transformed into a swirling inland sea. The family fled to higher ground with nothing but the clothes on their backs, watching from a distant ridge as the brown floodwaters swallowed their village.



-For days, the house remained submerged. When the water finally receded, it left behind a landscape of heartbreak.

-Ghulam returned to find the foundations weakened, the courtyard buried under three feet of thick, suffocating silt, and the beautiful wooden balconies fractured. The roof had partially collapsed under the weight of debris carried by the torrent.

-To Ghulam, a retired schoolteacher, the house was not just brick and mortar; it was the repository of his family's history. Seeing it ruined, he felt a profound sense of despair. The task of rebuilding was monumental, expensive, and far beyond the strength of an old man and his grieving family.

-A week later, the distinct rumble of heavy engines broke the village silence. A convoy of the Indian Army's engineering regiment arrived, tasked with clearing the debris and restoring basic infrastructure in the flood-ravaged sector.

-The unit commander, Major Raghav, noticed Ghulam sitting on a stone outside the hollow shell of his home, staring blankly at the mud-soaked walls. The Major walked over, surveyed the structural damage, and placed a hand on the old man's shoulder. "We will help you bring it back," the Major promised.

-The next morning, the courtyard transformed

into a hive of disciplined activity. A squad of young soldiers, working alongside a few local youth who volunteered, began the gruelling process of salvaging the structure. They didn't just bulldoze the ruin; they treated the heritage home with care.

-First came the stabilization. The army engineers used heavy jacks and steel struts to prop up the sagging beams, preventing a total collapse of the second floor.

-Next, they tackled the silt. Shovel by shovel, soldiers and locals cleared the thick mud from the ground floor, washing away the grime to reveal the sturdy, traditional stone flooring underneath.

-Major Raghav managed to procure timber and corrugated sheets through army logistics. A soldier named Naik Singh, a skilled carpenter from Punjab, took a special interest in the house.

-Working closely with a local Kashmiri carpenter named Tariq, the two men painstakingly repaired the damaged pinjra-kari window frames, salvaging the original wood wherever possible and seamlessly fitting new pieces where the old had rotted.

-For three weeks, the village echoed with the sounds of hammers, saws, and shared language. The soldiers shared their rations and hot tea with the family, and in return, Ghulam's wife prepared

traditional noon chai (salted pink tea) over a makeshift outdoor hearth for the men. The shared sweat and mud blurred the lines between the uniform and the civilian, weaving a bond born of resilience.

-By the end of the month, the transformation was complete. The foundation was reinforced with concrete plinths, a bright new tin roof gleamed under the Kashmiri sun, and the walls were cleared of the water mark of disaster. While it bore the scars of the flood, the house stood firm, its unique heritage preserved.

-On the day the unit was scheduled to move to the next village, Ghulam stood in the restored courtyard. He handed Major Raghav a small wicker basket filled with fresh walnuts from the surviving tree in the garden. You didn't just save the walls," Ghulam said, his voice thick with emotion. "You saved our memories."

-Major Raghav smiled, accepting the walnuts, and saluted the old man. As the trucks rolled out of the village, Ghulam looked up at the repaired balcony. The house was no longer a monument to devastation; it was a testament to survival, standing proud against the backdrop of the majestic Himalayas.....! Small stories become big...

-Indian Army rescues unconscious teenage girl from Mendhar Nala

-Indian Army personnel rescued a teenage girl who was being swept away in the Mendhar Nala towards the Pakistan side in Poonch district, Jammu and Kashmir. The incident occurred at approximately 1:30 PM on September 4.

-Sentries stationed at forward posts observed an unconscious girl, estimated to be between 14 and 16 years old, floating along the Mendhar Nala. In a prompt rescue operation, a soldier from the Balnoi battalion jumped into the river and pulled the girl from the water.

-The rescued individual was identified as Uzma Kausar, daughter of Gulsaid and a resident of Balnoi. Following the rescue, the Army personnel immediately transferred her to the Primary Health Centre (PHC) in Mankote. Local police, medical officials, and the Sarpanch were informed beforehand to provide prompt medical care. Officials reported that Uzma Kausar is currently in stable condition and that her family members have been notified. Further information is awaited.

A Doctor Beyond the Clinic

The Journey of Dr. Tasaduk Hussain Itoo



Wai Arfat

Some professionals are known mainly for the work they do inside their institutions. Others slowly build a wider public identity through education, writing, health awareness and service to society. Dr. Tasaduk Hussain Itoo belongs to the latter group. Born in Poshkreri village of Anantnag district in South Kashmir, he has built a professional journey that brings together clinical medicine, diabetes care, public health, medical education, science, health communication and writing.

His journey began in a simple setting. Poshkreri village in Anantnag became the starting point of a career that later connected him with medical and professional institutions in India and abroad. A profile published by The Kashmir Horizon in 2018 described him as a native of Poshkreri and recorded his early education. He studied at Iqra English Medium High School, Srigufwara, and Public Senior Secondary School, Bijbehara. He later completed his B.Sc. in Biology from the University of Kashmir and pursued MBBS from the University of Jammu.

Becoming a doctor was his childhood ambition. The 2018 profile also noted that he became the first student from his village to clear the Jammu and Kashmir Common Entrance Test for MBBS. From this beginning, his academic journey continued well beyond the MBBS degree.

Dr. Itoo continued his education in family medicine, diabetes, endocrinology, public health and medical education. His professional profile lists a Post Graduate Diploma in Family Medicine from Christian Medical College, Vellore, along with postgraduate training in diabetology and clinical endocrinology, diabetes and metabolism. He has also undertaken specialised training through the International Diabetes Federation School of Diabetes and programmes connected with the European Society of Endocrinology.

His profile also records advanced certifications and learning connected with institutions including Stanford University School of Medicine, Johns Hopkins University, the University of Tokyo and the University of Manchester. His professional

development reflects a continuing interest in learning rather than stopping after one qualification.

Diabetes and other non-communicable diseases have become important parts of his clinical work. His professional profile describes more than eight years of clinical experience in chronic disease management, particularly diabetes. His work focuses on patient-centred, preventive and evidence-based care.

In 2024, reports noted his completion of specialised diabetes-management courses accredited for European continuing medical education through the International Diabetes Federation School of Diabetes. He also received



Academic Life Membership of the Research Society for the Study of Diabetes in India after completing a Certificate Program for Clinicians in Diabetes Management.

In 2025, he was awarded the Fellowship of the International Diabetes Federation. Reports described the recognition in connection with his work in diabetes care, education and advocacy. His professional affiliations also include the American College of Physicians, the American Academy of Family Physicians, the American Academy of Pain Medicine and the Research Society for the Study of Diabetes in India.

Public health is another important part of his professional identity. His work includes preventive healthcare, health literacy, patient guidance and community health awareness. In 2026, he received the Fellowship of the Royal Society for Public Health in the United Kingdom. His public-health approach focuses not only on treating illness but also on prevention, screening, correct health information and healthier lifestyles. Medical education has developed alongside

his clinical career. His earlier professional journey included work as an educator with Unacademy. His profile records a Top Educator Award in 2017 and a Best Educator Award in 2018. In December 2025, he received Membership of the Academy of Medical Educators in the United Kingdom. In 2026, he was appointed as an Assessor by the Academy, taking part in the assessment of applications for professional membership and fellowship.

His connection with biological sciences has also grown. His professional profile lists membership of the Royal Society of Biology, along with the professional distinctions of Chartered Scientist and Chartered Biologist. These achievements add another area to a career that already includes medicine, public health and education.

But medicine is only one part of Dr. Itoo's public work. Writing has been another major part of his journey. For years, he has contributed articles to newspapers and digital publications. His 2018 profile mentioned publications including Greater Kashmir, Rising Kashmir, Daily Excelsior, Kashmir Monitor, Kashmir Images, Kashmir Horizon and Kashmir Pen. At that time, it recorded around 100 published articles.

His health writing covers a wide range of subjects. He has written about diabetes, hypertension, obesity, metabolic syndrome, stroke, heart disease, dengue, gastric cancer, hypothyroidism, viral infections, HIV/AIDS, mental health and preventive healthcare. Titles such as Winter Viruses and Viral Infections, Floods and the Threat of Infections, Managing Obesity in the 21st Century, Hypothyroidism: The Silent Slowdown of Body, Preventing Heart Diseases, Stroke, Breakthrough Treatment for Gastric Cancer, Understanding Obesity, World Stroke Day: Know About Stroke!, About Metabolic Syndrome, Know It Here!, Treatment of Diabetes: Semaglutide Tablet vs Injection, World Heart Day: Understanding Heart Diseases, Dengue Fever: A Health Concern and Epidemic of Hypertension show the range of his medical writing.

(Mohammad Arfat Wani is a writer, social activist and nursing student from Kuchmulla, Tral, Kashmir. He writes on social issues, culture and public concerns with the aim of raising awareness and inspiring change.)

Banks sell trust, markets sell dreams



Dr. Priyanka Saurabh

Why does a bank that sells home loans to others, selling them the dream of home ownership, itself live in a rented building? This question may sound humorous, but it hides a profound story about the market, the banking system, and consumer psychology. It's often compared to a confectioner—a confectioner makes sweets for others, but he doesn't necessarily eat them himself. His job isn't to eat them, but to make and sell them. Similarly, a bank's primary role isn't to own everything it finances. Its business operates on the flow of money, credit, and trust.

Even today, in Indian society, home isn't just a four-walled structure. It symbolizes security, stability, social prestige, and hope for the future. Banks understand this sentiment and offer home loans to people. Advertisements depict smiling families, their own beautiful homes, children's laughter, and the dream of easy installments. The message is simple: why rent today when you can buy your own home? But this dream also carries a long-term financial commitment, which the customer needs to understand.

This raises the question: why does a bank operate in a rented building instead of purchasing its own? The simple answer is: a bank's business isn't to own property, but to efficiently utilize capital. It's not necessary for a bank to purchase a building for every branch. By renting space, a bank can invest its capital in activities that support its core business. If a bank invested a large amount of its capital solely in buildings and land, that money wouldn't be able to be used for lending, investing, and other banking activities.

This means that for a bank, a building is not its product, but a means of running its business. Just as a company doesn't need to purchase land to operate its offices, a bank doesn't need to own each of its branches.

But behind this simple economic logic lies a bigger question for consumers—do we understand the value of the dream the bank is showing us?

A home loan isn't just the price of the home. Interest, processing fees, insurance, registration, maintenance, and other expenses can also be added. Long-term debt approval is a family's monthly budget. In the event of a job change, a drop in income, illness, or a sudden, large expense, the same EMI that initially seemed convenient can become a financial burden.

Therefore, the decision to buy a home shouldn't be based solely on the amount of loan a bank is willing to provide. The real question should be how much a family can comfortably repay. A bank's loan approval isn't the ultimate proof of a person's financial capability. A buyer should consider their income, savings, future expenses, and emergency needs before making their decision.

Another important aspect of the banking system is trust. People deposit their hard-earned money in banks and expect their money to be safe. Banks then make these deposits available in the form of various types of loans. In this sense, banks are not merely intermediaries of money, but of financial trust.

This is why banking businesses rely on trust. When borrowing money from a bank, customers rely on their future income, and the bank relies on the customer's ability to repay. A contract is formed between the two. More important than emotions are the terms, interest rates, term, and repayment obligations.

Today, banking advertisements present this system as very attractive. Messages like "your dream home," "easy EMIs," "low interest," and "instant loans" attract people. There's nothing wrong with this, but consumers must understand the difference between advertising and actual financial costs. Dreaming may be the language of the market, but decisions should be made in the language of calculation.

When a customer buys sweets at a confectionery store, they immediately know how much they've spent.

(Dr. Priyanka Saurabh, PhD (Political Science), is a poet and social thinker.)

The views and opinions expressed in this article are solely those of the author and do not reflect the editorial policy of Headlines Today at all and in any manner. We assume no responsibility or liability for the accuracy, completeness, or consequences of the views expressed therein....



Divisional Commissioner Jammu reviews preparations for 'Reform Utsav'; directs timely IEC dissemination and wider public awareness

■ HT News Network

JAMMU, SEPTEMBER 29: Divisional Commissioner Jammu, Ramesh Kumar today chaired a meeting to review preparations for the nationwide 'Reform Utsav' campaign in Jammu Division, scheduled to be launched on October 2.

Spearheaded by the Department of Economic Affairs, Government of India, the three-month campaign, being held from October to December 2026, aims to showcase transformative governance reforms, citizen-centric initiatives and developmental achievements.

The Divisional Commissioner informed that the Rural Development Department will serve as the nodal agency for the campaign, under which Gram Sabhas will be conducted across



the Division. These Gram Sabhas will provide citizens an opportunity to learn about major reforms, understand their impact and identify local development priorities.

He directed the Deputy Commissioners to nominate nodal officers in their respective districts for effective coordination and implementation of the campaign.

The Div Com stressed the need to generate widespread awareness about the scope, benefits and improved delivery mechanisms of various government schemes and initiatives being implemented by the Departments of Social Welfare, Rural Development, Agriculture, Employment, Revenue and other sectors.

He particularly emphasised disseminating information regarding the digitisation of revenue records, besides highlighting activities and achievements under the Swachh Bharat Mission, PMAY, Vibrant Villages Programme and Smart City projects.

The Div Com also directed that the public be adequately sensitised about the recently enacted Bharatiya

Nyaya Sanhita (BNS) and Bharatiya Nagarik Suraksha Sanhita (BNSS) and the key provisions and reforms introduced under them.

He further called for prominent projection of livelihood and employment-oriented initiatives under NRLM and Mission YUVA, with a focus on their benefits and accessibility for citizens.

The Div Com directed the concerned officers to ensure timely distribution and dissemination of Information, Education and Communication (IEC) material across all districts. He also issued directions regarding the conduct of events and activities and coordinated media publicity to maximise the outreach of the campaign.

The meeting was attended by Deputy Commissioners of Jammu Division and heads of various departments.

ADC reviews Jal Jeevan Mission Progress in Doda district

■ HT News Network

DODA, SEPTEMBER 29: Additional Deputy Commissioner (ADC) Doda Anil Kumar Thakur today chaired a comprehensive review meeting to assess the physical and financial progress under the Jal Jeevan Mission (JJM) in the district. The meeting reviewed the status of ongoing and completed water supply schemes in Doda, Thathri and Gandoh divisions, with special focus on expenditure against allocated funds, scheme-wise targets, execution of works, Functional Household Tap Connections (FHTCs), Har Ghar Jal (HGJ) certification and Rural Piped Water Supply Scheme (RPWSS) registrations. The status of schemes with 75 to 99 percent physical progress was also reviewed, with directions to expedite their completion.

Detailed discussions were held on Rapid Sand Filtration Plants and Slow Sand Filtration Plants, including the progress and execution of related works. The meeting also reviewed the status of water quality testing and monitoring, functionality of completed schemes, creation of Sujal schemes, JJM lift water supply schemes and water supply works under DA-JGUA. The progress of FHTCs and Har Ghar Jal certification across the 3 divisions was examined, along with the status of ongoing works and activities being executed under various JJM components.

District admin Doda bids farewell to retiring Teacher Om Prakash Bhagat

■ HT News Network



DODA, SEPTEMBER 29: The District Administration Doda today organised a farewell function at the Conference Hall of the DC Office Complex to honour renowned teacher Om Prakash Bhagat on his retirement from government service. The function was attended by Additional Deputy Commissioner Anil Kumar Thakur, Chief Planning Officer Manesh Kumar Manhas, Chief Education Officer Bhushan Kumar Pathak, besides district officers and officials from various government departments.

Officers and colleagues appreciated the valuable services rendered by Om Prakash Bhagat during his long and dedicated career.

During the function, speakers recalled his significant contribution to the education sector, society and the administration, highlighting his commitment to public service, dedication towards his responsibilities and positive interaction with colleagues, students and members of the public.

NCORD meeting; DM Reasi reviews drug control measures, calls for intensifying vigil, awareness

■ HT News Network

REASI, SEPTEMBER 29: District Magistrate Reasi Kumar Abhishek today chaired a meeting of the District Level Narco Coordination Centre (NCORD) to review the progress of enforcement measures, preventive initiatives and inter-departmental coordination aimed at curbing drug abuse and strengthening the anti-drug campaign in the district.

The District Magistrate reviewed the status of cases registered under the Narcotic Drugs and Psychotropic Substances Act and took stock of the action taken against persons involved in drug-related offences. He stressed the need for sustained enforcement and close coordination among the Police, Health, Excise, Transport and other concerned departments to ensure effective implementation of anti-narcotics measures. Kumar Abhishek called for heightened vigilance against the illegal cultivation of poppy and cannabis and asked the concerned departments to



undertake regular field inspections, particularly in vulnerable and remote areas. He stressed the need for strict action against persons found involved in such activities. Emphasizing the importance of early detection and prevention, the District Magistrate directed the concerned departments to undertake regular drug testing among vulnerable sections using drug detection kits. He also asked the Excise Department to procure adequate additional kits to strengthen testing and enforcement efforts across the

district. The meeting also reviewed the Information, Education and Communication activities being undertaken under the Nasha Mukta Jammu Kashmir campaign. The District Magistrate called for intensified awareness programmes at the Panchayat, school and college levels, with greater focus on community participation and youth engagement. He further directed that Nasha Mukta pledges be administered during Gram Sabhas in Panchayats to reinforce the message of collective responsibility.

Director Agriculture reviews Procurement of Seeds, Preparations for Reform Utsav 2026

■ HT News Network

JAMMU, SEPTEMBER 29: Director Agriculture Jammu Anil Gupta today chaired a meeting here at the Krishi Bhawan to review the procurement of Giza-14 and K-343 paddy varieties and Kharif pulses, besides taking stock of preparations for the upcoming Reform Utsav 2026 and People's Plan Campaign (PPC) – "Sabki Yojana, Sabka Vikas."

The meeting was attended by Joint Director (Inputs) Sanjay Anand; Joint Director (SLUB/Farms) Aman Jyoti Sharma; Divisional Seed Certification Officer Nirmal Parkash and other officers of the Directorate. Chief Agriculture Officers from Kathua, Rajouri, Poonch, Doda, Ramban, Reasi and Udhampur participated in the meeting through video conferencing.

The Director reviewed the district-wise procurement plan for Giza-14 and K-343 paddy varieties with a focus on ensuring adequate availability of quality seed to meet the demand for the forthcoming Kharif season. He stressed the need for timely assessment of district-wise seed requirements so that procurement and distribution could be planned well in advance.

Reviewing the procurement and expansion of Kharif pulses, Anil Gupta highlighted the importance of the Government of India's "Atmanirbharata in Pulses" initiative and directed the Chief Agriculture Officers to undertake advance planning for meeting the requirements of the next Kharif season.



He directed the CAOs to prepare and furnish district-level beneficiary lists and demand details to the Joint Director Agriculture (Inputs) and Divisional Seed Certification Officer so that the required seed could be duly certified and procured by the Department. He also directed the concerned districts to submit Rajmash sowing reports to facilitate timely planning and procurement of Rajmash produce.

The Director also reviewed the availability of seed required for the coming Rabi season, directing the concerned officers to ensure adequate availability of quality seed across the districts.

The meeting also reviewed preparations for Reform Utsav 2026 and the People's Plan Campaign (PPC) – "Sabki Yojana, Sabka Vikas," scheduled to be observed from October 2 to December 31, 2026. Shri Anil Gupta directed all Chief Agriculture Officers to personally monitor the campaign at the district level and ensure effective participation of Agriculture Department officers and field functionaries in the Gram Sabhas to be held on October 2 in every Panchayat.

ADC reviews sanitation, dengue control measures in Baderwah

■ HT News Network

BHADERWAH, SEPTEMBER 29: Additional Deputy Commissioner (ADC) Sunil Kumar Bhutyal today chaired a meeting to review the sanitation activities, dengue preventive measures being undertaken in the Baderwah town and adjoining areas.

The Health Department, Rural Development Departments as well as Municipal Committee (MC) were asked to intensify sanitation activities, fogging and dengue awareness activities in identified and vulnerable localities to prevent the spread



of the disease.

The ADC instructed the Health Department to ensure proper sanitation and cleanliness at Sub-District Hospital (SDH) and all health centres across the sub-division. He also directed the Rural Development Department and Municipal

Committee to conduct an extensive sanitation and fogging drive across Baderwah town and adjoining areas, with special focus on mosquito-prone locations.

The special drive aims to strengthen sanitation and cleanliness drive, preventive

measures, eliminate mosquito breeding sites and minimise the risk of dengue transmission in affected and vulnerable localities.

The ADC further calls for conducting door-to-door awareness activities to sensitise residents about proper sanitation, dengue prevention, maintaining cleanliness in and around their homes, preventing water stagnation and identifying potential mosquito breeding sites. The concerned departments were directed to ensure effective source reduction, proper sanitation and coordinated efforts to safeguard public health.

DC Ramban reviews Anti-Narcotics measures Directs for intensive enforcement, awareness Campaign

■ HT NEWS DESK

RAMBAN, SEPTEMBER 29: Deputy Commissioner Ramban, Mohammad Alyas Khan, today chaired the District-Level Narco Coordination Centre (NCORD) Committee meeting to review anti-narcotics measures to curb drug abuse in the district.

The meeting was attended by Additional Deputy Commissioner Varunjeet Singh Charak; Addl. SP Majeeb-ur-Rehman; Medical Superintendent DH, Executive Engineer PWD, Chief Education Officer, Chief Horticulture Officer, Drug Control Officer and officers from the enforcement and line departments. Officers stationed



outside the district attended the meeting virtually.

Reviewing the implementation of directions issued at the previous NCORD meeting, the DC directed the Drug Inspector to intensify enforcement drives in coordination with the concerned Tehsildars and Police Department against the illegal sale and misuse of scheduled

drugs. He also called for regular inspection of private courier services to prevent their misuse for transportation of narcotic substances.

Reviewing the functioning of the Addiction Treatment Facility (ATF) at District Hospital, the DC directed the Medical Superintendent to provide quality medical care, counselling and follow-up support for

effective rehabilitation and prevention of relapse.

The Deputy Commissioner said that following the successful conduct of the Nasha Mukta Jammu and Kashmir Campaign in the district, concerted efforts would continue to curb drug abuse and strengthen the anti-narcotics campaign.

He directed the District Social Welfare Officer, Chief Education Officer and other concerned officers to intensify awareness activities through Information, Education and Communication (IEC) campaigns in government and private educational institutions. He also called for sensitisation of drivers and transport operators and directed.

DC Poonch reviews implementation of Road Safety measures

■ HT News Network

POONCH, SEPTEMBER 29: Deputy Commissioner Poonch Ashok Kumar Sharma today chaired a meeting of the District Road Safety Committee (DRSC) to review road safety measures and ongoing initiatives aimed at ensuring safer roads and protecting the public.

During the meeting, detailed discussions were held on various road safety issues, including road maintenance, pothole repairing, traffic management, removing illegal encroachments on roads, preventing overloading, unauthorised parking and other matters concerning

public safety.

The Committee stressed upon all concerned agencies to ensure proper maintenance of roads and undertake immediate repairs of potholes and damaged stretches of roads, particularly in areas witnessing heavy movement, to minimise the risk of accidents.

The issue of unlicensed roadside vendors and encroachments in market areas was also discussed. The concerned Police authorities and Assistant Regional Transport Officer (ARTO) were directed to take necessary action against violations as per rules.

The Committee also reviewed the issue of overloading of passenger and



commercial vehicles and called for strict enforcement measures against violators. The concerned authorities were further directed to take action against vehicles causing obstruction through illegal parking and ensure that roads and streets remain free from congestion.

The Deputy Commissioner further reviewed the progress of works related to road-safety and measures undertaken by various departments. He sought details of completed, ongoing and pending interventions, with emphasis on timely execution of works directly linked to public safety.

The meeting was attended by ADC Tahir Mustafa Malik; SEPWD (R&B) Arvind

Langey; CMO Dr. Mohammad Pervaiz; Chief Education Officer Javid Iqbal Gulshan; Accounts Officer Akshay Sharma; CEO Municipality Khalil Ahmed Bandy; ARTO Nawaz Sharief, Executive Engineers, DTI, senior officers and representatives from GREF and other concerned departments. Retired Superintending Engineer Niaz Ahmed Bandy also attended the meeting as Special Invitee.

The District Road Safety Committee called for close coordination among all concerned departments, along with regular enforcement and monitoring to ensure effective implementation of road safety measures and reduce risks to the public.



PUBLIC NOTICE

This is for the information of the general public that I, Ishfaq RK, am going to start / have started a Travel Agency under the name and style of:

M/S SAND & SUN GETAWAYS
Contact No: +91 70069 46594

I have applied for registration of the said agency before the J&K Tourism Department.If anybody has any objection regarding the same, he/she may contact / file objection before the J&K Tourism Department within a period of 07 days from the publication of this notice.

After the expiry of the said period, no objection shall be entertained.

Proprietor
M/S Sand & Sun Getaways
Ph: +91 70069 46594

PUBLIC NOTICE

I, Sheikh Mohd Anwar, have changed my name to Sheikh Mohammad Anwar. Henceforth I shall be known as Sheikh Mohammad Anwar for all purposes. The concerned may please note.

Sheikh Mohammad Anwar

PUBLIC NOTICE

I, Tariq Ahmad Dar, FATHER OF UTOOFA TARIQ , R/o Nagbal, District Baramulla, Jammu & Kashmir, do hereby solemnly affirm and declare as under:
That I am the father and lawful guardian of my minor daughter, Utoofa Tariq.
That my minor daughter's Aadhaar Number is 888325004960.
That due to an inadvertent error at the time of Aadhaar enrolment, the name of my minor daughter has been incorrectly recorded as Autufa Tariq, whereas her correct name is Utoofa Tariq.
That her Date of Birth has also been incorrectly recorded as 03/12/2014, whereas her correct Date of Birth is 02/01/2015.
That the correct particulars of my minor daughter are as follows:

Incorrect Name: Autufa Tariq
Correct Name: Utoofa Tariq
Incorrect Date of Birth: 03/12/2014
Correct Date of Birth: 02/01/2015

That I hereby request the concerned authority to kindly make the necessary corrections in the Aadhaar record of my minor daughter and update her name and Date of Birth as mentioned above.
That I shall have no objection if the aforesaid corrections are made in the Aadhaar record and all future records/documents accordingly.

Tariq Ahmad Dar
Father & Guardian of Utoofa Tariq
R/o Nagbal, District Baramulla, J&K

PUBLIC NOTICE

I, Tariq Ahmad Dar, FATHER OF UTOOFA TARIQ , R/o Nagbal, District Baramulla, Jammu & Kashmir, do hereby solemnly affirm and declare as under:
That I am the father and lawful guardian of my minor daughter, Utoofa Tariq.
That my minor daughter's Aadhaar Number is 888325004960.
That due to an inadvertent error at the time of Aadhaar enrolment, the name of my minor daughter has been incorrectly recorded as Autufa Tariq, whereas her correct name is Utoofa Tariq.
That her Date of Birth has also been incorrectly recorded as 03/12/2014, whereas her correct Date of Birth is 02/01/2015.
That the correct particulars of my minor daughter are as follows:
Incorrect Name: Autufa Tariq
Correct Name: Utoofa Tariq
Incorrect Date of Birth: 03/12/2014
Correct Date of Birth: 02/01/2015
That I hereby request the concerned authority to kindly make the necessary corrections in the Aadhaar record of my minor daughter and update her name and Date of Birth as mentioned above.
That I shall have no objection if the aforesaid corrections are made in the Aadhaar record and all future records/ documents accordingly.

Tariq Ahmad Dar
Father & Guardian of Utoofa Tariq
R/o Nagbal, District Baramulla, J&K

PUBLIC NOTICE

My name has been wrongly written as MOHAMMAD ASHRAF MIR S/O GH MOHAMMAD MIR on my Adhaar card bearing Adhaar No ..5827 1106 7933 while my correct name is MOHD ASHRAF MIR S/O GH MOHD MIR which needs to be corrected if anybody having any objection in this regard he/ she may file his/ her objection in the office of concerned Adhaar authority of India within seven days from the publication of this notice after that no objection will be entertained

Name... MOHD ASHRAF MIR
S/O.GH MOHD MIR
R/O..KREERI

PUBLIC NOTICE

My name has been wrongly written as SAZIYA ALTAF D/O ALTAF AHMAD GANAIE on my Adhaar card bearing Adhaar No ..3078 0833 1631 while my correct name is SHAZIA ALTAF D/O ALTAF AHMAD GANAIE which needs to be corrected if anybody having any objection in this regard he/ she may file his/ her objection in the office of concerned Adhaar authority of India within seven days from the publication of this notice after that no objection will be entertained
Name... SHAZIA ALTAF
D/O. ALTAF AHMAD GANAIE
R/O..BURZAWACHAN BLOCK....WAGOORA

PUBLIC NOTICE

I, Nazir Ahmad Dar, FATHER OF Ayesha Nazir R/o Nagbal, Tehsil Kreeri, District Baramulla, Jammu & Kashmir, do hereby solemnly affirm and declare on oath as under:
That I am a permanent resident of the Union Territory of Jammu & Kashmir.
That I am the father and lawful guardian of my daughter. That in the Aadhaar Card of my daughter, her name has been inadvertently mentioned as Ashia Nazir and her Date of Birth has been recorded as 15/07/2018.
That in her academic and educational records, her correct name is recorded as Ayesha Nazir and her correct Date of Birth is 01/01/2019.
That I intend to get the Aadhaar Card of my daughter corrected by changing her name from Ashia Nazir to Ayesha Nazir and her Date of Birth from 15/07/2018 to 01/01/2019, in accordance with her academic records.
That the above-mentioned difference is due to an inadvertent error, and the correct particulars of my daughter are Ayesha Nazir, Date of Birth 01/01/2019.
That I shall have no objection if the aforesaid corrections are made in the Aadhaar record of my daughter.

Nazir Ahmad Dar
R/o Nagbal, Tehsil Kreeri, District Baramulla
Jammu & Kashmir

PUBLIC NOTICE

My name has been wrongly written as GULSHANA BANO D/O AB AZIZ LONE on my Adhaar card bearing Adhaar No ..3035 4175 2997 while my correct name is GULSHANA AZIZ D/O ABDUL AZIZ LONE which needs to be corrected if anybody having any objection in this regard he/she may file his/ her objection in the office of concerned Adhaar authority of India within seven days from the publication of this notice after that no objection will be entertained

Name... GULSHANA AZIZ
D/O..ABDUL AZIZ LONE
R/O..NAGBAL
TEHSIL....KREERI

PUBLIC NOTICE

I, Nasir Javid, S/o Javid Ahmad Rather, R/o Takiya Yousef Shah, Baramulla, Jammu & Kashmir, hereby give notice to the general public that my name has been wrongly recorded as "Nisar Jaivad" in my Aadhaar record.
The correct name is "Nasir Javid."
Therefore, I intend to get the said mistake corrected in my Aadhaar record. If any person has any objection regarding the above-mentioned correction, they may contact the concerned Aadhaar Authority within the prescribed period.
After the expiry of the said period, no objection shall be entertained.

Name: Nasir Javid
S/o: Javid Ahmad Rather

PUBLIC NOTICE

It is notified that the applicant namely Aijaz Ahmad lone F/o Arjumand Aijaz R/o Arath Tehsil NARBAL District BUDGAM applied for the issuance of BIRTH certificate of his daughter Arjumand Aijaz D/o Aijaz Ahmad Lone
The applicant intends to register the Date of birth of his daughter as school records 25 / 07 / 2014
If any one has objection in this regard, he can approach concerned Births and Death authorities within the period of seven days after the publication of said Notice . No objection will be entertained .

29 /09 /2026

PUBLIC NOTICE

It is notified that the applicant namely Aijaz Ahmad lone F/o Arjumand Aijaz R/o Arath Tehsil NARBAL District BUDGAM applied for the issuance of BIRTH certificate of his daughter Arjumand Aijaz D/o Aijaz Ahmad Lone
The applicant intends to register the Date of birth of her own as school records 25 / 07 / 2014
If any one has objection in this regard, he can approach concerned Births and Death authorities within the period of seven days after the publication of said Notice . No objection will be entertained .

29 /09 /2026

Chairperson DLSA Udhampur inspects Legal Aid Clinic, civic amenities for inmates at District Jail

HT NEWS DESK

UDHAMPUR, SEPTEMBER 29: As part of ongoing efforts to ensure access to justice, legal aid and welfare services for inmates, the Chairperson District Legal Services Authority (Principal District & Sessions Judge)UdhampurKalpanaRevo,accompanied by Secretary DLSA (Sub-Judge) Sumati Sharma, today conducted Quarterly Inspection of the Prison Legal Aid Clinic and the District Jail.

During the visit, the Chairperson reviewed the functioning of the Prison Legal Aid Clinic and interacted with the inmates to ascertain their grievances relating to legal aid, pending cases, legal representation and other issues concerning

their rights and welfare. The inmates were also made aware of their right to avail themselves of free legal services through the District Legal Services Authority.

As part of the visit, the DLSA Udhampur also took an initiative for facilitating the inmates in accessing the Government welfare schemes and for updating their necessary KYC and other documents.

In this regard, officials from the ICDS Department as well as the TSO visited the District Jail and interacted with the concerned authorities and inmates. The initiative aims to ensure that the inmates and their families are not deprived of the benefits of Government welfare schemes merely due to non-availability or non-updation of requisite documents, KYC or biometric details.

The concerned officials were requested to facilitate the necessary process relating to Aadhaar Cards, Ration Cards and other eligible welfare benefits, wherever required, so that the families of inmates can avail the benefits available under the Government schemes in accordance with the applicable rules.

The jail premises, including barracks, kitchen, sanitation facilities, medical facilities and other essential amenities, were also inspected to assess the overall living conditions of the inmates. Necessary directions were issued to the concerned authorities for addressing the issues noticed during the inspection and for ensuring the welfare, dignity and basic rights of the prisoners.

Union Territory Jammu & Kashmir

OFFICE OF THE EXECUTIVE ENGINEER & B DIVISIONS OPORE.

NOTICE INVITING TENDER

Fresh NIT No-121 of RnB-Sopore of 2026-2027 e-tendering DATED: 29.09.2026 (2nd call).

For and on behalf of the Lt. Governor, J&K, e-tenders (in Single Cover System) are invited on <u>Percentage rate basis</u> from approved and eligible contractors registered with J&K State Govt. CPWD, Railways and other State/Central Governments for the following works:									
S.N o.	Name of Work	Adv. cost	Cost of Tender Document s In Rupees	E/ Money	Time for completi on of work	Time & Date of Opening of Bid	Classo f Contr actor	M. Hof Accou nt	Position of TS
1	2	3	4		5	6	7	8	9
1	Establishment of Kindergarten at BMS Mahrajpora, GMS Neharpora, PS Noorabad PS Takiyabal SSA Zone Sopore	2.00	200/-	4000/-	60 days	8.10. 2026	DEE	UT capex Budget 2026- 27 School Education.	AEE/R&B/SDS/ 04 of 2026-27 dated: 10.09.2026

Project Authority: Director School Education Kmr.

Position of funds: Available

Position of AA.

Accorded by Director School Education Kashmir vide his order No:

294-DSEK of 2026 dated: 05.8.2026 for an amount of Rs. 2.00 lacs

1, The Bidding documents consisting of qualifying information, eligibility criteria, specifications, Drawings, bill of quantities (B.O.Q), Set of terms and conditions of contract and other detail's can be seen/downloaded from the departmental website www.jktenders.gov.in as per schedule of dates given below

1	Date of issue of tender Notice	29.09.2026
2	Period of downloading of bidding documents	29.09.2026 to 07.10.2026
3	Bid Submission start date	29.09.2026
4	Bid submission End date	07.10.2026 (4.00 PM)
5	Date and time of opening of bides (online)	08.10.2026 (12 PM) in the office of Ex. Engineer R&B Division. Sopore

2, Bids must be accompanied by a Treasury Challan (dated between the bid start date and the Bid Submission End date) with NIT No. Name of work and S.No. deposited in M.H. 0059 in the name of Executive Engineer R&B Division Sopore (tender inviting authority) as the cost of the tender document.

At the time of tendering, all bidders must upload earnest money/bid security equal to 2% of the Advertised Cost in the form of CDR/FDR/BG pledged to the tender receiving authority, i.e. Executive Engineer R&B Division Sopore . Besides that, the successful bidder will have to provide Performance Security @ 5% at the time of contract award, strictly in accordance with the Government's circular instructions from time to time. The earnest money/bid security of 2% will be released after submission of a performance security of 5% of the quoted cost which will be released after completion of the DLP/Maintenance Period.

3(b) Geotag Photographs Minimum 03 sets (01 set Comprising of Photograph before, during and after execution of work) of size 26 cm x21 cm to be provided.

20. All other terms, condition shall remain same as per e-NIT No. 03 of 2026-27 and NIT 112 of 2026-27.

21. If the contractor/HMPO quotes rate for any item of work in his tender as free of cost at the time of tendering process, his tender shall be rejected outright.

22. If the contractor breaches the contract, the Department reserves the right to award the remaining work to new bidders at the defaulting contractor's expense immediately after the notice of breach has been served on the defaulter. In the event of a breach of contract by the Contractor, the Performance Security will be forfeited along with the termination of contract termination. Furthermore, the defaulting contractor will be barred from participating in future from participating in R&B Department in Bidding Processes for a period of one year. Any subsequent breach shall result in the process of revocation/cancellation of Registration.

23 The bidder must be registered on JKPWDOMS portal, while participating in the tendering process it should be ensured that all bank account of contractors mapped on JKPWDOMS must be linked with PAN No, GST No and ADHAAR No as per the circular instructions issued by the Finance Department.

For and on behalf of the Lt. Governor of J&K UT,

DIPK-6227/26

Send Dated: 29.09.2026.

Sd/-
Executive Engineer,
R&B Division Sopore



GOVERNMENT OF (U.T.) JAMMU & KASHMIR
Office Of The Executive Engineer Jal Shakti (PHE) Deptt.
Ground Water Division Srinagar
Baghi-Ali-Mardan, Nowshara Srinagar.

E-mail:- hakeemmushaq.75316@jk.gov.in

Tel./Fax No:- 0194-2411285



Extension Notice 11th.

Subject: Construction of Gravel Packed Production Tube Wells at Nundresh Colony Gabarpora, Pulwama.

Reference: This office e-NIT No. 14/JS-PHE/GWDS/Mech. of 2026-27, issued vide endorsement No: JS-PHE/GWDS/26-27/Camp/1636-47, dated: 18-05-2026. Bearing Tender ID No. 2026_PHE_310256_1.

Due to "NO Response" for the above mentioned works advertised vide e-NIT No. and Tender ID No's under reference. Which was scheduled to be downloaded till 28-09-2026 Up-to 11:00 AM are extended as per the details given below: -

S. No.	Item	Fresh Date
1.	Last date & Time of submission of bids	12-10-2026 Up-to 11:00 AM
2.	Date & Time of opening of tenders	13-10-2026 11:00 AM

NOTE:

All other terms and conditions shall remain same as laid down in the aforesaid e-NIT issued vide above referred endst: nos.

DIPK-6241/26

Send Dated: 29-09-2026.

Sd/=
Executive Engineer
Jal Shakti (PHE) Deptt.
Ground Water Division Srinagar.





DC Anantnag visits Jablipora Fruit Mandi Reviews facilities for Fruit Growers and Traders

HT News Network

ANANTNAG, SEPTEMBER 29: Deputy Commissioner (DC) Anantnag, Dr. Bilal Mohi-Ud-Din Bhat, today visited the Jablipora Fruit Mandi and reviewed the facilities and arrangements put in place for fruit growers, traders, transporters and other stakeholders during the ongoing harvesting and marketing season.

During the visit, the Deputy Commissioner inspected various facilities and operational arrangements at the fruit mandi and interacted with fruit growers, traders, transporters and representatives of trade associations. He took feedback from the stakeholders regarding the issues being faced by them and sought details about the measures being taken to ensure smooth and efficient

handling of the ongoing fruit season.

Highlighting the importance of horticulture to the district's economy, the DC said that horticulture is one of the key pillars and a backbone of the local economy, providing livelihood and employment opportunities to a large section of the population. He stressed the need for coordinated and sustained efforts to further streamline the horticulture sector and ensure that all necessary facilities and services remain readily available to growers, traders and other stakeholders.

The DC emphasized the importance of strengthening the entire horticulture value chain, from harvesting and transportation to marketing and exports, so that growers receive timely support and their produce is handled and marketed efficiently. He also called for close coordination among the concerned departments and



stakeholders to address bottlenecks and facilitate the smooth movement and marketing of fruit. The Area Marketing Officer briefed the Deputy Commissioner on the functioning

of the mandi and the arrangements made for handling the ongoing fruit season. Representatives of Transport Associations and Trade Associations apprised the DC of various demands

and issues concerning transportation, trade and other allied matters.

The Deputy Commissioner gave directions to the concerned officers to ensure proper management of the mandi and maintain adequate basic amenities and essential services for growers, traders and visitors. He stressed that all identified issues should be examined promptly and genuine concerns of stakeholders addressed in a time-bound manner.

The DC further directed the concerned departments to maintain effective coordination during the peak harvesting and marketing period and ensure that the facilities required for smooth loading, transportation, trading and marketing of fruit remain functional. He underscored the need for a responsive and stakeholder-oriented approach to facilitate growers and strengthen the district's horticulture economy.

ADDC Shopian chairs Review Meeting on 5-Year Green India Mission Per- spective Plan

HT News Network



SHOPIAN, SEPTEMBER 29: Additional District Development Commissioner (ADDC) Shopian, Dr. Nasir Ahmed Lone today chaired a comprehensive review meeting at the Mini-Secretariat, Shopian.

The meeting was convened to discuss and finalize implementation strategies for the 5-Year Perspective Plan (2026-27 to 2030-31) under the National Mission for a Green India (GIM) for District Shopian.

The meeting focused on long-term environmental conservation, afforestation, ecosystem restoration and sustainable forest management initiatives planned for execution across the district over the next five years.

During the session, the ADC reviewed the detailed execution framework for the Shopian Forest Division.

Emphasizing the need for a cohesive approach, Dr. Lone stressed seamless collaboration between forest authorities and the district administration to guarantee efficient execution and rigorous monitoring of all GIM activities. He directed officers of the Forest Department to ensure strict adherence to prescribed timelines, quality standards and public participation to achieve the core objectives of the mission.

The meeting was attended by the Divisional Forest Officer (DFO) along with other district officers and officials.

Community Participation turns Wastewater challenge into Sus- tainable Solution in Kulgam

HT News Network

KULGAM, SEPTEMBER 29: The improper disposal of household wastewater had emerged as a major concern for the residents, with stagnant drainage water and cow dung accumulating along the drains and adding to the difficulties faced by the community.

The situation not only affected the cleanliness and aesthetics of the area but also posed concerns related to hygiene and public health. To address the issue through a sustainable and community-oriented solution, the Rural Development Department (RDD), Kulgam, proposed the establishment of a Decentralized Wastewater Treatment System (DEWATS) under the Swachh Bharat Mission-Gramin (SBM-G). Initially, the proposal faced resistance from the local residents. There was a widespread apprehension that the proposed site would be converted into a dumping ground, leading to further deterioration of the surroundings. Recognising that community participation was essential for the success of the intervention, officers of RDD Kulgam engaged with the residents.

FDA, Jammu and Kashmir, National Association of Street Vendors of India (NASVI) and Nestlé India expand Project 'Serve Safe Food' in the state Broadens its outreach in 8 districts; to train 3000 street food vendors

HT News Network

Nestlé India has collaborated with FDA, Jammu and Kashmir and National Association of Street Vendors of India (NASVI) to expand Project Serve Safe Food in the state. As a part of the project, NASVI will train 1,000 street food vendors in the state across Srinagar, Anantnag, and Baramulla, taking the total number of trained street food vendors past 2,500. Project 'Serve Safe Food' has already benefitted over 1,20,000 street food vendors across 27 states and 4 Union Territories by educating vendors on health, hygiene, safe food handling, waste disposal and entrepreneurship. The training programme equips vendors with the knowledge to improve their food handling practices.

Kunwar Himmat Singh, Head, Corporate Affairs, Sustainability and societal initiatives, Nestlé India said, "At Nestlé India, we strive to elevate food safety standards



across the country - going beyond just our own products. Through Project Serve Safe Food, we empower street food vendors with practical training in hygiene and food safety, strengthening both skills and awareness. As we continue to scale the initiative, we are confident it will drive lasting behavioural change while supporting the growth and sustainability of their businesses."

Nestlé India launched Project Serve Safe Food in 2016

and has trained street food vendors across states including Assam, Andhra Pradesh, Arunachal Pradesh, Andaman and Nicobar Islands, Bihar, Chhattisgarh, Delhi, Goa, Gujarat, Haryana, Himachal Pradesh, Jammu and Kashmir, Jharkhand, Karnataka, Kerala, Madhya Pradesh, Maharashtra, Manipur, Meghalaya, Mizoram, Nagaland, Odisha, Puducherry, Punjab, Rajasthan, Sikkim, Tamil Nadu, Telangana, Tripura, Uttar Pradesh, and Uttarakhand.

DC Bandipora reviews Winter Preparedness, directs timely stocking of Essential Items

HT News Network

BANDIPORA, SEPTEMBER 29: Deputy Commissioner (DC) Bandipora, Indu Kanwal Chib, today reviewed the district's winter preparedness, focusing on snow clearance, road connectivity, power supply, healthcare and availability of essential commodities.

On the occasion, the Deputy Commissioner directed the District Control Room to compile last year's winter-related challenges so that timely measures could be taken to address them.

Reviewing road connectivity, the Officer Commanding, BRO, briefed the meeting about the steps taken to reduce Bandipora-Gurez road closure and informed that new works have been taken up to improve road conditions. The DC directed BRO to expedite work on the Markoot Bridge and other bridges and immediately flag any issues causing delays to the district administration.

The DC expressed



displeasure over delays in bridge works and directed concerned departments to ensure adequate availability of machinery for winter-related requirements.

The DC stressed that poor road connectivity affects all essential services and directed R&B, PMGSY and MED to finalize their snow-clearance plans well in advance. The Executive Engineer, MED, was directed to visit Gurez and submit an inspection report. GPS devices were also directed to be installed in vehicles deployed for snow clearance.

During the meeting, the

Assistant Director FCS&CA Bandipora, informed that essential commodities would be stocked by the end of October. The DC directed the department to submit details of Fair Price Shops and storage facilities. On healthcare preparedness, the meeting was informed that medicines would be stocked by the end of October. The DC directed the CMO to keep a clear emergency response plan, particularly for pregnant women, and stressed the importance of institutional deliveries and saving every precious life.

SMC organises Mental Health, Meditation Session for Officers & Employees

HT News Network

SRINAGAR, SEPTEMBER 29: Srinagar Municipal Corporation (SMC) today organised a Mental Health and Meditation Session for its officers and employees in collaboration with the Art of Living at the SMC Meeting Hall, Srinagar, with the objective of promoting mental well-being, mindfulness and effective stress management in the workplace. The session was attended by senior officers and officials of the Corporation and focused on the importance of mental well-being, emotional balance and maintaining a healthy approach towards workplace stress. Participants also took part in guided meditation and wellness-oriented practices. Among those present were Nuzhat Khurshid Qurashi, Joint Commissioner (Administration), SMC; Suhail Ul Islam, Joint Commissioner (R&E); Syed Abul Qasim, Joint Commissioner (S), SMC;

Mega Kisan Mela held at Shopian, ADDC presides over programme

HT News Network

SHOPIAN, SEPTEMBER 29: A district-level Mega Kisan Mela under the Mission for Integrated Development of Horticulture (MIDH), a Centrally Sponsored Scheme (CSS), was organised by the Department of Agriculture and Farmers Welfare, Shopian, today at Old Fruit Mandi, Shopian. The programme was inaugurated by Additional District Development Commissioner (ADDC), Shopian, Dr. Nasir Ahmad Lone.

Addressing the gathering, the ADC appreciated the Agriculture and Horticulture Departments for organising the event and emphasised the need to further strengthen support

to the farming community.

He urged farmers to make optimum use of modern technologies, government schemes and departmental interventions to enhance productivity and improve their income. The Mela aimed to empower local farmers by providing insights into modern agricultural practices, high-yielding crop varieties and government welfare schemes designed to boost farming productivity and income across the district. During the programme participating departments and agencies put up stalls showcasing various schemes, technologies, machinery, inputs and other facilities available for farmers.

Farmers interacted with departmental experts and sought information regarding different schemes and modern farming practices.

Chief Agriculture Officer, Shopian, Shah Nawaz Ahmad Shah, while presenting the welcome address, highlighted the importance of the Kisan Mela in providing farmers with scientific knowledge and modern agricultural technologies. Experts from SKUAST and other institutions also delivered informative awareness sessions during the Kisan Mela, sensitising farmers about modern agricultural practices, improved crop varieties, scientific farming techniques, pest and disease.

SPCA meeting discusses measures to strengthen animal welfare in Doda district

HT News Network

DODA, SEPTEMBER 29: A meeting of the Society for Prevention of Cruelty to Animals (SPCA) was held today here at the DC Office.

Additional Deputy Commissioner (ADC) Anil Kumar Thakur chaired the meeting attended by Chief Animal Husbandry Officer (CAHO) Dr. Irfan Ali Wani; Assistant Commissioner Panchayat Mushraf Haf; Vice President, SPCA, Dr. Farooq Ahmed Kelam; Treasurer, SPCA, Naseer Ahmed Khora; DySP, Headquarters Krishan Rattan; Major Indraneel Rana, 10RR and representatives from the Forest Department



and Municipality. The meeting was convened to discuss measures to implement the directions of the Supreme Court of India concerning management of stray dogs, besides reviving and strengthening the functioning of the Society. The issue of stray dogs was discussed in detail, with participants

stressing the need for greater public awareness and encouraging people to adopt stray dogs. The meeting also emphasised the need to dispel common misconceptions about stray dogs and promote their humane treatment. In this regard, the ADC proposed undertaking

Why Engine Protect Cover Becomes Important During the Rainy Season

By Mr. Amarnath Saxena,

While rain related damage to a vehicle's exterior is often visible, the greater risk during the monsoon season may lie beneath the bonnet. Driving through waterlogged roads can allow water to enter critical engine systems, disrupting the engine's combustion process and affecting its performance. In certain situations, water ingress can lead to a condition known as hydrostatic lock, where the engine's compression cycle is interrupted because water, unlike air, cannot be compressed. This can result in damage to key internal components such as pistons

and connecting rods, often leading to expensive repairs and extended vehicle downtime. The growing prevalence of urban flooding and waterlogging has made this risk increasingly relevant for vehicle owners. Industry data indicates that motor insurance claims rise by nearly 33% during the monsoon season, largely due to engine and electrical damage. Yet, despite the heightened exposure, only around 20% of vehicle owners opt for engine protection add ons, leaving a significant majority of about 80% vulnerable to expensive vehicle repair. Understanding Engine Protect Cover Engine Protect Cover is an optional add on available with motor insurance

policies that is designed to address engine related damage arising from water ingress subject to policy terms and conditions. While a comprehensive motor insurance policy provides broad protection against various risks, this add on focuses specifically on the vehicle's engine, one of its most critical and expensive components. In the event of water entering the engine system, Engine Protect Cover may provide coverage for repair or replacement of internal engine parts affected by the damage, subject to policy terms and conditions. It may also extend to situations involving hydrostatic lock, where water disrupts the engine's normal compression process and causes



damage to internal components.

Depending on the insurer and policy terms, the cover may also include expenses related to associated consumables such as engine oil, lubricants, coolants, and other fluids that need replacement following water related engine damage. The relevance of Engine Protect Cover becomes particularly evident during the monsoon season, when waterlogged roads and urban flooding increase the likelihood of water exposure. By addressing engine specific risks that can result in substantial repair costs, the add on complements the overall protection offered by a motor insurance policy. How This Applies to Electric Vehicles While Engine Protect Cover is

primarily associated with internal combustion engine vehicles, protection against water related damage is equally relevant for electric vehicles. EVs rely on high value components such as electric motors, battery systems, and power electronics, which can be costly to repair or replace if affected by water ingress. Today, several insurers offer EV specific add ons that provide coverage for electric motors, battery related systems, charging equipment, and other critical components, depending on policy terms and conditions. For vehicle owners, the key takeaway is that while the source of risk may differ between ICE vehicles and EVs,

exposure to water related damage remains a common concern. As vehicle technology evolves, insurance protection is increasingly adapting to reflect the growing value and complexity of modern automotive systems. Engine Protect Cover and EV specific protection add ons have emerged as targeted solutions to address these evolving risks. By extending coverage to some of the most expensive and technologically advanced components of a vehicle, these add ons complement standard motor insurance and reflect the changing realities of vehicle ownership in an era of extreme weather and advanced automotive technology.



Powerful and beautiful

Here's why we all need body fat

From releasing hormones to regulating our temperature, fat has myriad roles in the body. Here's why chasing extreme fat-loss goals is so unhealthy.

Fat has been somewhat demonised for years. Diet culture tells us to burn it, some food companies market low-fat products at us, and weightlifting forums share tips on how to reach as little body fat as possible. You only need to spend a moment scrolling through social media and you'll soon find advice on how to "get shredded". This sinewy physique is defined by extremely well-defined muscles.

This year, experts are concerned that the trend to be super skinny is once again resurfacing, in some cases fuelled by the popularity of weight-loss drugs. Yet while too much fat poses health concerns and can lead to obesity, too little is not good for us either. The goal of ridding ourselves of fat can be damaging biologically as well as socially, numerous experts have told me.

"We have to love our fat," Elif Oral, an endocrinologist and professor of medicine at the University of Michigan, tells me. "It plays such an important biological function."

So how much do we really need? And why is too little body fat bad for us?

Why body fat matters

Broadly speaking, there are two different types of fat: dietary fat and body fat. Dietary fat is the fat you eat in your food, while body fat is nature's way of storing energy you don't need.



When you eat a meal, the dietary fats, carbohydrates and proteins in the food are broken down into simple building blocks your body can use for fuel. Carbohydrates become glucose, proteins become amino acids and fats become fatty acids. If you consistently eat more calories than you consume, fat cells – known as adipocytes – store these excess nutrients as lipids. This causes the fat cells to expand in size.

However rather than just sitting there passively, we now know that body fat is an active organ which regulates the body's functions. Just like in the story of Goldilocks and the three bears, our body works best when things are "just right". Too little, just like too much, is dangerous for our health.

We can think of our body fat as a specialised storage vault, taking up nutrients when energy is abundant and releasing them only when needed, says Mikael Ryden, professor of clinical and experimental fat tissue research at the Karolinska Institute in Sweden. It's a system that helped our ancestors survive periods of food scarcity.

Another important role is communication. Fat cells produce hormones that tell the rest of the body how much energy we have and how full we are. The best studied of these is leptin, explains Oral. "Leptin tells the brain there is sufficient energy storage, and then the brain can almost relax," she says, which leaves the body able to focus on important biological processes such as reproduction and fighting infection. Without leptin, the brain starts to worry about the amount of energy available, meaning essential

functions start to be deprioritised.

Body fat is also important for staying warm. While white fat stores excess energy but also acts as a layer of insulation. Meanwhile, brown and beige fat contain specialised cells that burn energy to produce heat. This helps the body maintain its temperature.

What happens when we have too little? The health consequences of having too much fat are well known. They include an increased risk of cardiovascular disease, type 2 diabetes, certain cancers and osteoarthritis. However, having too little is not good either.

When body fat drops too low due to severe calorie restriction, it can have profound effects on our health and physiology, explains Jessica Maung a graduate student researcher of metabolic diseases at the University of Michigan. "Having too little adipose tissue leads to disrupted organ and bodily function," she says.

Several studies have found that carrying extra weight in middle and older age is associated with better survival odds during a critical illness

When the body has too little fat it responds by trying to save energy, essentially putting itself into starvation mode. Systems start to shut down, including our immune function. With no reserves left, the body starts to break down muscle instead. Bones are no longer built and repaired.

This results in frailty and increased risk

of fractures, says Fredrik Karpe, professor of metabolic medicine at the University of Oxford. "That's not a healthy situation," says Karpe, especially because it leaves the body with no reserves to cope with a serious infection or other medical emergency.

Too little body fat can affect our hormones and reproductive health too. In men who become extremely lean because they are chronically under-fuelling themselves, testosterone can fall, as can energy levels and physical performance. Some female athletes with very little body fat experience irregular periods or find that they stop altogether.

Several studies have found that carrying extra weight in middle and older age is associated with better survival odds during a critical illness. For instance, while people living with obesity are more likely to suffer from cardiovascular disease, they are less likely to die from it than leaner individuals also suffering from the condition – a phenomenon known as the obesity paradox. A cushion of fat reserves appears to help the body withstand serious cardiac events, strokes and other acute illnesses, according to Oral.

In extreme cases, having too little fat can lead to dire health consequences or be fatal. For example, the mental health condition anorexia nervosa can lead to long-term organ damage or death.

How much do we really need?

It's surprisingly tricky to measure how much body fat you have yourself – but more on that later. There is also no universal



percentage to aim for. Individual needs vary.

Nevertheless, as a broad guide, healthy adult men tend to have around 10–20% body fat. Healthy adult women tend to have around 20–29%. Those living with obesity tend to have body fat above 30%.

In terms of how much is optimal, "it's very difficult to say exactly a range," says Ryden. "This might differ between people, sex and ethnicities."

Among athletes the typical amount of body fat tends to be lower.

In her research, Tamara Hew-Butler, a sports performance researcher at Wayne State University in Detroit, and colleagues scanned over 700 athletes using a DEXA scanner. This measures the body's composition including internal fat. "The lowest body fat that we ever found in an athlete was 10% for [a] male and 16% for [a] female." Some of the participants were surprised at this result, she says, as the athletes in the study trained regularly. They believed their body fat was as low as 1–2%.

It also matters where you store fat. Visceral fat, also known as belly fat, is especially harmful if you have too much of it. Unlike fat that lies under the skin, visceral fat wraps around vital internal organs and releases inflammatory chemicals that raise your blood pressure, and interfere with insulin, making it harder for the body to control blood sugar and raising the risk of type 2 diabetes.

How to measure our fat

There are a few ways to measure the amount of fat in your body.

The most detailed assessments come from DEXA full body scans, which can differentiate between body fat, lean muscle mass and bone mass. However, these require specialist equipment and can be expensive.

One popular home test is the skinfold test. This involves measuring the thickness of the fat layer just below the skin by pinching it using a specially designed pair of callipers. However, this instrument can only measure the thickness of fat folds at specific body parts. Visceral fat can't be measured directly this way.

But skinfold tests are not particularly accurate, and may give misleadingly low figures.

Another at-home option is to use a set of smart scales. These work by sending a low electric current through the body to estimate fat mass. However, readings are influenced by how much fluid we have in our bodies and therefore they are not considered accurate for measuring fat levels. They also can't tell you where your fat is stored, or distinguish between visceral fat and other types.

In fact, attempting to measure your fat levels in any detail is not generally necessary for maintaining a healthy body. But there are two measures that can help you to stick to a healthy weight and keep track of where fat is being stored.

A tape measure can help give a quick insight. The waist-to-height ratio measures how much central abdominal fat a person has relative to their height. Once you have measured your waist circumference, you can use an online calculator to find your ratio. A healthy range is around 0.4 to 0.49.

A person's waist-to-hip ratio can also give a good indication. To get this figure, measure around your belly button and divide this figure by the measurement of the widest part of your hips (or use an online calculator). A measurement above 0.90 (men) and 0.85 (women) is considered high, as excess fat around the waist is an indicator of poor metabolic health. Body mass index (BMI) is not an accurate predictor of body fat as it can't distinguish between the body's fat and muscle content. People with a lot of muscle and very little fat may have a high BMI.

You may want to keep a closer eye on your body composition as you age. Our fat mass tends to increase while our muscle and bone levels decline. As this can cause adverse health effects, it's important to eat well, exercise and take part in strength-training.

However, we should learn to value the many important things fat does for us and not obsess over extreme fat-related goals. It's important to have the right amount, rather than striving to have as little as possible. Or, as Oral puts it, "we believe fat is both powerful and beautiful."

(BBC News)



Kohli in focus, pace attack under scrutiny as India look to seal series against West Indies

United News Of India

GUWAHATI, SEP 29 :India's batting remains their biggest strength, but their pace attack will come under the spotlight when they take on the West Indies in the second ODI at the ACA Stadium here on Wednesday, with the hosts looking to wrap up the three-match series.

The first game in Thiruvananthapuram offered plenty of encouragement with the bat. Virat Kohli rolled back the years with a record-breaking 74-ball hundred, while captain Shubman Gill also made a century as India chased down 296 in less than 42 overs.

Left-arm wrist spinner Kuldeep Yadav underlined his value with an incisive spell, but the pace attack was less convincing in the absence of Jasprit Bumrah and Hardik Pandya. Mohammed Siraj was left out as India chose to open with Nitish Kumar Reddy in what was seen as an opportunity to test another option ahead of the 2027 ODI World Cup.

Reddy, returning from a left quadriceps injury, struggled to find his rhythm. He overstepped, bowled too full and frequently strayed down the leg side. One over cost 18 runs and included seven deliveries, allowing Justin Greaves to settle quickly.

The West Indies opener made India



pay, scoring his maiden ODI hundred (108-ball 101) as the visitors posted 295/7.

Gill soon took Reddy out of the new-ball attack, and India will now have to decide whether to continue with the experiment or bring Siraj back into the XI.

With Pandya still awaiting fitness clearance and Bumrah unavailable, these matches are being used to assess India's options ahead of the next World Cup. Reddy has been identified as a potential long-term all-rounder, capable of contributing as a sixth bowling option.

"It will be great for Indian cricket if we can keep on developing him and for him to compete for that all-rounder spot. He's got all the talent and all the ability to do that," bowling coach Morne

Morkel had said.

The second ODI could therefore provide another indication of how India see Reddy's role, or whether they prefer the experience and reliability of Siraj.

There is also a case for handing Augib Nabi his India debut. The Jammu and Kashmir pacer has been part of the national setup, including the squad for the Sri Lanka Tests, but is still waiting for his first appearance.

India also used the opening game to test batting all-rounder Naman Dhir, who bowled five overs

for 33 runs. He did not get a chance to bat, despite his strong recent form in the Sher-e-Punjab T20 League.

Finding the right balance remains the challenge. Bringing Siraj back could mean dropping one of

the all-round options, while playing Nabi would strengthen the specialist pace department but could leave India with fewer batting resources.

While the bowling combination remains unsettled, India's top order could hardly have offered more reassurance. Kohli's hundred was another reminder of his reputation as one of the game's most accomplished run-chasers. He struck nine sixes in his innings and also became only the second Indian after Sachin Tendulkar to cross 15,000 international runs.

Wednesday's match will also take Kohli back to familiar territory. He returns to the Barsapara Cricket Stadium, where he scored his 45th ODI century against Sri Lanka in January 2023. That hundred came during India's preparations for the 2023 World Cup. His latest has arrived with the next World Cup cycle already underway.

For the West Indies, the second ODI is effectively a must-win if they are to stay alive in the series. Shai Hope's side will also need to tighten up in the field after missed chances contributed to their defeat in the opener, including an early opportunity offered by Gill.

Coach Darren Sammy will be looking for a much-improved display as the West Indies attempt to end a long wait for an ODI series victory over India. Their last series win against the hosts came in 2002.

Zheng Qinwen eyes home success after US Open run

United News Of India

BEIJING, SEP 29 :Fresh from a run to the US Open quarterfinals, Olympic champion Zheng Qinwen heads into the China Open with renewed confidence after putting a lengthy injury layoff behind her.

Zheng came through qualifying at the US Open before reaching the last eight, beating Madison Keys and Iga Swiatek before losing to Elena Rybakina.

The run marked a significant step forward after elbow surgery in 2025 and a lengthy recovery that disrupted her progress.

"My expectation is just to try to play my tennis every single match and let's see what's going to happen," Zheng said Tuesday.

"I know where I'm capable to be. My highest ranking is No. 4. I still believe I could do much better than that. I really want to see what I can bring in the future.

"I know deep inside me, but I have to prove it." Playing on home soil brings added pressure, but Zheng said she was eager to perform in front of Chinese fans.



"I think to play in China is like playing the fifth Grand Slam for me. They are the same important. Of

course, I want to perform super well in front of my people," she said.

South Africa eye Australia series sweep, boost confidence for CWC



United News Of India

POTCHEFSTROOM (SA), SEP 29 :South Africa have already secured an unassailable 2-0 ODI series lead against Australia after victories in Durban and Johannesburg, and spinner Keshav Maharaj stressed the importance of finishing the series one step higher against the reigning ICC Men's Cricket World Cup champions.

"You want to try and be as clinical as possible in a series of this magnitude," Maharaj said.

"They are the world champions, so it's always nice to build confidence. "It is probably just over

12 months away, but it's a wonderful stepping stone and foundation to build on. It shows character.

"It shows champion mentality, but it's about the process that we're focussing on behind everything and letting it play out that way and just sort of doing the basics really well.

"Obviously, there are areas where we

can improve, that we can keep building on. If we can execute that, then hopefully we come on the right side of things."

South Africa's victories in the opening two matches in Durban and Johannesburg have showcased their ability to adapt to different conditions.

Matthew Breetzke's 112 helped set up a 67-run win in Durban, before centuries from Temba Bavuma and David Miller powered the Proteas to 365/9 and an eventual 32-run victory at the Wanderers, according to ICC.

The second ODI also highlighted the impact of spin, with Australia again struggling against South Africa's slower bowlers.

Maharaj, who's picked up six wickets so far in the series, however, still feels the tournament is

a long way away to predict the conditions.

"The World Cup's a long way away. So it's hard to say, I think conditions do change as the year goes on through and things.

Asian Games: An defends women's singles title, China claims mixed doubles gold in badminton

United News Of India

NAGOYA (JAPAN), SEP 29 :Defending champion An Se-young of South Korea beat home favorite Akane Yamaguchi to claim back-to-back women's singles titles, while China secured mixed doubles gold as the badminton competition at the 2026 Asian Games concluded on Tuesday.

An defeated Yamaguchi 21-17, 21-9 without dropping a game throughout the tournament. The victory made her the first women's singles player to win consecutive Asian Games titles.

The world No. 1 has continued her dominance this season, playing 57 matches and losing just once. "It really does feel like a dream. I am so happy," said the 24-year-old. "Everything I put into it keeps coming back to me. It is overwhelming.

"I am going to be true to the present and do my best," she added. In mixed doubles, China's Jiang Zhenbang and Wei Yaxin rallied from 18-13 down in the opening game to beat Indonesia's Amri Syahrawi and Nita Violina Marwah 21-19, 21-8.

Asian Games: Chinese cyclists sweep team sprint golds amid record-breaking day

United News Of India

NAGOYA (JAPAN), SEP 29 :China struck gold in both the women's and men's team sprint events as track cycling got underway at the Aichi-Nagoya Asian Games on Tuesday, with records falling throughout the day at the Izu Velodrome in Shizuoka Prefecture.

China defended the women's team sprint by clocking 45.370 seconds in the final, a new Asian record. Malaysia took silver in 48.566, while Chinese Taipei secured bronze.

"We performed at a level that could challenge for Olympic gold. Of course, we know that we still have to work harder to win world and Olympic titles," said Chinese rider Wang Lijuan.

Wang added that the Asian Games victory had given the team a major boost in morale and confidence ahead of the upcoming World Championships in Shanghai. In the men's team sprint, China clocked 42.348

seconds in the first round to break the Asian Games record, then improved it to 42.152 seconds in the final to defeat host Japan for gold. Hong Kong, China took bronze.

"At the Hangzhou Asian Games, we competed at home but lost to Japan and missed out on the gold. We were quite disappointed at the time," said Chinese rider Liu Qi.

"This time, we turned that disappointment



into motivation in our training and preparation. We are very happy to win the gold back on our opponent's home ground

"The team pursuit events also produced a series of record-breaking performances on Tuesday. China set an Asian Games record of 4:16.766 in the women's

team pursuit qualifying session, only for Japan to lower it to 4:14.496 in the following heat, according to Xinhua.

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