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HEADLINES
TODAY
Voice To The Voiceless


P:12 You still can't get 50 off 12: Yuvraj's teases Abhishek after Wellington blitz

IGP Traffic reviews preparations for Darbar Move, Road Safety Measures and Traffic Enforcement

HT NEWS DESK / AGENCIES

SRINAGAR, OCTOBER 27: IGP Traffic, M. Suleman Choudhary, today chaired a meeting with all Traffic Unit SSSP and DySsP besides DIGP Traffic Range Kashmir to review the existing traffic management arrangements, identify congestion points and accident-prone locations, assess enforcement measures and review preparedness for the upcoming Darbar Move.

The meeting was attended in-person by Haseeb-Ur-Rehman, DIGP Traffic Range Jammu; Mohammad Rashid Bhat, Staff Officer to IGP Traffic J&K; Liaqat Ali, SSP traffic Rural Kashmir and Bisma Qazi, SSP traffic City Srinagar along with DySsP Traffic City Srinagar. Besides, K M Priyanka, SSP Traffic NHW Raman; Master Popsy, SSP traffic Rural Jammu; Amit Bhasin, SSP Traffic City Jammu along with DySsP Traffic NHW, City Jammu, Rural

>>> MORE ON P 02

“We Must Choke Off All Logistical and Financial Support for Terrorists”: Manoj Sinha

LG Calls for intensified counter-infiltration operations, dismantling of terror networks; stresses public trust and winter preparedness



HT NEWS NETWORK

SRINAGAR, OCT 27: Lieutenant Governor Manoj Sinha on Tuesday called for a comprehensive strategy to choke off logistical and financial support to terrorists, intensify counter-infiltration measures and dismantle networks involved in radicalisation. Chairing a Unified Headquarters meeting at Lok Bhavan, Srinagar, he reviewed the security scenario in Jammu and Kashmir, emphasising real-time coordination

among security agencies, continued operations against terrorist remnants and heightened vigilance during winter. He also congratulated the Army, CAPFs, J&K Police and intelligence agencies for ensuring the peaceful conduct of the Shri Amarnath ji Yatra.

The Lieutenant Governor, Shri Manoj Sinha today chaired Unified Headquarters (UHQ) meeting at Lok Bhavan, Srinagar and reviewed the security scenario in the UT of Jammu Kashmir.

The meeting was attended by GOC-

in-C, Northern Command Lt Gen Pratik Sharma; Chief Secretary Shri Atal Dulloo; DGP Shri Nalin Prabhat; GOC Chinar Corps Lt Gen Balbir Singh; GOC, White Knight Corps, Lt Gen Mohit Seth; Special DG Coordination PHQ Shri S.J.M. Gillani; Air Vice Marshal Anand Sondhi AOC, J&K and Ladakh; Additional Chief Secretary, Home Department J&K Shri Chandraker Bharti; ADGP CID Shri M.K. Sinha, Principal Secretary to Lieutenant Governor Shri Govind Jaiswal, senior officials of Armed Forces, CAPFs, J&K Police, Intelligence Agencies and civil administration.

The Lieutenant Governor congratulated Army, CAPF, J&K Police and Intelligence agencies for the peaceful conduct of Shri Amarnath ji Yatra.

He stated that real-time collaboration is vital to realizing our security objectives.

“A foolproof counter-strategy must be implemented to completely choke off logistical and

>>> MORE ON P 02

“I Have Attended 20 Oath Ceremonies and Every Time I Have Been Dropped”: Mubarak Gul

Four new ministers inducted into Omar Cabinet; NC faces internal discontent, BJP questions regional balance, Congress stays out

HT NEWS DESK / AGENCIES

SRINAGAR, OCT 27: Jammu and Kashmir Lieutenant Governor Manoj Sinha on Tuesday administered the oath of office to four new ministers in Chief Minister Omar Abdullah's Cabinet, inducting Ali Mohammad Sagar, Shamima Firdous, Mir Saifullah and Altaf Ahmad Wani, popularly known as Altaf Kaloo. The expansion triggered discontent among sections of the National Conference, particularly supporters of senior leader Mubarak Gul, who expressed disappointment over his exclusion. The BJP questioned the regional, religious and cultural balance of the expanded Cabinet, while the Congress



reiterated its decision not to join the government until statehood is restored to Jammu and Kashmir. In a move to address internal discontent, NC president Farooq Abdullah appointed Gul as the party's general secretary, Jammu and Kashmir Lieutenant Governor Manoj Sinha

>>> MORE ON P 02

“Integrity and Transparency Must Form the Cornerstone of Public Administration”: Chief Secretary

Atul Dulloo administers integrity pledge during Vigilance Awareness Week; calls for accountability and time-bound grievance redressal



HT NEWS DESK / AGENCIES

SRINAGAR, OCT 27: Chief Secretary Atul Dulloo on Tuesday administered the Integrity Pledge to administrative secretaries, officers and officials at the Civil Secretariat to mark Vigilance Awareness Week 2026, being observed from October 26 to November 1 under the theme “Probity for Prosperity.” Emphasising ethical conduct and transparent governance, Dulloo called upon departments to strengthen accountability mechanisms, ensure

timely disposal of public grievances and review pending vigilance matters. He reiterated the government's zero-tolerance approach towards corruption and urged public servants to uphold honesty, impartiality and the rule of law.

Chief Secretary, Atal Dulloo, today administered the Integrity Pledge to Administrative Secretaries, officers and officials at the Civil Secretariat, marking the observance of Vigilance Awareness Week 2026, being observed

>>> MORE ON P 02

“Our Only Aim Is That People of J&K Should Benefit from This Government”: Surinder Choudhary

Dy CM says Cabinet expansion will improve governance; questions BJP's silence over alleged attacks on Kashmiris outside J&K

HT NEWS DESK / AGENCIES

SRINAGAR, OCT 27: Deputy Chief Minister Surinder Choudhary on Tuesday said the expansion of Chief Minister Omar Abdullah's Council of Ministers was aimed at strengthening governance, improving accountability and ensuring better delivery of public services. Speaking after the swearing-in ceremony at Lok Bhavan, Choudhary said the government had fulfilled its commitment to reshuffle and expand the Cabinet and urged the BJP to focus on public issues rather than political criticism. He also raised concern over alleged attacks and harassment of people from Jammu and Kashmir working outside



the Union Territory, asking opposition leaders to speak up for their safety and dignity.

Jammu and Kashmir Deputy Chief Minister Surinder Choudhary on Tuesday said the expansion of the Omar Abdullah-led Council of Ministers would strengthen governance, improve accountability and ensure more effective delivery of services to the people, while taking a swipe at the BJP over its criticism of the government. Speaking exclusively to Kashmir News Service (KNS) after the swearing-in ceremony at Lok Bhavan in Srinagar, Choudhary said the government had

>>> MORE ON P 02

“Government Must Take Every Region and Community Along”: Sunil Sharma

BJP flags alleged regional imbalance in expanded J&K Cabinet; Congress reiterates decision to stay out until statehood is restored

HT NEWS DESK / AGENCIES

SRINAGAR, OCT 27: BJP Leader of Opposition Sunil Sharma on Tuesday criticised the expanded Jammu and Kashmir Council of Ministers, alleging that the Cabinet lacked regional, religious and cultural balance and calling for adequate representation of all communities. Meanwhile, Jammu and Kashmir Pradesh Congress Committee president Tariq Hamid Karra reiterated that the Congress would not join the government until statehood was restored to the Union Territory. Four ministers—Ali Mohammad Sagar, Mir Saifullah, Shamima Firdous and Altaf Ahmad Wani—were inducted into the Cabinet, with eight ministers now representing the Kashmir Valley and two the Jammu region. BJP leader and Leader of Opposition



religious and cultural balance.

Speaking after the swearing-in ceremony in Srinagar, Sharma said the government should ensure representation of all regions and communities. Meanwhile,

>>> MORE ON P 02

Div Com Kashmir administers Integrity Pledge on Vigilance Awareness Week 2026

HT NEWS DESK / AGENCIES

SRINAGAR, OCTOBER 27: Reaffirming the administration's commitment to integrity,

transparency and accountability in public service, Divisional Commissioner Kashmir, Anshul Garg, today administered the Integrity Pledge to officers and officials in observance of Vigilance Awareness Week 2026.

Commissioner, Srinagar Municipal Corporation, Basharat Qayoom; Deputy Commissioner

Srinagar, Akshay Labroo; Additional Commissioners Akramullah Tak and Zahoor Ahmad Magray, along with other officers and officials of the Divisional Commissioner's Office, participated in the pledge-taking ceremony.

On the occasion, the Divisional Commissioner underscored the importance of upholding the highest

standards of honesty, integrity and professional ethics in the discharge of official responsibilities. He emphasised that transparency, accountability and a strong commitment to ethical conduct are fundamental to ensuring effective governance and strengthening public trust in institutions.

HT BOTTOM NEWS

Our Struggle for Restoration of Constitutional Rights Will Continue : Farooq Abdullah

NC president says public support remains party's greatest strength; reaffirms commitment to constitutional and democratic rights of J&K people

HT NEWS DESK / AGENCIES

SRINAGAR, OCT 27: National Conference president Farooq Abdullah on Tuesday reaffirmed that the party would continue its struggle for the restoration of our Constitutional Rights, asserting that public support remained its greatest strength through decades of political challenges. Addressing a function at the party headquarters to welcome the newly inducted ministers, Abdullah recalled the sacrifices made by party workers in defending the dignity and rights of the people of Jammu and Kashmir. He said the NC had weathered difficult periods in its history through the unwavering support of the people and would not



Dr Farooq Abdullah Tuesday said NC has weathered the most turbulent, sensitive and challenging periods in its history, making countless sacrifices to safeguard and

>>> MORE ON P 02

“Ministerial Positions Are Not Permanent Entitlements”: Sakina Itoo

Minister dismisses reports of NC protests over Cabinet expansion, says party leaders are free to express their views democratically

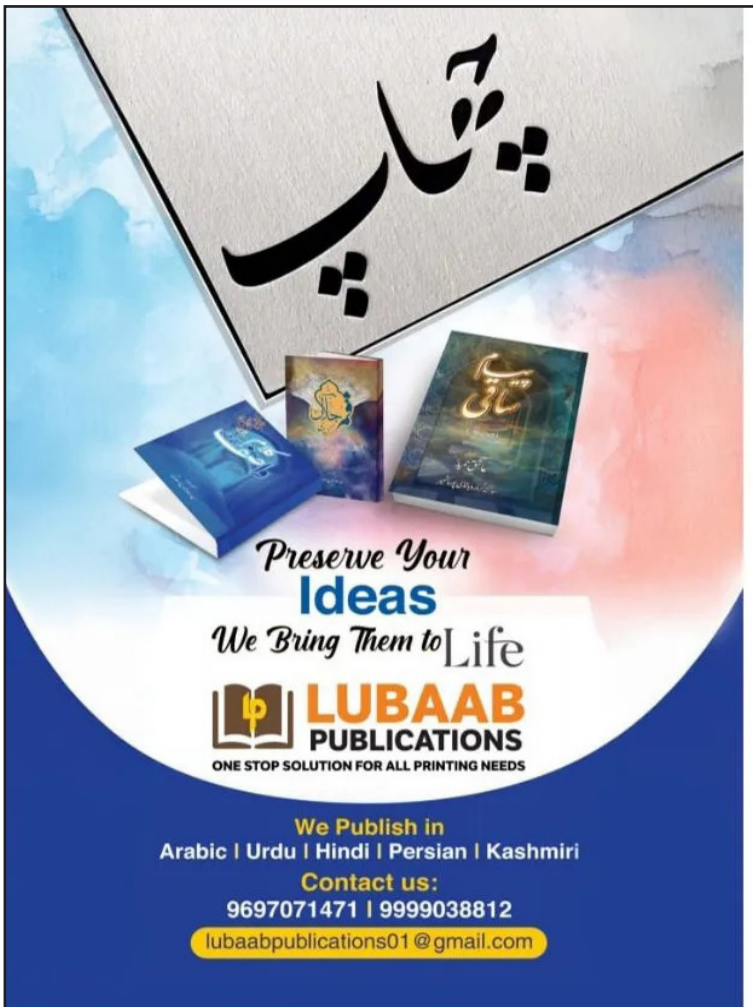
HT NEWS DESK / AGENCIES

SRINAGAR, OCT 27: Jammu and Kashmir Minister Sakina Itoo on Tuesday defended the National Conference leadership's decision on Cabinet expansion, maintaining that ministerial positions were not permanent entitlements and that party leaders had several other opportunities to serve. Rejecting reports of organised protests within the party, she said members were exercising their democratic right to express their views and that such expressions should not automatically be construed as demonstrations. Itoo also dismissed allegations that Jammu had been ignored in the reshuffle, asserting that party



legislators remained capable of discharging their responsibilities irrespective of ministerial positions. Jammu and Kashmir Minister Sakina Itoo on Tuesday

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IGP Traffic

Jammu attended the meeting through video conferencing.

The meeting also deliberated upon measures to prevent road accidents, ease traffic congestion and strengthen enforcement across Jammu and Kashmir.

IGP Traffic J&K directed SSP Traffic City Jammu and DySSP Traffic City Jammu to formulate and implement a comprehensive traffic management plan for the upcoming Darbar Move, keeping in view the anticipated winter migration from the Valley, Doda and Kishtwar, alongwith the expected increase in vehicular movement from November till end of February. Special attention shall be given to congestion-prone areas, including Sidhra, Bathindian adjoining areas, Green Belt Park, Jammu Railway Station, Railway Chowk, Narwal, Qasim Nagar, Canal Road, Bagh-e-Bahu, Satwari, Janipur, etc.

SSP Traffic NHW Ramban was directed to ensure smooth and uninterrupted movement of the Darbar Move convoy, with special focus on the single-lane stretch from Nachlana to Hingni and the Deval and Mom Passi stretches. She was further directed to maintain close coordination with DIGP Traffic Range Kashmir, SSP Traffic Rural Kashmir and SSP Traffic City Jammu to facilitate the safe and smooth passage of the Darbar Move Convoy.

Emphasising road safety, IGP Traffic directed all officers to take proactive measures to reduce road accidents. Special enforcement drives shall be launched against stunt biking, underage driving, overloading, rash driving, drunk & drive. Strict legal actions shall be initiated against such violators.

“We Must Choke

financial support for terrorists and we must step up measures to disrupt and counter infiltration. Operations must continue to neutralize the remnants of the terrorist ecosystem. We should aggressively target and dismantle the networks trying to misguide and radicalize the people,” the Lieutenant Governor said.

He directed the Security forces and J&K Police to build public trust by ensuring the voices of the people are heard and their grievances are resolved.

The Lieutenant Governor also reviewed the operational preparedness of police and security agencies during the winter, and emphasized the need for maintaining vigilance to counter emerging threats.

“I Have Attended

on Tuesday administered the oath of office to four ministers in Chief Minister Omar Abdullah-led government at Lok Bhawan in Srinagar, marking a significant expansion of the Council of Ministers and bringing several experienced National Conference leaders into the government.

The four new ministers are Ali Mohammad Sagar, Shamima Firdous, Mir Saifullah and Altaf Ahmad Wani, also known as Altaf Kaloo. All four are from the Kashmir Valley and have experience in politics and public service.

While the expansion has strengthened the party's representation in the government, the exclusion of some senior leaders triggered resentment among sections of the National Conference, with protests reported outside the party headquarters at Nawa-i-Subah.

The reshuffle also drew criticism from the BJP over regional representation, while the Congress reiterated its decision to stay out of the government until statehood is restored.

Ali Mohammad Sagar is among the most experienced legislators in the National Conference and represents the Khanyar Assembly constituency in Srinagar.

He as per news agency Kashmir Indepth News Service (KINS) has won Assembly elections from the constituency in 1996, 2002, 2008, 2014 and 2024, following his electoral debut in 1983.

Over the years, Sagar has held important responsibilities in both the party organisation and the government. He has previously served as a minister, including handling the Rural Development portfolio, and has been the party's general secretary since 2014.

His return to the Cabinet brings considerable legislative experience to the administration.

Shamima Firdous, who represents Habbakadal in Srinagar, is a senior National Conference leader with a long association with the party's organisational activities.

She first entered the Legislative Assembly in 2008 and subsequently won the seat in 2014 and 2024. She also heads the National Conference women's wing and has previously served as chairperson of the State Commission for Women in the erstwhile Jammu and Kashmir.

Her induction gives women a stronger presence in the Cabinet. Firdous becomes the second woman minister in the government alongside Sakina Itoo.

Mir Saifullah, a lawyer by profession, has previously served as a minister and returned to the Legislative Assembly in the 2024 elections.

Saifullah has said he would make every effort to address people's grievances across all districts of Jammu and Kashmir.

Altaf Ahmad Wani, popularly known as Altaf Kaloo, represents the Pahalgam Assembly constituency in Anantnag district.

He entered electoral politics in 2008 and became a member of the Legislative Council in 2009. He subsequently won the Pahalgam Assembly seat in 2014 and returned to the Legislative Assembly in 2024.

His induction brings another experienced legislator from south Kashmir into the government. The allocation of portfolios to the four ministers

will determine their specific administrative responsibilities.

The Cabinet expansion was accompanied by discontent among supporters of senior National Conference leader and Eidgah MLA Mubarak Gul, whose name was missing from the list of new ministers.

Gul's supporters staged a protest outside the party headquarters at Nawa-i-Subah, expressing displeasure over the exclusion of the six-time legislator and raising slogans in his support.

Before the swearing-in ceremony, Gul expressed disappointment over being left out despite his long political career.

“I will speak at an appropriate time. I have attended 20 oath ceremonies and every time I have been dropped. You can say I have been dropped again,” he told reporters as per KINS.

In a move to address the discontent, National Conference president Farooq Abdullah subsequently appointed Gul as the party's new general secretary, replacing Sagar, who joined the Cabinet.

Another senior party leader, Abdul Majid Bhat Larmi, also expressed disappointment over his exclusion from the Cabinet but said he accepted the leadership's decision.

The Cabinet expansion also drew criticism from the Bharatiya Janata Party, with Leader of Opposition Sunil Sharma alleging that the new Council of Ministers lacked regional, religious and cultural balance.

Speaking to reporters after the swearing-in ceremony, Sharma said the government should ensure that all regions and communities were adequately represented in the administration.

He argued that governments must take every community, region and area along, maintaining that the latest expansion did not reflect the balance he expected.

Following the reshuffle, Deputy Chief Minister Surinder Choudhary and Javid Rana remain the two ministers from the Jammu region, while eight ministers belong to the Kashmir Valley.

Meanwhile, the Congress, which is part of the ruling alliance, reiterated its decision not to join the Council of Ministers.

Jammu and Kashmir Pradesh Congress Committee president Tariq Hamid Karra said discussions had taken place with the National Conference regarding Cabinet expansion, but his party had maintained its position.

Karra said the Congress had decided not to become part of the government until statehood was restored to Jammu and Kashmir.

The oath-taking ceremony was attended by Chief Minister Omar Abdullah, Assembly Speaker Abdul Rahim Rather, senior alliance leaders and opposition legislators, including members of the BJP and Peoples Democratic Party.

The expansion comes as the Omar Abdullah government seeks to strengthen its administrative team and pursue its development agenda. (KINS)

“Government Must

JKPCC president Tariq Hamid Karra said the Congress had declined to join the government despite discussions with the National Conference.

Four ministers – Ali Mohammad Sagar, Mir Saifullah, Shamim Firdous and Altaf Ahmad Wani (Kallo) – were sworn in on Tuesday. With the reshuffle, two ministers are from the Jammu region, while eight belong to the Kashmir Valley. (KINS)

“Our Only Aim

fulfilled its commitment to expand and reshuffle the Cabinet and that the focus should now shift to governance and public welfare.

“We had told people that we would carry out an expansion and reshuffle, and now it has happened. Now question the BJP leaders or the Leader of Opposition,” he said.

Referring to the induction of Ali Mohammad Sagar, Shamima Firdous, Mir Saifullah and Altaf Ahmad Wani into the Council of Ministers, the Deputy Chief Minister said the expansion was aimed at strengthening the government's functioning and ensuring that people benefited from its decisions.

“Our only aim is that the people of Jammu and Kashmir should benefit from this government. That is why CM Omar has carried out this expansion. Now ask questions about the work being done and leave the issue of expansion,” Choudhary said.

Taking a dig at the BJP, he said its leaders had repeatedly questioned the delay in Cabinet expansion but should now concentrate on issues directly affecting the people.

“For six months, they kept talking about expansion. Now it has happened, and one of their issues is over,” he said, accusing the opposition party of misleading the public.

The Deputy Chief Minister also raised concerns over alleged attacks on Kashmiris and other residents of Jammu and Kashmir working in different parts of the country, questioning the BJP's silence over such incidents.

Targeting Leader of Opposition Sunil Sharma, Choudhary asked why BJP leaders had failed to speak out when people from Jammu and Kashmir were allegedly subjected to harassment and violence while earning their livelihood outside the Union Territory.

“Whether it is a driver, a shawl seller or a fruit seller, people from Jammu and Kashmir go outside to earn their livelihood. When they are beaten, it hurts because they are human beings,” he said.

Choudhary urged BJP leaders to stop maligning the youth of Jammu and Kashmir and instead explain what had been done to fulfil the promises made to the people.

He maintained that the government's priority remained public welfare, development and accountable administration rather than political confrontation.

The remarks came shortly after Lieutenant Governor Manoj Sinha administered the oath of office to four legislators at Lok Bhavan in Srinagar, marking the much-awaited expansion of Chief Minister Omar Abdullah's Council of Ministers. (KNS)

“Integrity and

from October 26 to November 1 under the theme ‘Probity for Prosperity’.

On the occasion, the Chief Secretary led the officers and officials in reaffirming their commitment to uphold the highest standards of integrity, honesty, transparency and professional ethics in the discharge of their official duties.

The pledge underscored the need for collective efforts by the Government, citizens and private institutions to combat corruption, which remains a major impediment to the country's economic, social and political progress.

It also called upon public servants to remain vigilant and ensure that their conduct reflects

the principles of probity, accountability and public service.

Addressing the gathering, Dulloo emphasized that integrity and transparency must form the cornerstone of public administration. He stressed the need for all departments to strengthen accountability mechanisms, ensure transparent service delivery and accord priority to the timely disposal of public grievances.

The Chief Secretary reiterated the Government's commitment to a zero-tolerance approach towards corruption and called upon the Administrative Secretaries and departmental heads to proactively review pending vigilance matters and take appropriate action in accordance with established rules and procedures.

He further urged officers and officials to discharge their responsibilities with honesty and impartiality, uphold the rule of law and ensure that public interest remains paramount in every administrative decision.

The observance of Vigilance Awareness Week aims to promote ethical conduct, strengthen public confidence in institutions and encourage collective responsibility in preventing corruption.

Similar pledge-taking ceremonies and awareness activities are being organized across the Union Territory, including at divisional and district headquarters, public sector undertakings and educational institutions, to reinforce the message of integrity and promote a culture of transparency and accountability in public life.

Div Com Kashmir

The programme served as a reaffirmation of the collective resolve to promote probity in public life, foster a culture of accountability and ensure a corruption-free work environment. It also highlighted the vital role of every public servant in upholding ethical values and maintaining the highest standards of integrity in public administration.

Our Struggle

secure the dignity, honour, prosperity and constitutional and democratic rights of the oppressed people of Jammu and Kashmir.

Addressing a function welcoming newly inducted Ministers at the party headquarters, Dr Farooq Abdullah said that the National Conference movement was founded on the struggle against injustice and a firm commitment to securing the fundamental rights of the people. “To achieve this objective, the people, particularly the party's dedicated and selfless workers, endured immense hardships and suffering in their pursuit of a free and dignified environment, self-respect, faith in God and self-confidence.”

He said that conspiracies against the National Conference are nothing new. “History bears testimony to the fact that the party faced several sinister and dangerous conspiracies during different periods, including 1953, 1977, 1984 and 1990. However, on every occasion, the party emerged victorious, owing to the unwavering participation, cooperation and support of the people,” he said.

Dr Farooq Abdullah said that those who had attempted to divide the National Conference, create fissures within its ranks and weaken its popular base had gradually disappeared from the political landscape. He said the National Conference stood on the foundations of truth, while the blessings of

Almighty Allah and the overwhelming support of the people remained its greatest strengths.

Reaffirming his commitment to the restoration of Jammu and Kashmir's constitutional and democratic rights, Dr Farooq Abdullah said that the struggle for the restoration of Articles 370 and 35A would continue. He asserted that the National Conference would not retreat from its struggle until the constitutional and democratic rights of the people were restored.

Senior party leaders, MPs, Cabinet Ministers, Members of the Legislative Assembly and party functionaries were also present on the occasion.

“Ministerial Positions

dismissed reports of resentment within the National Conference (NC) over the Cabinet expansion, saying party leaders were free to express their views democratically and that such expressions should not be construed as protests.

Speaking to reporters after four new ministers took oath at Lok Bhavan in Srinagar, Itoo said ministerial positions were not permanent entitlements and that the party offered several other opportunities for its leaders and legislators to contribute.

“It is not necessary that those who have been given an opportunity by the leadership will continue to get the same opportunity in the future. There are thousands of opportunities within the party where people can work,” she said.

Her remarks came amid questions over alleged dissatisfaction among some National Conference leaders following the expansion of Chief Minister Omar Abdullah's Council of Ministers.

Defending the party's legislators, Itoo said the MLAs were capable of performing their responsibilities irrespective of whether they were inducted into the Cabinet.

“Our honourable MLAs are strong at their respective levels and are working in their own capacities,” she said.

Asked about reports of protests by party workers and leaders over the ministerial selections, Itoo questioned the characterisation of the developments as demonstrations.

“Where are the protests happening? Are they taking place on the roads? If people are expressing their anger or views, they are doing so at the party headquarters and nowhere else,” she said.

The Minister maintained that the National Conference provided democratic space to its members to express disagreement with decisions taken by the leadership.

“This party has given them the democratic right to express their opinions. They are expressing their views, not protesting,” she asserted.

Responding to questions about allegations that Jammu had been ignored in the Cabinet expansion, Itoo rejected the suggestion and pointed to Chief Minister Omar Abdullah.

“Where is Jammu being ignored? Where is our Chief Minister?” she asked.

The remarks followed the induction of four legislators into the Council of Ministers on Tuesday, an exercise that has triggered political discussion over regional representation and the selection of ministers. Itoo's comments sought to draw a distinction between internal expressions of dissatisfaction and organised dissent, while defending the leadership's authority to decide ministerial appointments. (KNS)

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Div Com Kashmir administers Integrity Pledge on Vigilance Awareness Week 2026

■ HT News Network

SRINAGAR, OCTOBER 27: Reaffirming the administration's commitment to integrity, transparency and accountability in public service, Divisional Commissioner Kashmir, Anshul Garg, today administered the Integrity Pledge to officers and officials in observance of Vigilance Awareness Week 2026.

Commissioner, Srinagar Municipal Corporation, Basharat Qayoom; Deputy



Commissioner Srinagar, Akshay Labroo;

Additional Commissioners Akramullah Tak and Zahoor Ahmad Magray, along with other officers and officials of the Divisional Commissioner's Office, participated in the pledge-taking ceremony.

On the occasion, the Divisional Commissioner underscored the importance of upholding the highest standards of honesty, integrity and professional ethics in the discharge of official responsibilities. He emphasised that transparency, accountability and a strong

commitment to ethical conduct are fundamental to ensuring effective governance and strengthening public trust in institutions.

The programme served as a reaffirmation of the collective resolve to promote probity in public life, foster a culture of accountability and ensure a corruption-free work environment. It also highlighted the vital role of every public servant in upholding ethical values and maintaining the highest standards of integrity in public administration.

DC Budgam reviews progress of Ring Road Project, proposed Alternat Airport Road

■ HT News Network



BUDGAM, OCTOBER 27: Deputy Commissioner (DC) Budgam, Jatin Kishore, today reviewed the progress of the Ring Road Project and the proposed Alternat Airport Road during a meeting held at Conference Hall, Budgam.

During the meeting, the Deputy Commissioner took a detailed review of the status of projects, including proposed road alignments connecting Airport with Ring Road and Railway Station Budgam. He also reviewed disbursement of compensation to affected landowners and other issues related to project implementation. The Deputy Commissioner stressed the need for close coordination among all stakeholders to resolve pending issues and ensure smooth and timely progress of the projects. The Deputy Commissioner emphasized the importance of the proposed Ring Road project, stating that it is crucial for improving road connectivity and ensuring smoother movement of vehicles and facilitate better mobility across Budgam. The Project Director, National Highways Authority of India (NHAI), Srinagar, briefed the Deputy Commissioner on the status and progress of the projects.

The meeting was attended by the Additional Deputy Commissioner (ADC), Assistant Commissioner Revenue (ACR), Sub-Divisional Magistrates (SDMs), Divisional Forest Officer (DFO), Chief Agriculture Officer (CAO), concerned Tehsildars and other officers.

Integrity Pledge ceremony held at DC Office Pulwama

■ HT News Network

PULWAMA, OCTOBER 27: As part of the UT-wide observance of Vigilance Awareness Week-2026, an Integrity Pledge ceremony was held today at the DC Office Pulwama, with Deputy Commissioner Pulwama, Kuldeep Krishan Sidha, senior district officers and officials participating in the proceedings.

The ceremony was held simultaneously across Jammu and Kashmir, with Chief Secretary, J&K, Atal Dulloo, joining the proceedings virtually from the Civil Secretariat Srinagar. Officers and officials across the districts also participated through video conferencing.

At DC Office, the Deputy Commissioner, along with senior district officers and officials, took the Integrity Pledge, to mark their commitment to uphold integrity, honesty, transparency and accountability in the discharge of public duties. The ceremony was held simultaneously across Jammu and Kashmir, with Chief Secretary, J&K, Atal Dulloo, joining the proceedings virtually from the Civil Secretariat Srinagar. Officers and officials across the districts also participated through video conferencing.

At DC Office, the Deputy Commissioner, along with senior district officers and officials, took the Integrity.

DDC Bandipora reviews RDD CAPEX progress, directs expeditious completion of Works

■ HT News Network

BANDIPORA, OCTOBER 27: District Development Commissioner (DDC) Bandipora, Indu Kanwal Chib today chaired a meeting to review the progress of Rural Development Department (RDD) works under

CAPEX at the VC Room Mini Secretariat, Bandipora.

The meeting reviewed block-wise progress of works, including execution, completion and expenditure.

Expressing concern over slow progress, particularly in Hajin, the DDC directed officers to expedite execution. While appreciating progress in Bandipora, she stressed the early completion of remaining works across all blocks.

The DDC emphasised that works, particularly in Gurez, must be identified on the basis of genuine



public needs. She directed the Assistant Commissioner Panchayat to coordinate with concerned Range Officers to resolve forest-related issues. On the occasion, the DDC

stressed that November is crucial for completing works before the onset of harsh winter and directed concerned officers to accelerate execution and ensure contractors

handling multiple works undertake them simultaneously. The DDC directed officers to expedite execution and ensure completion of all pending CAPEX works before December 2026, emphasizing regular monitoring and timely resolution of bottlenecks.

Among others, the meeting was attended by Additional District Development Commissioner Bandipora, Nazir Ahmad Mir; Chief Planning Officer Bandipora, Assistant Commissioner Development Bandipora, Assistant Commissioner Panchayat Bandipora and other concerned officers.

DC Shopian Administers Integrity Pledge at Mini-Secretariat, reaffirms commitment to Transparency and Corruption-Free Governance

■ HT News Network

SHOPIAN, OCTOBER 27: Deputy Commissioner (DC) Shopian, Charandeep Singh today administered the Integrity Pledge to officers and officials at the Meeting Hall of Mini-Secretariat Shopian as part of the ongoing observance of Vigilance Awareness Week 2026.

The pledge ceremony aimed to reaffirm the collective commitment towards promoting honesty, integrity, transparency, accountability and ethical conduct in public service.

During the ceremony, participants reiterated their resolve to combat corruption and uphold the highest standards of integrity in the discharge of their official duties.

The pledge emphasised the importance of eradicating corruption through collective



efforts, adherence to rules and regulations, and the promotion of ethical practices. It also highlighted the responsibility of every public servant to lead by example, ensure transparency in official functioning and maintain public trust in government institutions.

The participants including, ADDC, Dr. Nasir Ahmed Lone, ADC, Dr. Zakir Hussain Faaz, ACR, Shakoor Ahmed Dar, all district/sectoral officers, pledged not to engage in corrupt practices, to discharge their duties with honesty and fairness

and to remain committed to good governance and accountability. The importance of creating awareness about vigilance, encouraging the reporting of corrupt practices and ensuring timely redressal of public grievances was also underscored.

The ceremony concluded with a renewed commitment by the officers and officials to work collectively towards building a transparent, accountable and corruption-free administration, in the larger interest of public welfare.

DDC Pulwama reviews Legal Metrology sector in district

■ HT News Network

PULWAMA, OCTOBER 27: District Development Commissioner (DDC) Pulwama, Kuldeep Krishan Sidha, today chaired a review meeting to assess the functioning, enforcement activities and service delivery of the Legal Metrology Department in the district.

A detailed presentation was made during the meeting covering inspections, enforcement, online services, revenue generation and awareness activities.

The chair was informed that 1,250 inspections had been conducted, covering 700 traders, with 2,450 weights and measures duly verified and stamped. The department had collected Rs 13.50 lakh in verification revenue, booked 44 cases and realised Rs 3.85 lakh as compounding fee, while four cases were lodged in court.

The chair was further apprised that under online services, 715 applications were received, including 710 applications for verification of weights and measures and five applications related to packaging/importing registration. The department also organised 12 in-situ verification camps, 20 consumer awareness camps/roadshows and 17 traders' awareness



camps/workshops during 2026-27 up to October 2026.

While reviewing the progress of the department, Sidha directed the department to align its activities with its core mandate, adopt a mission-mode approach and coordinate with the Labour Department, Municipal authorities and Department of State Taxes for joint inspections and awareness activities.

He further stressed that awareness and field activities should be focused on tangible outcomes and effective implementation of the department's mandate.

On LPG delivery practices, the DDC directed that cylinders be delivered at consumers' homes and roadside point delivery be discontinued, with immediate corrective action wherever such practices are noticed.

Inaugural function of Vigilance Awareness Week 2026 held at mini-Secretariat Kulgam

DC stresses honesty, integrity in public life and corruption-free governance

■ Farooq Rather

KULGAM, OCTOBER 27: The inaugural function of Vigilance Awareness Week 2026 was held today at the Conference Hall, Mini-Secretariat, Kulgam, in the presence of Deputy Commissioner Kulgam, Shahzad Alam, under the theme "Probity for Prosperity."

The week is being observed from October 26 to November 01, 2026, with a focus on promoting integrity, transparency and accountability in public life.

The programme commenced with the singing of the National Song, followed by the National Anthem.

Subsequently, Deputy Commissioner (DC) Kulgam, administered the Integrity Pledge, which was repeated by the participants. The pledge reaffirmed their commitment to honesty, transparency, accountability, adherence to the rule of law and collective efforts to combat corruption.

DC Kulgam, while addressing the gathering, underscored the importance



of honesty and integrity in both personal and professional life. Referring to the famous observation of Chanakya on the difficulty of preventing a person handling public money from misappropriating even a small amount, he emphasised the need for strong ethical values and effective

accountability mechanisms in public offices.

The DC further stressed that individuals who maintain integrity and remain committed to lawful conduct have no reason to fear the police or face legal complications arising from wrongdoing.

DDC Pulwama reviews Youth Services & Sports sector in district

■ HT News Network

PULWAMA, OCTOBER 27: District Development Commissioner (DDC) Pulwama, Kuldeep Krishan Sidha, today chaired a review meeting to assess the progress of Youth Services & Sports activities, sports infrastructure and ongoing initiatives across the district.

At the outset, a detailed presentation was presented before the chair covering sports infrastructure, participation, activities and ongoing works.

The DDC directed that existing basketball, volleyball, hockey and other sports courts be put to regular use and properly maintained. The list of playfields was asked to be shared with the concerned ZEOs and Panchayat-level authorities so that maintenance responsibility is clearly established.

The DDC emphasised that



a comprehensive sports calendar be prepared to ensure regular sporting activities at the Panchayat level. He called for a structured competition pathway from Panchayat to Block, sub-district and finally district level, allowing talent to be identified from the grassroots.

While emphasising inclusivity and equal opportunities in sports, the DDC stressed the need to ensure suitable facilities and adequate opportunities for children with special abilities and sportspersons to participate across various sporting disciplines.

Furthermore, the DDC directed the concerned officers to identify promising athletes in skiing, skating and other winter sports and facilitate their training and participation in winter games. Where suitable facilities are unavailable locally, training support at centres such as Srinagar, along with necessary logistical assistance, may be provided, he added.

The DDC further directed that procurement of sports equipment should be based on proper assessment of requirements and undertaken in accordance with GFR provisions.

The chair was apprised that between April 01 and September 30, 2026, a total of 2,61,735 participants took part in various sports and youth activities, comprising 1,56,887 boys and 1,04,848 girls, including 70,444 participants in different levels of competitions and 1,91,291



Colourful Cultural Performances Enthrall Audience at 5th Jashn-e-Manasbal

Nasir Aslam Wani Reaffirms Commitment to Preservation of Kashmir's Cultural Heritage

HT News Network

Manasbal, October:27 The 5th edition of Jashn-e-Manasbal was celebrated on the banks of Manasbal Lake with a series of colourful cultural performances showcasing Kashmir's rich cultural heritage, traditional art forms and literary traditions.

The event was organised by the Wular Manasbal Development Authority WMDA and the Manasbal Dramatic Club in collaboration with the J&K Academy of Art, Culture and Languages (JKAACL) and the Department of Information. Nasir Aslam Wani, Advisor to CM attended the event as the chief guest. Among the prominent dignitaries present were Harvinder Kour, Secretary, JKAACL, Ehsan-ul-Haq Chishti, Chief Executive Officer, Manasbal Development Authority;



Shahnawaz Bukhari Joint Director, Department of Information and noted cultural personality Nisar Naseem. Other prominent

personalities included M Amin Bhat President of Adbi Markaz Kamraz, Majeed Majazi, Asadullah Wani, Zahoor Ahmad War and Abdul

Hameed Qabil.

Addressing the gathering Nasir Aslam Wani reaffirmed the J&K Govt's commitment to preserving the region's rich cultural heritage, performing arts and environment. He emphasised that safeguarding Kashmir's distinctive cultural identity and traditions was as important as pursuing modern developmental initiatives. During the programme, eminent literary personalities Fayaz Tilgami, Shahbaz Hakbari, Nematullah Paray and Lal Mohammad Khan Zakhmi were felicitated in recognition of their valuable contributions to the promotion of language and literature. Noted playwright Abdul Rashid Ghamgeen was also honoured with the Khilat-e-Rahim Padshah. A vibrant cultural programme was presented in collaboration with JKAACL and the Department of Information, Srinagar, highlighting

Kashmir's traditional art forms and cultural diversity. Artists associated with Yamberzal Youth Club, Brain Nishat, staged the play "Tathae-The Dangerous Man" written by Shahzad Shabir and directed by Khurshid Ahmad Mir. The performance was well received by the audience. The Manasbal Dramatic Club, Safapora along with folk singers Sajad Maqbool, Haseena Akhtar and Rouf Ahmad Shah also presented impressive performances that added colour and vibrancy to the celebrations. The programme also featured the release of a book authored by Abdul Rashid Ghamgeen. The 5th edition of Jashn-e-Manasbal aimed to promote Kashmir's cultural identity, recognise contributions to language and literature, and strengthen efforts to preserve and pass on the region's traditional arts and cultural heritage to future generations.

Yuva Sangam Phase VII Concludes at NIT Srinagar

Seven-day exchange programme brings IIT Bombay delegation closer to Kashmir's heritage, traditions and people

HT News Network

Srinagar, Oct 27: The seven-day Yuva Sangam Phase VII programme at the National Institute of Technology

Kumar, Yuva Sangam Nodal Officer. Performances by the institute's Sargam Club and participants from Maharashtra highlighted the cultural diversity of the two regions. The event also provided an opportunity for



(NIT) Srinagar concluded on Tuesday with the departure of the visiting delegation from IIT Bombay, Maharashtra, marking the culmination of a cultural exchange initiative under the Government of India's Ek Bharat Shreshtha Bharat (EBSB) programme.

Registrar NIT Srinagar Prof. Atikur Rehman, Dr. Ashok Kumar, Yuva Sangam Nodal Officer; Dr. Pramod Kumar Yadav; and Dr. Janani L. were present to see off the delegation and extend their wishes for a safe journey.

During the seven-day programme, the participants explored Jammu and Kashmir's cultural heritage, spiritual landmarks, natural landscapes and local traditions while interacting with communities and experiencing the region's social and developmental landscape. On the sixth day, the delegation visited the Shankaracharya Temple and Nishat Garden in Srinagar, gaining an insight into the region's spiritual heritage, historical landmarks and Mughal-era architecture.

The day also featured a cultural evening at NIT Srinagar, where students from Jammu and Kashmir and Maharashtra showcased their traditions through dance, music and poetry.

The programme began with the traditional lighting of the Izbani and was attended by Prof. Atikur Rehman, Registrar; Prof. Mohammad Bazaz, Dean of Student Welfare; and Dr. Ashok

students to interact, exchange experiences and develop a better understanding of each other's traditions.

The cultural evening concluded with the presentation of tokens of appreciation, followed by a gala dinner attended by delegates, faculty members and organisers.

The exchange programme aimed to promote mutual understanding, cultural appreciation and people-to-people connections between Maharashtra and Jammu and Kashmir. Through visits to local destinations, the participants explored Jammu and Kashmir's cultural heritage, spiritual activities, participants experienced the region beyond its geographical boundaries. The departure of the delegation marked the conclusion of the programme, with participants carrying memories of their experiences in Kashmir and the friendships formed during the exchange. Yuva Sangam is part of the Government of India's Ek Bharat Shreshtha Bharat initiative, which seeks to strengthen connections among people from different States and Union Territories through cultural exchange, educational exposure and shared experiences. The successful conclusion of Phase VII at NIT Srinagar reaffirmed the programme's focus on celebrating India's diversity and fostering stronger bonds among young people from different parts of the country.

DIPR organises digital safety awareness session at GCW

Parade under Youth Empowerment Programme

Cyber expert urges students to practice cyber hygiene, stay alert against online scams

HT News Network

JAMMU, OCTOBER 27: The Department of Information & Public Relations (DIPR) J&K today organised an awareness session on Digital Safety here at Government College for Women (GCW) Parade. The event was hosted under government's Youth Empowerment Programme. Cyber Expert from the State Investigation Agency (SIA) Vikas Razdan was the resource person. He sensitised the audience to cyber hygiene, phishing, online scams, privacy protection and responsible use of social media.



He also briefed them on the common tactics used by cyber fraudsters and the precautions to avoid falling prey to them.

He advised the students to avoid sharing personal information and OTPs, to verify links and messages before clicking on them, to use strong passwords and to report cyber crimes promptly on the designated platforms. Speaking

on the initiative of the Information Department, the Deputy Director Information (PR) Jammu Moksha Dogra informed that the Youth Empowerment Programme aims to equip young people with the knowledge and skills to make them confident and self-reliant. She stressed that digital awareness is essential in today's connected world.

District Admin Bandipora Joins UT-Level Vigilance Awareness Integrity Pledge

HT News Network

BANDIPORA, OCTOBER 27: The District Administration Bandipora today joined the UT-level Integrity Pledge ceremony led by Chief Secretary, Jammu and Kashmir, Atal Dulloo, through virtual mode. Vigilance Awareness Week is observed every year by the Central Vigilance Commission during the week in which the birth anniversary of Sardar Vallabhbhai Patel falls, with the objective of promoting integrity and combating corruption in public life.

Deputy Commissioner Bandipora, Indu Kanwal Chib, along with district officers and officials, joined the pledge-

taking ceremony at the VC Room, Mini Secretariat Bandipora, as part of Vigilance Awareness Week 2026, being observed from October 26 to November 01 under the theme "Probity for Prosperity."

On the occasion, the Deputy Commissioner, stressed the importance of upholding the highest standards of integrity, transparency and accountability in public service, stating that all stakeholders must work collectively to eradicate corruption and promote ethical practices and good governance. The Integrity Pledge emphasized promoting ethical practices, fostering honesty, refraining from offering or accepting bribes.

IUST signs MoU under Mission YUVA to strengthen entrepreneurship, innovation ecosystem in J&K

HT News Network

Awantipora, Oct 27: The CIED-IUST Foundation of the Islamic University of Science and Technology (IUST) signed a Memorandum of Understanding (MoU) with the YUVA Innovation Hub, Indian Institute of Management (IIM) Jammu, under Mission YUVA at the IUST Innovation Campus on Tuesday. The collaboration aims to strengthen entrepreneurship, promote innovation, and support youth-led enterprise development across Jammu and Kashmir.

Speaking on the occasion, Shri Vivek Aggarwal, IAS, Director of Employment and Managing Director, Mission YUVA, J&K, appreciated IUST's initiatives in promoting entrepreneurship and innovation. He expressed confidence that the collaboration would help advance Mission YUVA's objectives by nurturing entrepreneurial aspirations among young people and supporting the



development of sustainable enterprises across the region. Prof. Parvez Ahmad Mir, CEO, CIED-IUST Foundation, highlighted the University's sustained efforts to foster an entrepreneurial culture through institutional support, capacity building, and startup development. He also noted that IUST has secured a four-star rating under the Institution's Innovation Council (IIC) framework for three consecutive years, reflecting its continued commitment to strengthening innovation and entrepreneurship. The MoU is expected to facilitate knowledge exchange, mentorship, capacity building, and institutional support for aspiring entrepreneurs, while creating opportunities for collaboration

between the University's entrepreneurship ecosystem and Mission YUVA's initiatives for youth empowerment and enterprise creation.

The programme also featured a presentation on the objectives and scope of the collaboration, alongside an overview of the achievements of the CIED-IUST Foundation. A compilation highlighting the Foundation's triple-certification achievements was presented, followed by a cake-cutting ceremony to commemorate IUST's sustained four-star IIC rating. The coordinators of CIED-IUST Foundation were also felicitated for their contributions to advancing the University's entrepreneurship and innovation initiatives. The programme was attended by Mr. Sameer Wazir, Finance Officer, IUST; Mr. Altaf Hussain Shalla, Principal, Government Polytechnic College, IUST; Dr. G. N. Itoo, Director, Centre for Good Governance and Policy Analysis, IUST; Dr. Peer Bilal, Director DIQA, Dr. Ruheela Hassan.

HT News Network

Jammu, October 27, 2026: The Jammu and Kashmir Academy of Art, Culture and Languages today organised a day-long seminar on the life, teachings and enduring spiritual legacy of Guru Nanak Dev Ji, bringing together eminent scholars, researchers and distinguished personalities to reflect on his universal message of peace, equality, oneness and human brotherhood. Renowned author and researcher Sardar Amardeep Singh from Singapore was the keynote speaker of the programme. Through an engaging audio-visual presentation, he explored Guru Nanak Dev Ji's life, travels, spiritual philosophy and contribution to Sikhism, drawing upon historical documentation, visual evidence and research-based insights. At the outset, Ms. Sonali Arun Gupta, Special Secretary, JKAACL, welcomed the distinguished



guests, speakers and audience. In her welcome address, she highlighted the universal relevance of Guru Nanak Dev Ji's philosophy and emphasised the importance of upholding his teachings of peace, equality, mutual respect and understanding in contemporary society. Lieutenant General (Retd.) R. S. Reen, who was among the distinguished dignitaries on the dais, introduced Sardar Amardeep Singh and appreciated his efforts in documenting and bringing to light lesser-known historical, cultural and spiritual legacies associated with Guru Nanak Dev Ji's travels

and interactions across different regions. In his presentation, Sardar Amardeep Singh used the audio-visual medium to connect historical narratives with geographical locations, communities and cultural memories associated with Guru Nanak Dev Ji. Through carefully documented visuals and research-based findings, he brought attention to forgotten legacies linked to the Guru's journeys and highlighted the continuing relevance of his message of oneness, universal brotherhood and respect for all faiths. The presentation offered the audience an insightful perspective on Guru

Nanak Dev Ji's far-reaching spiritual influence and his enduring contribution to humanity. The seminar also featured a lecture by Commodore D. S. Sodi on "Guru Nanak's Travels in Ladakh, Jammu and Kashmir." He discussed the historical and spiritual associations of Guru Nanak Dev Ji with these regions, highlighting their importance in the broader context of the Guru's travels, teachings and interactions with diverse communities. Dr. Vaidehi Taman delivered a lecture titled "From Guru Nanak to Modern Kashmir: A Legacy of Faith, Courage and Survival." She reflected on the continuing influence of Guru Nanak Dev Ji's teachings on Kashmir's cultural and spiritual landscape, underlining their relevance in promoting resilience, peaceful coexistence, mutual respect and communal harmony. The programme provided a platform for meaningful engagement.

CUKashmir starts 4-day Rajbhasha Training Programme

HT News Network

Ganderbal, Oct 27: To strengthen employees' proficiency in Hindi and facilitate the implementation of official-language provisions, Rajbhasha Cell, Central University of Kashmir (CUKashmir) started a four-day Training (Personal Contact Programme), for the university employees and staffers of other Government of India institutions, at Tulmulla campus here Monday.

Addressing the participants, Registrar, Dr. Nisar Ahmad Mir, called upon participating institutions to strengthen bilingual communication in their administrative functioning. He emphasised the use of Hindi and English in official circulars, signboards, files and routine correspondence, observing that standardized terminology could

make implementation easier. Referring to the university's administrative practices, he encouraged representatives of other institutions to adopt similar measures and stressed the importance of establishing a Hindi training centre in Kashmir to improve accessibility for employees across the region.

Controller of Examinations, Prof. Kaiser Javid Giri, highlighted the significance of language proficiency in the contemporary information-technology environment. He explained that advances in computing, communication and translation technologies had expanded access to information across geographical boundaries. However, he emphasised that the benefits of translation could be fully realised only when individuals possessed

the skills to read and understand the translated material. Learning Hindi, he said, could enable employees to access a wider range of information and facilitate communication across linguistic communities.

Librarian, Dr. Nazir Ahmad Bhat, highlighted the role of language in accessing knowledge, culture and scientific research. "Learning a language is not merely an additional skill; it broadens our intellectual horizons and strengthens our ability to communicate and understand diverse cultures," said Dr. Nazir Ahmad Bhat, while emphasising the importance of the Rajbhasha training programme.

Addressing the inaugural session, Assistant Director, Rajbhasha, Ministry of Home Affairs, Dr. Vikram Singh, shared his



experience of working with the Parliamentary Committee on Official Language and emphasised the importance of systematic preparation, proper documentation and timely submission of reports ahead of the committee's visits. He urged participants to ensure that official records were complete, appropriately verified and submitted through the designated authorities. He also underscored the importance of practical language training, particularly in noting, drafting and official correspondence.

Hindi Adhikari, Dr. Sakina Akhter, presented an overview of the functioning of the Rajbhasha Cell and its initiatives to promote Hindi within the university. She said that a majority of CUKashmir employees were proficient in reading and writing Hindi, while several had completed the Prabodh, Pragma

and Parangat programmes. She added that the university was gearing up for the visit of the Parliamentary Committee on Official Language and had made efforts to implement the directions concerning the use of Hindi in letter and spirit. The programme, she said, would further strengthen employees' practical competence and preparedness.

Asst Reg, Mr. Ajaz Ahmad Bhat proposed the vote of thanks. He also underscored the importance of practical language training, particularly in noting, drafting and official correspondence.

Hindi Adhikari, Dr. Sakina Akhter, presented an overview of the functioning of the Rajbhasha Cell and its initiatives to promote Hindi within the university. She said that a majority of CUKashmir employees were proficient.



HT EDITORIAL

The Price of a Careless Click

India's Digital Future Will Remain Secure Only When Cyber-Awareness Keeps Pace With Tchnological Adoption

India's digital transformation has made life faster, easier and more connected. Payments are completed in seconds, banking is conducted from living rooms and smartphones have become gateways to essential services. But convenience has also created a vast new field for cybercriminals. The spread of malicious Android applications disguised as adult-content services is a warning that the country's cyber-security challenge is no longer confined to experts, institutions or technology companies. It concerns every citizen.

The latest scams reveal an uncomfortable truth: criminals do not always need sophisticated tools to steal. They need only a moment of curiosity, a convincing advertisement or a message that appears urgent. A fraudulent website, an attractive social-media promotion or a demand to install an "update" can persuade users to take a step that compromises their devices before they realise what has happened.

The danger intensifies when such applications seek powerful permissions. Android's Accessibility features are designed to assist users and improve usability. In the hands of an untrusted application, however, extensive access can provide criminals with alarming control over a device. Most users are not equipped to assess the technical consequences of such permissions. That lack of understanding has become one of the most valuable assets in the cybercriminal's arsenal.

Public advice to "stay alert" is necessary, but inadequate. Digital safety must become a routine part of digital literacy. Users should know the risks of downloading APK files from unknown sources, installing applications outside official stores and granting sensitive permissions without scrutiny. Any unfamiliar application that asks to activate another service, take control of the device or access more information than its purpose requires should be treated as a serious warning.

Responsibility, however, cannot be shifted entirely to users. Social-media platforms are often the first point of contact between victims and fraudsters. Companies capable of analysing user behaviour and delivering highly targeted advertising must also invest in detecting deceptive campaigns, blocking malicious links and removing fraudulent promotions swiftly. A platform cannot claim neutrality when its systems are being used to deliver cybercrime to millions of people.

Banks and payment companies must strengthen real-time alerts, transaction monitoring and rapid-response systems. Yet financial safeguards have limits when the device itself has been compromised. A smartphone today may hold banking applications, payment credentials, identity documents, photographs, contacts and authentication codes. Securing the phone is no longer a secondary concern; it is a central part of protecting personal finances and identity. Scams involving adult-themed content carry an additional danger: shame. Victims may fear judgment and avoid reporting the crime. That silence serves only the perpetrators. Being deceived by a cybercriminal is not a moral failing. Victims must report incidents quickly, seek help and secure their accounts and devices without delay. The longer an intrusion remains undetected, the greater the potential damage. India has embraced digital payments with extraordinary speed. UPI and mobile banking have expanded access and transformed everyday commerce. But adoption has outpaced awareness. Millions know how to make a digital payment, yet many do not know what an APK file is, why Accessibility access is sensitive or how much control an unfamiliar application can gain over a smartphone. This gap must be addressed as a matter of public policy.

Schools, colleges, banks, government departments and technology companies should make cyber hygiene a regular part of public education. Digital security cannot remain a specialist concern reserved for engineers and information-technology professionals. In a country where smartphones are used for banking, identity verification, education and access to public services, cyber-awareness is a basic life skill.

The current malicious applications may vanish, but the method will survive. Tomorrow's fraud may arrive under a different name, through a different advertisement and with a different excuse. The formula will remain unchanged: attract attention, build trust and persuade the victim to surrender access.

The answer is not panic. It is informed caution.

The Importance Of Massage Therapy In Sports



Surinderpal Singh

Sports are not merely a test of physical strength rather they are a combination of endurance, flexibility, coordination, concentration and mental resilience. Behind every successful athlete lies a carefully planned routine of training, nutrition, rest and recovery. Among the various techniques used to support athletic performance, massage therapy has emerged as a valuable component of sports science. From professional athletes competing at international events to young players participating in school-level competitions, massage therapy can contribute to physical relaxation, recovery and overall athletic well-being when applied appropriately.

Massage therapy involves the systematic manipulation of soft tissues, including muscles, tendons and other connective tissues, through techniques such as stroking, kneading, compression and friction. In sports, it is commonly used before or after physical activity, during recovery periods, and as part of rehabilitation programmes under professional guidance.

One of the principal benefits of sports massage is its potential to prepare athletes for physical activity. Appropriate massage techniques may help athletes feel more relaxed, improve their perception of muscle readiness and support comfortable movement. Gentle, brief massage may be incorporated into a pre-event routine alongside dynamic stretching and sport-specific warm-ups. However, massage alone cannot replace proper conditioning, mobility exercises or an effective warm-up. Its impact on immediate strength, speed and endurance varies according to the technique, timing and individual athlete.

Intensive training and competitive sports place considerable demands on muscles and other body tissues. Athletes may experience

5 Benefits of Sports Massage

- 1 Reduce muscle tension
- 2 Increase range of motion
- 3 Enhance athletic performance
- 4 Improve soft tissue function
- 5 Decrease muscle stiffness and fatigue



Source: <https://www.amritmassag.org/articles/3/MF/detail/374>
navigating the path to wellness w massage therapy

fatigue, stiffness and delayed-onset muscle soreness after unfamiliar or strenuous exercise. Post-exercise massage may help reduce the perception of soreness and promote relaxation, making recovery more comfortable. It can also provide athletes with an opportunity to rest and become more aware of muscular tension.

Nevertheless, massage should not be considered a substitute for adequate sleep, balanced nutrition, hydration and appropriately scheduled rest. These fundamental recovery measures remain essential for maintaining performance and preventing excessive training-related fatigue.

Sports injuries can interrupt training, affect confidence and sometimes threaten an athlete's career. Massage therapy may form part of a comprehensive injury-management programme by helping relieve muscular tension and improving comfort in selected circumstances. It may also support rehabilitation when combined with physiotherapy, progressive exercise and appropriate medical care.

However, it is important to distinguish between supporting recovery and preventing injuries. Scientific evidence does not establish massage as a reliable stand-alone method for preventing sports injuries. Effective injury prevention requires proper technique, strength and conditioning, suitable equipment, workload management and sufficient recovery time.

Massage must also be avoided or modified when an athlete has a suspected fracture, acute muscle tear, significant swelling, an unexplained injury or another condition requiring medical assessment. Aggressive massage over an acute injury may worsen tissue damage. Professional evaluation is therefore essential before treatment begins. Flexibility and joint mobility are important in sports that involve sprinting, jumping, throwing, kicking and rapid changes of direction. Massage may temporarily improve an athlete's perceived flexibility and range of motion, particularly when combined with appropriate mobility exercises. This can help athletes feel more comfortable during movement and training.

However, massage does not permanently lengthen muscles or automatically improve sporting ability. Long-term improvements in flexibility depend on consistent training, suitable stretching exercises, strength development and sport-specific conditioning. Massage is most effective when viewed as a supportive measure within a broader physical preparation programme.

The psychological demands of competitive sports are often as challenging as the physical demands. Athletes may experience performance anxiety, pressure to succeed, frustration after defeat and fear of injury. Massage can provide a calming experience that may help reduce

perceived stress, encourage relaxation and improve an athlete's sense of well-being.

For many players, a well-planned recovery session offers valuable time to slow down, relax and reconnect with their bodies. This psychological benefit may be particularly useful during demanding training schedules. Nevertheless, massage is not a replacement for psychological support, adequate rest or professional treatment when an athlete experiences persistent anxiety or other mental health difficulties. Modern sports programmes increasingly recognise that athletic excellence depends not only on how hard athletes train but also on how effectively they recover. Sports massage is now used in various settings, including professional teams, athletic training centres, rehabilitation clinics and fitness facilities. Different techniques may be selected according to the athlete's sport, training intensity, physical condition and recovery requirements. Yet massage should never be treated as a universal solution. Research indicates that its benefits are generally more consistent for perceived soreness and relaxation than for directly improving strength, speed or endurance.

The quality of treatment, the qualifications of the therapist and the athlete's individual needs all influence its usefulness.

Schools and sports academies can also promote greater awareness of safe recovery practices. Coaches should educate young athletes about warm-ups, cool-downs, hydration, rest, injury warning signs and the appropriate use of massage. Qualified practitioners should respect professional boundaries, obtain informed consent and adapt their methods to the athlete's age and physical condition.

The importance of massage therapy in sports lies in its ability to complement training, support recovery, relieve perceived muscular soreness and promote relaxation. It represents a useful component of a comprehensive sports-care strategy when used responsibly and in accordance with scientific evidence.

SURINDERPAL SINGH
FACULTY IN SCIENCE DEPARTMENT
SRI AMRITSAR SAHIB
PUNJAB.

An invitation



Sahil Manzoor

An Omelette Invitation by Class 7 Students
Literally, human beings are among the most beautiful creatures on this earth. Almighty Allah has created us and provided us with wonderful ways of learning. Sometimes, I wonder why we learn so much from books when Almighty Allah has already blessed us with great qualities such as sympathy, empathy, attraction, love, and care for one another. This is truly great and incredible. We also gain a wealth of knowledge from one another.

Human beings are among the most wonderful creations of Almighty Allah. There is hardly any other living creature that can compete with human beings in terms of sympathy, empathy, love, and care for one another. Every day, we learn new and useful things for our future and solve problems on our own. We learn from one another, share our ideas, love each other, and care for one another.

Today, there should be no place for hatred. People who spread hatred and create disputes among us only lead society towards conflict and destruction. We should stay away from hatred, greed, and unnecessary disputes and promote love, peace, and understanding.

I am a teacher at Government Middle School Kralapathri. Every Saturday, we observe a Games



Day. Fortunately, I have found my students very happy and enthusiastic while taking part in various sports activities such as cricket, volleyball, badminton, kho-kho, carrom, and other games.

Games are not just a way of spending time. Sports activities provide students with opportunities to develop their cognitive and social skills. They learn how to manage a game, cooperate with their teammates, behave properly under pressure, and remain calm while being free from the stress of studies.

Sports also give students the opportunity to make decisions independently and accept the results of their decisions. They learn from their mistakes and remain willing to improve. A game is not only about winning or losing. Sometimes, we applaud the losing side when one or more participants show great energy, sportsmanship, and determination.

I have noticed that many of our students are developing their thinking and learning skills through games. They keep track of scores, runs,

goals, and the number of games they have won. In short, providing students with a free and enjoyable environment under proper supervision can help develop their learning and social skills.

Studying within four walls alone cannot make our students fully social and confident. We need to provide them with opportunities to learn outside the classroom so that their overall development improves and they can face future challenges with confidence.

I actually wanted to share something special that I noticed when some of my students called me while I was playing cricket.

One girl from my Class 7, including Khushbu Amin, Uzma Mushtaq, Aabroo Qayoom, and others, called me and said, "Sir, please come. We have something delicious for you."

I replied, "Okay, I will come after some time." But they did not accept my answer. They came to me and took me with them. They nicely spread a cotton sheet and said, "Please sit, Sir. We have something for you."

They offered me an omelette prepared by Bimsa Rashid, milk kahwa prepared by Inshah Majeed, and biscuits on a plate. They quietly observed how I was enjoying the food. Meanwhile, I interacted with them and asked how they had got the idea of inviting me.

They replied, "Sir, we were planning this yesterday when you told us that we were going to the stadium on Saturday for Games Day."

I was surprised and deeply touched. I realized that students carefully observe their teachers. They notice how we treat them, how we care for them, and how we make them feel happy and respected.

This made me realize that teachers should always take the necessary steps to guide, encourage, and care for their students. Students do not always need verbal appreciation. They are very intelligent and observant, and they are the future of our society.

They will remember their teachers in the future. They will remember how we treated them, how we cared for them, and how we made them feel respected, even in our absence.

My students were observing everything very carefully. I extended my best wishes to them and shared something from my heart:

"Wazwan never gives me as much pleasure as this omelette and the love you have given me today."

Unconditional love needs no extravagance, fancy arrangements, or show-off. It only needs pure love, affection, respect, and care for one another.

May Almighty Allah bless every student with success and keep them safe from all evils. Ameen.

Sahil Manzoor Bharti
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Dara Sangla flood victims are still in waiting for justice



By M S Nozki

Three months after the cloudburst on the night of 18 and 19 July 2026, the flood victims of Panchayat Dara Sangla in Surankote area of Poonch district are still waiting for justice, shelter and answers.

That night, torrential rainfall triggered devastating destruction. In a few hours, homes that echoed with happiness were turned into rubble, agricultural land that sustained generations was washed away, and roads that connected people to essential services became sources of hardship. According to residents, four people lost their lives, yet only one complete body has been recovered so far while only a leg believed to belong to another missing person has been found. Dozens of houses were damaged, damage worth crores was caused, dozens of bridges and flour mills were destroyed, and several families were left homeless and forced to take shelter with relatives and neighbours.

The human cost is the deepest wound. Homes that once resonated with voices are now filled with waiting. Mothers still



hope for news, children still ask where their loved ones are, and no official word has ended their uncertainty.

At Sangalk is Nallah, the destruction of the bridge has cut off a lifeline. Elderly residents, patients needing urgent treatment, schoolchildren, government employees and ordinary villagers now risk their lives to cross the river daily. Residents urge construction of a permanent bridge without delay and a safe temporary crossing

until then.

Discussions have emerged about funds worth crores of rupees released in the name of Panchayat Dara Sangla. If funds were sanctioned, the public has every right to know how they were used. These are not allegations against any individual or department. They are legitimate public interest questions. People need visible results on the ground, not promises alone.

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Book Review: Beyond the Edge of Awareness



Mohammad Arfat Wani

The Jammu and Kashmir has an interesting past full of literature, poetry, and knowledge. For decades, Jammu and Kashmir has produced famous literary figures who have contributed to the world with their ideas about life, society, humanity, and religion. From the contributions of Lal Ded, Sheikh Noor-ud-Din Noorani, and others to the work of Mahjoor, there have been many literary figures who have moved hearts with their words. From their writings, we learn that literature is not only about good wording but also about emotions, social issues, questions, and good messages. Rahil Rasheed Wani is among those new voices whose views on various aspects of life and society have been compiled in the book titled Beyond the Edge of Awareness: Selected Writings in English & Urdu, published by GNK Publications in 2026. The book presents Rahil Rasheed Wani's views in both English and Urdu.

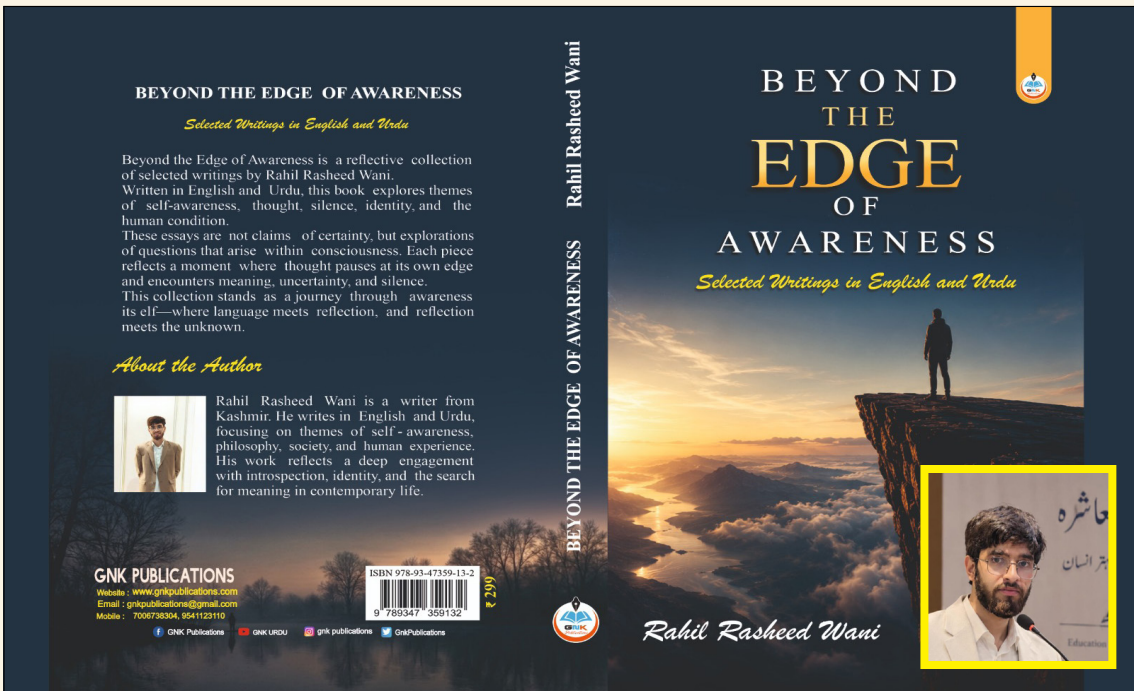
Rahil Rasheed Wani was born on June 10, 2006, and he hails from the village of Gulgam that is located in the district of Kupwara, Jammu and Kashmir and is five kilometers away from Kupwara town. This village is known for the calm environment and for the courteous behavior of its people. The inhabitants of the village lay a lot of emphasis on respect and human relations. He was educated in Islamic Global School, Srinagar, and is presently pursuing his bachelor's degree from Poona College, Pune. Besides his studies, he is also preparing himself for the Civil Services examination conducted by the UPSC. He is very much interested in literature, writing, and social affairs. He has written a book titled "Beyond the Edge of Awareness". The themes of the book include humanity, education, character formation, and social responsibility.

This book discusses education, unemployment, youth, family, human values, corruption, war, and the purpose of life. The topics mentioned are closely related to the issues that we observe in our surroundings. The writer wants to motivate readers through his writings by encouraging them to think about and understand the reality of their lives. He says that education and success are important; however, they become truly meaningful only when we learn to understand people and become good human beings through education.

The interesting thing about this book is that it has been written in two languages—English and Urdu. There are seven chapters in each language, making a total of fourteen chapters in the book. Furthermore, this book is highly relevant to Jammu and Kashmir, as both these languages hold great importance in the fields of education and literature.

The foreword of the book has been written by Dr. Reyaz Tawheed, Kashmiri, a well-known Urdu fiction writer, literary critic, researcher, and scholar whose writings deal with various aspects of Urdu literature and Kashmiri society. He is also the teacher of Rahil Rasheed Wani. This is an important addition to the literary content of the book. His presence reminds us of the vital contribution that teachers can make in motivating young people to read, write, and think.

Education is another major topic dealt with in the book. In this chapter entitled "The Real Purpose of Education", the author says, "Education, in its true sense,



is a process that humanizes humanity." He believes that education should teach us to reason logically, respect other people, and take responsibility for our actions. The author also says, "We know how to make machines but we don't know how to make man." These statements make us think about the extent to which we pay heed to virtues like honesty, kindness, and courtesy. The chapter is especially significant for students of Jammu and Kashmir, who spend much time in acquiring education.

The author further discusses education in Kashmir and its relationship with culture and identity. Students need to acquire a modern education without neglecting their heritage. This is an important issue, as education needs to enable young people to learn about the wider world as well as their own community. Another chapter, entitled "Degrees Without Skills: Why India's Youth Remain Unemployed", discusses unemployment. The author writes that "A degree is worthless without skills." There are many educated young people who cannot find suitable jobs after completing their education. This is an issue in Jammu and Kashmir, as many students in the region believe that education ensures them a promising future.

Moreover, this book explores modern factors influencing human behaviour. With the advent of technologies such as social media, many people tend to post pictures or stories about their success. It must be said, however, that what we see may be a distorted image of reality, as someone who seems happy might have their fair share of troubles. The author tries to persuade readers to pay attention

to true friendship, courtesy, and inner peace. Technology plays a significant role because of its ability to help people gain knowledge and communicate with others. However, it should be used properly, as real progress can be achieved only in that case.

Another theme discussed in the book is war and human agony. In "After the Devastation: The Test of Human Consciousness", the author poses the question, "Who is suffering in the war? Leaders or the common man?" The question serves to draw readers' attention to the fact that the common man is often the one who suffers the most during conflicts. Children miss their childhood, families are made homeless, and people live in fear and uncertainty. We have our own experience of conflicts and the suffering they cause to ordinary people.

Another significant chapter is "Apathy, Empathy, and Sympathy: Beneath the Same Firmament." According to the writer, "The sky above them is the same, but the ground beneath their feet is not." This quotation implies that although individuals live in the same society, they have to deal with different problems. Some students have access to all these resources, such as books, transportation, and other necessities, whereas others are unable to afford their fees or even travel to their educational institutions. Many students in Kashmir have to spend money to attend an institution or travel for their education.

The chapter "The Silent Forces Behind Every Great Life" emphasises the importance of families and teachers. According to the author, "A mother builds the heart. A teacher builds the mind. Together, they build the destiny of humankind."

Parents teach children their first lessons, while teachers provide them with knowledge and confidence. Both are equally important in shaping young people. This chapter also highlights the significance of love, respect, and care for our parents because, apart from money, there are other things that contribute to success. Our success should not come at the cost of our responsibilities towards our families.

The Urdu section discusses topics such as youth, changing values, and corruption. The writer explains that young people need good advice and positive company to grow and develop. He also highlights the importance of honesty in life and explains that it should begin at home. This is a good point raised by the author, but the problem of corruption depends not only on individuals but also on the system.

"Life is a Response that Should be Made When Needed" discusses the purpose of life, one's responsibilities, and faith in Allah. Readers are reminded that they cannot choose the environment into which they are born. However, what they can certainly do is make responsible decisions as they grow in life. Life becomes more meaningful when one uses their abilities to help others. This point is likely to encourage young readers to think about their life objectives, behaviour, and personalities.

Muntazir Momin Wani, an author, researcher, and social commentator, shared his views on Rahil Rasheed Wani's book Beyond the Edge of Awareness through a video message. He discussed some of the major themes of the book, including self-awareness, human life, and social issues, praising the author for attempting to analyse philosophical and social concepts in both English and Urdu.

Among the strengths of Beyond the Edge of Awareness is the fact that the issues discussed relate to people's everyday experiences. The language in this book is clear and understandable, and the problems presented in this book are pertinent to the youth and society as a whole. Problems like education, family, culture, and human values have all been covered in one book. However, there are still some concepts that may need more explanation and examples. There are some arguments that need more development, especially those that are complicated. Some repetition could be avoided to bring out the major themes more clearly.

The official launch of Beyond the Edge of Awareness took place during the Gulistan Channel programme "Lafz Lafz Gulistan", which was attended by poets, writers, and intellectuals. On this occasion, the intellectual and literary aspects of the book were highlighted.

In my opinion, Beyond the Edge of Awareness is a constructive attempt to bridge education, human values, and social responsibility. I feel that this book deserves considerable attention because it discusses issues of concern to young people, especially in Jammu and Kashmir. The idea behind it is that education must make us better human beings, development must make our lives better, and knowledge must help us understand each other. I feel that the book could have done a better job of providing evidence and discussing some issues in certain chapters. However, its most important feature is that it makes us realise our responsibilities towards society.

In conclusion, Rahil Rasheed Wani is to be congratulated for compiling his thoughts in the form of a book published in English and Urdu. It is with immense pleasure that I, Wani Arfat, would like to extend my heartfelt congratulations to him and wish him further success in his literary career. I hope that his book will inspire many young men and women in Jammu and Kashmir to read and write and thereby express their thoughts and ideas. Our region is known for its rich literary history, and fresh literary talent could play a part in preserving our literary heritage by expressing thoughts on contemporary issues.

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The Value Of Hard Work, Patience And Financial Wisdom



SURINDERPAL SINGH

In an increasingly materialistic world, money is the source of one of the most powerful influences on human behaviour. The desire to achieve financial independence, enjoy a comfortable lifestyle and secure a better future is natural. However, the growing obsession of becoming rich overnight has created a dangerous illusion that wealth can be accumulated without consistent effort, discipline or knowledge. From fraudulent

rarely tells the complete story. Behind genuine financial achievement are often years of education, professional experience, disciplined saving, calculated risks and repeated learning from mistakes. Comparing one's circumstances with the carefully curated lifestyles displayed online can therefore create unrealistic expectations and encourage irresponsible financial decisions. Society must learn to distinguish between the appearance of wealth and the actual process of wealth creation.

Hard work remains one of the most dependable foundations of financial progress. Whether a person is an entrepreneur, teacher, farmer, engineer, shopkeeper or skilled worker, sustained effort and professional commitment can gradually improve earning potential. Success may not arrive immediately, but consistent work develops competence, credibility and opportunities that

means or fail to prepare for emergencies. Financial literacy helps individuals understand income, expenditure, savings, borrowing, insurance, taxation and investment.

A practical financial plan begins with identifying essential expenses and distinguishing necessities from unnecessary luxuries. Regular saving, maintaining an emergency fund and avoiding excessive debt can provide stability during uncertain times. Even modest savings, accumulated consistently, can create a meaningful financial cushion over time.

Investment decisions also require knowledge and caution. Every investment carries some degree of risk, and returns that appear unusually high should always invite careful scrutiny. Diversification, an understanding of one's risk tolerance and a long-term perspective can help individuals make more balanced decisions. No investment strategy

passwords and one-time passwords must never be disclosed to unknown individuals.

The golden rule is simple: if an offer promises exceptionally high returns with little or no risk, it deserves scepticism rather than blind trust. Financial prudence begins with questioning attractive promises and refusing to make hurried decisions.

Although hard work is essential, working intelligently can make effort more productive. Smart work involves setting clear objectives, acquiring relevant skills, using technology effectively, managing time and identifying better ways to solve problems. It does not mean avoiding effort; rather, it means directing effort towards meaningful results.

For example, a small business owner who studies customer needs, maintains accurate accounts and adopts suitable digital tools may improve efficiency without making reckless financial commitments. Similarly, a professional who continuously updates their knowledge may increase their earning potential by adapting to changing demands.

Ethics must also remain central to financial success. Wealth acquired through dishonesty, exploitation or deception can damage reputations, relationships and social trust. Genuine success should be measured not only by the amount of money accumulated but also by the fairness of the methods used to earn it.

A healthy financial mindset recognises that money is a means of meeting needs, creating opportunities and improving quality of life. It should not become the sole measure of personal worth. Contentment, self-respect, meaningful relationships and social responsibility are equally important dimensions of a fulfilling life.

The belief that there is no shortcut to making money is not merely a motivational slogan; it is a practical principle of financial responsibility. In a world increasingly attracted to instant gratification, individuals must learn to value patience over impulsiveness, knowledge over speculation and sustainable progress over unrealistic promises.

Financial success does not necessarily require extraordinary wealth or a luxurious lifestyle. It begins with earning honestly, spending wisely, saving regularly, investing thoughtfully and preparing for uncertainty. It also requires the courage to reject deceptive opportunities, the humility to learn from mistakes and the determination to continue despite setbacks.

Ultimately, lasting prosperity is built through a combination of effort, financial literacy, sound judgement, ethical conduct and perseverance. Instead of searching for shortcuts, people should focus on developing skills, creating value and making informed decisions. The road to financial independence may be gradual, but a foundation built on discipline and wisdom is far more likely to endure than wealth pursued through haste and illusion.

The real secret of making money is not discovering a shortcut; it is developing the patience, knowledge and discipline to follow the right path.

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The World Through The Prism Of Physic



BY-MOOL RAJ

As rightly said by Vikram Sarabhai, "we must be second to none in the applications of advanced technologies to the real problems of man and society". Physics is an extremely vast subject which involves the study of fundamental topics such as optics, atomic and molecular



physics, experimental solid-state physics, non-linear dynamics, theoretical and computational physics (which includes condensed matter to string theory). It is a science which deals with the study of motion, energy and force.

Physics is one of the oldest subjects which opens the door for various career opportunities including in astronomy, academics, research, engineering physics and healthcare. It is a challenge to become a name for India in the field of science. By increasing the percentage of GDP for research and development, the shortcomings in the field of science and research can be overcome. India has produced eminent physicists such as C.V. Raman, Homi Baba, Vikram Sarabhai and Satendra Bose. In 1945 Homi Baba established a renowned institution named TIFR in Mumbai which brought laurels to the country in the field of research.

Shield of Courage, Sword of Justice: Transforming Women's Safety in India Drangas: Frontier Watch-Stations and Military Outposts in Kashmir Fear and hope: the two wings of balanced life

Modern physics includes high energy particle physics including Higgs-Boson (the God particle), gravitation and cosmology, soft condensed matter or bio physics, quantum computation and information, quantum confinement, quantum interference and nanotechnology (involving low dimensional systems like graphene and similar 2D systems), energy

harvesting materials and quantum phase transitions. Nanotechnology is a field of science which holds the key to technological advancements which rely on novel particles obtained from small size of the parent materials. Nanotechnology brings a unique opportunity in the field of renewable energy and can overcome various technology limitations.

Physics is considered as the most exciting endeavour. Quoting Richard Feynman, "Perhaps you will not only have some appreciation of this culture; it is even possible that you may want to join in the greatest adventure that the human mind has ever begun". He further adds,

"It's the way I study—to understand something by trying to work it out or, in other words, to understand something by creating it. Not creating it one hundred percent, of course; but taking a hint as to which direction to go but not remembering the details. These you work out for yourself". He further said, "what I cannot create, I do not understand".

Masters or doctorate in physics enhances the chances to know about the mathematical problem solving and critical thinking skills. Students of MSc physics should go through the core subjects such as classical physics, quantum mechanics, statistical physics, electricity and magnetism and mathematical physics. Areas such as functional and advanced materials comprising optical materials, photovoltaic solar cells, organic electronics, oxide electronics, nano-oxide interfaces, magnetic memories and spintronics have strong overlap with the industry. Students after completing their MSc in physics can teach in MTS, IISERs and TIFR. They can work in Rand D departments in defence labs.

Concluding with the quotation of Stephen Hawking, "There should be no boundaries to human endeavour. We are all different. However bad life may seem, there is always something you can do, and succeed at. While there's life, there is hope".

The Author is A Regular Columnist And Freelance Writer

DDC Poonch reviews preparations for Janjatiya Gaurav Divas 15-Day celebrations to focus on tribal heritage, culture, traditions and contribution of Tribal Freedom Fighters

■ HT News Network

POONCH, OCTOBER 27: District Development Commissioner Poonch Ashok Kumar Sharma today chaired a meeting to review the arrangements and preparedness for the observance of Janjatiya Gaurav Divas (JJGD), scheduled to be celebrated from November 1 to November 15, 2026, across the district.

The meeting focused on ensuring the coordinated participation of various departments in organising a series of activities highlighting the rich cultural heritage, traditions, history and contributions of tribal communities, particularly their role in India's freedom struggle and nation-building.

During the meeting, the DDC stressed the importance of making



the fortnight-long celebrations meaningful, inclusive and participatory, with special emphasis on creating awareness about tribal identity, cultural values, traditional

knowledge and the achievements of tribal freedom fighters including Bhagwan Birsa Munda.

The planned activities will include awareness programmes in educational

institutions, cultural performances showcasing tribal traditions, folk music and dance programmes, exhibitions highlighting tribal art and handicrafts and activities promoting traditional customs and indigenous knowledge. Special programmes will also be organised to educate students and the general public about the life, struggles and legacy of Bhagwan Birsa Munda and other tribal heroes. The celebrations will also focus on awareness regarding government welfare schemes for tribal communities, education, healthcare, nutrition, livelihood opportunities, skill development and social welfare initiatives. Activities may include health and wellness camps, cleanliness and plantation drives, sports and youth engagement programmes, awareness rallies,

seminars, painting and essay competitions and community outreach activities to encourage wider public participation.

The concerned departments were directed to ensure that the programmes reach tribal habitat areas and involve students, youth, community representatives and local residents. The officers were also asked to ensure timely execution of the activities and maintain proper coordination for the smooth conduct of the celebrations. The meeting was attended by the Chief Planning Officer, General Manager DIC, Divisional Forest Officer, officers of the PWD, SDMs of Surankote and Mendhar, Chief Medical Officer, Chief Education Officer, Chief Agriculture Officer, District Social Welfare Officer, Chief Animal Husbandry Officer, DYSSO.

DC Rajouri inspects flood-damaged Bella Bus Stand, New Bus Stand

■ HT News Network

RAJOURI, OCTOBER 27: Deputy Commissioner Rajouri Dr Devansh Yadav today visited flood hit Bella Bus Stand to assess the situation and review measures for infrastructure restoration and public safety. He also inspected amenities available at the New Bus Stand.

The Deputy Commissioner informed that an amount of ₹ 14 crore has been received from the Housing and Urban Development Department as a relief package under the SASCI scheme. He stated that the funds would be utilized on protection works around Community Hall, New Bus Stand and Bella Bus Stand adding that the tenders for the same would be floated soon. The Deputy Commissioner further stated that similar measures would be taken to minimise the impact of natural disasters and strengthen infrastructure at other susceptible locations. Later, the Deputy Commissioner reviewed the activities at the Material Recovery Facility (MRF). He stressed the need for taking necessary measures to protect MRF and other vulnerable infrastructure to ensure their safety and uninterrupted functioning. The visit aimed at assessing ground realities and expediting necessary measures for infrastructure protection, public safety, effective waste management and improved civic amenities.

JMC Commissioner administers Integrity Pledge to officers, staff on commencement of Vigilance Awareness Week

■ HT News Network

JAMMU, OCTOBER 27: Commissioner, Jammu Municipal Corporation Ayushi Sudan today administered the Integrity Pledge to the officers and staff of the Corporation to mark the commencement of Vigilance Awareness Week being observed from October 26 to 31, 2026, under the theme "Probity for Prosperity."

The pledge reaffirmed the collective commitment of the Corporation towards promoting integrity, transparency, accountability and ethical conduct in public service.

The Commissioner called upon the officers and employees to uphold the highest standards of integrity and probity in the discharge of their official duties. She emphasized the need for robust safeguards, ethical frameworks and transparent systems to prevent corrupt practices and ensure that instances of misconduct or corruption are dealt strictly and in accordance with law.

The officers and staff resolved to promote ethical practices, foster a culture of honesty and integrity, neither offer nor accept bribes, to uphold the principles of transparency, accountability and fairness, strictly adhere to all applicable laws, rules and regulations and maintain the highest standards of professionalism in the discharge of their responsibilities.

ACB organises Youth Parliament at Reasi to promote Vigilance Awareness

Proceedings focus on rural development, ethical conduct in public life

■ HT News Network

REASI, OCTOBER 27: As part of Vigilance Awareness Week-2026, the Anti-Corruption Bureau Udhampur-Reasi Branch today organised a 'Youth Parliament' here at the Auditorium of the Deputy Commissioner's Office Reasi with the participation of students drawn from different Educational Institutions. The proceedings focused on the overarching theme of "Probity for Prosperity" and the role of ethical governance in rural development.

The programme provided students a platform to express their views, exchange ideas and gain a deeper understanding of democratic values, importance of integrity, transparency, accountability and ethical conduct in public life.

Prof. Vishwamurti Shastri, who attended the programme as the Chief Guest, appreciated the participating students and lauded their discipline,



confidence and understanding of democratic values. He observed that the youth had a vital role in realising the vision of Viksit Bharat and expressed confidence in their ability to lead the nation towards a brighter future.

Emphasising the significance of parliamentary debates and discussions, the Chief Guest said constructive deliberations between the ruling party and the opposition were essential for ensuring accountability, upholding moral values and strengthening democratic institutions. He also highlighted the role of parents, teachers and guardians in shaping the character of young people and

guiding them towards becoming responsible citizens and future leaders. Calling for collective efforts to eliminate corruption, misconduct and unethical practices, Prof. Shastri urged students to uphold integrity and ethical values to build a progressive society. He also cautioned students against drug abuse, stating that addiction could undermine their potential, jeopardise their future and hamper the nation's progress.

Later, the participating students were given appreciation letters in recognition of their participation and performance. The participants also took an integrity pledge.

DC reviews status of Telecom services in Udhampur

■ HT News Network

UDHAMPUR, OCTOBER 27: Deputy Commissioner Udhampur, Ananth Dwivedi today chaired a meeting of the District Level Telecom Committee to review the status of telecom infrastructure, mobile tower installations and other related projects in the district.

The meeting was attended by Additional Deputy Commissioner Prem Singh, officers from the concerned departments and representatives of telecom service providers.

The DC undertook a comprehensive review of key telecom and digital connectivity initiatives including the Gati Shakti Sanchar Portal, BharatNet, the 4G Saturation Programme and Samridh Gram Panchayat, aimed at strengthening telecom infrastructure and expanding digital



connectivity across the district.

Emphasising the need for coordinated efforts, the DC directed the stakeholder departments to work in close coordination with telecom service providers to resolve pending issues promptly and facilitate the timely execution of ongoing projects.

He further instructed the concerned departments and implementing agencies to expedite the implementation of telecom initiatives and ensure that the benefits of reliable digital connectivity reach every corner of the district within the stipulated timeframe.

GDC Katra organises Integrity Pledge Ceremony to mark Vigilance Awareness Week

KATRA, OCTOBER 27: Government Degree College Katra today organised a pledge-taking ceremony to mark the observance of Vigilance Awareness Week in collaboration with the college's NSS Unit, NCORD Committee and Red Ribbon Club.

The students and faculty members took the Integrity Pledge, reaffirming their commitment to uphold honesty, reject corrupt practices and contribute towards building a corruption-free society.

Horticulture Department organises awareness Camp for SC/ST Farmers under MIDH Scheme

■ HT News Network

JAMMU, OCTOBER 27: The Department of Horticulture today organised an awareness camp for Scheduled Caste (SC) and Scheduled Tribe (ST) farmers here at Panchayat Kamore Ramgarh (Samba). The event was held under the Mission for Integrated Development of Horticulture (MIDH) Scheme 2026-27.

MLA Ramgarh Dr. Davinder Kumar Manyal was the Chief Guest, while Director Horticulture Jammu Gul Syed, attended as the Guest of Honour. The Director was accompanied by Chief Horticulture Officer Samba Anil Gorkha; Subject



Matter Specialist Raiwati Raman Sharma; Assistant Director Sunil Gupta; Horticulture Development Officers and other officers and officials of the Horticulture Department.

Representatives from various departments of the District and KVK Samba also participated in the programme and contributed to the

awareness activities. The farmers were sensitised to various departmental schemes and the potential of high-value horticultural crops, particularly strawberry, dragon fruit and citrus. Detailed discussions were held on modern cultivation practices, plantation techniques, crop management and the use of modern horticultural

machinery to enhance productivity and reduce labour costs.

The functionaries from the participating departments and KVK shared with the farmers relevant technical information and guidance to promote scientific farming practices and crop diversification. The programme aimed to empower SC/ST farmers by encouraging them to cultivate cash crops such as strawberries, dragon fruit and citrus fruits. The camp also highlighted the importance of government assistance and subsidy provisions available under MIDH for eligible farmers. The scheme provides financial assistance for different horticultural activities,

DC Doda chairs District Road Safety Committee Meeting

■ HT News Network

DODA, OCTOBER 27: Deputy Commissioner (DC) Doda Krishan Lal today reviewed the road safety scenario in the district and the measures in place for preventing road accidents, rectifying vulnerable hotspots and ensuring safer traffic movement. He was chairing the 5th meeting of the District Road Safety Committee here in the Conference Hall DC Office Complex. The DC directed NHIDCL, PMGSY, BRO and PWD to submit detailed reports of every road accident to the Superintending Engineer, PWD (R&B), - the Secretary of the



District Road Safety Committee, along with timely Action Taken Reports (ATRs). He stressed that accident-related reports must be submitted promptly to facilitate proper assessment, accountability and effective follow-up action. The DC directed all concerned road-

owning agencies to install and maintain crash barriers, rumble strips, cautionary signages and other essential safety measures at vulnerable locations. He further instructed PMGSY, PWD, NHIDCL and BRO to conduct road safety audits of all roads under their respective

jurisdictions, identify additional accident-prone stretches and submit comprehensive mitigation plans for their rectification. Emphasising the need for regular monitoring and preventive action, the DC directed the concerned departments to ensure the removal of roadside encroachments and the clearance of construction material, debris and other obstructions from public roads. He particularly stressed the need to keep single-lane roads free from roadside dumping and obstructions to ensure smooth traffic movement and minimise the risk of accidents.

NCORD meeting reviews anti-drug measures in Doda District

■ HT News Network

DODA, OCTOBER 27: District Magistrate (DM) Doda Krishan Lal and Senior Superintendent of Police (SSP) Kartik Shrotriya today co-chaired a meeting of the District Level NCORD Committee here in conference hall DC Office Complex to review measures in place to curb drug abuse and strengthen enforcement against the illegal drug trade in the district.

The meeting held a detailed review of the prevailing drug situation, enforcement activities, preventive measures, awareness programmes and inter-departmental coordination to effectively tackle the menace of substance abuse.

District Social Welfare Officer Zubair Ahmed presented a detailed Action Taken Report on the directions issued in the previous NCORD meeting. He also highlighted initiatives undertaken under the anti-drug campaign, including Counsellors training, Information, Education and Communication (IEC) activities and other awareness measures.

The District Magistrate reviewed the action taken by the concerned departments in connection with the previous directions, with emphasis on inspection of pharmacies and de-addiction centres, monitoring of medicine sales and strengthening preventive and enforcement mechanisms.

Referring to the potential misuse of courier services for the transportation of



narcotic substances, the DM directed the SDPOs to ensure the verification of all 13 identified courier service establishments operating in the district. He stressed the

need for coordinated monitoring and timely sharing of relevant information among the enforcement agencies to prevent the use of courier networks for drug

trafficking.

The DM further directed to ensure regular inspections and submission of reports by the Niabat and Tehsil level Committees constituted to keep a check on illegal activities through private agencies. He urged the field-level Committees to intensify their activities, ensure effective implementation of the directions issued during NCORD meetings and maintain close coordination with the enforcement agencies.

Reviewing rehabilitation measures, the District Magistrate emphasised the need for regular follow-up and monitoring of individuals undergoing recovery from substance dependence.

The DM further directed all

departments to incorporate drug awareness activities into their camps, outreach initiatives and public programmes. He directed heads of schools and colleges to organise awareness activities as per the defined schedule.

The SSP called for active involvement of Station House Officers (SHOs) and police post-in-charges in regular checking and enforcement activities. He urged Additional Deputy Commissioners and SDPOs to work in close coordination to ensure courier service verification and other anti-drug measures. "Any information regarding the suspected transportation of narcotic substances through courier services need to be promptly shared with the Police," he added.



DDC reviews physical, financial progress of PWD works in Surankote, Mendhar

HT News Network

POONCH, OCTOBER 27: District Development Commissioner (DDC) Poonch, Ashok Kumar Sharma today reviewed the physical and financial progress of development works being executed by the Public Works Department (PWD) in the Surankote and Mendhar divisions.

Chairing a meeting here, he reviewed the progress of under construction roads, bridges, government buildings, educational institutions and other essential public assets, besides upgradation of existing roads. The DDC took detailed stock of the progress achieved so far, the expenditure incurred against the available funds and the reasons behind delays in the execution of different projects.

He issued clear directions to the concerned Executive



Engineers (XENs) and other concerned officers to ensure the timely completion of all ongoing works. "No unnecessary delay shall be allowed in the completion of road projects, bridges, government buildings and other public infrastructure, as these directly affect the daily lives and essential needs of the people," he stressed. The DDC

directed the Engineers to strengthen field-level monitoring of ongoing works and take immediate corrective measures wherever bottlenecks are identified. Special emphasis was laid on the completion of pending works before December 31, 2026. The DDC instructed the concerned officers to prepare a clear, work-wise action plan

and closely monitor the progress of each project so that the remaining works are completed within the targeted timeframe. He stressed that the pace of execution must be accelerated, particularly in cases where the progress has remained slow or the projects are nearing their scheduled deadlines.

The DDC also directed the concerned officers to convene a dedicated review meeting with the agencies and contractors entrusted with the execution of the works, to assess their performance and obtain firm commitments regarding the completion of pending projects.

"The contractors must be held accountable for delays and the concerned officers shall maintain close coordination with executing agencies to resolve site-related issues, ensure the availability of necessary resources and remove any administrative or technical hurdles affecting project implementation," he directed.

JPDCL resolves long-pending SRO-43 cases

HT News Network

JAMMU, OCTOBER 27: In a significant administrative achievement, the Jammu Power Distribution Corporation Limited (JPDCL) has successfully facilitated 34 compassionate appointments in long-pending cases under SRO-43, bringing much-awaited relief to eligible families of deceased employees.

The cases pertained to the period preceding the implementation of the Rehabilitation Assistance Scheme (RAS)-2022 and had remained pending for consideration of relaxation in



the prescribed qualification and age criteria. The JPDCL adopted a structured and channelised mechanism for the scrutiny, verification and examination

of the cases in accordance with the applicable rules and procedures. Each case was examined individually, with due diligence and careful

consideration of the relevant records and eligibility requirements, ensuring that decisions were taken objectively and in accordance with the prescribed framework.

Following detailed scrutiny, the cases were placed before the Board of Directors of JPDCL, which accorded approval for relaxation of the prescribed qualification and/or age bar in eligible cases. Pursuant to the requisite approvals and completion of the prescribed formalities, compassionate appointments have subsequently been made, bringing the long-standing administrative process to a successful conclusion.

DC Ganderbal administers Integrity Pledge on Vigilance Awareness Week 2026

HT News Network

GANDERBAL, OCTOBER 27: Deputy Commissioner (DC) Ganderbal, Shreya Singhal, today administered the Integrity Pledge to officers and officials of the District Administration as part of Vigilance Awareness Week 2026, reaffirming the commitment to transparency, accountability, integrity and prevention of corruption in public administration.

The pledge-taking ceremony was held at the Mini Secretariat, Ganderbal, through video conferencing, in accordance with the directions issued by the Government of Jammu and Kashmir. District officers, heads of departments and sectoral officers participated in the



ceremony and pledged to uphold ethical values and maintain the highest standards of integrity in the discharge of their official duties.

Vigilance Awareness Week is being observed from October 26 to November 1, 2026, with the objective of promoting integrity, transparency and

accountability while fostering a culture of probity and prevention of corruption in public service.

On the occasion, the Deputy Commissioner emphasised the importance of ethical conduct, impartiality and accountability in governance. She stressed that public servants must discharge

their responsibilities with honesty, fairness and dedication, ensuring transparency in decision-making and efficient delivery of public services.

The District Administration reiterated its commitment to strengthening public trust through transparent administrative practices, responsive governance and strict adherence to established rules and procedures. The observance also highlighted the collective responsibility of every public servant to uphold integrity and ensure that the interests of the general public remain paramount.

The programme was attended by district officers, heads of departments and sectoral officers posted at the Mini Secretariat, Ganderbal.

DC Budgam chairs 52nd District-Level NCORD Meeting; directs intensified action against Drug Abuse

HT News Network

BUDGAM, OCTOBER 27: Deputy Commissioner (DC) Budgam, Jatin Kishore, today chaired the 52nd District-Level Narcotics Coordination (NCORD) meeting at the Conference Hall, Budgam, along with Senior Superintendent of Police (SSP) Budgam, Hariprasad KK, to review measures being undertaken to combat drug abuse in the district.

During the meeting, the Deputy Commissioner reviewed enforcement measures, awareness initiatives, treatment and rehabilitation facilities, and the progress achieved by various departments in addressing the drug menace. He directed all concerned departments to strengthen interdepartmental coordination and intensify efforts towards prevention, enforcement and rehabilitation.

Emphasising the importance of awareness and prevention, the Deputy Commissioner called for intensified Information, Education and Communication

(IEC) activities, particularly among youth, students, families and vulnerable sections of society. He also directed strict surveillance around educational institutions and other vulnerable areas, stressing stringent legal action against those involved in drug abuse.

The Deputy Commissioner directed the Sub-Divisional Magistrates (SDMs) to convene reviews at the sub-divisional level to review the measures being taken to curb drug abuse, assess progress and ensure effective coordination among the concerned departments. He stressed the need for sustained monitoring and timely follow ups.

Reviewing the regulation of chemist shops, the Deputy Commissioner issued strict directions for their regular inspection, with particular focus on compliance with prescribed norms governing the sale and dispensing of medicines. He directed the concerned authorities to ensure 100 percent CCTV coverage and the

implementation of computerised billing systems. He further instructed the authorities to take stringent action against violators, including the suspension or cancellation of licences and closure of establishments for violations. He also stressed intensified efforts to identify and destroy illegal cultivation of cannabis, poppy and other prohibited crops through coordinated field-level action by the concerned departments.

Underscoring the importance of rehabilitation and social reintegration, the Deputy Commissioner appreciated the efforts being made to rehabilitate individuals recovering from drug addiction through Mission YUVA and other employment-oriented schemes. He emphasised the need to facilitate livelihood opportunities, skill development and sustainable employment for recovered individuals to help them lead dignified lives.

The Deputy Commissioner further directed the concerned

departments to ensure timely identification, counselling, treatment, rehabilitation and follow-up care for persons affected by substance abuse, stressing that no individual in need should be left without appropriate support.

SSP Budgam, Hariprasad KK, emphasised the need for stronger coordination among departments and sustained enforcement against drug peddlers, traffickers and others involved in the illicit drug trade. He reiterated the importance of collective efforts to effectively tackle the drug menace.

The meeting was attended by Additional Deputy Commissioner Budgam, Mehraj-ud-Din Shah; Sub-Divisional Magistrates; Joint Director Planning; Chief Education Officer; Chief Medical Officer; Chief Agriculture Officer; District Social Welfare Officer; Assistant Drug Controller; BDOs. EOs, representatives from all colleges, and other concerned offices.

ACB organises Youth Parliament, Awareness Session at GDC Shopian under the Theme Probity for Prosperity

HT News Network

SHOPIAN, OCTOBER 27: The Anti-Corruption Bureau, Jammu & Kashmir (ACB), organised a day-long Vigilance Awareness Session and Youth Parliament as part of the observance of Vigilance Awareness Week-2026 at the Auditorium of Government Degree College, Shopian.

The programme was conducted under the national theme "Probity for Prosperity", with a special focus on the Department of Health and the Department of Urban Local Bodies (ULB).

The session was attended by Director, Anti-Corruption Bureau, J&K, Shakti Kumar Pathak, Additional Deputy Commissioner (ADC), Shopian, Dr. Zakir Hussain Faaz; Principal, Government Degree College Shopian, Tariq Hussain Mir; Chief Executive Officer (CEO), Shopian, faculty members of GDC Shopian; and representatives from all Government Degree Colleges of South Kashmir, besides senior officers of Anti-Corruption Bureau. The session was also attended by Dr. Bashir Ahmad



Shah, Retired Professor of Medicine, SKIMS, and Showkat Ajaz Bhat former Commissioner, State Taxes Department.

The event witnessed overwhelming participation, with approximately 160 officials from the concerned departments, 400 students and faculty members from 23 Government Degree Colleges of South Kashmir, Central University of Kashmir and the University of Kashmir, besides 50 officers and officials of the Anti-Corruption Bureau. The participating colleges included Government Degree Colleges of Kelam, D.H. Pora, Frisal, Qazigund, Boys Pulwama, Tral, Women Pulwama, Pampore, Rajpora, Awantipora, Shopian, Zainpora, Boys Anantnag, Women

Anantnag, Kulgam, Dooru, Bijbehara, Utrasoo, Mattan, Kokernag, Vailoo, Pahalgam and Vrinag. The Director, Anti-Corruption Bureau, J&K, Shakti Kumar Pathak, highlighted the critical need for integrity and probity in the functioning of government departments. He underscored that sustained transparency, ethical decision-making and zero tolerance towards corruption are essential for building public trust and achieving the larger goal of prosperity for the people of the Union Territory.

In his remarks, Mohammad Saleem Bhat, Superintendent of Police, ACB APKS, outlined the objectives of Vigilance Awareness Week-2026 and the importance of the theme

"Probity for Prosperity".

A special highlight of the programme was the Youth Parliament Session, in which 32 student interns and members, including the Speaker, deliberated upon critical issues of public importance.

The session also provided students with an opportunity to understand parliamentary procedures, gain public perspectives and express their views on informed motions, which were taken up for consideration including Quality Healthcare and Municipal Governance Bill, 2026, along with the resolution titled "Ensuring Quality Healthcare through Transparency and Accountability" (relating to the Health Department); and "The Quality Healthcare and Municipal Governance Bill, 2026", along with the resolution titled "Strengthening Local Governance for Clean, Green and Resilient Cities" (relating to Urban Local Bodies). After detailed deliberations, both motions and the accompanying resolutions were put to vote and passed with a majority in favour, underscoring.

Govt. Of Jammu & Kashmir

Office of the Assistant Director Sheep Breeding Farm Kralpathri

No :- ADSBFK/Store/2026-27/1253-55

Dated : 27/10/2026 Subject :- Tender Notice for supply of Maize for sheep.

TENDER NOTICE

Tenders on prescribed format are invited from registered dealers for supply of Maize to SBF Kralpathri for the year 2026-27. Interested parties can submit tenders on prescribed format from 30/10/2026 to 05/11/2026 in the office of Assistant Director Sheep Breeding Farm Kralpathri along with the photo copy of following requisite documents for identify proof and other formalities. Date and time of opening of tenders on 06-11-2026.

Aadhar Card

PAN Card

GST Registration

General Instructions / Terms and conditions

S.N	Name of Bidder with Percentage	Address	Reg. No. (if any)	Aadhar No.	PAN No.	Contact No.	Rate Offered for Maize per quintal (Incl. Taxes, Loading/Unloading)	Remarks
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Bidders have to quote the rates of item inclusive of all taxes, Carriage, Loading and unloading Charges.

Rates quoted per quintal should not be more than Rs.3200/=(Three thousand Two Hundred)

Maize sample should be sent to SBF Kralpathri before tender opening.

The above schedule regarding date and time is tentatively fixed, however, the Assistant Director reserves the right to change the date and time of activities in case of any exigency through a notice.

Tentative quantity of maize to be supplied is around 100 Qtls which may increase or decrease depending on change of livestock strength.

Successful bidder has to supply the item immediately after work order without any delay.

The Assistant Director SBF Kralpathri reserves the right to accept or reject any tender or any part of the tender before, during or after the tender without assigning any reason thereof.

The payment shall be made after the Checking /complete supply of item. No advance payment shall be made under any circumstances. Maize should be palatable and without contamination or unnatural smell.

No conditional tender will be accepted / entertained.

It shall be obligatory for successful bidder to certify that the rates quoted are reasonable and are same as charged to other Govt. or any other semi Govt. institute.

Successful bidder shall have to deposit Rupees 16000/= (Sixteen Thousand Only) as Security deposit in the name Assistant Director Sheep Breeding Farm Kralpathri.

For any clarification bidders can contact this office from 10:00 AM to 4:00 AM during working hours.

DIPK-7086/26

Send Date: Oct 27, 2026

Sd/-
Assistant Director
Sheep Breeding Farm Kralpathri

PUBLIC NOTICE

It is hereby informed to the general public that I, Nazir Ahmad Mir, S/o Mohammad Assadullah Mir, R/o Dundmoha, wish to state the following: The electricity connection bearing Consumer ID 0212040011976, installed at my residential premises, is currently registered in the name of my deceased Father, Mohd Assadullah Mir, S/o Abdul Samad Mir, R/o Dandmoha. I am the legal heir and am currently residing in the same premises. I now intend to transfer the electricity connection to my name. If any person has an objection to this name transfer, they may file their objection at the office of the Assistant Executive Engineer, JKPDD, Sub Division Watergam, Wagoora, within 7 days from the date of publication of this notice. No objections shall be entertained after the expiry of the said period.

Nazir Ahmad Mir
S/o Mohammad Assadullah Mir
R/o Dandmoha

PUBLIC NOTICE

It is hereby notified for the information of the general public that Mr Naveed UI Hassan S/o Ghulam Hassan Dar P/o Syed Mohallah, Narbal, PO : Magam, Dist: Badgam jammu and kashmir _ 193401 intends to establish and operate a Tour & Travel Business under the name and style M/s TravelYaar Tour & Travels at Narbal If any person has any objection regarding the proposed business or the use of the said trade name/premises, they may submit their objection along with supporting documents to Tehsildar Narbal within 15 days from the date of publication of this notice. If no objection is received within the stipulated period, it shall be presumed that the public has no objection to the establishment of the said business.

Applicant
Name: Naveed Hassan
Address: Syed Mohallah, Narbal ,
PO: Magam, Dist: Budgam
Mobile: 7889377877





DC Shopian visits Aglar Fruit Mandi, reviews Infrastructure Development

Assures Development of Mandi as a state-of-the-art facility to boost Horticulture and Trade

■ **HT News Network**

SHOPIAN, OCTOBER 27: Deputy Commissioner (DC) Shopian, Charandeep Singh, today visited Aglar Fruit Mandi, Shopian and took stock of the developmental projects aimed at strengthening the infrastructure and improving facilities at the fruit mandi.

The Deputy Commissioner was accompanied by ADDC, Dr. Nasir Ahmed Lone, CHO, CAO, CAHO, DSHO, Xen, R&B, ARTO, DIO and other district officers.

During the visit, the Deputy Commissioner interacted with members of the Fruit and Vegetable Growers and Traders Association, Shopian, who apprised him of various



issues and demands concerning the development and functioning of the mandi.

The President and other members of the Association raised several demands, including the early

construction of a flood protection bund to safeguard the mandi from potential flood-related damage, besides the establishment and allotment of shop sites to facilitate traders and strengthen commercial activities.

Addressing the gathering, the Deputy Commissioner said that the issues and demands raised by the Association were genuine and would be examined for appropriate consideration. He emphasised the need to develop Aglar Fruit Mandi as a state-of-the-art facility equipped with modern infrastructure and essential amenities to cater to the needs of fruit growers, traders and other stakeholders.

The DC assured the Association that the concerns raised regarding

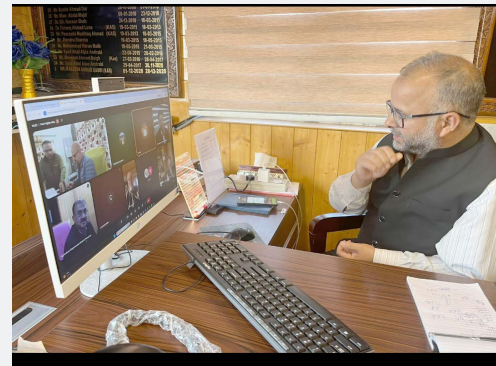
the development of the mandi, including the provision of shop sites, would be taken up with the concerned authorities for necessary action.

He added that the district administration commitment to strengthening the infrastructure of Aglar Fruit Mandi and ensuring better facilities for the horticulture sector, which plays a vital role in the district's economy.

The meeting was attended by President, Fruit Growers Association, Traders Association, Transporters, Members of Fruit and Vegetable Growers and other concerned. The meeting was attended by President, Fruit Growers Association, Traders Association, Transporters, Members of Fruit and Vegetable Growers and other concerned.

Dir Agri Kashmir reviews Bore Well Installation in Rainfed Areas

■ **HT News Network/UNI**



SRINAGAR, OCTOBER 27: Director Agriculture Kashmir, Sartaj Ahmad Shah, today chaired a virtual meeting with the Director, Command Area Development Kashmir, and Director Horticulture Kashmir to discuss and review the establishment of bore wells in rainfed areas of Kashmir Division. The meeting was attended by Chief Agriculture Officers (CAOs), Chief Horticulture Officers (CHOs), and Assistant Soil Conservation Officers (ASCOs) of the division.

Detailed deliberations were held on the proposed establishment of bore wells, coordination among the concerned departments, and the measures required for effective implementation of the initiative.

The meeting underscored the importance of strengthening irrigation facilities in rainfed areas to improve water availability and provide sustainable support to farmers engaged in agricultural and horticultural activities. The initiative aims to address irrigation-related challenges and facilitate better access to water in areas largely dependent on rainfall. Emphasising the need for coordinated efforts, the Director stressed close cooperation among the concerned officers to facilitate the implementation of the initiative. He also highlighted the importance of proper planning, regular monitoring, and effective utilisation of resources to achieve the intended objectives.

The meeting concluded with an emphasis on concerted efforts by all concerned departments to strengthen irrigation infrastructure and support the farming community through improved water availability in rainfed areas of Kashmir Division.

70 Kishtwar farmers flagged off on exposure visit to Kashmir Valley under MIDH Scheme

■ **HT News Network**

KISHTWAR, OCTOBER 27: Deputy Commissioner Kishtwar Pankaj Kumar Sharma today flagged off a group of 70 farmers from different Horticulture Zones of the District for a 5-Day Training cum Exposure Visit to Kashmir Valley under Human Resources Development, Mission for Integrated Development of Horticulture (HRD, MIDH) scheme. The exposure visit has been organised by the Department of Horticulture under the supervision of Chief Horticulture Officer Sajid Mustafa. During the 05 day Training/Exposure Visit, the farmers will be taken to SKUAST-K Shalimar Campus, Central Institute of Temperate Horticulture Rangreth, Centre of Excellence Zahoora and Grape Farm Kralbagh Ganderbal.

ADC Kulgam reviews implementation of COTPA-2003

■ **Farooq Rather**

KULGAM, OCTOBER 27: Additional Deputy Commissioner (ADC) Kulgam, Vikar Ahmad Giri, today chaired a meeting of the District Level Coordination Committee at the Mini-Secretariat, Kulgam, to review the implementation of the Cigarettes and Other Tobacco Products Act (COTPA), 2003, under the National Tobacco Control Programme (NTCP).

During the meeting, the ADC stressed the need to ensure strict compliance with COTPA provisions and directed the concerned departments to maintain tobacco-free zones in and around educational institutions and other public places across the district. He called for regular inspections of institutions and enforcement drives to check violations, particularly the sale of tobacco products near educational institutions.



The ADC further stressed the need to strengthen inter-departmental coordination and ensure accountability at the institutional level. He directed that a senior officer from the Mini-Secretariat be assigned responsibility for monitoring compliance and ensuring that the directions are implemented effectively.

A review of the activities undertaken under the National Tobacco Control Programme was also held. Chief Medical Officer, Kulgam, apprised the meeting of the enforcement drives, challans issued, fines

realised and awareness activities conducted in the district.

The meeting also reviewed compliance with Tobacco-Free Educational Institution (ToFEI) guidelines, under which 269 educational institutions have been declared tobacco-free.

The ADC emphasised the importance of sustained awareness campaigns, strict enforcement and coordinated efforts by all concerned departments to discourage tobacco use and protect public health, particularly among children and youth.

JKTPO organizes Export Awareness cum E-Commerce Onboarding drive in Ganderbal

■ **HT News Network**

GANDERBAL, OCTOBER 27: Jammu and Kashmir Trade Promotion Organization (JKTPO) Organized Export Awareness cum E-Commerce Onboarding drive in the Conference Hall of Mini-Secretariat Ganderbal.

The event was held in collaboration with the District Administration Ganderbal, Handicrafts and Handloom department Ganderbal, DIC Ganderbal, GeM and ONDC.

The objective of the workshop was to empower local MSMEs, artisans, Mission Yuva and SHGs, by providing them with vital knowledge about export schemes and benefits of digital commerce.

At the outset of the programme, Assistant Director Handicrafts and Handloom, Ganderbal said the objective of the drive is to Empower Local Producers for the Digital Economy by facilitating the onboarding of local artisans, FPOs, MSMEs, Mission Yuva beneficiaries and Self-Help Groups (SHGs) onto national e-commerce platforms.

A representative of JKTPO elaborated on the organisation's role in promoting trade and exports from Jammu and Kashmir, particularly through district-level initiatives. He highlighted the significance of Ganderbal's traditional willow wicker products, which are recognised under the One District One Product (ODOP) initiative and the District as Export Hub scheme.

He observed that Ganderbal's willow wicker

products, known for their distinctive designs and craftsmanship, have considerable potential in domestic as well as international markets. He stressed that onboarding local sellers onto GeM would provide them access to government procurement opportunities, while digital commerce platforms would help connect local producers with a wider customer base.

He further emphasised that the initiative seeks to strengthen local enterprises, promote district-specific products and facilitate their entry into national and global markets through improved digital adoption and awareness of government schemes.

Maqbool Shah, Senior Consultant GeM, briefly explained about working of GeM Portal, documents required for the registration and benefits which could be leveraged by the sellers after getting themselves onboarded on the said portal.

Rahil Ahmad, consultant from ONDC-Mission YUVA, highlighted the benefits of ONDC, an initiative of DPIIT, Govt. of India. He explained the registration process, documents required and how ONDC provides open access to buyers across India with zero commission and low logistics cost. He said ONDC is the digital backbone of Mission YUVA to create youth entrepreneurs in Ganderbal.

This initiative is part of JKTPO's ongoing efforts to promote exports from all districts of Jammu & Kashmir under the District as Export Hub Scheme and the ODOP initiative.

FDA suspends Licence of Packaged Drinking Water Unit in Budgam over Food Safety Violations

■ **HT News Network**

SRINAGAR, OCTOBER 27: The Food & Drugs Administration (FDA), Jammu & Kashmir, suspended the license of M/s ARWAH Packaged Drinking Water, Kakan Maran, Budgam (License No. 11026070000022), following the detection of deficiencies relating to water quality monitoring, food safety management and statutory documentation during an inspection conducted on October 5, 2026, pursuant to a complaint received against the unit. The inspection conducted by the Food Safety Officer revealed that the unit lacked an adequate system for testing and monitoring the quality of water being processed and packaged. The requisite records and documentation were not produced for verification.

LILAVATI HOSPITAL & ROUBLE NAGI ART FOUNDATION CONDUCTS TWO DAY HEALTH CAMP IN KASHMIR'S JABRI VILLAGE NEAR THE LINE OF CONTROL

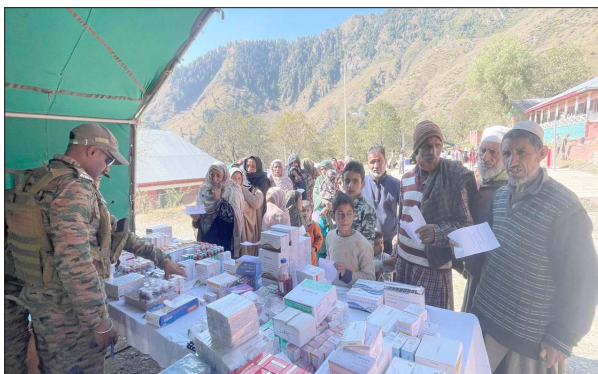
The camp provided free checkups and consultations to 180 people from local community

■ **HT News Network**

Jabri: Lilavati Hospital & Research Centre continuing its mission to serve communities organized a two-day health checkup camp at Jabri village near the Line of Control (LOC) in Kashmir. The camp was conducted in collaboration with Rouble Nagi Art Foundation to improve access to essential health services for the local rural community and raise awareness about preventive healthcare. The camp was attended by XX locals from the village.

The camp provided complete health screenings, including

blood pressure assessments, blood glucose testing for diabetes, and anemia screening. Based on individual health concerns a multidisciplinary team from general medicine, gynecology, pediatrics and ENT provided consultations. The camp also included health awareness session about various other dental, ear, nose, mouth and children specific conditions and their signs, symptoms, and the importance of early and timely diagnosis of the diseases, followed by addressing queries of the attendees on the subject. The individuals who required additional screening or treatment



were guided to visit healthcare facilities for further care.

Speaking about the initiative, Mr. Rajiv Mehta, Permanent Trustee for Life, Lilavati Hospital

and Research Centre, said, "Lilavati Hospital is committed to making healthcare accessible to communities where access to healthcare facilities may be

limited. Communities living in remote areas like Jabri can face challenges in accessing regular healthcare services, making it important to bring essential medical support closer to them. Through this program we hope to raise awareness around early diagnosis, making screening easily accessible to all. Our hospital is committed to support public health initiatives that prioritize prevention, and we encourage everyone to follow a healthy lifestyle for a better tomorrow." Commenting on the collaboration Rouble Nagi, founder at the Rouble Nagi Art Foundation (RNAF) said, "At

Rouble Nagi Art Foundation, we believe that community development goes beyond education and includes the overall well-being of people. Through this initiative, we aim to extend essential healthcare support to underserved communities and make quality medical services more accessible to those who need them."

This screening camp for the community from Jabri village will go a long way in empowering them to take control of their health while reinforcing the hospitals commitment to focus on expanding healthcare access to communities across India.

DC Ganderbal reviews Srinagar Ring Road Phase-II and IIA

Directs time bound resolution of Bottlenecks

■ **HT News Network**

GANDERBAL, OCTOBER 27: Deputy Commissioner (DC) Ganderbal, Shreya Singhal, today chaired a meeting at her office chambers to review issues related to the development of Srinagar Ring Road Phase-II, covering the Sarai Dangerpora Manigam stretch via Sumbal, and Phase-IIA, covering the Manigam Pandach stretch.

During the meeting, the Deputy Commissioner reviewed

the issues affecting the execution of the projects and stressed the need for close coordination among all concerned departments and executing agencies to ensure timely resolution of bottlenecks and smooth progress of the works.

The DC directed the concerned departments to identify and promptly resolve issues relating to land acquisition, utility shifting, road infrastructure and other departmental clearances that may impede the execution of

the projects. She emphasised that all pending matters must be taken up on priority through coordinated efforts and regular follow up.

The Deputy Commissioner stressed the importance of ensuring timely shifting of utilities falling within the project alignment and directed the concerned Power Development Department, Jal Shakti, telecommunications and other utility agencies to extend the requisite cooperation to facilitate uninterrupted execution of the



works.

The concerned Revenue authorities were directed to coordinate with the executing agencies and address pending land acquisition related issues

in accordance with the prescribed procedures. The DC also emphasised the need for regular field-level coordination among the National Highways Authority of India (NHAI), Police,

Traffic Police and other stakeholder departments to address site specific issues and facilitate smooth implementation of the projects.

Stressing the importance of public safety and traffic management during the execution of the projects, the Deputy Commissioner directed the concerned agencies to ensure appropriate traffic regulation, minimise inconvenience to commuters and take necessary safety measures at vulnerable locations and construction

stretches.

The DC further directed all concerned officers to maintain close coordination, submit updated status reports on pending issues and ensure time-bound action on matters requiring interdepartmental intervention. She underscored that the timely completion of these important road infrastructure projects requires accountability, continuous monitoring and proactive resolution of bottlenecks.

The meeting was attended

by Senior Superintendent of Police Ganderbal, Superintending Engineers of R&B, KPDC, and Hydraulics, Project Director NHAI, concerned Executive Engineers of R&B, KPDC, STD, Projects, Irrigation and Flood Control, PHE, PDD, Generation Division PDC, TLMD Bema and PDC (NGHEP), Tehsildar Ganderbal, Deputy Superintendent of Police Traffic Ganderbal, Sub Divisional Engineer BSNL and other concerned officers.





Fighting Cancer From Within

The Promise, Progress and Possibilities of Immunotherapy



Dr. Uzma Naqash

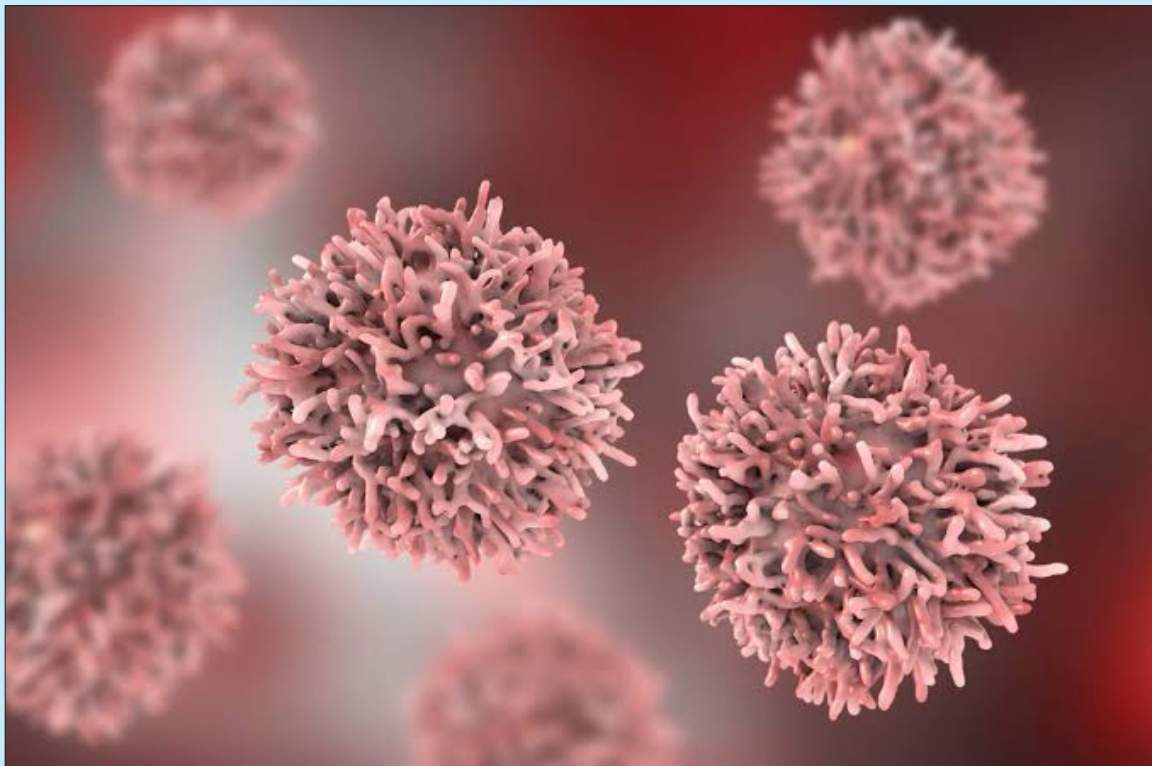
Cancer care is changing rapidly as researchers develop treatments that work in new ways. Among the most important advances is immunotherapy—a group of treatments that help the body's immune system recognise and respond to cancer. For many patients, it has opened new possibilities, while reminding us that every cancer journey is different.

How Does Immunotherapy Work?

The immune system is the body's natural defence against infections and other threats. Cancer cells can sometimes hide from immune defences or weaken the body's response. Certain immunotherapies help immune cells recognise cancer more clearly or remove signals that prevent them from attacking it. Treatment may include immune checkpoint inhibitors, some antibody-based therapies, cellular therapies and other approaches. The right option depends on the individual diagnosis.

A New Chapter in Cancer Treatment

Immunotherapy has become an important option for selected patients with cancers such as melanoma, lung cancer, kidney cancer and several other malignancies. In some cases, it can produce lasting responses. Doctors may recommend it alone or alongside surgery, chemotherapy,



radiation or targeted treatment, depending on the cancer and the evidence supporting that approach.

Yet immunotherapy is not a universal cure. Not every tumour responds, and treatment decisions depend on cancer type and stage, tumour biomarkers, previous treatments, overall health and other clinical factors. An oncologist can explain the expected benefits, alternatives and uncertainties for each patient.

Benefits, Risks and Careful Monitoring

Because immunotherapy changes or activates immune activity, side effects can differ from those of conventional treatments. The immune system may sometimes cause inflammation in healthy organs, including the skin, bowel, lungs, liver or hormone-producing glands. Symptoms can be mild or serious, and some may arise even after

treatment has ended.

Patients should tell their healthcare team promptly about new or worsening symptoms and should not stop or delay treatment without medical advice. Early assessment and appropriate management can reduce the risk of complications. Clear information and regular follow-up help patients and families make informed decisions.

The Emotional Journey Matters Too

A cancer diagnosis can bring shock, fear, uncertainty, sadness and concerns about family responsibilities, finances and the future. A new treatment may bring hope, but waiting for results or managing side effects can also be emotionally demanding. Patients need accurate information delivered with empathy, opportunities to ask questions and support that respects their values and choices.

Psycho-oncology helps address the emotional, psychological and social effects of cancer. Counselling, support groups, family involvement and referral to mental health professionals can help patients cope with distress and maintain quality of life. Supporting emotional well-being does not replace medical treatment; it is an essential part of comprehensive cancer care.

Towards More Personalised Treatment

Researchers are working to understand why some patients benefit from immunotherapy while others do not. Studies are exploring biomarkers, combinations of treatments and ways to manage side effects more effectively. As knowledge grows, personalised treatment planning may help clinicians match therapies more closely to each patient's cancer. Access, affordability, specialist services and reliable public information remain important challenges.

The Way Forward

Public awareness should focus on both the promise and the limits of immunotherapy. Patients should seek advice from qualified oncology professionals, ask about the purpose and possible risks of a recommended treatment, and be cautious of claims promising guaranteed cures. Decisions are best made through open discussion between patients, families and their healthcare team.

Conclusion

Immunotherapy has reshaped the treatment landscape for several cancers and continues to offer hope through scientific progress. Its success, however, depends on the cancer and the individual patient, and it requires careful monitoring by a qualified medical team. The best cancer care combines evidence-based treatment with clear communication, compassionate support and attention to mental as well as physical health. Behind every diagnosis is a person deserving dignity, understanding and hope.

Key message: Immunotherapy is a significant advance, not a guaranteed cure. Informed decisions, specialist care and emotional support are all vital.

What the Japanese can teach us about super-ageing gracefully

Japan has one of the oldest populations in the world, but some of the country's elderly aren't slowing down.

Mieko Nagaoka first started swimming in her 80s to help recover from a knee injury sustained while practicing Noh, a traditional Japanese theatre. When she was 100, Nagaoka published her book entitled: "I'm 100 years old and the world's best active swimmer", before going on to set the first world record for her age group, swimming 1,500m in a 25m pool. At 105 years old, she still enters Masters competitions and currently holds 18 world records.

Then in September 2019, to much media fanfare, Nagaoka announced her retirement before entering her last competition, the Japan Masters held in Fukuoka. She attempted to set the world's first record in the 50m backstroke in the 105-109 age group but, was forced to retire from the race. She left the poolside smiling to the applause of her fans.

Nagaoka will soon be relocating to live with her son in Yokohama and will retire from her amazing swimming career of 25 years. Her son Hiroyuki (79), who helped Nagaoka in her training told The Asahi Shinbun, "We have had blissful happiness swimming together until this age. There must be no other examples like us in the world."

Another beloved centurion was Master class sprinter Hidekichi Miyazaki, who passed away in 2019 at 108 years old. Nicknamed "Golden Bolt" after the Olympic Gold medalist Usain Bolt, Miyazaki made headlines at 105 years old when he set the world's first record for 100m sprint for the 105-and-over age category. Asked about his performance he replied, "I'm not happy with the time," echoing the competitive mentality that drives Nagaoka to swim.

We are quick to attribute good eating habits and exercise as keys to ageing gracefully. But what about the question of never losing the competitive spirit? A healthy rivalry, whether against a near-aged competitor or your younger self, combined with the hope of achievement, seem to play an important part.

Certainly that's the case for Yuichiro Miura.

At 86, alpinist and professional skier Miura, is another senior citizen who has celebrity-like status both in and out of Japan. In his 40s he attempted to ski down Mount Everest with a parachute on his back, a practice known

as speed riding, to decelerate his descent. His feat was documented in the film "The man who skied down Everest", which won an Academy Award for best documentary in 1975.

At 70 years old, he returned to Everest and became the oldest person in the world to summit. That record was broken when Miura again made the climb at 75, and then again at the age of 80. In early 2019, Miura attempted to climb, then ski down Aconcagua,



the highest peak in South America. At Plaza Colera located around 6,000m above sea level, Miura was ordered to stop by his doctor, who had accompanied him, due to concerns about the risk of heart failure triggered by the high altitude. Once back in Japan, Miura explained during a press conference that he decided to accept the doctor's orders because he still hopes for another attempt. He is now working towards his goal to summit Everest again at 90.

The list of active seniors in Japan can go on: 83-year-old marathon runner, Michiharu Shimajo, and Seichi Sano who took up surfing at the age of 80, "on a whim," are just some of the octogenarians who put many of us to shame. What is their secret? Is it the competitive nature of extreme sporting, or something fundamental?

Ageing gracefully

Ageing societies are becoming a global phenomenon. According to data collected by the United Nations' World Population Prospects: the 2019 Revision, by 2050 the number of persons aged 80 and above is projected to triple, going from 143 million to 426 million.

Japan's age demographics have been shifting for decades, and now the country has entered a "super-aged" society, with senior citizens aged 65 and above accounting for more than 28% of its population. Former Bank of Japan Chairman Masaaki Shirakawa concluded at a 2018 news conference on "Japanification," that measures to increase the price of goods or the country's GDP should not come from economic measures but from new social structures that take low fertility rates and



that can't be helped. The no-meiwaku attitude then becomes a stubborn effort to remain quite independent, both financially and mentally.

This fear manifests as a strong incentive to keep working as a cog in the social wheel for as long as possible. According to the Cabinet Office's Annual Report On The Aging Society, a staggering 70% of people aged 60-69, and about 50% of people aged 70 and above are either working or engaged in volunteer activities, community activities and hobbies. To account for this shift, 70% of companies have extended the retirement age, influencing a higher employment rate for seniors throughout the past decade. Having a social life that doesn't rely on young family members is a major factor in starting hobbies. Aside from active sports such as swimming (a very popular sport with the senior community due to its rehabilitative benefits), elders are engaged in various activities from traditional calligraphy, flower arrangement, sewing, to taking up musical instruments and dancing.

The same report also shows a higher cognitive ability in the Japanese seniors compared to the rest of the world. According to Yuko Oguma, associate professor in Health Management Research at the Keio Sports Medicine Research Center, athletic ability has been linked to higher cognitive ability. That is not to say that every octogenarian should climb up a mountain.

"Light exercise, whether stretching, walking daily, working out at the local community center, is effective," says Oguma. "Not only for cognitive functions but from a social aspect as well. Compared to 10 years ago, the Japanese seniors are healthier, and have a higher quality of living. This is thought to be a combination of better medical aid and understanding of our bodies. Recently, there has been evidence that muscles can continue to strengthen, even in old age, which is contrary to what we believed in. We believed muscles deteriorate with age, but research is finding that not only can we still train and strengthen our muscles, but that it is important."

Oguma also believes, although she says it is hard to prove, that having so many peers within the society that look out for one another, is an understated factor in ageing gracefully. "Often it is the senior citizens themselves that put together programs within the community. They work among themselves

to provide activities, to be more fit or to be included socially. It is this proactiveness that strengthens them."

If community building is an important facet to ageing, then bringing about cross-generational and cross-cultural interaction is another focus area for organisations. The senior citizens volunteer with local school events. At the national zoo, there are volunteer groups that aid tourists with the park map. Boosting internet literacy in the ageing population is another such solution. Which brings us to Kimiko Nishimoto, the 90-year-old "Insta-gran," who boasts over 220,000 Instagram followers. If the incredible athletes mentioned above are testaments to the mind and body, then she is of the heart and spirit. Nishimoto started attending photography lessons at school directed by her son, then fell in love with the shutter sound of a camera. Her quirky frames and clothing capture her surprising sense of humour. She plays with social norms by poking fun at her "oldness": a satirical frame of herself in an automobile accident, an image of her riding her scooter at hyper speed, a self-portrait in a garbage bag. As she, like many other senior citizens, lives on her own, her son bought her the robot "Pepper" as a friend. She jokes that she scolds him for being too loud but also dresses him up in ribbons to pose for the camera.

Japan has some superstars among the "super-aged," who are helping to take away the stigma of age. Now, Japanese policy makers, companies and communities are focusing more and more on improving the quality of life of their senior citizens. It is their achievements, perseverance and general outlook that we should look upon for inspiration. Perhaps, then, the key to ageing gracefully is simply to embrace the no-meiwaku mentality... While the Japanese diet has certainly been lauded for keeping the population healthy, there has to be more to these seniors' secrets. When Nishimoto was asked about her diet, she admitted to drinking bourbon in a tall glass and smoking cigarettes daily. So no, simply living on a healthy diet is not the only key to being super-aged.

Perhaps the answer is right there, in the joy she shares on her Instagram feed.

(BBC News)



India players rise rankings on back of Zimbabwe series win

United News Of India

DUBAI, OCT 27 :India players have been rewarded for fine performances after their team won by margins of nine wickets and 121 runs to take an unassailable 2-0 lead in the three-match ICC Women's Championship ODI series against Zimbabwe in Vadodara.

Deepthi Sharma grabbed five wickets across the two matches and scored a dazzling 86-ball 106 in the second match to leap four slots to 23rd in the batting rankings, moving one slot to eighth in the bowlers' list and advancing two places in the all-rounders' list to fourth place.

Harmanpreet Kaur smashed 126 from 121 in the second match to move up two places to eighth among batters while Pratika Rawal's third ODI century in the first match (100 off 96 balls) and 61 (off 67 balls) in the second match have helped her advance seven slots to a career-best 21st place and 598 rating points. Captain Smriti Mandhana has slipped one slot to second after scores of 32 and zero in the first two matches, allowing Laura Wolvaardt to regain the leading position for the first time since November 2025. It is the South Africa skipper's ninth separate stint at the top, having first gone to number one in March 2022. Other movements have seen Shafali Verma



leap 15 places to 73rd in the batting rankings, while Kranti Gaud's haul of three for 43 in the first ODI is rewarded with a two-slot lift to 25th in the bowling rankings and a three-tile move to 33rd among all-rounders. Zimbabwe had cause to celebrate the success of Modester Mupachikwa (up five slots to career-best 39th and 508 rating points), Chipo Muger-Tiripana (up four tiles to 47th) and Beloved Biza (up 16 slots to career-best 56th place and 431 rating points) after they came up with notable scores.

In the ICC Women's T20I Player Rankings, Verma gained a slot to move to third place in the batters' table, with Mandhana just three rating points behind her (753) in fourth place after also moving one place up following

their third T20I against Zimbabwe for a series sweep. Nandani Sharma's three for 18 in that match saw her climb 13 slots to 32nd place, with Gaud rising five spaces to 38th for her wicket for 19 runs.

Australia's home series against New Zealand in North Sydney ended in a wash out, but not before the hosts secured the series with a 40-run win over the visitors in the second match last week following their opening two-wicket scrape for victory. Ash Gardner starred in the second match with a 45-ball 84 blitz that elevated her nine places to 19th with the bat.

Her teammate, Georgia Wareham took three wickets for 18 to earn a four-slot jump to joint-seventh, while Kim Garth's contributions across all

three matches see her make a return to the top 10 with five-tile jump to joint-10th.

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You still can't get 50 off 12: Yuvraj's teases Abhishek after Wellington blitz

United News Of India

NEW DELHI, OCT 27 :Abhishek Sharma's record-breaking century against New Zealand brought back memories of his mentor Yuvraj Singh's explosive batting, prompting the former India allrounder to take a playful dig at the young opener on social media.

After Abhishek smashed 113 in the third T20I in Wellington to power India to a six-wicket win and an unassailable 3-0 series lead, Yuvraj joked that his protégé was still some way from matching his feat of scoring 50 runs off 12 balls.

Yuvraj, famous for hitting six sixes in an over against England during the 2007 T20 World Cup, took to social media to congratulate Abhishek while drawing a comparison with his own power-hitting days.

"You still can't get 50 off 12 can you. Abhishek Sharma! Looks like two left handers batting in their backyard!" he wrote.

Abhishek acknowledged the difficulty of scoring 50 runs off just 12 deliveries, saying



such a feat was not something a batter could simply plan to achieve. "I mean, I've said this before as well. I don't know what cricket he (Yuvraj) was playing back at that time, but it's not that easy at all. And I would say if any batter wants to go there and bat like that, it's not easy at all. You can't just go and score 50 off 12 balls.

With spinners dominating, TN, Railways Ranji tie heading for close finish

United News Of India

CHENNAI, OCT 27 :On a wicket that was increasingly assisting the slow bowlers, with the odd ball keeping low making batting difficult, the Elite Group-D third round Ranji Trophy cricket match between

skipper and leftarm spinner Sai Kishore, who picked up three wickets in the first innings, struck thrice, leaving the railway batting order in disarray at 31 for four in 13 overs.

Ravi Singh (19) and opener Sahab Yuvraj Singh (42, 155 balls, 2x4), who ploughed



Tamil Nadu and Railways was heading for a close finish.

At stumps on the third, in which 16 wickets fell with the tweekers from both the sides sharing the spoils, Railways, after securing a narrow 19-run first innings lead, were struggling at 107 for nine in their second essay, an overall lead of 126 runs.

Like in the first innings in which the batters fell like nine pins, before lower order batter Toufik Uddin Mondal hit a breezy 75 to take the team to 184 all out, a similar story unfolded in the second innings.

Leftarm pacer Gurjapneet Singh gave the breakthrough in his first over, before

a lone furrow and stood tall amid the ruins, temporarily arrested the slide. However, once Ravi fell to off spinner Jegannathan Hemchudeshan

, wickets again tumbled at regular intervals, with another leftarm spinner Ajith Ram too joining the wicket taking act.

Lower order batters Zubair Ali (10) and Toufik (11) managed to rotate the strike with Sahab Yuvraj, but all the three fell in the last hour of the final session, as Railways ended the day at 107 for nine.

While Sai Kishore picked up four wickets, Jegannathan Hemchudeshan claimed three, while Gurjapneet and Ajith claimed a wicket each.

Riyadh Asian Indoor & Martial Arts Games postponed to 2027

United News Of India

RIYADH, OCT 27 :The sixth Asian Indoor and Martial Arts Games, originally scheduled for November this year in Riyadh, have been postponed to March 28-April 8, 2027, the Olympic Council of Asia (OCA) and the local organizing committee announced.

The new dates were confirmed following a review of organizational and logistical arrangements in coordination with National Olympic Committees (NOCs), stakeholders and partners, according to a joint statement on Monday.

The new schedule aims to align calendars and operational arrangements and ensure the broadest possible participation by eligible NOCs, the statement said. The OCA and the local organizing committee, in coordination with the relevant Saudi authorities, said preparations were proceeding as planned, with more than 4,500 athletes expected to compete, according to Xinhua. The Games, which retain the name "Riyadh 2026", will be the first OCA multi-sport event held in Saudi Arabia.

Antonelli dominates U.S. Grand Prix but must wait to clinch F1 title

United News Of India

BEIJING, OCT 27 :Mercedes driver Kimi Antonelli took another major step toward becoming Formula 1's youngest world champion with a commanding victory at the United States Grand Prix, although the Italian must wait at least another week to secure the title.

Starting from pole position, Antonelli controlled the 56-lap race at the Circuit of the Americas, making a one-stop strategy work to claim his ninth victory of the season, finishing 13 seconds ahead of Ferrari's Charles Leclerc.

Red Bull's Max Verstappen completed the podium in third, ahead of Ferrari's Lewis Hamilton and McLaren's Lando Norris. The result extended Antonelli's

championship lead over Mercedes teammate George Russell to 123 points with five races remaining.

However, Russell's eighth-place finish and Hamilton's fourth place prevented the 20-year-old from securing the title in Austin.

Antonelli, who is in only his second F1 season,

could now clinch the championship at next weekend's Mexico City Grand Prix, potentially surpassing Sebastian Vettel, who was 23 when he became the sport's youngest world champion



in 2010.

The Italian made a clean getaway from pole, while Leclerc and Verstappen battled behind him on the opening lap. Leclerc initially moved ahead of the Dutchman, only for Verstappen to reclaim second place before the end of the lap. Their battle allowed Antonelli to establish an advantage of more than two seconds almost immediately, and the Mercedes driver steadily extended his lead as the opening stint progressed.

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