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### CJ to inaugurate

where the Guwahati High Court, had benches in Arunachal Pradesh, where I have worked,” he said.

“Justice coming closer to the people is a very big thing,” the CS said.

“Otherwise, anyone who was aggrieved and wanted to file a writ petition would have to go to Srinagar or Jammu. I think the fact that this is now possible here in Ladakh is an extremely positive development,” he added.

He said the bench was established within two months and was not among the demands raised during negotiations, describing it as a unilateral initiative by the Centre.

Negotiations are currently underway between Ladakhi political leaders and the Ministry of Home Affairs. The Ladakhi leaders are seeking a Union Territory with a legislature and constitutional safeguards under Article 371.

“The Government of India fully understands how difficult this terrain is, the challenging circumstances in which people live here and how crucial it is to ensure that justice is accessible closer to their doorstep,” Kundra said.

### J&K Iti

Jammu and Kashmir with industry-ready skills, enhancing their employability and access to better livelihood opportunities.

He said the investment would help transform ITIs into modern skill development hubs, ensuring that vocational training remains responsive to changing economic needs and emerging employment opportunities.

### India’s Space

The restoration project is being undertaken at an estimated cost of Rs 2.84 crore under the Government’s heritage conservation initiative. The project aims to preserving the temple’s historical, religious and cultural significance.

Divisional Commissioner Kashmir Anshul Garg, Deputy Commissioner Srinagar Akshay Labroo, Commissioner Srinagar Municipal Corporation Dr Basharat Qayoom, Director Archives, representatives of the Kashmiri Pandit community and other concerned officials were present on the occasion.

During his visit, the Chief Secretary reviewed various components of the proposed restoration project and directed the concerned officers to expedite the work while ensuring strict adherence to prescribed timelines and quality standards.

Emphasising the importance of the project, Atal Dulloo said the restoration and conservation efforts were aimed at reviving the temple’s decades old glory and preserving its architectural and cultural heritage.

He said the initiative reflected the Government’s commitment to conserving the region’s heritage while recognising the cultural contributions of different communities of Kashmir’s diverse social fabric.

The Chief Secretary observed that the temple holds considerable historical, cultural and religious significance and represents an important part of Kashmir’s shared heritage. He expressed hope that the restoration work would help preserve its aesthetic appeal, heritage value and social significance for future generations.

Additional Deputy Commissioner

Srinagar Mir Imtiyaz Ul Aziz, Chief Planning Officer Fayaz Ahmad Dar, Joint Commissioners of the Srinagar Municipal Corporation Syed Abu Qasim and Nuzhat Qureshi, Superintending Engineer R&B Tatheer Manzoor, along with Officers from the R&B, PHE, KPDCL, SMC, Police, Revenue and other concerned departments, were present on the occasion.

### IGP Kashmir

In line with the vision of the Director General of Police, Jammu and Kashmir, the IGP stressed that police stations must transform into modern, efficient and citizen-centric institutions to ensure faster and more accessible public services.

He emphasised the five principles of SMART Policing: Strict and Sensitive, Modern and Mobile, Alert and Accountable, Reliable and Responsive, and Techno-savvy and Trained.

The IGP said the concept must be reflected in the working culture, conduct and public service delivery of every police station rather than remaining confined to policy documents.

On Digital Beat Policing, he directed all SHO’s to ensure regular field visits by beat officers, meaningful interaction with local residents and timely redressal of public grievances.

He also stressed the need to maintain updated digital beat records, clearly define responsibilities of beat officers and strengthen supervisory monitoring to ensure transparency and accountability.

Observing that police stations serve as the primary point of contact between the police and the public, the IGP said they must be accessible, responsive and equipped with modern technology.

“Our objective is to make every Police Station in Kashmir Zone SMART and citizen-centric, where technology strengthens accountability and police services reach every citizen with dignity,” he said.

All district police heads were directed to ensure effective implementation of the initiative, with an emphasis on technology-enabled service delivery, community engagement and visible

results on the ground.(KNS)

### LG Saxena

including nearby glacier streams, to ensure a more reliable supply.

The project envisages channelising nearby glacier streams to meet the water requirements of local communities and improve irrigation facilities.

Saxena directed Deputy Commissioner Kargil Rakesh Kumar to take necessary measures to ensure adequate irrigation water for residents of the affected areas, stressing that effective water conservation and management were essential for sustaining agriculture and protecting rural livelihoods.

During the programme, Yourbaltak Councillor Manzoor Hussain submitted a memorandum highlighting developmental and public welfare issues concerning the constituency. The Lieutenant Governor assured residents that their genuine concerns would be examined and addressed on priority.

The Lieutenant Governor reiterated the Administration’s commitment to strengthening water security, supporting rural livelihoods and ensuring inclusive development across Ladakh.

The event was attended by Ladakh MP Mohmad Hanifa Jan, Chief Secretary Ashish Kundra, elected representatives, councillors, senior officers and other officials. (KNS)

### Vittal Bhairav

Narendra Modi had delivered significant results, adding that the next phase of growth would depend on converting technological achievements into commercially viable businesses.

The minister identified predictable demand, faster regulatory approvals, lower business costs and sustainable business models as key factors in attracting investment and helping Indian space enterprises expand their presence in international markets.

Emphasising the importance of government support, Singh said anchor government customers and assistance for proof-of-concept projects could help private companies demonstrate their technologies, develop market-ready

products and establish sustainable revenue streams.

He also called for stronger supply-chain integration and improved access to domestic and international markets, while underlining the need to strengthen indigenous capabilities to safeguard national security and strategic autonomy.

Highlighting the wider applications of space technology, Singh said satellite communications, geospatial services and Earth observation were contributing to infrastructure monitoring, agriculture, disaster management and defence.

He referred to the use of space technology for monitoring development projects, tracking implementation timelines and geotagging public works. He also noted India’s role in providing space-based information and disaster management support to neighbouring countries, including Myanmar, Bangladesh and Sri Lanka.

The minister stressed that collaboration between government institutions, private enterprises and international partners would be crucial to expanding investment, developing technology and integrating Indian companies into global supply chains.

The roundtable brought together representatives from the space industry, entrepreneurship, academia and the international space community. Other participants included Vinod Kumar, Director (Promotion) at the Indian National Space Promotion and Authorisation Centre (IN-SPACe), and Aisha Bowe, founder and CEO of STEMBoard and LINGO, a former NASA engineer and Blue Origin astronaut.

Singh said India’s future growth in the space sector would depend on combining technological strengths with commercial innovation, efficient regulation and greater private participation.(KNS)

### PDD likely to

Furthermore, the official also said that the areas having AT&C losses in between 20-40 percent and below 40% will face curtailment of 3 hours daily. “However, there will be no curtailment in the areas having AT&C losses below 20 percent. They will enjoy electricity round the clock”

The official also said that there are 1335 KV feeders under the jurisdiction of KPDCL. “In previous LCP there were only 129 feeders with round the clock power facility but under the new LCP, 85 new feeders have been added for 24\*7 electricity supply because they have AT&C losses of less than 20 percent.”

Pertinently, PDD in the month of January this year has directed the JPDCL and KPDCL to initiate strict actions including deducting up to 50 percent of salary against the officials of divisions and feeders where Aggregate Technical and Commercial (AT&C) losses exceed 40 percent.

Besides, the department had issued the revised Load Curtailment Plan (LCP) with extra hours of power shedding to the areas having AT&C losses of more than 40 percent and between 15 percent and 40 percent respectively.

PDD in an official communique had said that the measures are been taken in order to improve billing efficiency, collection efficiency and to reduce AT&C losses—(KNO)

### Kulgam Police

The accused has been identified as Adil Hussain Sheikh, son of Mehrajdin Sheikh, resident of Sheikhpura, Bijbehara. In this regard, FIR No. 253 has been registered at Police Station Qazigund under relevant provisions of the NDPS Act, and further investigation has been taken up.

### ‘Kashmir faces

was generating 298 MWs of power from the Baghailhar-1 hydroelectric power project, 49 MWs from other projects of Kashmir division and 20 MWs through the Independent Power Producers in Jammu division.

According to the official figures, The State Load Despatch Centre (SLDC) had recorded a power load of 1170 MWs in Kashmir division and 1130 MWs in Jammu division respectively.

It also said that from the centrally owned hydel projects in Jammu and Kashmir that has a generation capacity of nearly 2200 MWs, the authorities were generating nearly 1100 MWs of power.

Previously, this news agency reported that Jammu and Kashmir and Ladakh are likely to witness a power deficiency of 14 percent during the solar peak hours in the month of October.

The Northern Regional Power Committee (NRPC) in this regard had further said that the regions may face power deficiency of nearly 12 percent during the non-solar hours.

The official figures in this regard said that Jammu and Kashmir and Ladakh is likely to face power paucity of 400 MWs against the available power position during the solar peak hours in the month of October.

It also said that during the non-solar peak hours, the regions may face a power shortage of 337 MWs—(KNO)

### Dafarpora Karewa

responsible. They have also called upon the concerned departments to conduct an immediate inspection and take effective measures to prevent further degradation, stressing that natural resources are a public asset and must be protected from unlawful exploitation for private gain. Residents have sought accountability and stronger enforcement to safeguard the area’s natural heritage before further damage occurs. (CNS)

## APS Miran Sahib holds book fair; Sainik School Nagrota athletic meet concludes

**JAMMU:** Army Public School (APS) Miran Sahib organised a two-day book fair in collaboration with Scholastic India on October 16 and 17, while Sainik School Nagrota concluded its 50th Annual Inter-House Athletic Meet, celebrating students’ literary interests and cadets’ sporting achievements.

The book fair at APS Miran Sahib catered to students of the primary and senior wings, offering a range of books across genres and age groups. A separate one-day fair for children at the foundational stage was organised on October 17 by Yak Book Channel, Jammu.

Defence spokesperson in Jammu told Kashmir Convener that the fair was inaugurated by the School Council and stated that the initiative aimed to encourage curiosity, imagination and independent thinking among students. Children explored different genres, discovered authors and selected books according to their interests.

A special stall featuring books written and published by the school’s young writers highlighted students’ creativity and literary talent. The fair also allowed students to visit the stalls and purchase books with their parents, encouraging family participation in reading choices and promoting reading habits at home.

Meanwhile, the 50th Annual Inter-House Athletic Meet 2026 of Sainik School Nagrota concluded at Maj Somnath Sharma PVC Stadium on October 16.

Chenab House emerged champion in both the senior and junior categories. Sindh House secured second place, while Jhelum House finished third in both categories.

## 21 Bn CRPF Successfully Organizes Book Distribution Programme, A Commendable Initiative Towards a Bright Future for Children



Aijaz Baba

**SRINAGAR:** The 21 Bn of the Central Reserve Police Force (CRPF) successfully organized a book distribution programme in Srinagar today with the objective of promoting interest in education, awareness and a spirit of learning among children. Smt. Swapna Gautam Meshram, IPS, DIGP, Srinagar North, graced the occasion as the Chief Guest. Books were distributed among the children under the leadership of Commandant Shri Anil Kumar Briksh.

The primary objective of the programme was to create awareness among children about the importance of education, develop the habit of reading and encourage them to pursue better educational opportunities.

The children expressed great joy and enthusiasm upon receiving the books. Through this initiative, they were encouraged to acquire knowledge, pursue their dreams and move forward towards a better future.

The contribution of Bibi Fatima NGO to the programme was particularly commendable. The

organization provided valuable support in making the event a success. Such coordination between the CRPF and social organizations plays an important role in extending positive initiatives to vulnerable and needy sections of society and promoting education and social upliftment.

Deputy Commandant Shri Bablu Ram and Assistant Commandant Shri Atul Kumar, along with other concerned officers and dignitaries, were present on the occasion. The programme was successfully concluded with the cooperation, coordination and active participation of all those involved.

The CRPF remains committed not only to fulfilling its operational responsibilities but also to strengthening the spirit of trust and cooperation in society through activities related to civic welfare, education, women’s empowerment and community engagement.

This book distribution programme was a meaningful example of that commitment. It inspired enthusiasm for education among the children and conveyed a positive message towards taking constructive steps for their bright future.

## PUBLIC NOTICE

My name has been wrongly written as ATEEQA BEGUM W/O GHULAM NABI BHAT on my Adhaar card bearing Adhaar No.. 9798 3864 0065 while my correct name is ATIQA BEGUM W/O GHULAM NABI BHAT which needs to be corrected if anybody having any objection in this regard he/she may file his/her objection in the office of concerned Adhaar authority of India within seven days from the publication of this notice after that no objection will be entertained

Name...ATIQA BEGUM  
W/O....GHULAM NABI BHAT  
R/O...BURZAWACHAN KREERI



HT EDITORIAL

One Tap Away from Trouble: The Growing Cost of Blind Digital Trust

Cybersecurity Must Become a Shared Responsibility as India Embraces the Digital Revolution

India's digital revolution has changed not merely the way people transact, but also how they communicate, work, learn and access essential services. A smartphone has become a bank, a marketplace, a document holder and, for many, the principal connection to the outside world. Yet, as technology brings unprecedented convenience, it also creates opportunities for those who seek to exploit human trust. The emerging challenge is to ensure that the pace of digital progress is matched by an equally strong culture of caution, responsibility and awareness.

Cybercrime is evolving with remarkable adaptability. Fraudsters no longer depend solely on technical loopholes or complex hacking methods. They understand human behaviour, recognise emotional vulnerabilities and design their traps accordingly. An attractive online offer, a sensational advertisement, an unfamiliar application or a message promising access to exclusive content can become the opening through which a criminal enters a person's digital life.

The real concern is that many such threats remain invisible until damage has already occurred. A user may believe that an application is harmless, while the permissions granted to it could expose personal information or compromise the security of the device. Once access is misused, the consequences may extend beyond the smartphone to bank accounts, private conversations, identity documents and personal relationships.

This makes digital safety a matter of everyday importance rather than a technical subject to be discussed only by cybersecurity specialists. Just as people learn to protect their homes, secure their valuables and verify the identity of strangers, they must develop similar habits in the virtual world. The difference is that an online intruder may operate from thousands of kilometres away and leave little visible evidence of the intrusion.

The first line of defence is informed decision-making. Downloading applications from unfamiliar websites, accepting unsolicited links and granting excessive permissions should never become routine practices. Users must understand that an application's appearance or promotional claims offer no guarantee of its authenticity. Even a professionally designed website or a convincing advertisement can conceal a fraudulent purpose.

Particular caution is necessary when an application seeks access to sensitive features, including Accessibility services, screen content, notifications or device controls. Such permissions have legitimate purposes, but they should be granted only when genuinely required by a trusted application. The principle is straightforward: convenience must not come at the cost of surrendering unnecessary control over one's device. However, individual vigilance alone cannot resolve a problem that is expanding alongside the digital economy. Technology platforms, application distributors, telecom operators and financial institutions have both the capacity and the responsibility to make the online environment safer. Deceptive advertisements must be identified promptly, malicious links removed, suspicious applications flagged and mechanisms for reporting abuse made easier to use.

There is also a need for stronger coordination among institutions. Cybercriminals frequently exploit the gaps between platforms, financial services and law-enforcement agencies. Faster communication, effective reporting channels and timely assistance can help prevent an isolated fraud attempt from turning into a wider financial or personal crisis. Prevention is important, but the ability to respond quickly is equally essential.

Public awareness campaigns must also move beyond occasional advisories. Cybersecurity education should reach people in villages and cities, young students and senior citizens, first-time smartphone users and experienced digital consumers alike. Schools and colleges can introduce practical lessons on online fraud, while banks, government offices and community organisations can conduct regular awareness programmes. These initiatives should explain not only what people must avoid, but also what they should do when they encounter a suspicious link, an unfamiliar application or an unauthorised transaction.

An equally important issue is the social stigma surrounding certain forms of online fraud. Scams involving adult-themed advertisements or private content may discourage victims from approaching the authorities because they fear embarrassment or public judgment. Criminals exploit this hesitation. Society must recognise that falling victim to deception is not a justification for humiliation. A supportive reporting environment encourages timely action and makes it more difficult for perpetrators to operate with impunity.

Anyone who suspects that a device has been compromised should act promptly. Suspicious applications and permissions need to be reviewed, financial accounts secured through trusted channels and unauthorised transactions reported immediately. In India, cyber-fraud victims can report incidents through the National Cyber Crime Reporting Portal or call the cybercrime helpline at 1930, particularly in cases involving financial fraud. Quick reporting can be crucial in efforts to trace and potentially intercept fraudulent transactions.

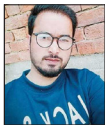
India has every reason to take pride in its digital achievements. Mobile payments, online public services and technology-driven financial inclusion have made essential facilities more accessible to millions. The objective should not be to discourage people from using these services or create fear around technological innovation. Rather, the country must ensure that people can participate in the digital economy with confidence, knowing how to recognise risks and where to seek assistance.

Technology will continue to advance, and cybercriminals will continue to devise new methods. The names of fraudulent applications may change, their disguises may become more convincing and their methods may grow more sophisticated. No single warning or security measure can eliminate every threat. What can make a lasting difference is a combination of responsible technology design, effective enforcement, institutional accountability and an informed public.

The next phase of India's digital journey must therefore be measured not only by the number of transactions completed or services delivered online, but also by the confidence with which citizens use them. Digital progress is meaningful only when it protects the people it seeks to empower.

In the digital world, a single tap can open a door. The responsibility of every user, platform and institution is to ensure that it does not become an invitation to crime.

Arrival of Autumn in Kashmir



Sahil Manzoor Bhatti

Kashmir Valley is widely blessed with a gallery of natural wonders carpet like meadows, lofty mountains, mesmerizing waterfalls, clear and incredible skies, green vegetation, and lush, dense forests. Kashmir has attracted millions of nature lovers and tourists from across the world.

Autumn is the season of harvesting crops in Kashmir, and it calls tourists from all corners of the world. During this season, the Chinar tree remains one of the most attractive sights for visitors.

Kashmir Valley experiences four distinct seasons. Spring generally begins around 21 March and continues until 21 June. Summer follows from 22 June to 21 September, while autumn extends from approximately 22 September to 21 December. Winter then arrives and continues until around 21 March. Each season has its own beauty, importance, and economic significance.

Winter is particularly associated with Chillai-Kalan, the harshest 40-day period of winter. It is traditionally described as a time when the cold becomes severe and water can freeze. The changing seasons in Kashmir are closely connected with weather conditions as well as the cultivation and harvesting of different crops.

Today, we are experiencing the charming beauty of autumn. Farmers are preparing to harvest different crops, including maize and cereals, while apple growers are busy plucking and packing their produce.



Kashmiri apples are famous around the world for their distinctive taste and quality. Apple harvesting begins with the arrival of autumn. During this season, households across Kashmir are often busy storing apples, walnuts, corn, cereals, and other essential supplies for the coming winter.

Autumn is commonly called Harud in Kashmiri and Mausam-e-Khizaan in Urdu. It is pleasant, beautiful, and mesmerizing season in the Kashmir Valley. Harud is the time when leaves begin changing colour, transforming the landscape into a spectacular natural painting.

Autumn is also the season when people begin preparing for winter. Families start storing rice, fodder, firewood, and other necessities. The relatively dry weather provides farmers with an opportunity to harvest and store their crops. Harud therefore has immense importance for the people of Kashmir, particularly because winter is approaching.

With the arrival of autumn, it seems as if the sun has changed its direction. Its heat becomes gentler, and the intensity of sunlight

decreases. People begin to feel the cold inside their homes, while elderly people often enjoy sitting in the warm afternoon sunshine. Throughout the countryside, especially in villages, farmers remain busy with harvesting and preparation for winter.

For farmers, autumn is almost like a festival season. In many villages, people avoid weddings and other major functions during the busiest part of the harvest. Such celebrations are often preferred toward the end of October or at the beginning of November, after much of the agricultural work has been completed.

The Chinar tree, known as Bouein in Kashmiri, holds a special place in the cultural and natural heritage of Kashmir. During autumn, its broad leaves gradually turn golden, orange, and red, creating some of the most beautiful scenes in the valley.

During this season, tourists from different parts of the world visit Kashmir to witness the magnificent colours of autumn and capture beautiful memories beneath the Chinar trees. Chinar gardens and other scenic locations

become popular places for photography, attracting both tourists and locals.

Almighty has blessed Kashmir Valley with extraordinary natural beauty. This makes me wonder why many of our young people still struggle to find meaningful employment opportunities. Why are some of our youth experiencing deep anxiety and becoming involved with drugs? Every young person should be encouraged to identify his or her abilities, pursue suitable skills, and give shape to their dreams.

The tourism sector has immense potential to create opportunities for unemployed youth. New tourist destinations are emerging, and these places should receive proper attention and development. Local communities should be given meaningful opportunities to participate in and benefit from tourism.

There is also a need for skill-development institutions, including polytechnics and vocational training centres at the district level. Such institutions could provide young people with practical training in hotel management, tourism services, tourist guiding, skiing, adventure tourism, hospitality, and safe ATV operations.

Tourists should be treated as special guests throughout Kashmir. If we combine Kashmir's natural beauty with skilled local youth, responsible tourism, hospitality, and proper infrastructure, tourism can become an important source of dignified livelihoods.

Kashmir has the beauty.

Kashmir has the people.

Kashmir has the potential.

What is needed is the right opportunity, proper training, and a sincere effort to connect the talent of our youth with the immense possibilities offered by the tourism sector.

Sahil Manzoor Bhatti  
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IAF Day: Touching The Sky With Glory

at Srinagar in weather that would have grounded lesser crews. That air bridge did not win the war by itself, but it kept the Valley from falling in the first days, and the memory of those

Jodhpur under the idea of power in partnership, place the Suryakiran aerobatic team before large crowds. These spectacles are not decoration. They are the visible edge of a profession that



landings remains part of the living history of Jammu and Kashmir. In 1965 and 1971 the same service fought for control of the air over the western front, struck deep, and, in the liberation of Bangladesh, demonstrated that air power could decide the tempo of a campaign. Later operations, from Kargil in 1999 to the Balakot strike of 2019 and the brief, sharp exchanges of 2025, have shown a force increasingly confident in precision weapons, electronic warfare and joint planning.

Precision is the word that now defines the public face of the service. The ceremonial parade this year is at Air Force Station Hindan, while aerial displays associated with the anniversary and with Exercise Tarang Shakti, hosted at

spends most of its life unseen: night intercepts, maritime surveillance over the Arabian Sea and the Bay of Bengal, air maintenance of posts in Ladakh and the Northeast, and the quiet work of air defence radars that never switch off. When floods, earthquakes or cyclones strike, the same aircraft that train for war become the first reliable bridge to cut-off villages. In the mountains of this Union Territory, that humanitarian role is not abstract. Helicopters have lifted the injured from remote valleys, dropped rations where roads have vanished, and given isolated communities the sense that the republic can still reach them.

None of this is free of strain. Squadron strength has long trailed the sanctioned figure.



BY-MOOL RAJ

On 8 October 2026, the nation marks the ninety-fourth anniversary of the Indian Air Force, a force raised on the same date in 1932 under the Indian Air Force Act and grown, in the words of Chief of the Air Staff Air Chief Marshal A. P. Singh, from four Westland Wapiti biplanes and a handful of pilots into a network-centric service able to operate across domains. The theme chosen for this year's observance, "Indian Air Force – Infallible, Impervious and Precise," is less a slogan than a statement of what the country now expects of the men and women who guard its sky. The motto that has guided them, Nabhaah Sparsham Diptam, drawn from the eleventh chapter of the Bhagavad Gita and rendered as "Touch the Sky with Glory," still sits above every station gate and every cockpit checklist.

The early years were modest. No. 1 Squadron was formed on 1 April 1933 at Drigh Road, Karachi, with fabric-covered biplanes and Indian officers trained at Cranwell. The prefix "Royal" was conferred in 1945 and dropped in 1950 when India became a republic. What did not change was the habit of doing more with less. In October 1947, when tribal raiders poured into the Kashmir Valley, Dakota aircraft of the Air Force lifted troops into the besieged airstrip

Online Medical Courses: A Pathway to Confident Evidence Interpretation



Dr. Vijay Garg

Medical science is advancing at an extraordinary pace. New treatments, diagnostic techniques, medicines and clinical guidelines emerge regularly, making it essential for healthcare professionals to remain updated with the latest scientific evidence. However, access to medical information alone is not enough. Doctors, medical students and researchers must also develop the ability to evaluate research critically and distinguish reliable findings from weak or misleading conclusions. Online medical courses are becoming an important tool for developing these skills and strengthening confidence in evidence interpretation.

One of the most valuable aspects of online medical education is its flexibility. Medical professionals often work under demanding schedules, leaving limited time for conventional classroom learning. Online courses allow them to study at their own pace, revisit complex concepts and access educational resources from leading institutions across the world. Topics such as evidence-based medicine, biostatistics, research methodology, critical appraisal and systematic reviews can now be studied without geographical barriers.

**\*\*Understanding Systematic Reviews\*\***  
A systematic review is a structured approach to identifying, evaluating and synthesising research studies addressing a specific question. Unlike a traditional literature review, it follows a predefined methodology to minimise bias and improve transparency. When appropriate, the results of several studies may be statistically combined through a meta-analysis to estimate an overall effect.

Systematic reviews are particularly important in evidence-based medicine because individual studies may produce conflicting results. Differences in study design, sample size, patient characteristics and research methods can lead to different conclusions. By examining the available evidence collectively, systematic reviews help healthcare professionals understand the broader picture.

Nevertheless, a systematic review is not automatically reliable simply because it follows a recognised format. Its quality depends on the methods used, the relevance of the included studies and the limitations of the available evidence. Therefore, learning to interpret systematic reviews critically is an essential professional skill.

**\*\*How Online Courses Build Confidence\*\***  
Well-designed online courses break complex research concepts into manageable learning units. Video lectures, interactive exercises, case studies, quizzes and guided research appraisal help learners understand how scientific evidence is generated and evaluated.

Participants can learn to frame focused clinical questions, identify appropriate studies, assess risk of bias and interpret statistical

findings. They can also explore concepts such as confidence intervals, relative and absolute risk, heterogeneity and publication bias. These concepts are often challenging for beginners, but repeated practice and accessible explanations can make them easier to understand.

Online learning also encourages independent thinking. Instead of accepting a research conclusion at face value, learners are trained to ask important questions: Was the study appropriately designed? Were the participants representative of the target population? Were the outcomes clinically meaningful? Were limitations acknowledged? Could bias have influenced the findings?

As these questions become part of their routine, learners can develop greater confidence in evaluating scientific claims.

**\*\*From Statistical Results to Clinical Decisions\*\***

A major challenge in interpreting medical research is understanding the difference between statistical significance and clinical significance. A result may be statistically significant without producing a meaningful improvement in patients' health. Similarly, a promising treatment may appear beneficial in a small study, but larger and better-designed studies may be needed to establish its effectiveness and safety.

Online courses in evidence-based medicine can help learners interpret effect sizes, confidence intervals, absolute risk reduction and numbers needed to treat. These concepts support a more balanced understanding of treatment benefits and potential harms.

For example, a medicine may be reported to reduce the relative risk of a condition by 50

per cent. However, if the original risk was only two cases per 1,000 people, the absolute risk would fall to one case per 1,000. Understanding this distinction helps clinicians communicate benefits more accurately and make informed decisions with their patients. **\*\*Recognising the Limitations of Research\*\*** Confidence in evidence interpretation should never mean unquestioning acceptance of research findings. Even systematic reviews can be limited by poor-quality studies, incomplete reporting, selective publication and substantial differences between the studies being compared. Learners must understand that the certainty of evidence depends on several factors, including methodological quality, consistency of findings, precision of estimates and the relevance of the evidence to the clinical question. They should also learn to distinguish an absence of convincing evidence from convincing evidence that an intervention does not work. Practical training in critical appraisal, including the use of recognised tools and reporting guidelines, can help learners identify these limitations. Such skills are especially valuable in an era when research summaries, health-related social media posts and artificial intelligence-generated answers are widely available. **\*\*Challenges and the Way Forward\*\*** Despite their advantages, online medical courses have certain limitations. Learners may struggle with technical terminology, statistical concepts or the absence of direct interaction with experienced instructors. Unequal access to reliable internet services and digital resources can also restrict participation.

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# The Resilient Women of the Dras Valley



By M S Nazki

Dignity will only happen when you realize that having someone in your life doesn't validate your worth

-When they go low, we go high  
-Women belong in all places where decisions are being made. It shouldn't be that women are the exception  
-The story in hand was this:

-From Learning Skills To Shaping Stronger Futures Since 1999, the Vocational Training Centre at Dras has been empowering local women through traditional skills such as stitching, knitting and crochet, alongside modern skills like designer sublimation printing. The Centre is nurturing talent, building confidence and creating avenues for self-reliance, strengthening families and fostering empowered communities in Dras. Empowered Women. Inspired Communities. A Stronger Dras!

-As usual there was no start but my team found a way out!

-The moment you have to recruit people to put another person down, in order to convince someone of your value is the day you dishonor your children, your parents and your God. If someone doesn't see your worth the problem is them, not people outside your relationship

-And one day she discovered that she was fierce, and strong, and full of fire, and that not even she could hold herself back because her passion burned brighter than her fears

-I know that many men and even women are afraid and angry when women do speak, because in this barbaric society, when women speak truly they speak subversively - they can't help it: if you're underneath, if you're kept down, you break out, you subvert. We are volcanoes. When we women offer our experience as our truth, as human truth, all the maps change. There are new mountains

-The people that truly love us in life don't fight for us to remain a doormat for others

-From Learning Skills To Shaping Stronger Futures. Since 1999, the Vocational Training Centre at Dras has been empowering local women through traditional skills such as stitching, knitting and crochet, alongside

modern skills like designer sublimation printing. The Centre is nurturing talent, building confidence and creating avenues for self-reliance, strengthening families at The Vocational Training Centre (VTC) in Dras, Ladakh, has been empowering local women since 1999 with support from the Indian Army under Operation Sadbhavana.

Key Details of the Centre:  
• Establishment: Operating continuously since 1999 in the remote border region of Dras, Kargil district.  
• Traditional Skills: Teaches handcrafts like stitching, tailoring, knitting, and crochet.

• Modern Skills: Expanded to include contemporary trainings such as designer sublimation printing (producing custom t-shirts).

• Market Access: Items and printed t-shirts designed by the women are sold at the Kargil War Memorial, giving visitors a way to support local artisans directly.

• Impact: Provides sewing machines, equipment, and structured workspaces that transform unpaid or invisible labor into valued, independent livelihoods.

-Traditional textile crafts are experiencing a powerful transformation as heritage techniques merge with modern digital technology. This combination allows creators to pair the tactile, structural beauty of handmade items with the unlimited graphic potential of digital design. Here is how these traditional and modern skills complement each other, along with their unique strengths:  
Traditional Textile Skills: These techniques form the structural foundation of textile creation, focusing on texture, form, and durability.

• Stitching & Sewing: The foundational skill of joining fabrics. It ranges from structural garment construction to decorative embroidery, forming the physical canvas for many textile projects.

• Knitting: The process of interlacing yarn loops using needles. Knitting creates flexible, stretchy fabrics ideal for apparel like sweaters, socks, and beanies.

• Crochet: Using a single hooked needle to interlock yarn loops. Crochet yields a sturdier, more textured fabric than knitting and is highly favored for intricate lacework, amigurumi (plushies), and textured home decor.

-Modern Digital Skills  
-Digital innovations allow for rapid customization and complex visual storytelling without the physical limitations of traditional dyeing or weaving.

• Designer Sublimation Printing: A digital printing technique that uses heat to transfer dye directly into polyester-based fabrics or polymer-coated surfaces. The ink transitions from a solid to a gas, bonding permanently with the fibers. This results in vibrant, full-color, and fade-resistant graphics that do not crack or peel.

-The Power of Combining Both Worlds  
-When you bridge the gap between the handmade

and the digital, you unlock highly lucrative and creative opportunities:

• Hybrid Apparel: Creating a custom garment using stitching and sewing, then adding high-definition, edge-to-edge graphics via sublimation printing before assembly.

• Mixed-Media Accents: Embellishing a sublimation-



printed fabric bag with hand-crocheted flowers or intricate embroidery for a textured, high-end look.

• Custom Craft Substrates: Sublimating custom patterns onto polyester patches, which are then stitched onto hand-knitted blankets or beanies as branded tags.-Operating under the Indian Army's Operation Sadbhavana (Goodwill) and the Fire and Fury Corps, this long-standing initiative has been empowering the region since 1999. It focuses heavily on women-led development to transform remote border communities.

-Key Avenues of Self-Reliance in Dras

The VTC bridges the gap between heritage and modern economic opportunities by training local women in highly valuable skills:

• Traditional Craftsmanship: Mastering time-honored techniques like stitching, knitting, and crochet, which preserve Ladakhi culture while creating commercial market value.

• Modern Technology: Moving into contemporary spaces with skills like designer sublimation printing to give artisans a competitive edge.

• Market Integration: Generating sustainable livelihoods by supplying finished products to broader commercial markets across Kargil, Leh, Srinagar, and Udhampur.

-The Broader Impact on Ladakh

This grassroots model functions on the proven principle that when you equip a woman with sustainable skills, the benefits ripple outward:

1. Strengthening Families: Financial independence creates shared economic responsibility, directly reducing domestic stress and improving household security.

2. Building Confidence: Moving from basic survival to active entrepreneurship gives women a powerful voice in local governance and community choices.

3. Fostering Empowered Communities: By turning local talents into thriving community-owned enterprises, Dras builds long-term climate and economic resilience, fostering empowered communities in Dras. Empowered Women. Inspired Communities. A Stronger Dras.

-But the ladies are fire and fury too:

-The stories of heroic women connected to Dras—the second coldest inhabited place in the world and a focal point of the 1999 Kargil War—span from fearless military trailblazers to resilient local women.

-The Women Warriors of the Dras Sector:

During the Kargil War, several women officers broke institutional barriers, operating directly in and around the highly volatile Dras sector:

• Major Dr. Prachi Garg: She was the sole woman medical officer attached to the 8 Mountain Division deployed right in the Dras sector. Operating under constant threat of enemy shelling, she treated and stabilized approximately 200 injured soldiers directly coming from the frontlines.

• Flight Lieutenant Gunjan Saxena: Dubbed "The Kargil Girl", Saxena flew unarmed Cheetah helicopters into active combat zones. She performed crucial surveillance, mapped enemy positions, and dropped vital supplies to Indian troops entrenched in the Dras and Batalik regions. She also evacuated over 900 casualties, once narrowly escaping a rocket missile attack on her chopper.

• Flight Lieutenant Sreevidya Rajan: Flying alongside Saxena, Rajan navigated through hostile terrain and incoming missile threats to drop supplies and transport wounded soldiers safely to hospitals.

• Captain Yashika Hatwal Tyagi: Posted in the high-altitude Northern Command region, Tyagi managed critical ammunition and logistics operations under intense wartime pressure—all while she was heavily pregnant.

-The Resilient Women of the Dras Valley  
Beyond the military, the local women native to the Dras valley (from the Dard and Balti communities) represent an everyday saga of unmatched grit:

• Defying the Elements: Living in a region where temperatures drop to nearly -45°C, the local women act as the backbone of the valley's survival. They carry heavy multi-purpose baskets on their backs to manage farming, livestock, crops, and household needs amidst exceptionally harsh geographical conditions.

• Cultural Tributes: Today, groups like the Stringmo Sisters (an all-female artistic group from Ladakh) keep the memory of heroism alive by performing vibrant musical tributes directly in front of the Dras mountains to honor the soldiers who fell protecting their homeland.

The phrase "the women who created history in Dras" primarily honors the trailblazing female officers of the Indian Armed Forces who served on the treacherous frontlines of the Dras and Kargil sectors during the 1999 Kargil War, as well as the contemporary women breaking records in the region.

-The key women who etched their names into the history of Dras include:

• Flight Lieutenant Sreevidya Rajan: Alongside Gunjan Saxena, she was the other pioneering IAF pilot who operated in the war zone. She flew treacherous evacuation sorties, navigating narrow valley corridors to transport critically injured jawans back to the Srinagar hospital.

• Captain Ruchi Sharma: As an operational paratrooper in the Signal Corps, she played a vital role in maintaining the integrity of military communications across high-altitude combat zones like Dras.

-Modern Milestone Achievers

• Lieutenant Rinchen Dolma: Creating history in the region's broader military leadership, she became the first woman officer from Ladakh to be commissioned into the Indian Army, establishing an enduring legacy for the local mountain communities.

• The "Nari Shakti" Motorbike Expeditions: In recent years, all-women tri-service motorcycle rallies (comprising serving women officers, military spouses, and veterans) have regularly completed historic 1,900+ km treks across the world's highest passes to culminate at the Kargil War Memorial in Dras. These expeditions honor the legacy of the fallen heroes while cementing the modern presence of women in extreme adventure and defense.

-Small lines that are full of strength:  
-She exhaled. 'Because God made me a woman is no reason to be such a woman as men wish to make me!'

-How dare a person tell a woman, how to dress, how to talk, how to behave! Any being who does that, is no human

We will add a poem to the prose  
"You are Fire!  
Don't believe these mere mortals.  
They want to put you on a pedestal  
and sing paeans to you;  
later they would burn you  
in the altar of that same fire!  
Stand away and stand alone!  
You are limitless!  
But these mortals can only limit your sky!  
You are the Universe! But they will only give you a little space!'

## Hard Work Vs Smart Work



Surinderpal Singh

In a world driven by competition, innovation and rapid technological advancement, the debate between hard work and smart work is becoming increasingly significant. For generations, hard work has been regarded as the foundation of success, teaching individuals the values of discipline, patience, perseverance and dedication. However, in the modern era, smart work has emerged as an equally important approach, emphasising strategic planning, efficient resource utilisation and the intelligent application of knowledge. The real question is not about answering that which approach is superior, but how these two complementary principles can be combined to achieve meaningful and sustainable success.

Hard work refers to the consistent investment of time, energy and effort in pursuit of a particular goal. It demands determination, self-discipline and the willingness to overcome obstacles without surrendering to failure. Whether it is a student preparing for an examination, a farmer cultivating a field, a scientist conducting research or an athlete preparing for competition, sustained effort remains essential for progress. Hard work develops character and strengthens resilience. It teaches individuals to face difficulties, learn from mistakes and remain committed even when immediate results are not visible. Many remarkable achievements in history have been built upon years of persistent effort, repeated experimentation and countless failures.

evertheless, hard work alone does not always guarantee success. Working for long hours without a clear direction, appropriate methods or periodic evaluation may lead to exhaustion, wasted resources and disappointing outcomes. Effort is valuable, but effort without direction can become inefficient. Smart work involves accomplishing tasks through careful planning, critical thinking, prioritisation and the effective use of available resources. Rather than merely increasing the number of hours spent on a task, it focuses on improving the quality and effectiveness of those hours. A student who studies every chapter repeatedly without understanding its concepts may spend considerable time yet achieve limited results. In contrast, a student who identifies learning gaps, practises important questions, uses active-recall techniques and revises strategically may learn more effectively in less time. Similarly, a farmer who adopts soil testing, appropriate irrigation, weather information and modern agricultural techniques may improve productivity while reducing unnecessary expenditure. In industry, automation and data analysis can eliminate repetitive tasks, allowing employees to concentrate on creativity, decision-making and innovation. Smart work, therefore, is not a shortcut to avoid responsibility. It is the intelligent organisation of effort to obtain better results. It requires knowledge, experience, observation and the ability to identify what genuinely matters.

The fundamental difference between hard work and smart work lies in their primary emphasis. Hard work

focuses on the amount and consistency of effort, whereas smart work focuses on the strategy and effectiveness of that effort.

Hard work builds endurance, practical experience and discipline. Smart work improves efficiency, saves time and encourages innovation. Hard work helps individuals remain committed to their goals, while smart work helps them determine the most effective route towards those goals. For example, two employees may be assigned the same project. One may attempt to complete every task manually, spending long hours on repetitive activities. The other may divide the project into manageable stages, establish priorities, use appropriate digital tools and monitor progress. The second employee may complete the assignment more efficiently. However, if neither employee possesses the dedication to complete the project carefully, even the best strategy may fail. This comparison demonstrates that hard work and smart work are not opposing forces. They represent two dimensions of effective performance: the willingness to act and the wisdom to act correctly.

The education system provides an ideal environment for understanding the relationship between hard work and smart work. Students often associate success with studying for long hours, memorising large quantities of information and completing numerous exercises. Although regular practice is important, effective learning also requires conceptual clarity, curiosity, time management and appropriate study techniques. Teachers should encourage students to understand principles rather than depend entirely on rote memorisation. Project-based learning, practical experiments, collaborative activities and problem-solving exercises can help learners apply knowledge intelligently. At the same time, students must understand that no technique can replace consistent preparation and sincere effort.

The growing influence of artificial intelligence and digital learning tools makes this balance even more important. Technology can explain difficult concepts, organise information and support personalised learning. However, students must still develop independent thinking, verify information and practise essential skills. Using technology intelligently is smart work; relying on it without understanding is not. The ultimate purpose of education should be to develop individuals who can work diligently, think independently and solve problems creatively. In today's professional environment, productivity is increasingly measured by the value and quality of outcomes rather than the number of hours spent at a workplace. Organisations require employees who can combine commitment with creativity, technical competence and sound judgement.

An entrepreneur may work tirelessly to establish a business, but without market research, financial planning and an understanding of customer needs, the enterprise may struggle. Conversely, an excellent business strategy cannot succeed without implementation, consistent monitoring and the determination to overcome setbacks.

Scientists offer another powerful example. Scientific progress requires years of patient observation, experimentation and verification. Yet scientific breakthroughs also depend on asking the right questions, selecting appropriate methods and interpreting evidence intelligently. Hard work generates the data and experience; smart work helps transform them into meaningful discoveries. In healthcare, agriculture, education, engineering and public administration, the same principle applies. Effective performance emerges

when sustained effort is guided by sound judgement and evidence-based decisions.

An excessive emphasis on hard work can sometimes create the mistaken belief that exhaustion is proof of dedication. People may feel guilty about resting, working beyond their capacity or sacrificing personal well-being in the pursuit of success. Such practices can eventually result in stress, reduced concentration and burnout. Smart work encourages individuals to recognise their limitations, organise workloads, take appropriate breaks and evaluate progress. Rest is not necessarily a waste of time; it supports recovery, concentration and sustained performance.

However, smart work should not become an excuse for procrastination, superficial preparation or the search for effortless achievement. Genuine efficiency requires self-awareness, accountability and a willingness to improve. The most effective individuals understand when to work harder, when to change their strategy and when to pause and reassess their priorities. Success is not simply about doing more. It is about doing what matters, doing it well and maintaining the capacity to continue.

The most productive approach is to integrate hard work with smart work through a practical cycle of planning, action, evaluation and improvement.

First, individuals should establish clear and realistic goals. Second, they should identify the most effective methods and resources available. Third, they must devote consistent effort to implementation. Finally, they should evaluate their results, learn from mistakes and modify their strategies where necessary.

This approach transforms hard work from blind repetition into purposeful action and smart work from clever planning into measurable achievement.

A person who works hard without thinking may move continuously without reaching the desired destination. A person who thinks intelligently but refuses to act may never begin the journey. Success belongs to those who combine the determination to persevere with the wisdom to adapt.

The comparative study of hard work and smart work reveals that neither can be considered universally superior to the other. Hard work provides the foundation of perseverance, discipline and practical experience, while smart work supplies direction, efficiency and innovation. Their relative importance may vary according to the nature of a task, but lasting achievement generally requires both. In an age of automation, artificial intelligence and increasing competition, the ability to work intelligently is becoming more valuable than ever. Yet technology cannot entirely replace human determination, ethical responsibility, patience and commitment. The future will favour those who know how to combine human effort with intelligent methods. Ultimately, success is not determined merely by how much energy we expend or how quickly we complete a task. It depends on whether our efforts are purposeful, our decisions are informed and our actions are consistent. Hard work gives strength to our efforts, smart work gives direction to our actions, and the combination of both turns ambition into achievement. The true formula for success is not simply to work harder or smarter, but to work hard on the right things and work smart in the right way.

Surinderpal Singh  
Faculty In Science Department  
Sri Amritsar Sahib Punjab.

## Gujjar Writers and Intellectuals Welcome Government Assurance on Official Language Status for Gojri, Punjabi

Javed Rahi, Munshi Khaki, Sharief Shaheen, Manzoor-ul-Haq, Rana Abrar, Dr Ishtiaq Misbah, Kulsoom Choudhary, Javed Masroor and Bilal Zamzam issue joint statement



Noor Mohammad Trali

Several senior and young Gojri writers and intellectuals have welcomed the Jammu and Kashmir Government's assurance that Gojri, along with Punjabi, may soon be granted official language status in the Union Territory. They expressed satisfaction over the proposed move, describing it as an encouraging step towards recognising the linguistic rights of Gojri-speaking people, who constitute a significant section of the population.

The writers said the proposed decision would address a long-pending demand of the Gojri-speaking community and reflect the government's commitment to protecting the linguistic and cultural heritage of Jammu and Kashmir.

It may be recalled that on October 14, during a meeting chaired by Member of Parliament Shami Oberoi, an assurance was reportedly given that the government was deliberating on introducing a bill during the forthcoming winter session of the Assembly to include Punjabi and Gojri in the list of official languages of Jammu and Kashmir.

In September 2020, the government had included only English, Urdu, Hindi, Kashmiri and Dogri among the Union Territory's official languages. The exclusion of Gojri and Punjabi had triggered widespread resentment among speakers and representatives of the two languages, who had been demanding official recognition for their mother tongues.

Welcoming the government's proposed move, the prominent Gojri writers and

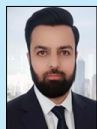
intellectuals who issued the joint statement included noted Gojri scholar Dr Javed Rahi; Muhammad Munshi Khaki, a Gojri poet and writer from Ganderbal and former officer of Sherazada Gojri; Sharief Shaheen Sood, a former IAS officer and fiction writer from Baramulla; Manzoor-ul-Haq Kalaiwi, a Gojri poet and writer from Poonch; Rana Abrar, a young writer and Gojri scholar from Lolab; Dr Ishtiaq Misbah, a young writer and Gojri scholar from Rajouri; Kulsoom Choudhary, a Gojri woman writer from Reasi; Bilal Zamzam, a Gojri poet from Doda; and Javed Masroor, a Gojri poet from Bandipora.

The writers urged the government to translate its assurance into action without further delay and ensure that Gojri receives its rightful place among the official languages of Jammu and Kashmir.

They also called for the introduction of Gojri in schools, colleges and universities in accordance with the recommendations of the National Education Policy (NEP) 2020. They stressed the need to initiate teaching, learning and research in the language on a priority basis to strengthen its academic standing and ensure its preservation for future generations.

The writers further expressed concern over the acute shortage of staff in the Gojri section of the Jammu and Kashmir Academy of Art, Culture and Languages. They urged the government to take appropriate measures to address the shortage and strengthen the institution, emphasising that a well-equipped cultural academy is essential for the promotion, preservation and development of the region's linguistic heritage.

# Breaking the Tobacco Habit The Road to a Healthier Future



M. Hanief

**S**moking is often treated as an ordinary habit, a social activity or a temporary means of relieving stress. Yet its consequences extend far beyond the momentary pleasure associated with nicotine. From the first puff, tobacco smoke begins affecting the body, damaging tissues and organs and exposing the smoker to thousands of harmful chemicals. What may begin as curiosity or occasional use can gradually develop into dependence, making quitting increasingly difficult.

The need to address tobacco use has become even more important in the present era, when public health is increasingly focused on preventing chronic diseases and improving the quality of life of communities. Tobacco remains one of the major preventable causes of disease and premature death in India, contributing to cancer, cardiovascular diseases, respiratory illnesses and other serious health conditions. The Union Government's National Tobacco Control Programme continues to focus on awareness, enforcement, prevention and cessation services across the country.

The situation deserves particular attention in Jammu and Kashmir. The available Global Adult Tobacco Survey (GATS-2) data cited in the original assessment of the region recorded smoking prevalence at 20.8 per cent among adults, with substantially higher prevalence among men than women. These figures come from GATS-2, conducted in 2016-17, and therefore should be understood as the latest nationally comparable survey data rather than as a newly measured 2026 prevalence estimate. The same data showed that tobacco use in Jammu and Kashmir involved both smoking and smokeless products.

The health consequences of smoking begin long before serious illness becomes visible. Tobacco smoke can damage the respiratory system, affect cardiovascular health and contribute to cancers. It also affects the teeth, gums, skin and sense of smell. Nicotine creates dependence, and when regular users attempt to stop, they may experience irritability, anxiety, restlessness, difficulty sleeping and strong cravings. This cycle of dependence is one reason why tobacco cessation requires not only personal determination but also counselling,

medical support and a supportive social environment.

Another serious concern is the exposure of non-smokers to second-hand smoke. Family members, children, colleagues and other members of the public can be affected when smoking takes place in enclosed or public spaces. Protecting people from second-hand smoke is therefore

institutions, and official programme data list hundreds of such institutions in the Kashmir Division.

The challenge is also changing with the wider transformation of the tobacco and nicotine environment. Young people today are exposed to information and commercial content through social media and digital platforms, making awareness



not merely an individual matter; it is a broader responsibility involving families, institutions, businesses and public authorities.

Jammu and Kashmir has already undertaken several measures aimed at reducing tobacco consumption. The enforcement of the Cigarettes and Other Tobacco Products Act, 2003, restrictions on smoking in public places, awareness programmes and tobacco-control initiatives are important components of this effort. National tobacco-control rules also prohibit the sale of tobacco products to minors and prohibit tobacco sales within 100 yards of educational institutions. Electronic cigarettes are separately prohibited under the 2019 law.

The present approach to tobacco control, however, needs to go beyond enforcement alone. Punishment and fines can discourage violations, but long-term success depends upon changing social attitudes towards tobacco. A young person who sees smoking as fashionable, modern or a symbol of independence may eventually become a regular consumer. This makes prevention among adolescents and young adults particularly important.

Educational institutions have a crucial role to play in this regard. Schools and colleges can create environments where tobacco use is openly discussed as a public-health issue rather than treated as a normal part of growing up. The national tobacco-control programme continues to promote tobacco-free educational

campaigns increasingly important in the online space. Tobacco-control messaging therefore needs to communicate through the same modern channels that influence young people's choices. Awareness campaigns should be factual, engaging and continuous rather than limited to occasional observances or formal programmes.

Rural and urban areas also require approaches suited to their respective circumstances. Available survey data have shown differences in the pattern of tobacco consumption between rural and urban populations, with smokeless tobacco and certain smoking products remaining important concerns in rural areas. This means that tobacco-control programmes cannot depend upon a single strategy. Community-level awareness, involvement of local institutions and easily accessible cessation support are essential for reaching people beyond major towns and cities.

The connection between tobacco and tuberculosis is another important concern for Jammu and Kashmir and the wider country. Tobacco use increases the risk of developing tuberculosis and can complicate recovery and treatment. Integrating tobacco cessation with tuberculosis services can therefore provide an important opportunity to address two public-health concerns together.

At the same time, there is reason for optimism. India's tobacco-control programme has established tobacco cessation centres and counselling

services, while the national programme provides a toll-free tobacco quitline. Current programme reporting also shows continued use of tobacco cessation counselling and pharmacotherapy services in Jammu and Kashmir, indicating that cessation support is becoming an important component of tobacco control rather than relying exclusively on enforcement.

For an individual smoker, quitting may appear difficult, particularly when nicotine dependence has become established. But quitting is possible, and seeking professional assistance can make the process more manageable. Preparing a quit date, identifying situations that trigger smoking, seeking support from family and friends, and using professional counselling or appropriate treatment can all contribute to successful cessation.

The message for young people is particularly important: it is far easier to avoid tobacco than to overcome dependence after it has become established. Parents, teachers and community leaders can help by creating environments in which smoking and tobacco use are not normalised. A child who grows up in a tobacco-free environment is more likely to understand that health, fitness and self-respect are far more valuable than a habit that can eventually control one's life.

Jammu and Kashmir's natural beauty and cultural identity are among its greatest strengths. Creating cleaner public spaces and healthier communities should be part of that identity. Tobacco-free educational institutions, tourist destinations, workplaces and public places can contribute not only to better health but also to a stronger culture of public responsibility.

The fight against tobacco cannot be won through government action alone. It requires the combined efforts of individuals, families, schools, healthcare professionals, civil society, local authorities and the media. Enforcement must continue, but it should be accompanied by sustained awareness, accessible cessation services and stronger protection for children and young people.

Life is indeed better without smoke. Quitting may not always be easy, but every attempt is a step towards better health. The most important decision is to begin—and for those who have not yet started, the best decision is never to start at all.

**The author is a senior analyst and environmentalist.**

**Feedback can be sent to m.hanief@gmail.com. Twitter/X:**

# Director Colleges holds interactive meeting with Principals of GDCs of Kashmir Division

HT News Network

**SRINAGAR:** Prof. (Dr.) Twinkle Suri, Director Colleges, Jammu and Kashmir, held an interactive meeting with the Principals of Government Degree Colleges (GDC) of the Kashmir Division at Government College for Women, M.A. Road, Srinagar, to discuss institutional challenges and explore measures to strengthen the overall functioning of colleges.

Prof. Seema Naz, Nodal Principal, welcomed the Director Colleges and Principals and assured her commitment to collective efforts towards strengthening the Department of Higher Education.

Addressing the gathering, Prof. (Dr.) Twinkle Suri emphasized the need to understand institutional challenges and practical realities at the grassroots level to develop effective and responsive policy perspectives. She underscored that meaningful progress in Higher Education Institutions requires collective efforts, mutual coordination and a shared commitment to ensuring effective academic delivery.

She highlighted that Principals are not merely administrative heads but also academic leaders who play a pivotal role in shaping the academic environment, guiding faculty members and empowering students. She stressed the importance of strengthening their leadership capacities and enabling them to address institutional needs effectively.

The Director Colleges further emphasized the need to remain sensitive to student grievances, since



they are the most important stakeholders of educational institutions. She called for the effective implementation of robust mentorship programme across all colleges to ensure appropriate guidance and support for students.

Prof. (Dr.) Twinkle Suri also stressed the importance of promoting innovation, research and skill development to make students industry-oriented and employment-ready. She noted that such initiatives would help equip students with the knowledge and competencies envisaged under the National Education Policy (NEP) 2020.

During the interactive session, the Principals

shared their perspectives on the functioning of their respective institutions and highlighted various academic, administrative and infrastructural challenges faced by the colleges.

Taking note of the issues raised, Prof. Suri assured the principals that the concerns discussed would be taken up for appropriate redressal. She reiterated that collective efforts, effective coordination and sustained

engagement among stakeholders are essential for ensuring the smooth functioning of colleges and strengthening the higher education ecosystem across the Kashmir Division.

## PUBLIC NOTICE

It is hereby informed to the general public that I, Zooni Begum, W/o Sonaulah Chopan, R/o Dandmoha, wish to state the following:  
The electricity connection bearing Consumer ID 0212040005897, installed at my residential premises, is currently registered in the name of my deceased Husband, Sonaulah Chopan, S/o Gh Mohd Chopan, 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, JKPD, 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.

**Zooni Begum**  
**W/o Sonaulah Chopan**  
**R/o Dandmoha**

## 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, JKPD, 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**

## Dc Kathua Reviews Progress Of Hadp, Jkcip

HT News Network

**KATHUA, OCTOBER 17:** Deputy Commissioner Kathua Rajesh Sharma today chaired a meeting to review the progress and implementation of the interventions under the Holistic Agriculture Development Programme (HADP) and the Jammu and Kashmir Competitiveness Improvement Project (JKCIP) in the district.

The Deputy Commissioner undertook a detailed review of the progress of ongoing works, implementation of various activities and the status of units established. He assessed the progress achieved under different components of the programmes and took stock of issues affecting their implementation.

Emphasising the importance of effective execution of these initiatives, the DC directed the concerned departments and field functionaries to maintain close coordination and ensure that all approved activities are implemented in a time-bound manner. He stressed the need for regular monitoring of progress, identification of gaps and prompt resolution of issues arising during implementation.

The DC stressed that the progress of units established under HADP and JKCIP should be closely monitored to ensure their effective functioning and achievement of intended objectives.

He called upon the departments to expedite pending activities, adhere to prescribed timelines and ensure accountability at every level.

Underscoring the significance of HADP and JKCIP in transforming the agriculture and allied sectors, the Deputy Commissioner emphasised that coordinated

efforts, regular field-level engagement and effective monitoring are essential to maximise the impact of these initiatives.

The DC specifically directed to convene monthly meetings with Krishi Udyamis to review

their progress, understand the difficulties faced by them and facilitate timely redressal of their grievances.

He called for a structured mechanism to document the issues raised during these meetings, fix responsibility for their resolution and monitor the action taken.

## PUBLIC NOTICE

My Son' name has been wrongly mentioned as ABDUL HADIS/O MOHAMMAD ALTAFA TELI in his date of Birth certificate issued by SDH kreeri bearing Registration No. B- 202601004310000018 While his correct name is ABDUL MANNAN TELI which needs to be corrected if anybody having any objection in this regard he /she may file his/her objection in the office of SDH /BMO office KREERI within seven days from the publication of this notice after that no objection will be entertained

**Name....MOHAMMAD ALTAFA TELI**  
**F/O ...ABDUL MANNAN TELI**  
**R/O ...SHEIKHPORA KREERI**  
**Tehsil...KREERI**  
**DISTT ...BARAMULLA**

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**Tehsil...KREERI**  
**DISTT ...BARAMULLA**

### GOVERNMENT OF (U.T) JAMMU & KASHMIR

### OFFICE OF THE EXECUTIVE ENGINEER JAL SHAKTI (PHE) DEPTT.

Ground Water Division Srinagar

Baghi-Ati-Mardan, Nowshara Srinagar.

E- mail:- hakeemmushtaq.75316@jk.gov.in Tel/ Fax No:- 0194-2412285

#### SHORT TERM

#### NOTICE INVITING e-TENDERS

**GIST of Detailed e- NIT No. :- 71/JS-PHE/GWDS/Mech. of 2026-27.**

For and on behalf of Government of UT - J&K, e-tenders from reputed and resourceful Firms/Companies/drilling agencies/Joint Ventures etc for "registered experienced Contractors of Machine Drilled Hand pump wells" as per details given below. The bidding process shall be completed online on [www.jktenders.gov.in](http://www.jktenders.gov.in) in two covers viz. Cover 1<sup>st</sup> consisting of Pre Qualification Criteria, General Terms and Conditions and Technical Specifications. and Cover 2<sup>nd</sup> shall consist of Financial Bid. in the prescribed B.OQ.

Table-I

| S.No | S.No of AA | Name of work                                                                                     | Est. Cost Rs.in Lacs | Earntest money (EMD) | Cost of Tender Document | Time of completion | Major Head /Programme Dist. Capex Budget 2026-27. (PRI Grants) | Technical Sanction JS-PHE/GWDS/ Dist. Capex Budget/193 of 10/2026 Dt. 07-10-2026 | Tender Co       |
|------|------------|--------------------------------------------------------------------------------------------------|----------------------|----------------------|-------------------------|--------------------|----------------------------------------------------------------|----------------------------------------------------------------------------------|-----------------|
| 1    | 05 (PRI)   | Construction of Borewell at Mulbagh NLO Ab. Ahad Lone at Wussan-A. Pattan in District Baramulla. | Rs. 2.658            | Rs.8,000/-           | Rs.100/-                | 10 Days            |                                                                |                                                                                  | 1 <sup>st</sup> |

Position of Funds: - Available.

- Block Development officer Pattan's letter NO. PB/WS/2026-27/988-90, Dated: 26-09-2026.
- Accord of Administrative Approval issued by the District Development Commissioner Baramulla Vide Order No: 216-DDC OF 2026, issued under endorsement No. DDCB/2026-27/9449-65, Dated: 25-08-2026. (Fig. at Sl. No. 05 of PRI Grants of AAA)

The Bidding Documents and other details can be downloaded from the website:

<https://www.jktenders.gov.in>

From 10.10.2026 (10:00 AM) to 19.10.2026 (11:00 AM)

The Bidding documents consisting of qualifying information, eligibility criteria, specifications, Drawings (if any), Bill of quantities (B.O.Q), Set of terms, conditions of contract and other details can be seen / downloaded from the website:

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As per Critical Dates/Information scheduled given below

Table-II

|    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                                                    |
|----|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------|
| 1. | Publishing Date                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | 10-10-2026 (10:00 AM)                              |
| 2. | Period of Downloading of Bids                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | 10-10-2026 (10:00 AM) upto 19-10-2026 (02:00 P.M.) |
| 3. | Period of Submission of bids                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | 10-10-2026 (10:00 AM) upto 19-10-2026 (02:00 P.M.) |
| 4. | Date of opening of Tender.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | 20-10-2026 (02:00 P.M)                             |
| 5. | Tender Receiving Authority: Executive Engineer, Jal Shakti (PHE) Ground Water, Srinagar Kashmir-190011                                                                                                                                                                                                                                                                                                                                                                                                                                                               |                                                    |
| 6. | Cost of Tender Document : To be deposited online (If available) or Non-Refundable should be in form of DD /TR/ deposited to Account Head 0215 or in favour of Executive Engineer (Jal Shakti) PHE Ground Water Division Srinagar. (The firm shall specify the name of work for which apply)<br>Note: In case the firm/agency/contractor submits/uploaded scanned copy of tender document fee in the shape of DD /TR/ the hard copies shall have be submitted in the divisional office before opening of cover 2 <sup>nd</sup> (Financial Cover) of e-NIT (if needed) |                                                    |
| 7. | Bid Validity Period: 180 Days                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |                                                    |
| 8. | The bids can be downloaded or uploaded on <a href="http://www.jktenders.gov.in">www.jktenders.gov.in</a>                                                                                                                                                                                                                                                                                                                                                                                                                                                             |                                                    |

No instrument—such as an Earnest Money Deposit (EMD), Treasury Receipt, or Challan-generated prior to the publication of the tender document will be accepted. Any bid submitted contrary to this requirement is liable for summary rejection. In the event the tender is retendered due to government exigencies or otherwise, an instrument shall be considered valid only if generated after the date of the initial tender publication.

The cost of Tender Document under Account Head 0215 to be pledged in favour of the Executive Engineer Ground Water Division Srinagar (as specified in the table (I) (Page 1st). Bid security will have to be in any one of the forms as specified in the bidding documents and shall be valid for 180 Days after opening of bid. Bids will be opened in the Office of the Executive Engineer Jal Shakti (PHE) Ground Water Division Srinagar (H.Q. Baghi-Ati-Mardan, Nowshara Srinagar) on 20-10-2026 (02:00 PM) If the office happens to be closed on the date of opening of the bids as specified, the bids will be opened on the next working day at the same time and venue.

No:- JS-PHE/GWDS/26-27/Camp/13928-40

Dated:- 07-10-2026.

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

**DIPK-6886/26**

Date: Oct 17 2026

## (Government of Jammu & Kashm

## OFFICE OF THE COLLECTOR LAND ACQUISITION ASSISTANT COMMISSIONER, (REV.) BARAMULLA.

Subject: De-notification of land measuring 12Kis-15Mls-07Srs in estate Thindma Tehsil Kreeri acquired for construction of Govt. Degree College.

Reference/s:-

- Director Colleges, Higher Education Department letter No. HE/Plan-est/new coll/2018 dated 12-03-2018.
- Director Planning Higher Education Department letter No. HED-PLMG/96/2022-03 (181108) dated 27-04-2022
- Principal GDC Thindma letter No. GDCTK/2025-26/484 dated 10-03-2026
- Tehsildar Kreeri letter No. TK/00/26/156 dated 24/03/2026. De-notification No.: 01 of 2026 01 of 2026. Dated: 17-10-2026.

Whereas, land measuring 123 Kanals 15 Marlas 07 Srs comprising proprietary land (74Kis-16Mls-07Srs) as well as Kahcharie land measuring (48Kis-19Mls) was notified under Section 4(1) of the J&K State Land Acquisition Act, Smvt. 1990 vide No. DCB/LA/GDC Thindma Kreeri/ 218/592 Dated 30-03-2018 for construction of newly created Govt. Degree College Thindma, Tehsil Kreeri, District Baramulla. Whereas, the rates for the aforesaid proprietary land were negotiated with the concerned land owners on 24-04-2018 and accordingly the case was processed and submitted to Govt. through Divisional Commissioner, Kashmir on 27-06-2018 for approval of rates as the pecuniary limits involved were beyond the competence of Collector/District Collector.

Whereas, in the meantime, the J&K Govt. through Higher Education Department decided to establish all the newly created Degree Colleges on available Govt. land including the subject Degree College.

Whereas, upon the ground verification and feasibility the Kahcharie land measuring 48Kis-19Mls notified under the aforementioned Section-4(i) notification was taken over by Higher Education Department for construction of the subject Degree College.

Whereas, the case for transfer of said Kahcharie land measuring 48Kis-19Mls in favour of Higher Education Department was processed separately and submitted to Govt. through Divisional Commissioner, Kashmir vide No. DCB/LA/Trf/2051-59 Dated 17-07-2019 for transfer of the same in favour of Higher Education Department.

Whereas, the transfer case of the said Kahcharie land was returned from the office of Divisional Commissioner, Kashmir with observations vide No. DivCom/LAS-Acq/3425/6618 Dated 30-08-2019 followed by DivCom/LAS-3425/146 Dated 07-06-2021, stating therein that the land under acquisition proceedings is required to be formally de-notified/withdrawn from the acquisition proceedings before processing transfer case of said Kahcharie land for the same public purpose after obtaining formal consent from the Higher Education Department. Whereas, the matter was taken up with Higher Education Department vide No. DCB/LA/Degree College-Bla/592 Dated 13-08-2021 for necessary consent for de-notification of the land from the acquisition proceedings.

Whereas, the Higher Education Department vide No. HED-PLNG/96/2022-03(181108) Dated 27-04-2022 submitted report that land measuring only 48Kis-19Mls (Kahcharie land) under Survey No. 518 Min in estate Thindma stand handed over to their Department and needs to be transferred for establishment of Degree College Thindma. Furthermore, it was also reported that Higher Education Department is no more interested to acquire any proprietary land for the purpose and the proprietary land notified earlier for the establishment of College, may be de-notified.

Whereas, a joint meeting of all stakeholders viz Principal Degree College Thindma and Tehsildar Kreeri was convened in the office of undersigned on 24-02-2026 to deliberate upon the issues regarding de-notification of the land in question. Both the officers in the meeting as well as through formal communication asserted that Degree College Thindma is presently in possession of 48 Kis-19Mls of Shamlat Kahcharie land under Survey No. 518 of estate Thindma for construction of the college building and no proprietary/private land notified earlier has been taken over by Higher Education Department and the same is in continuous cultivation of the respective landowners.

Whereas, after examining the case in detail, it is concluded that notified proprietary land measuring 74 Kanal 16 Marla 7 Srs is neither required by the indenting department nor has been taken over by them and as such needs to be de-notified. Besides, Kahcharai land measuring 48 Kis 19 Mls which is under possession of Degree College Thindma is also required to be de-notified in first instance so that consequent transfer proceedings of this land can also be culminated under norms. It is place to mention here that after issuance of notification under Section 4(1) of erstwhile Land Acquisition Act, Smvt. 1990, no declaration has been made under Section-6 of erstwhile Land Acquisition Act, Smvt. 1990.

Now, therefore in terms of Section 46 of J&K State Land Acquisition Act Smvt. 1990 read with rule 43 of the land acquisition rules, land measuring 123 Kanals 15 Marls 07 Srs in estate Thindma Tehsil Kreeri District Baramulla notified earlier under section 4(1) vide No. DCB/LA/GDC Thindma Kreeri/ 218/592 Dated 30-03-2018 is hereby de notified from land acquisition proceedings ab-initio.

Details of de-notified land are as under:

| Name Of District | Name Of Tehsil | Name Of Village | Survey No.  | Area |     |     |
|------------------|----------------|-----------------|-------------|------|-----|-----|
| Baramulla        | Kreeri         | Thindma         |             | Kis  | Mls | Sir |
|                  |                |                 | 484         | 02   | 13  | 03  |
|                  |                |                 | 1177/485    | 05   | 04  | 00  |
|                  |                |                 | 1178/485    | 01   | 00  | 00  |
|                  |                |                 | 486         | 06   | 09  | 00  |
|                  |                |                 | 487         | 04   | 14  | 00  |
|                  |                |                 | 1124/488    | 01   | 10  | 00  |
|                  |                |                 | 1125/488    | 01   | 10  | 00  |
|                  |                |                 | 488/1       | 00   | 10  | 00  |
|                  |                |                 | 489         | 00   | 11  | 03  |
|                  |                |                 | 490         | 03   | 13  | 00  |
|                  |                |                 | 948/491     | 03   | 04  | 00  |
|                  |                |                 | 949/491     | 05   | 00  | 00  |
|                  |                |                 | 492         | 07   | 00  | 00  |
|                  |                |                 | 493         | 00   | 07  | 00  |
|                  |                |                 | 494         | 01   | 09  | 00  |
|                  |                |                 | 495         | 04   | 10  | 00  |
|                  |                |                 | 496         | 05   | 07  | 00  |
|                  |                |                 | 950/497     | 04   | 00  | 00  |
|                  |                |                 | 951/497     | 03   | 19  | 00  |
|                  |                |                 | 498         | 01   | 04  | 00  |
|                  |                |                 | 952/853/499 | 04   | 03  | 00  |
|                  |                |                 | 953/853/499 | 02   | 00  | 00  |
|                  |                |                 | 951/852/499 | 02   | 00  | 00  |
|                  |                |                 | 798/515     | 01   | 11  | 01  |
|                  |                |                 | 855/799/515 | 01   | 08  | 00  |
|                  |                |                 | 518         | 48   | 19  | 00  |
|                  |                |                 | Total       | 123  | 15  | 07  |

No: DCB/LA/2026/592/4069-76.

Dated:17/10/2026

**Sd/-Collector Eand Acquisition**  
**Assistant commissioner,**  
**(Rev.), Baramulla.**

**DIPK-6870/26**

Date: Oct 17 2026

## Consistent international exposure essential to prepare players for major competitions: RP Singh

United News Of India

LUCKNOW, OCTOBER 17 : Dr. R P Singh, Chief Selector of the Indian Hockey Team and President of Uttar Pradesh Hockey, emphasised the need to provide players with consistent international exposure to prepare them for major competitions, saying that regular participation in international tournaments is crucial to improving performance at the world level.

In an exclusive interview with UNI, Singh said efforts are being made to enhance players' skills, fitness and competitive abilities through national camps and international tournaments, while strengthening team combinations. Reflecting on Indian hockey's recent performances following the 20th Asian Games in Japan, Singh said Indian teams have consolidated their position at the Asian level, but converting that success into medals at global competitions remains a major challenge.

Indian players in the men's and women's teams, as well as in the junior category, have achieved several significant milestones. Elaborating on the performance of the Indian teams, the player selection process,



and future preparations, Dr. Singh stated that the selection committee focuses on building the best possible team combination based on current performance, fitness, and international experience. Special attention is being given to nurturing young talent in the junior and under-18 categories, alongside the senior teams, to develop strong players for the future. He further stated that Indian hockey has consistently performed well in Asian competitions over the past few years.

The men's team won gold and the women's team secured bronze at the 19th Asian Games. The men's side also clinched the Asian Champions Trophy in 2023, while the women's team won the Women's Asian

Champions Trophy in Ranchi. The Indian men's team further strengthened its record by winning a bronze medal at the 2024 Paris Olympics, followed by another Asian Champions Trophy title. In 2025, the team won the Asia Cup in Rajgir and secured silver at the 31st Sultan Azlan Shah Cup.

The women's team has also delivered encouraging results, winning the Women's Asian Champions Trophy in Rajgir in 2024, finishing runner-up at the 2025 Women's Asia Cup and securing the title at the 2026 FIH Women's Nations Cup. Singh said the performances of India's junior teams has also been encouraging. Both the men's and women's teams won gold medals at

the 2026 Junior Asia Cup in China. The men's team also emerged champion at the Under-18 Asia Cup in Kakamigahara, while the women's team claimed bronze. It is noteworthy that the Indian team won the bronze medal at the 2025 FIH Men's Junior World Cup in Tamil Nadu. The junior team finished runner-up at the Sultan of Johor Cup. Previously, the team had won bronze and third place, respectively, in 2024 and 2023. Both the Indian men's and women's teams won gold medals at the 2024 Junior Asia Cup in Muscat. Indian teams have also made their mark in the five-a-side format. The men's team won the Asian Hockey Five-a-Side Championship in 2026, while the women's team finished runner-up. The women's side had earlier claimed silver at the 2024 FIH Five-a-Side Women's World Cup. Despite these achievements, Singh acknowledged that Indian hockey needed to make further progress at the global level. India's men's team finished eighth and the women's team fifth at the 2026 FIH Hockey World Cup, underlining the gap between the teams' performances in Asian and international competitions. He said the challenge before the selection committee is to

## Cricket and Football Tournaments Organised by Kulgam Police Conclude

Farooq Rather

**KULGAM: OCT. 17:** The cricket tournaments at Nehama sports ground, Adijan DH Para sports ground and football tournament at Wanpora Batapora sports ground organised by Kulgam Police under the Civic Action Programme (CAP) 2026-27 concluded successfully, witnessing enthusiastic participation from local youth and sports enthusiasts.

The tournaments were organised with the aim of promoting sports culture, encouraging youth participation in constructive activities, fostering discipline and teamwork, and strengthening police-public relations. The events provided a platform for young and aspiring sports persons to showcase their talent and sportsmanship.

Throughout the tournaments, players displayed commendable dedication, discipline and team spirit. The initiative reflects the commitment of Kulgam Police towards youth engagement, community outreach and the



promotion of a healthy and positive environment through sports.

Kulgam Police reiterated its commitment to organising such youth-oriented activities in the future to channelise the energy of young people towards constructive pursuits and strengthen the bond between the police and the public.

## Neeraj Chopra targets strong comeback in 2027 after injury-hit season

United News Of India

**NEW DELHI, OCT. 17:** Double Olympic medallist Neeraj Chopra is targeting a strong comeback next year after an ankle injury brought his 2026 season to an early end, ruling him out of the Diamond League Final and the Asian Games in Aichi-Nagoya,

it is going to be held in 2028. As you might know, I sustained an injury, but I am now in the process of making a comeback. My focus now is on staging a strong, solid comeback next year and delivering the kind of performance I've been aiming for," he said on the sidelines of an event launch in Mumbai.



where he was due to defend his men's javelin title.

Chopra, who won gold at the Tokyo 2020 Olympics and silver at Paris 2024, suffered an ankle ligament tear during a training session earlier this season. The injury came after he threw 88.05 metres to finish second at the Lausanne Diamond League, his best effort of the season.

With the 2028 Los Angeles Olympics on the horizon, the 28-year-old is now focused on completing his recovery and returning to competition at his best next year.

"There's still some time for the Olympics;

Although Chopra missed the Asian Games, India continued its medal-winning run in the men's javelin, with Yash Vir Singh taking silver with a personal best of 85.72 metres and Rohit Yadav claiming bronze with a throw of 84.35 metres. Sri Lanka's Ramesh Pathirage won gold with an effort of 88.55 metres. Chopra praised the performances of Yash Vir and Rohit, saying their medals in the absence of both him and Kishore Jena

reflected the growing depth of young javelin talent in the country. He also urged the two athletes to remain injury-free and enjoy their sport.

## India target strong Asian Para Games campaign amid selection controversies

United News Of India

**NEW DELHI, OCT. 17:** India will face a stiff challenge to improve on its best-ever finish at the 2026 Asian Para Games, with a significantly smaller contingent and selection-related controversies in para-shooting and para-cycling adding to the hurdles ahead of the Aichi-Nagoya Games, which begin on Sunday.

India finished fifth at Hangzhou in 2023 with a record 111 medals, comprising 29 gold, 31 silver and 51 bronze. This time, however, the country will be represented by around 168 athletes across 11 disciplines, a sharp decline from the 303 who competed in China.

The reduction in numbers has been attributed to tighter participation quotas and changes in the events on offer. With fewer athletes in the fray, India will rely heavily on its established performers, while hoping that emerging talents can make the most of their opportunities on the continental stage. Competition began on Saturday in para-badminton, para-table tennis, boccia and blind football, a day before the opening ceremony. India narrowly missed out on fourth place in Hangzhou, finishing behind South Korea by a single gold medal. Breaking into the top four again will be a difficult task.

## Jayawardene parts ways with Mumbai Indians ahead of IPL 2027 auction

United News Of India

**NEW DELHI, OCT. 17:** Five-time IPL champions Mumbai Indians will head into the IPL 2027 auction with a new head coach after Mahela Jayawardene and the franchise decided to part ways following two underwhelming seasons. The move marks the end of the former Sri Lanka captain's second stint in the role, which began ahead of the 2025 season.

Jayawardene's exit comes after Mumbai finished ninth in IPL 2026, winning just four of their 14 matches. The Mumbai franchise had reached Qualifier 2 in 2025 but could not sustain that form in the following season, leaving the management with several questions to address before the next campaign.

The franchise confirmed the separation in a statement, with Jayawardene reflecting on an association that has lasted more than a decade.

"Mumbai Indians has been a very special part of my journey for over a decade now," Jayawardene said in an MI statement. "The players, coaching team, the incredible support

of the #OneFamily and above all the fans have made this an experience I will always treasure. Together, we have shared some unforgettable moments, overcome challenges and built



something we can all be proud of. I want to sincerely thank Mrs. Nita Ambani and Akash Ambani for their unwavering trust, support and friendship over the years. I leave with immense pride in what we have achieved together and will always carry a special place in my heart for MI. I wish the team every success in the years ahead."

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