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HEADLINES TODAY
Voice To The Voiceless



P:12 Stay in shape and prepare well for Sri Lanka: Gambhir's message to T20I side

EOW Kashmir Files Chargesheet In ₹35-Lakh Cheque Fraud Case

Pulwama Resident Accused Of Issuing Cheque In Deceased Father's Name; Chargesheet Submitted Before CJM Court

HT NEWS DESK / AGENCIES

SRINAGAR, NOVEMBER 04: The Economic Offences Wing (EOW) Kashmir of Crime Branch Jammu and Kashmir has filed a chargesheet against a Pulwama resident in an alleged 35-lakh cheque fraud case before the Court of Chief Judicial Magistrate, Pulwama. The accused, identified as Mushtaq Ahmad Yatoo of Chanpora, Rajpora, allegedly issued a cheque to settle outstanding business dues, which was dishonoured after it was found to have been issued in the name of his father, who had died two years earlier, with the accused allegedly affixing his own signatures. The case is registered under FIR No. 44/2026 under Sections 318(2), 336(3) and 340 of the

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"Time To Translate Higher Education Initiatives Into Tangible Achievements": LG Sinha

Sets Six-Month Deadline For Universities To Implement 'Design Your Degree' Programme; Calls For Sharing Of Academic Credits and Research Laboratories

HT NEWS NETWORK



JAMMU, NOVEMBER 04: Lieutenant Governor Manoj Sinha on Wednesday chaired a high-level meeting of the Jammu and Kashmir Higher Education Council (JKHEC) at Lok Bhavan, setting a six-month deadline for universities across Jammu and Kashmir to roll out the 'Design Your Degree' (DYD) programme and calling for accelerated academic reforms in line with the National Education Policy (NEP) 2020.

The meeting, attended by Chief Minister Omar Abdullah, deliberated on a forward-looking roadmap for transforming the higher education landscape of Jammu and Kashmir, with particular emphasis on academic excellence, research and innovation, institutional collaboration and preparing universities to address emerging challenges and opportunities.

Emphasising the need to move beyond policy deliberations towards measurable outcomes, the Lieutenant Governor said that transforming higher education into a comprehensive, holistic and visionary system was a shared responsibility of all stakeholders.

"The time has now come to translate Higher Education Council initiatives into tangible achievements, while ensuring that every student benefits from outcome-oriented asset utilization," Sinha said.

He stressed that universities must work in close coordination and develop a collaborative academic ecosystem by sharing academic credits, research laboratories, infrastructure and other institutional resources. He observed that effective implementation of reforms would require deep-rooted institutional changes, stronger intra-university coordination and a well-defined long-term strategy.

>>> MORE ON P 02

JP Nadda Likely To Inaugurate AIIMS Awantipora on 5th November

₹2,160-Crore Project To Mark Major Healthcare Milestone; 750-Bed Tertiary Care Institute Expected To Strengthen Specialised Services In Kashmir

HT NEWS DESK / AGENCIES



SRINAGAR, NOVEMBER 04: Union Health Minister J.P. Nadda is likely to inaugurate the All India Institute of Medical Sciences (AIIMS) at Awantipora in south Kashmir's Pulwama district on Thursday at 10 AM, according to sources. Developed under the Pradhan Mantri Swasthya Suraksha Yojana at a revised estimated cost of over 2,160 crore, the institution is planned as a 750-bed tertiary healthcare facility aimed at strengthening specialised medical services, medical education and research infrastructure. Its inauguration is expected to mark a significant step towards operationalising the long-delayed project, although the commissioning of individual departments and specialised services will depend on their operational readiness.

Union Health Minister J P Nadda will likely inaugurate the All India Institute of Medical Sciences (AIIMS) at Awantipora in south Kashmir's Pulwama district on Thursday at 10 am, top sources told Kashmir News Service (KNS).

>>> MORE ON P 02

Winter Tightens Grip On Kashmir As Temperatures Dip, Snowfall Likely In Higher Reaches

MeT Forecasts Light Rain On Thursday And Another Wet Spell On November 10–11; Morning Fog Expected To Intensify Across The Valley



HT NEWS DESK / AGENCIES

SRINAGAR, NOV 04 : Jammu and Kashmir is likely to receive light rainfall at isolated places and snowfall over higher reaches on Thursday, while temperatures are expected to dip further and morning fog may become more frequent across the region.

Director Meteorological Department Mukhtar Ahmad told the news agency—Kashmir News Observer (KNO) that another weather system is expected to affect Jammu and Kashmir on November 10 and 11, bringing the possibility of light rain in parts of both divisions and snowfall over higher-altitude areas.

Ahmad said weather conditions are likely to remain largely dry across the region after the November 5 spell until November 9.

He said isolated thunderstorms cannot be ruled out during November 10 and 11, although no significant weather activity is expected under the current forecast.

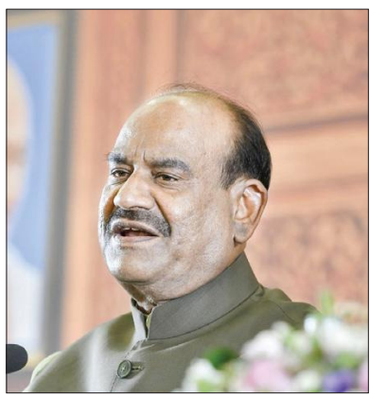
Meanwhile, minimum temperatures continued to remain low across several parts of Kashmir, with Kupwara and Gulmarg recording sub-zero temperatures on Wednesday.

>>> MORE ON P 02

Om Birla Calls For Common Digital Audit Monitoring Platform For Legislatures

Lok Sabha Speaker Stresses Technology-Driven Transparency, Timely Audit Follow-Up And Greater Accountability In Public Expenditure

HT NEWS DESK / AGENCIES



THIRUVANANTHAPURAM, NOVEMBER 04: Lok Sabha Speaker Om Birla on Wednesday called for establishing a common digital Audit Monitoring Platform for Parliament and state legislatures to strengthen scrutiny of audit observations and ensure timely implementation of recommendations. Addressing the valedictory session of the two-day Conference of Chairpersons of Public Accounts Committees in Thiruvananthapuram, Birla emphasised that technology must improve transparency, efficiency and accountability while remaining guided by human judgment. He said every rupee of public money must be accounted for and stressed that legislative oversight should assess not merely expenditure but also the actual outcomes of government schemes and welfare programmes.

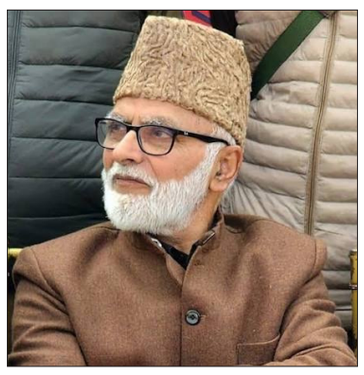
Lok Sabha Speaker Om Birla on Wednesday called for a common digital Audit Monitoring Platform for state legislatures on the lines of the system available to parliamentary committees, saying it would strengthen monitoring of audit

>>> MORE ON P 02

"Every Deserving Family Must Receive Timely Assistance": Sagar

Minister Directs Time-Bound Relief And Rehabilitation, Restoration Of Migrant Properties And Improved Facilities In Migrant Colonies

HT NEWS NETWORK



JAMMU, NOVEMBER 04: Minister for Revenue, Power Development, Disaster Management, Relief and Rehabilitation Ali Mohammad Sagar on Wednesday directed officials to ensure time-bound delivery of relief, compensation and rehabilitation measures for migrant families and disaster-affected households. Chairing a comprehensive review meeting of the DMRRR Department, the Minister stressed expeditious restoration of migrant properties, action against encroachments, resolution of service-related issues of migrant employees and improvement of basic facilities in migrant colonies. He also called for establishing community halls and digital libraries, ensuring uninterrupted ration supplies and strengthening disaster preparedness, particularly for vulnerable and nomadic communities. Minister for Revenue, Power Development Department (PDD),

>>> MORE ON P 02

Crime Branch Files Chargesheet Against Pulwama Man in Rs 35 Lakh Cheque Fraud Case

HT NEWS DESK / AGENCIES

SRINAGAR, NOV 4,: The Economic Offences Wing (EOW) Kashmir of Crime Branch J&K has filed a chargesheet against a Pulwama resident in an alleged Rs 35 lakh cheque fraud case before the Court of Chief Judicial Magistrate (CJM), Pulwama.

The accused has been identified as Mushtaq Ahmad Yatoo, son of Ali Mohammad Yatoo, a resident of Chanpora, Rajpora, Pulwama. The chargesheet has been filed in connection with FIR No. 44/2026 registered under Sections 318(2), 336(3) and 340 of the Bharatiya Nyaya Sanhita (BNS).

According to the investigation, the case originated from a written complaint alleging that the complainant was in a partnership business with the accused. During the settlement of business accounts, an amount of Rs 35 lakh was found outstanding against the accused.

The complainant alleged that the accused issued a cheque to clear the liability. However, the cheque was dishonoured by the bank after it emerged that it had been issued in the name of the accused's father, who had died two years earlier.

>>> MORE ON P 02

Two killed as fire engulfs 80 makeshift shelters in Srinagar

HT NEWS DESK / KNS

SRINAGAR, NOV 4 :Two persons, including a 16-year-old boy, were killed after a massive fire destroyed around 80 makeshift shelters in the Bemina area of Srinagar, officials said on Wednesday.

The fire broke out around 12.23 am in the Durbal locality and quickly spread through the temporary structures, mostly made of tarpaulin and wood, they said.

An empty poultry farm and a tipper were also damaged in the blaze.

Fire and Emergency Services personnel from JVC and Rawalpora fire stations, along with reinforcements from the department's headquarters at Batamaloo, rushed to the spot to douse the flames.

Officials said the fire had engulfed the entire area by the time firefighting teams were called, making the operation challenging.

After the fire was brought under control, two bodies were recovered from the debris.

The deceased were identified as Mohammad Noor Alam (27), son of Abdal Wahab, and Al Ameen (16), son of Mohammad Rafi. Both were

>>> MORE ON P 02

HT BOTTOM NEWS

Jhelum Water Transport Project: Div Com Directs Departments To Remove Bottlenecks

Reviews Infrastructure Preparedness, Utility Shifting And Navigational Facilities; Seeks Time-Bound Action From Concerned Departments



HT NEWS DESK / AGENCIES

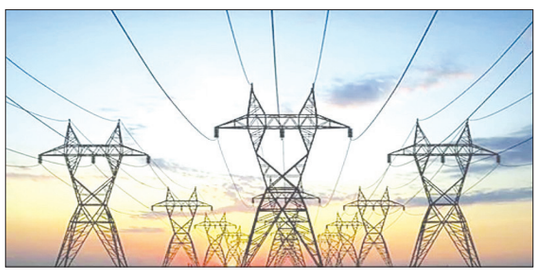
SRINAGAR, NOVEMBER 04: Divisional Commissioner Kashmir Anshul Garg on Wednesday reviewed the progress of the Jhelum Water Transport Project and directed concerned departments to expedite the resolution of bottlenecks hampering its implementation. During a high-level meeting attended by representatives of the Inland Waterways Authority of India and other departments, Garg assessed issues relating to road widening, removal of trees, wastewater disposal, electricity and water connections at eight identified locations, shifting of utilities, improvement of approach roads and renovation of the Chattabal Navigational Lock. He stressed coordinated and time-bound action, observing that the project was being closely monitored by the Government of India.Divisional Commissioner Kashmir, Anshul Garg, on Wednesday chaired a high-level meeting to review the progress made in resolving various issues and bottlenecks affecting the progress of water transport facilities along River Jhelum.

The meeting was convened to assess the status of issues faced by the Inland Waterways Authority of India (IWAI) project and to ensure coordinated efforts among the concerned departments for facilitating the smooth execution and timely advancement of the Jhelum Water Transport Project.

The meeting was attended by the Commissioner, Srinagar Municipal Corporation (SMC), Deputy Commissioners of Srinagar and Bandipora, Regional Transport Officer (RTO) Kashmir,

>>> MORE ON P 02

KPDCL Announces Scheduled Power Cuts Across Srinagar, Budgam and Pampore



HT NEWS DESK / AGENCIES

SRINAGAR, NOV 4,: The Kashmir Power Distribution Corporation Limited has announced scheduled power shutdowns affecting parts of Srinagar, Budgam and Pampore during November to facilitate maintenance work on 33 kV transmission lines.

According to the published notice, several residential and commercial areas will experience interruptions during the scheduled maintenance periods.

Affected locations include areas served by the Theed-Shalimar, Cheshmashahi-Shalimar and Pampore transmission lines, among others.

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Continue from Front Page.....

EOW Kashmir Files

Bharatiya Nyaya Sanhita, and the chargesheet has been submitted for judicial determination.

"Time To Translate

The meeting discussed modalities for constituting a dedicated Task Force to facilitate the integration of Artificial Intelligence, including Machine Learning, Deep Learning and Data Science, into academic curricula at undergraduate and postgraduate levels.

Highlighting the importance of preserving regional identity alongside technological advancement, Sinha stressed that new academic programmes should incorporate local languages and cultural traditions to make higher education more inclusive, relevant and socially connected.

Earlier, Vice Chairman of the Jammu and Kashmir Higher Education Council, Prof. Dinesh Singh, called for appropriate policy directives to align undergraduate and postgraduate curricula with the 'Design Your Degree' framework. He emphasised the need for coordinated institutional efforts to ensure the effective implementation of the programme.

Vice Chancellors and other members of the Council also presented their suggestions and inputs for advancing the Design Your Degree programme and implementing various interventions envisaged under NEP 2020.

The meeting further reviewed the progress of ongoing initiatives in the higher education sector, including Engineering Kitchens and entrepreneurship programmes. Discussions were also held on budgetary allocations and reforms in the existing fund allocation mechanism to ensure better utilisation of available resources and strengthen institutional capabilities.

Besides Chief Minister Omar Abdullah, the meeting was attended by Minister for School Education, Higher Education and Jal Shakti, Shamim Firdous; JKHEC Vice Chairman Prof. Dinesh Singh; Acting Chief Secretary and Additional Chief Secretary, Finance Department, Shailendra Kumar; Principal Secretary to the Lieutenant Governor, Govind Jaiswal; Commissioner Secretary, Higher Education Department, Ram Niwas Sharma; and Vice Chancellors of various universities.

Those present included University of Jammu Vice Chancellor Prof. Umesh Rai; University of Kashmir Vice Chancellor Prof. Nilofer Khan; Islamic University of Science and Technology Vice Chancellor Prof. Shakil Ahmad Romshoo; Shri Mata Vaishno Devi University Vice Chancellor Prof. Pragati Kumar; SKUAST-Kashmir Vice Chancellor Prof. Nazir Ahmad Ganai; SKUAST-Jammu Vice Chancellor Prof. B.N. Tripathi; Central University of Kashmir Vice Chancellor Prof. A. Ravinder Nath; Central University of Jammu Vice Chancellor Prof. Sanjeev Jain; Baba Ghulam Shah Badshah University Vice Chancellor Prof. Jawaid Iqbal; Cluster University Jammu Vice Chancellor Dr. K.S. Chandrasekar; and Cluster University Srinagar Vice Chancellor Prof. Mohammad Mobin.

Director IIT Jammu Prof. Manoj Singh Gaur, Director IIM Jammu Prof. B.S. Sahay, Director NIT Srinagar Prof. Anurag Misra, Prof. Kavi Arya of IIT Bombay and Director, Cluster Innovation Centre, University of Delhi, Ms. Shobha Bagai, also attended the meeting along with other members of the Council.

The meeting underscored the administration's emphasis on accelerating higher education reforms, strengthening institutional partnerships and ensuring that universities in Jammu and Kashmir evolve into centres of academic excellence, innovation and technological advancement.

JP Nadda

↱↱ Sources said preparations for the inauguration ceremony have been made, with the Union Health Minister scheduled to formally inaugurate the healthcare institution on November 5.

↱↱ The AIIMS Awantipora project, sanctioned under the Pradhan Mantri Swasthya Suraksha Yojana (PMSSY), has been developed at a revised estimated cost of over Rs 2,160 crore.

↱↱ The institute, planned as a 750-bed tertiary healthcare facility, is expected to strengthen specialised medical services, medical education and research infrastructure in Kashmir.

↱↱ The project has faced repeated delays since its approval, with construction and infrastructure development being reviewed at different levels by the Centre and the Jammu and Kashmir administration.

↱↱ Once fully operational, the institute is expected to reduce the burden on existing tertiary care hospitals in Srinagar and provide advanced healthcare facilities to patients from south Kashmir and other parts of the Valley.

↱↱ Sources said the inauguration would mark a significant step towards making the institution functional, while the commissioning of individual departments and specialised services would depend on their operational readiness.

↱↱ The detailed programme and the range of medical services to be made available immediately after the inauguration were not officially specified. (KNS)

"Every Deserving

Law, Disaster Management, Relief, Rehabilitation and Reconstruction (DMRRR), and Elections, Ali Mohammad Sagar, today chaired a comprehensive review meeting of the Disaster Management, Relief, Rehabilitation and Reconstruction Department (DMRRR), directing officers to ensure effective implementation of all welfare, relief and rehabilitation measures through a result-oriented and time-bound approach.

Taking a detailed assessment of the functioning of the department, the Minister underscored the need for greater administrative responsiveness, inter-departmental coordination and accountability, particularly in addressing issues concerning migrant families, disaster-affected households and other vulnerable sections of society.

Reviewing matters pertaining to migrant properties, Sagar directed the officers to intensify efforts for retrieval and restoration of migrant properties, ensure payment of compensation wherever admissible and take stringent action against encroachments and illegal occupation. He stressed that all pending cases should be examined on priority and resolved in accordance with the prescribed rules and procedures.

With regard to migrant employees, the Minister called for expeditious resolution of service-related issues, assured career progression and timely release of admissible benefits. He also reviewed the implementation of migrant employment packages, noting that nearly 98 per cent of the positions had been covered, and directed the concerned officers to address the remaining cases without unnecessary delay.

Emphasising the need to improve the living conditions of migrant families, Sagar called for the establishment of community halls at every migrant location in Jammu and Srinagar. He also directed a comprehensive review of completed and ongoing community infrastructure projects, including the establishment of digital libraries to facilitate educational and social activities.

The Minister expressed concern over the condition of certain migrant residential colonies and directed the concerned authorities to undertake urgent repair and renovation works. He stressed that essential civic amenities, including healthcare facilities, safe drinking water, sanitation and other basic services, must be ensured in all such colonies.

On the issue of ration and relief assistance, Sagar directed the department to ensure uninterrupted supply of ration to migrant families and expedite the settlement of pending relief claims. He emphasised that no eligible family should face hardship due to administrative delays or procedural bottlenecks.

Reviewing disaster management preparedness and relief measures, the Minister called for expeditious assessment of damages and timely disbursement of admissible relief and compensation to all eligible disaster-affected families. He stressed the need to strengthen disaster mitigation mechanisms through adequate financial provisioning and effective utilisation of available funds, with particular emphasis on preparedness, vulnerability reduction and institutional response capacity.

The Minister also stressed the need to ensure adequate coverage of the Bakerwal and other nomadic communities under disaster preparedness, relief, rehabilitation and assistance programmes, keeping in view their geographical mobility and vulnerability to natural calamities.

Sagar underscored that disaster management must be approached as a continuous process encompassing preparedness, mitigation, timely response, relief and long-term rehabilitation. He called for close coordination among all concerned departments and field agencies to ensure that assistance reaches affected families without delay.

The meeting also appreciated the proactive intervention of Chief Minister Omar Abdullah, who personally visited families affected by the Kishtwar disaster and other affected areas. The Minister observed that the Chief Minister's personal outreach reflected the Government's commitment to standing with affected families and ensuring prompt relief, assistance and rehabilitation.

Sagar directed the officers to translate the decisions taken during the meeting into concrete outcomes, establish clear timelines for pending works and ensure regular monitoring of progress. He stressed that accountability must be fixed at every level and that the department must function with sensitivity, transparency and a strong commitment to public welfare.

"Our priority must be to ensure that every deserving family receives timely assistance, every genuine grievance is addressed and every rehabilitation commitment is fulfilled. There should be no delay in extending relief to those in need," the Minister emphasised.

The meeting was attended by Commissioner Secretary, DMRRR, M. Raju; Special Secretary, DMRRR, Ashish Gupta; Relief Commissioner, Dr. Arvind Karvani; and other senior officers of the department.

Om Birla

observations, improve follow-up mechanisms and ensure timely examination and disposal of audit reports.

Addressing the valedictory session of the two-day Conference of Chairpersons of Public Accounts Committees (PACs) of Parliament and State/UT Legislatures in Thiruvananthapuram, Birla emphasised the need for greater technological integration and institutional coordination to enhance legislative oversight.

He said technology should serve as an instrument of institutional transformation by improving transparency, efficiency and accountability, while cautioning that it must remain guided by human judgment, wisdom and sensitivity. He also stressed the importance of ensuring the accuracy, authenticity and impartiality of data used in technology-driven governance.

Referring to suggestions made by Lok Sabha PAC Chairman K.C. Venugopal, Birla called for Parliament and state legislatures to jointly develop a comprehensive audit and evaluation mechanism to address common challenges in scrutiny and disposal of audit reports. Such coordination, he said, would facilitate exchange of experiences and strengthen the collective capacity of PACs.

Underscoring the role of PACs in ensuring accountability in public expenditure, Birla said the Comptroller and Auditor General (CAG) conducts independent audits, while PACs examine audit findings, undertake factual scrutiny and ensure follow-up on recommendations.

Audit observations, he said, must translate into corrective measures and improvements in administrative functioning, with the executive ensuring timely implementation of committee recommendations.

Birla said the Keralam Resolution adopted at the conference would provide a roadmap for strengthening legislative institutions and improving financial discipline, transparency and outcome-oriented governance. He expressed confidence that its implementation would reinforce democratic institutions and public trust.

Emphasising the need for prudent utilisation of public funds, Birla said every rupee must be accounted for and used for its intended purpose. Legislative oversight, he added, should assess not only expenditure but also whether government programmes deliver intended benefits and measurable improvements in citizens' lives.

He said scrutiny should cover the continuity, quality and timely implementation of schemes, completion of infrastructure projects and delivery of welfare benefits to eligible beneficiaries.

Birla also called for regular capacity-building programmes for officers and employees associated with the CAG and PACs, as well as legislators, to equip them with skills to effectively use emerging technologies in audit scrutiny and evaluation.

He advocated institutionalising regular meetings and exchanges of experiences among PACs of Parliament and state legislatures, noting that participation by representatives from 27 states had enriched the conference deliberations.

Lok Sabha PAC Chairman K.C. Venugopal said PACs must evolve with changing times to ensure accountability as public money moves through increasingly complex channels.

He stressed the need for timely audits of public schemes and prompt presentation of audit reports before legislatures, expressing concern over delayed, incomplete or absent replies from ministries and departments.

Venugopal suggested that at least one PAC report be discussed in Parliament and every state legislature to strengthen public accountability. He also called for better Centre-state coordination in scrutinising Centrally Sponsored Schemes and proposed an annual meeting of Union and state PACs dedicated to these schemes.

Highlighting the need for specialised staff and professional training, he advocated greater use of technology, including a dashboard to track audit paragraphs and action taken.

The Speaker and Deputy Speaker of the Kerala Legislative Assembly and the Chairperson of the Kerala PAC were also present.

The conference deliberated on the theme "Audit, Accountability, and Good Governance – The Evolving Role of the PAC", focusing on financial oversight, audit follow-up, technological innovation and institutional effectiveness. (PIB)

Winter Tightens

According to the India Meteorological Department's evening bulletin, Kupwara recorded a minimum temperature of 1.8 degrees Celsius, while Gulmarg settled at 1.6 degrees Celsius. Both stations recorded temperatures 0.1 degrees below their respective seasonal averages.

Srinagar recorded a minimum temperature of 4.1 degrees Celsius, 1.1 degrees above normal, while Qazigund registered 3.4 degrees Celsius and Pahalgam 3.1 degrees Celsius.

Kokernag recorded a low of 6 degrees Celsius, while Jammu city registered a minimum temperature of 15.1 degrees Celsius.

On the maximum temperature front, Kupwara was the warmest among the reported Kashmir stations at 23.8 degrees Celsius, followed by Srinagar and Qazigund, both recording 22 degrees Celsius.

Ahmad said winter has almost set in across the region, with shallow fog is being witnessed over plains during morning hours. He cautioned that foggy conditions and reduced visibility could become more frequent as temperatures continue to fall.

He advised farmers to make use of the prevailing dry weather for harvesting, threshing, fresh sowing and other agricultural activities.

The MeT director also urged commuters to follow traffic advisories, particularly while travelling through higher reaches and vulnerable stretches of roads—(KNO)

Crime Branch

The accused allegedly affixed his own signatures on the cheque despite it being issued in his deceased father's name.

The EOW said that during the course of investigation, the allegations were substantiated and the charges against the accused were found established.

The investigation was concluded by Sub-Inspector Farooq Ahmad, following which the chargesheet was submitted before the competent court for judicial determination. [KNT]

Two killed

originally from Delhi and worked as scrap collectors in the area, officials said.

While Noor Alam was staying in Durbal, Al Ameen was residing in Kupwara.

The bodies were handed over to the local police after forensic proceedings. The cause of the fire is yet to be ascertained. (KNS)

Jhelum Water

representatives of the Inland Waterways Authority of India (IWAI), and officers from the Public Health Engineering (PHE), Irrigation and Flood Control (I&FC), Urban Environmental Engineering Department (UEED) and other concerned departments.

During the meeting, the Divisional Commissioner undertook a detailed review of the progress on several critical issues requiring inter-departmental coordination and timely intervention.

The matters discussed included road widening and removal of trees at Gund Parang, disposal of treated wastewater, and installation of electricity connections and provision of water supply at eight identified locations to facilitate the development of essential infrastructure for water transport operations.

He also reviewed the status of shifting electrical utilities at Maharaj Gunj and Pantha Chowk, emphasising the need for expediting the process to avoid any further delays in the execution of project-related works.

The meeting further deliberated on the development and improvement of approach roads at Sumbal and Sangam, removal of barricading at Amira Kadal, and shifting of houseboats wherever required to facilitate the smooth movement and operation of water transport facilities along the river.

Other important issues reviewed during the meeting included renovation of the Chattabal Navigational Lock, besides relocation of stone-chiselling units and dress vendors operating at Pantha Chowk to ensure that these activities do not impede the progress of the project.

Taking stock of the progress achieved so far, the Divisional Commissioner issued a series of directions to the concerned departments, asking them to take necessary measures and resolve the pending issues on priority.

He stressed the importance of close coordination among all stakeholder departments and called for a result-oriented approach to address the identified bottlenecks within the shortest possible time.

The Divisional Commissioner underscored that the Jhelum Water Transport Project is being closely monitored by the Government of India and, therefore, all concerned departments must demonstrate urgency and ommitment in completing the requisite preparatory works.

He impressed upon the officers to accelerate the pace of work, expedite the shifting of utilities and ensure timely resolution of all pending issues so that the project can move forward without unnecessary delays.

KPDCL Announces

Consumers have been advised to take note of the scheduled interruptions. The exact timings and affected localities should be checked against KPDCL's original shutdown notice before publication of a detailed area-wise advisory. [KNT]

Dr. Tawheed Mushtaq Completes MD in Neuropsychiatry, Hopes to Serve People Back Home

Wani Arfat

AWANTIPORA, NOVEMBER 3 (Wani Arfat): Dr. Tawheed Mushtaq, a resident of Medroora in Awantipora, has completed his MD in Neuropsychiatry from Lucknow, marking an important milestone in his medical career. He now hopes to use his specialised knowledge and expertise to serve people in his home region.

An MBBS graduate with an MD in Neuropsychiatry, Dr. Tawheed specialises in mental health issues, sleep disorders, psychosexual dysfunction, de-addiction and headache-related conditions, including migraine and tension-type headaches. These health concerns can significantly affect a person's daily life and overall well-being.

Speaking about his achievement, Dr. Tawheed said that many people back home were not aware of his academic and professional background. He expressed his desire to inform the community about his specialisation and his willingness to help people dealing with mental health concerns, sleep-related problems, sexual health issues, addiction and different



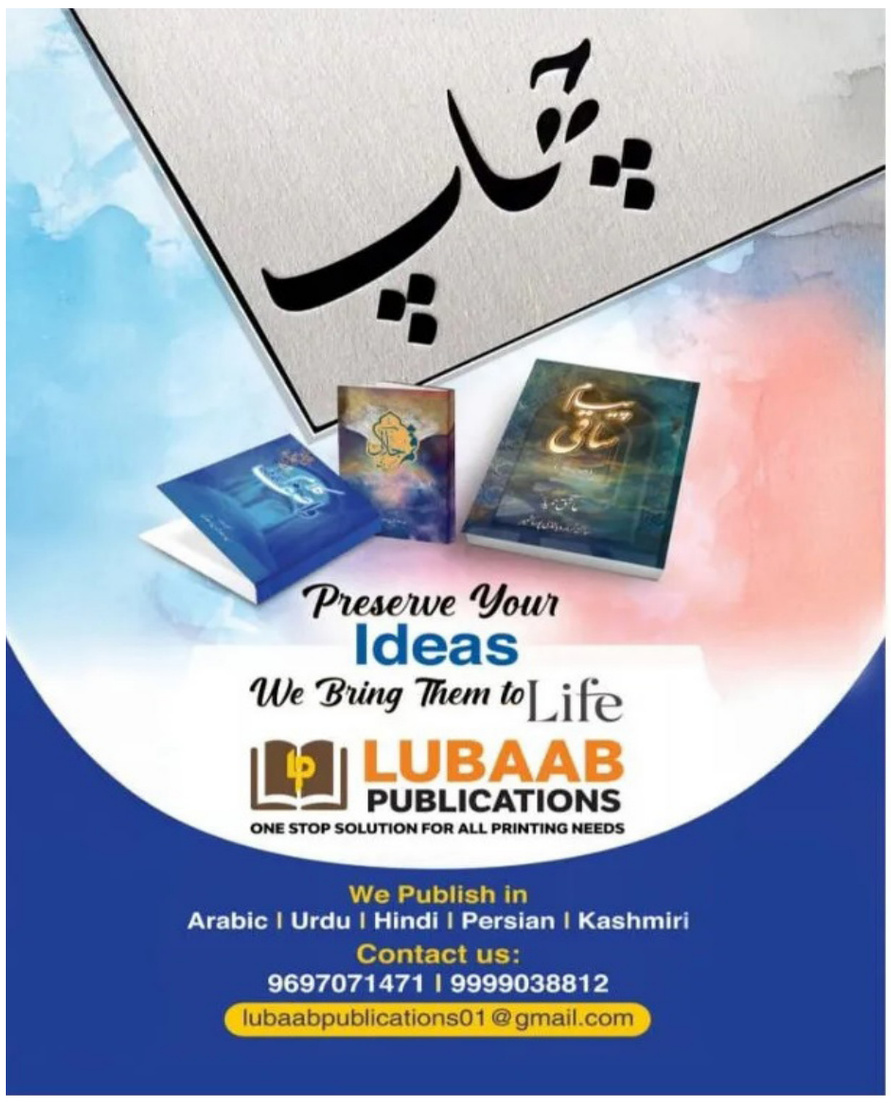
types of headaches.

Mental health conditions, sleep disorders and recurring headaches can affect a person's daily routine, family life and overall well-being. Similarly, sexual health concerns and substance dependence often remain difficult subjects to discuss openly. Social stigma, lack of awareness and hesitation in seeking professional help can prevent people from receiving timely medical advice and appropriate care.

Dr. Tawheed's intention to serve his home region highlights the importance of making specialised healthcare knowledge more accessible to local communities. Greater awareness about mental health, neurological and related conditions can encourage people to seek professional guidance without hesitation.

At a time when mental health is receiving greater public attention, the role of trained specialists in addressing these concerns remains important. Dr. Tawheed hopes to contribute to this effort by bringing his knowledge and expertise closer to people in Awantipora and neighbouring areas.

Congratulating Dr. Tawheed on completing his MD, Wani Arfat extended his heartfelt wishes for success in his professional journey. He expressed hope that Dr. Tawheed's knowledge and dedication would benefit people back home and contribute positively to the healthcare needs of the community.



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MLA Budgam reviews Developmentalal Works, emphasises timely completion, quality execution

■ HT News Network



BUDGAM, NOVEMBER 04: Member Legislative Assembly (MLA) Budgam, Advocate Aga Syed Muntazir Mehdi, chaired a comprehensive review meeting to assess the progress of various developmental works being executed under the Constituency Development Fund (CDF) across Budgam Constituency.

During the meeting, the Assistant Commissioner Development (ACD), Budgam, briefed the MLA on the physical and financial achievements registered by the Rural Development Department (RDD) under the CDF, presenting a detailed block-wise account of the works taken up, approved and completed across the constituency.

The ACD informed the chair that 96.41 percent of the proposed works have received Administrative Approval, while 95.03 percent of the works have been taken up for execution. He further apprised that 83.85 percent of the sanctioned works have been completed, reflecting the progress made by the department towards strengthening grassroots infrastructure and addressing local developmental needs.

The meeting also reviewed the progress of works being executed by other key departments.

The Power Development Department (PDD) informed the chair that out of a total of 13 works taken up under the CDF, 11 have been completed, while the remaining two are under progress.

Similarly, the Public Health Engineering (PHE) Department apprised the meeting that out of five developmental works, three have been completed and two are currently under execution.

Officers from other concerned departments, including Irrigation, Roads and Buildings (R&B), and School Education, also briefed the chair about the status and progress of various CDF-funded projects being implemented in different areas of the constituency. They shared details regarding the works completed, those under execution, and the measures being undertaken to ensure timely implementation.

Dr. Farooq, Omar Abdullah Condole the Demise of former MLC Sheikh Ghulam Qadir Pardesi

■ HT News Network

Jammu November 4th : The President of the National Conference, Dr. Farooq Abdullah, and Vice President Omar Abdullah Hon'ble Chief Minister J&K, have expressed deep sorrow over the passing away after a brief illness Senior leader and former MLC Sheikh Ghulam Qadir Pardesi father of Ahsan Pardesi Hon'ble MLA Lal Chowk.They have extended heartfelt condolences to the bereaved family.

In their condolence message, Dr. Farooq Abdullah, Omar Abdullah and Surinder Choudhary Deputy Chief Minister J&K prayed for the eternal peace of the departed soul and offered strength to the grieving family during this difficult time.Among others, the General Secretary and Hon'ble Minister, Haji Ali Mohammed Sagar, Additional General Secretary, Ch. Ramzan Honble MP, Shammi Oberio Hon'ble MP, Ajay Kumar Sadhotra Additional General Secretary Jammu, Sakina Itoo Hon'ble Minister, Javed Rana Hon'ble Minister, Javed Dar Hon'ble Minister, Altaf Ahmad Wani (Kaloo) Hon'ble Minister, Mir Shafiullah Hon'ble Minister, Shamima Firdous Hon'ble Minister, Nasir Aslam Wani Honble Advisor to Honble Chief Minister J&K, Provincial President Jammu, Rattan Lal Gupta, Showket Ahmad Mir Provincial President Kashmir, Sheikh Bashir Ahmad Provincial Secretary Jammu, Ajaz Jan Hon'nle MLA Poonch, Javid Iqbal Choudhary Hon'ble MLA Budhal, Arjun Singh Raju Hon'ble MLA Ramban, Sajjaad Shaheen Hon'ble MLA Banihal.

DC Anantnag highlights Girls excellence across Fields

■ HT News Network

ANANTNAG, NOVEMBER 04: District Social Welfare Office (DSWO), Anantnag, today organised a Career Counselling-cum-Distribution Camp under the Beti Bachao Beti Padhao (BBBP) initiative at Government Degree College (GDC), Uttersoo, Shangus, in collaboration with the college.

Deputy Commissioner (DC) Anantnag, Dr. Bilal Mohi-Ud-Din Bhat, presided the programme as the Chief Guest.



Adressing on the occasion, the DC emphasised the importance of girls' education, empowerment and equal opportunities. He encouraged students to pursue their academic goals with dedication, make informed career choices and take advantage of available opportunities to shape a bright future.

The DC added that girls are excelling and securing top positions in every field through their talent, hard work and determination. He also stressed the need to create awareness about various government welfare initiatives aimed at supporting and empowering girls.

On the occasion, the Deputy Commissioner distributed study material among girl students to facilitate their preparation for various competitive examinations.

DC Kulgam visits Devsar area, inspects ongoing development works

■ Farooq Rather

KULGAM, NOVEMBER 04: Deputy Commissioner (DC) Kulgam, Shahzad Alam, today visited Tehsil Devsar and inspected various ongoing development works to take stock



of the progress and assess the quality of works being executed in the area.During the visit, the DC inspected the renovation and improvement works at Primary School Agroo. He took stock of the ongoing works and stressed the importance of ensuring quality execution and timely completion. He also directed the concerned department to prepare a Detailed Project Report (DPR) for the construction of a kitchen shed and septic tank with soakage pit to further improve the basic facilities at the school.The DC also visited Girls Middle School Devsar and reviewed the ongoing renovation works. Later, he inspected the upgradation works of the playground at Laiwani, Sopat, and reviewed the progress on site. He stressed the need for timely completion of the project so that improved sports and recreational facilities are made available to local youth and students.During the visit, the DC emphasised that all ongoing development works must be executed with due attention to quality and adherence to approved specifications and timelines. He directed the concerned officers and executing agencies to maintain close monitoring of the works and ensure that the intended benefits reach the local population.

DC Shopian chairs District-Level Training Programme for Census-2027

Emphasises accurate and effective Population Enumeration

■ HT News Network



SHOPIAN, NOVEMBER 04: Principal Census Officer (Deputy Commissioner) Shopian, Charandeep Singh today chaired the District-Level Training Programme for District and Charge Level Officers under Census-2027 (Phase-II), focusing on Population Enumeration (PE) at the Meeting Hall of DC Office Shopian.The two-day training programme, scheduled for November 4 and 5, 2026, is being organised by the Directorate of Census Operations, J&K, under the aegis of the Ministry of Home Affairs, Government of India.

Addressing the participating officers, the DC emphasised the importance of Census-2027 as a significant national exercise and stressed the need for meticulous planning, effective coordination and timely execution of all assigned responsibilities to ensure accurate and reliable population data.The DC called upon all district and Charge Level Officers to actively participate in the training programme, understand the prescribed procedures and guidelines and ensure that the census- related activities are carried out with utmost dedication, accuracy and accountability.The DC further stressed that proper understanding of the census methodology and effective coordination among all stakeholders are essential for the smooth and successful conduct of Population Enumeration exercise.During the meeting, the Deputy commissioner emphasized the importance of proper awareness and capacity building among field functionaries regarding census operations. He directed the concerned officers to ensure that all necessary technical arrangements are put in place and that officials including Tehsildars and other field- level functionaries are adequately.

DC Bandipora Visits Duban, reviews Developmental works

■ HT News Network



BANDIPORA, NOVEMBER 04: Deputy Commissioner (DC) Bandipora, Indu Kanwal Chib, today conducted an extensive tour of Dobun area of Aloosa Block and interacted with locals at Miyan Duban to assess public issues, particularly the drinking water crisis.

During the interaction, residents highlighted the shortage of drinking water and sought a sustainable solution.

On the occasion, Locals also raised the demand for upgradation of the local school to High School level and appreciated the improved road connectivity in the area.

Earlier, at Dongi Behak, residents raised issues concerning the approach road, playground and drinking water facilities at the newly constructed school building, besides seeking its upgradation to High School level. The DC reviewed the drinking water situation and directed the concerned officers to expedite further action following successful borewell exploration.

It was informed that the Water Supply Scheme Trihunda Dengibahk was proposed under the JJM at an estimated cost of 699.00 lakh, envisaging coverage of Dobun, Trihunda, Dengibahk Main Dobun and Turkpora partly. The scheme comprises two bore wells, three sump-cum-pump houses with operator quarters, a 0.35 lakh gallon capacity service reservoir (S.R.), rising main, supply main, distribution network and allied mechanical components.

It was further informed that initially, two bore wells were explored but proved unsuccessful. Subsequently, one bore well was successfully explored by the Ground Water Division. However, execution of the scheme remained halted due to the suspension of funding under JJM. With the resumption of funding, the work on the scheme will be resumed.

DC Srinagar inspects progress of new State-of-the-Art School for Specially Abled with hearing & speaking challenges at Abhinandan Home

■ HT News Network



SRINAGAR, NOVEMBER 04: Deputy Commissioner (DC) Srinagar, Akshay Labroo, on Wednesday visited Abhinandan Home, Solina, inspected the progress of ongoing construction of a new State of the Art School Building complex at the institution, aimed to strengthen educational infrastructure and allied facilities for Kashmir's oldest institution catering specially abled children, particularly those with hearing and speech impairments.

The first-of-its-kind facility in the entire Kashmir Division being developed at an estimated cost of Rs 9.90 crore by R&B Department under the Social Welfare Department is envisaged to provide modern infrastructure and enhanced educational prospects, skill development avenues and employment opportunities for children with special needs, besides creating a more conducive, inclusive and accessible learning environment.

On the occasion, the DC reviewed the progress of the ongoing construction works and took stock of various components of the project being undertaken for the welfare and educational advancement of enrolled specially-abled students.

The DC was informed that over 60 percent of the construction work has been completed on the project comprising modern classrooms, Principal's Office, Staff Room, Indoor Games Court, Gymnasium, Medical Room, Therapy Room, Washroom Blocks, Computer Lab, Library, Dormitory and Dining Hall, among other essential facilities.

Expressing satisfaction over the pace of progress, the Deputy Commissioner directed the R&B Engineers to further expedite the pace of work and ensure timely completion of the project by March 2027, while maintaining strict adherence to prescribed quality standards, so that the students and staff of Abhinandan Home can benefit from the upgraded infrastructure at the earliest.

During the visit, the Deputy Commissioner also handed over a dedicated special school bus for the students of Abhinandan Home to facilitate their transportation and ensure safe, comfortable and convenient commuting for children with special needs.

While interacting with the Students and Staff of Abhinandan Home, the DC assured them of continued support and assistance from the District Administration towards the overall development, welfare and educational empowerment of the children.The DC also reiterated the District Administration's commitment to exploring avenues for expanding educational opportunities for specially-abled students, including access to higher education, introduction of vocational training and skill development programmes and offering trade diploma courses through Industrial Training Institutes (ITIs), with a view to strengthening the educational and skill development framework and creating better avenues for self-reliance and employment for children with special needs.

ADC Kupwara chairs Weekly Block Diwas at Gulgam Qadirabad Block

■ HT News Network



KUPWARA, NOVEMBER 04: On the directions of Deputy Commissioner Kupwara, Additional Deputy Commissioner (ADC) Kupwara, Gulzar Ahmad Khan today chaired the weekly Block Diwas at Gulgam in Qadirabad block of District Kupwara.

The Block Diwas witnessed large participation of locals, officers and officials from various line departments.

During the proceedings, the general public highlighted various issues and put forth their demands pertaining to their respective areas, including improvement of roads, augmentation of water and power supply, better healthcare facilities, upgradation of educational infrastructure, timely execution of developmental works, PMAY, Jal Jeevan Mission and other developmental issues.

The ADC gave a patient hearing to all the grievances and demands raised on the occasion. Several grievances were redressed on the spot with the intervention of concerned departments.

Addressing the gathering, the ADC said that the District Administration is committed to ensuring doorstep delivery of public services and timely redressal of public grievances. He said Block Diwas is an important initiative to bridge the gap between administration and people and to get first-hand appraisal of developmental needs.

He directed the officers of all line departments to work in close coordination and ensure that all genuine demands projected during the Block Diwas are taken up on priority and resolved in a time-bound manner. He also stressed on 100% saturation of beneficiary oriented schemes and creation of awareness among the people.

DDC Pulwama chairs Public Outreach-cum-Grievance Redressal Camp at Eidgah Shar Pampore

Directs officers to resolve grievances, expedite developmental works; announces launch of SSS Campaign from Eidgah Shar

■ HT News Network



PULWAMA, NOVEMBER 04: District Development Commissioner (DDC) Pulwama, Kuldeep Krishan Sidha, today chaired a Public Outreach-cum-Grievance Redressal Camp at Eidgah Shar, Block Pampore, to address public grievances and assess developmental requirements of the area.

Prior to the programme, the DDC inspected departmental stalls set up by various departments, including Agriculture, Forest, Industries, Food and Civil Supplies, Animal and Sheep Husbandry, Revenue, Urban Local Bodies, Education, ICDS, Jal Shakti and Horticulture. He interacted with the officers and reviewed the schemes, services and public welfare initiatives being provided to the people. A plantation drive was also organised, during which the DDC planted saplings.

During the interaction, the Chairman Auqaf Committee, local representatives and residents projected various developmental and public service-related issues concerning Eidgah Shar and adjoining areas. They highlighted the area's historical, religious and cultural significance and sought improved road connectivity, restoration of irrigation infrastructure, installation of borewells for saffron cultivation, restoration of traditional water springs and establishment of a saffron seed centre at Pampore.Other demands included augmentation of healthcare facilities, availability of doctors and an ambulance, establishment of a Patwari Khana and veterinary centre, improvement of the local playground, construction of public conveniences at Eidgah Shar and better garbage collection and disposal facilities.

The representatives also raised concerns regarding human-wildlife conflict, particularly the intrusion of wild animals and monkeys into residential areas, crop damage caused by unattended horses, and damage to agricultural fields during the June 2026 hailstorm. They sought early disbursement of eligible compensation. The need to create employment opportunities for local youth in nearby industrial establishments and AIIMS Awantipora was also highlighted.

Responding to the grievances, the DDC sought detailed response from the concerned officers regarding the concerns and grievance to ensure on-spot redressal and assured the public that all issues would be taken up with the concerned departments for appropriate action. He acknowledged the historical and religious importance of Eidgah Shar and thanked the residents for their participation.

While directing the Public Works Department to address road-related issues, the DDC instructed officers to undertake immediate patchwork on damaged roads before snowfall and expedite macadamisation of internal and link roads.

Regarding human-wildlife conflict, the DDC directed the Forest Department to assess the affected areas and submit a comprehensive report proposing measures to prevent wild animals from entering residential localities.

On healthcare facilities, he directed the Chief Medical Officer to ensure the availability of doctors at the local health facility and instructed the Block Medical Officer to prepare and publicise a duty roster. The CMO was also directed to make necessary arrangements for an ambulance.On the occasion, the DDC announced the launch of the district-level SSS Campaign – Skill Development, Self-Employment, Sports and Studies, with Eidgah Shar as its starting point in the District. He said the initiative would focus on four key areas, extending opportunities and institutional support to people across the district. "Under the campaign, individuals in the age group of 18–59 years would be facilitated in accessing skill development opportunities and pursuing lawful self-employment activities. Awareness and facilitation camps would also be organised to connect unemployed youth with government schemes, financial assistance and entrepreneurship opportunities", he further added.

DDC Shopian conducts extensive Field Tour of Keegam, Adjoining Areas

■ HT News Network



SHOPIAN, NOVEMBER 04: In a major push toward accelerated infrastructure development and public service delivery, District Development Commissioner (DDC) Shopian, Charandeep Singh today conducted a comprehensive field inspection across Keegam and its adjoining areas today.

Accompanied by Chief Planning Officer Mudasir Ahmed, Executive Engineers of PHE, R&B and PDD alongside sector heads and senior administrative officers, the DDC personally evaluated ground progress on several high-priority projects spanning water supply, road connectivity, power infrastructure, administrative facilities and civic beautification.

The DDC inspected ongoing works on vital Water Supply Schemes executed by the Jal Shakti (PHE) Department at Mughalpora-Panjir and Batamuran-Wanpora, coming up at an estimated cost of Rs 410.63 lakh, to ensure seamless drinking water supply to local residents. The status and quality standards of the local Jal Shakti Water Supply Scheme project were also thoroughly evaluated.

The DDC also inspected Progress on a critical 14×10 Mtr. span multi-cell causeway bridge over Nallah Keegam, being constructed by the R&B Department under the NABARD project at an estimated cost of Rs 912.98 lakh. The bridge aims to enhance local traffic movement and connect Doompora with Kanjoo, Hawl and adjoining areas. He inspected the construction of the new Tehsil Office and Naibat Office complex (R&B) at Keegam and directed for it's early completion.

Reconduction and segregation works executed under the Revamped Distribution Sector Scheme (RDSS) by KPDCL were inspected, aimed at significantly upgrading power delivery in Keegam.

Later, the DDC inspected the apple-shaped decorative lights installed at Rangakadal. Taking note of their aesthetic appeal, he directed the Executive Officer (EO) to ensure the lights are illuminated in red and made fully functional to enhance the overall visual charm of the area.

During the tour, the DDC strictly instructed all Executive Engineers, Assistant Executive Engineers (AEs) and Junior Engineers (JEs) to display approved Detailed Project Reports (DPRs), site plans and visual progress charts at all project locations, besides maintain updated physical and financial progress records.

ADDC Kulgam reviews JK Samadhan, online grievances

■ Farooq Rather



KULGAM, NOVEMBER 04: Additional District Development Commissioner (ADDC) Kulgam, Altaf Ahmad Khan, today chaired a review meeting to assess the status of grievances received through JK Samadhan and other online grievance redressal platforms.

During the meeting, the ADDC reviewed all pending grievances, particularly those having long pendency, and took stock of the progress made by various departments at their disposal.

The ADDC directed all concerned officers to accord top priority to grievance redressal and ensure that every grievance is resolved strictly within the stipulated time frame. He emphasized that no unnecessary delay should be allowed and that the general public must not suffer due to administrative lapses or delays.

He further stressed the need for prompt action, proper monitoring and effective coordination among departments to ensure transparent, responsive and citizen-centric governance.

The meeting was attended by Suhail Ahmad, CPO Kulgam; Billal Ahmad, ACD Kulgam, Tehsildars of Qaimoh and Kulgam, besides other officers and officials from various departments. The ADDC directed all concerned officers to accord top priority to grievance redressal and ensure that every grievance is resolved strictly within the stipulated time frame. He emphasized that no unnecessary delay should be allowed and that the general public must not suffer due to administrative lapses or delays.He further stressed the need for prompt action, proper monitoring and effective coordination among departments to ensure transparent, responsive and citizen-centric governance.

ADC Flags off Tobacco-Free Youth Campaign Rally in Baramulla

■ HT News Network



BARAMULLA, NOVEMBER 04: Additional Deputy Commissioner (AD) Baramulla, Syed Altaf Hussain Musvi in the presence of Chief Medical Officer (CMO) and other officials, today flagged off a rally marking the launch of the 60-day Tobacco-Free Youth Campaign from the Office of the C Chief Medical Officer, Baramulla.

The rally passed through the Main Market, Baramulla, and culminated at the CMO Office, from where it was flagged off.

The 60-day campaign will be conducted across the district with the active collaboration and participation of various stakeholders, including concerned departments and community representatives.

The campaign aims to generate widespread awareness among youth and the general public about the harmful effects of tobacco consumption and substance abuse, while highlighting the growing menace of drugs and its adverse impact on society.

During the campaign, various awareness activities and public outreach programmes will be organised across the district to sensitise people, particularly the younger generation, about the importance of adopting healthy lifestyles and staying away from tobacco and drugs.

Training of Charge Officers for Non-Snow-Bound areas conducted at Anantnag

■ HT News Network

ANANTNAG, NOVEMBER 04: A training programme for Charge Officers of non-snow-bound areas was conducted at Government Higher Secondary School (GHSS), Ranibagh, Anantnag, as part of the ongoing preparations for Census 2027.

The training primarily focused on the Population Enumeration Phase, with emphasis on preparing Charge Officers to effectively train Enumerators and Supervisors for the smooth conduct of census activities.The training was imparted by Directorate of census operations (DCO) officials, including Ajay Bhargav, Assistant Chief Principal Census Officer, and District Coordinators Vikas Kumar and Vinod Kumar Yadav.The programme was graced by the Additional District Development Commissioner (ADDC), Mahima Madan, who emphasized the importance of proper preparation and effective coordination among all stakeholders. She stressed that Charge Officers must ensure that Enumerators and Supervisors are adequately equipped with the necessary knowledge and procedures for accurate data collection during the Population Enumeration Phase.The ADDC further assured the participants that they could freely approach the District Administration and Census officials in case of any queries, doubts, or technical issues, and encouraged them to seek timely clarification to ensure the efficient execution of census-related activities.

DC Kulgam chairs meeting on disaster management

Reviews winter preparedness of departments and agencies

■ Farooq Rather



KULGAM, NOVEMBER 04: Deputy Commissioner (DC) Kulgam, Shahzad Alam, today chaired a meeting with officers of the State Disaster Response Force (SDRF), Fire & Emergency Services and other stakeholders to review disaster preparedness and strengthen the district's response mechanism in view of the forthcoming winter season.

During the meeting, the DC reviewed the preparedness measures in place to deal with potential emergencies and disaster-related situations. He stressed the need for close coordination among all concerned departments to ensure a prompt and effective response during any eventuality.

The DC directed the concerned agencies to conduct mock drills to assess their preparedness, response time and coordination in handling emergency situations and emphasised upon all that such exercises should be conducted regularly to familiarise field teams with standard response procedures and improve their operational readiness.

Reviewing winter preparedness, the DC stressed the need to ensure the availability and functional readiness of emergency response equipment, fire-fighting vehicles and other essential resources. He directed the officers to remain alert and ensure that adequate arrangements are in place to deal with fire incidents, snow-related emergencies and other exigencies during the winter months.The DC further called for maintaining effective communication and coordination among SDRF, Fire & Emergency Services and other line departments, underscoring that preparedness, timely response and inter-departmental coordination are crucial for safeguarding lives and property.The meeting was attended by ADC, Vikar Ahmad Giri, ACR, Reyaz Ahmad Shah, SDM Noorabad, Bashir Ul Hassan, Tehsildar Kulgam, Nisar Ahmad, Dy.SP HQ, Mohd Ayoub and other concerned officers and officials.

DC Kupwara reviews implementation, progress of NRLM

■ HT News Network

KUPWARA, NOVEMBER 04: Deputy Commissioner (DC) Kupwara, Abhishek Sharma, today chaired a meeting to review the implementation and progress of the National Rural Livelihoods Mission (NRLM) in the district.During the meeting, the DC undertook a block-wise review of Self-Help Groups (SHGs), bank credit linkages, credit disbursement, livelihood generation, Lakhpati Didi initiative, Agri-Nutri Gardens and formation of Producer Groups.The Deputy Commissioner directed the concerned officers to address gaps in SHG capitalization, ensure timely credit disbursement and strengthen coordination with banks for hassle-free financial assistance to eligible groups. He also stressed the need to identify more eligible women under the Lakhpati Didi initiative and ensure optimal utilisation of Community Mobilization and Training Centres for capacity building and skill development.

Emphasising effective implementation at the grassroots level.

Forests are lifeline of J&K, must be conserved with human touch involving local communities: Altaf Wani

Chairs introductory meeting, reviews functioning, stresses on demarcation, staff welfare, fire management

■ HT News Network

JAMMU, NOVEMBER 04: Minister for Forests, Ecology & Environment, Rural Development and Panchayati Raj, Altaf Ahmad Wani, today chaired a detailed sector-wise introductory meeting of the Forest Department at Jammu to take stock of its functioning, achievements and future roadmap.

The meeting was attended by Sheetal Nanda, Commissioner Secretary, Forests, Ecology & Environment; Sarvesh Rai, Principal Chief Conservator of Forests & Head of Forest Force, J&K; Dr. M.K. Kumar, Chief Conservator of Forests, Central; Dr. V.S. Senthil Kumar, Chief Conservator of Forests, Jammu; Irfan Rasool, Chief Conservator of Forests, Kashmir and other senior officers of the department.

A comprehensive presentation was made before the Minister highlighting that J&K has a forest and tree cover of about 54% with 42 forest types, the highest growing stock of 172.46 cum per hectare in the country and per capita forest area of 0.16 ha. It was informed that the forest cover has increased from 20,948.27 sq km in 2013 to 21,346.39 sq km in 2023, registering a gain of 398.12 sq km.

While appreciating the efforts of the department in increasing the green cover and in taking e-governance initiatives like PARIVESH, CAMPA portal, National Transit Permit System, e-Behak Grazing Pass and Van Rakshak App, the Minister stressed that field reality must reflect on ground. He said forests are the lifeline of Jammu & Kashmir and need to be conserved with a human touch involving local communities.



The Minister laid special emphasis on demarcation of forests, terming it the most critical and basic activity. He directed that the remaining demarcation work be completed in a time-bound manner with the help of modern technology and Revenue Department.

Expressing concern over increasing incidents of forest fires, Wani directed the department to put in place a robust Forest Fire Response Mechanism. He asked to organize awareness camps in vulnerable villages with active involvement of Panchayati Raj Institutions, Biodiversity Management Committees and Village Forest Committees. He said local youth should be trained as first responders.

On staff welfare, the Minister issued clear directions that all DPCs at all levels must be expedited without any delay. He said career progression is the right of every employee and no file should remain pending. He also directed that a comprehensive inventory of movable and immovable assets of the department including forest huts, eco-parks, nurseries, buildings, vehicles and machinery be compiled and submitted within a fortnight to ensure optimum utilization.

The Minister also reviewed progress under eco-tourism projects like development of eco-parks at Mansar, Surankote, Nandan etc. and new trek routes including Bungus-Drangyari, Aharbal-Kausar Nag and Harmukh. He asked the department to come up with a focused action plan for the year 2027-28. Expressing concern over increasing incidents of forest fires, Wani directed the department to put in place a robust Forest Fire Response Mechanism. He asked to organize awareness camps in vulnerable villages with active involvement of Panchayati Raj Institutions, Biodiversity Management Committees and Village Forest Committees. He said local youth should be trained as first responders.

Urs of Shah Asrar-ud-Din Sahib (RA) Kishtwar admin finalizes arrangements

■ HT News Network



KISHTWAR, NOVEMBER 04: Deputy Commissioner Kishtwar, Pankaj Kumar Sharma today convened a meeting to finalize preparations for the celebration of the 351st Urs of Shah Asrar-ud-Din Sahib (RA), scheduled on November 10, 2026.

The arrangements discussed included accommodation for devotees, power and water supply, firewood, food rations, LPG, sanitation, security, medical services, transportation, traffic management and others.The DC issued necessary directions to the concerned departments regarding civic amenities, traffic regulation, safety measures, cleanliness and sanitation for smooth conduct of the event.

The Police Department was asked to ensure comprehensive security arrangements, with special focus on the revered Shrines of Shah Asrar-ud-Din Sahib (RA) and Shah Farid-ud-Din Sahib (RA), Baitul-Zaireen and other critical locations. Special Police teams shall be deployed to regulate vehicular movement, check overloading and prevent overcrowding at the parking sites, the meeting decided.

The Jal Shakti Department was directed to provide uninterrupted drinking water supply for devotees at both the shrines, accommodation sites and across the Kishtwar town, along with deployment of water tankers at Chowgan, ITI Ground and other places as required. The Municipal Council was directed to arrange an additional water tanker at Baitul-Zaireen.The JPDCL was directed to take measures for uninterrupted power supply at the shrines, Zaireen sites and across the town with the provision of DG sets at the shrines as backup. Stress was laid on proper functioning of streetlights at Chowgan Ground and along all major streets, lanes and link roads leading to Astan Paien and Astan Balla.The Municipal authorities were asked to carry out lime-lining and water spray in and around the shrines, cleaning of water tanks, de-choking of drains from Upper Ziarat to Lower Ziarat, while the R & B Department was directed to repair the potholes on main roads.The MVD and Police Department were directed to arrange transport facilities, including additional buses for pilgrims and designate places for parking of vehicles. The meeting decided to restrict the entry of vehicles, besides loading, unloading and parking of heavy vehicles on the main road from Upper Ziyarat to Lower Ziyarat from and Bus Stand to Dak Bungalow from Nov 9 to Nov 10, 2026.

Div Com, IGP Jammu review Diwali preparations

■ HT News Network

JAMMU, NOVEMBER 04: Divisional Commissioner Jammu, Vikas Kundal, along with Inspector General of Police, Jammu Zone Tejinder Singh, chaired a meeting to review the arrangements made by district administrations and concerned departments for the smooth and peaceful celebration of the forthcoming festival of Diwali.



During the meeting, threadbare discussions were held on various aspects of the festive arrangements, with a focus on the availability of essential civil supplies, security arrangements, traffic management, connectivity and civic amenities to facilitate the public.

Divisional Commissioner and Inspector General of Police sought detailed feedback from district administrations and Heads of Departments regarding the preparedness and arrangements being put in place for the festival.

Divisional Commissioner directed all officers to ensure visible presence of the administration on the ground and maintain close coordination among departments for prompt redressal of public issues.

The Fire and Emergency Services Department was directed to ensure the availability of fire tenders at designated locations, particularly near firecracker sale points, to deal with any emergency situation.

The Legal Metrology Department was directed to conduct regular checks in shops while ensuring that shopkeepers are not unnecessarily harassed.

Emphasising food safety during the festive season, the Divisional Commissioner directed the concerned department to maintain strict vigil against the sale of adulterated and substandard food items, reiterating zero tolerance towards fake and unsafe food products.

He stressed that all departments must work in close coordination and ensure that necessary arrangements are in place well in advance so that people can celebrate Diwali in a safe, peaceful and hassle-free atmosphere.

The meeting was attended by Commissioner, Jammu Municipal Corporation; Deputy Commissioners of all districts of Jammu Division; Director General, Rural Sanitation; Commissioner, Food and Drug Administration; Director, FCS & CA; Directors of Floriculture, Tourism and Urban Local Bodies; Director, Rural Development Department; SSP Security, Jammu and other concerned officers.
The meeting was attended by Commissioner, Jammu Municipal Corporation; Deputy Commissioners of all districts of Jammu Division; Director General, Rural Sanitation; Commissioner, Food and Drug Administration; Director, FCS & CA; Directors of Floriculture, Tourism and Urban Local Bodies; Director, Rural Development Department; SSP Security, Jammu and other concerned officers.

MY Bharat Kupwara organises Viksit Bharat Youth Parliament 2027 at GDC Kupwara

■ HT News Network



KUPWARA, NOVEMBER 04: MY Bharat Kupwara successfully organised the Viksit Bharat Youth Parliament (VBYP) 2027 at Government Degree College (GDC), Kupwara, on the theme "One Nation, One Election," providing an effective platform for young participants to express their views and engage in constructive parliamentary discussions.The programme was graced by the Vice Principal of Government Degree College, Kupwara, as the Chief Guest, while the District Youth Officer (DYO), Kupwara, was also present on the occasion.

The initiative aimed at promoting democratic values, fostering leadership qualities, enhancing public awareness and encouraging active youth participation in the nation-building process. During the programme, participants shared their perspectives on the theme, demonstrating their understanding of democratic processes and the vision of Viksit Bharat 2047.

The Viksit Bharat Youth Parliament is being organised at District-Level, State-Level and National-Level rounds. The top-performing participants at the district level will qualify for the State-Level round, followed by the National-Level round, which will be held at the Parliament of India, New Delhi.

IUST organises Outreach Programme for CWSN in collaboration with CEO Pulwama

■ HT News Network

Awantipora, Nov. 4: The Islamic University of Science and Technology (IUST) organised an outreach programme for Children with Special Needs (CWSN), in collaboration with the Chief Education Officer (CEO), Pulwama, under the Samagra Shiksha Abhiyan. The initiative aimed at promoting inclusion, community engagement and exposure to university life.Coordinated by the Office of the Dean Outreach in collaboration with the Directorate of Physical Education and Sports, IUST, the programme brought around 60 students, accompanied by their teachers and parents, to the University campus. The students visited various university facilities, including the Rumi Library and the athletic track.

The Directorate of Physical Education and Sports organised specially designed sports and recreational activities, taking into account the diverse abilities of the participating children. The programme concluded with the felicitation of the students in recognition of their participation.Ms Anjum Raja, Chief Education Officer, Pulwama, appreciated the University's initiative and highlighted the importance of institutional collaboration in providing children with special needs opportunities for exposure, interaction and confidence-building. She also felicitated the students for their active participation in the programme.Dr. Ruheela Hassan, Dean Outreach, IUST, highlighted the University's ongoing extension education and outreach initiatives, under which thousands of school and college students visit the campus every year.

LCG Presents Vibrant Cultural Programme at Lok Bhavan Mumbai

■ GULFAM BARJI



MUMBAI/November:4 In an endeavour to showcase the unique cultural identity, rich traditions and traditional folk arts of Jammu and Kashmir at the national level, artists of the Lotus Cultural Group presented a vibrant cultural programme at Lok Bhavan, Mumbai. The programme was organised by GHRT International.Through their captivating cultural performances, the artists made an effort to highlight the rich cultural heritage, traditional art forms and diverse cultural identity of Jammu and Kashmir. The initiative aimed at introducing the region's artistic traditions and cultural legacy to audiences across the country while strengthening cultural connections and promoting greater appreciation of its indigenous art forms. The presentation by Lotus Cultural Group provided a significant platform to showcase the beautiful cultural identity and traditional heritage of Jammu and Kashmir. Such cultural initiatives play an important role in preserving and promoting regional traditions while encouraging cultural exchange, mutual understanding and national integration among different regions of the country.The event was organised to mark the Foundation Day of Jammu and Kashmir and Ladakh. The programme was presided over by Maharashtra Governor Shri Jishnu Dev Varma.The joint initiative of GHRT International and Lotus Cultural Group represents an effort to bring the rich cultural heritage, traditional art forms and artistic talent of Jammu and Kashmir to a wider national audience.

Keran Heritage Centre Inaugurated, Paving Way For New Era Of Border Tourism In Kupwara

Joint Initiative Of Army, District Administration And Umang Foundation To Showcase Region's Rich Cultural Heritage, Promote Sustainable Tourism And Boost Local Economy

■ Dr Abdul Qayoom



Kupwara, November 4: In a significant initiative aimed at promoting border tourism and preserving the rich cultural heritage of frontier areas, the Keran Heritage Centre was inaugurated on Wednesday at the picturesque Keran Bowl along the Kishanganga River in Kupwara district.

The inauguration ceremony was jointly led by Deputy Commissioner Kupwara Abhishek Sharma (IAS), Senior Superintendent of Police Kupwara Sudhanshu Dhama (IPS), senior officers of the Indian Army and representatives of the Umang Foundation.

The Heritage Centre has been established through a collaborative initiative involving the Indian Army, District Administration Kupwara and Umang Foundation. The facility is envisioned as a platform to showcase the unique socio-cultural identity, historical legacy, traditions and way of life of Keran, while positioning the strategically important frontier area as an emerging destination for border and cultural tourism.

Speaking on the occasion, officials highlighted the immense potential of the Keran Bowl for sustainable tourism, citing its breathtaking natural landscape, geographical significance and distinctive cultural heritage. They said the establishment of the centre would provide visitors from across the country an opportunity to gain deeper insights into the region's history, traditions and unique identity.

The initiative is also expected to generate fresh opportunities for local economic development by encouraging tourism-related activities, creating livelihood avenues and strengthening community participation in the region's development process.

Local residents and village elders expressed gratitude to the District Administration, the Indian Army and the Umang Foundation for translating a long-cherished aspiration of the people into reality. They described the establishment of the centre as an important step towards recognising Keran's cultural identity and bringing the border village onto the broader tourism map.

The inauguration marks another significant step towards strengthening civil-military cooperation and promoting inclusive development in frontier areas. The initiative also reaffirms the commitment of the administration and security forces to preserving local heritage, empowering border communities and promoting sustainable tourism across Jammu and Kashmir.

DC Pulwama inaugurates District-Level National Youth Festival at GDC Boys Pulwama

Calls youth to showcase their talent, creativity and cultural heritage; assures full support to promising young artists

■ Farooq Rather

PULWAMA, NOVEMBER 04: Deputy Commissioner (DC) Pulwama, Kuldeep Krishan Sidha, today inaugurated the District-Level National Youth Festival under the Viksit Bharat Young Leaders Dialogue (VBYLD) at Government Degree College (Boys), Pulwama.

The festival was organised by the Department of Youth Services and Sports, Pulwama, with the objective of providing a platform to young talent and encouraging their active participation in nation-building.The festival witnessed enthusiastic participation of boys and girls in the age group of 15 to 29 years from across the district, who showcased their artistic abilities, creativity and cultural expressions through various competitions.A series of competitions were organised in different disciplines, including Folk Song, Folk Dance, Painting and Poetry. Participants displayed remarkable artistic talent, creativity and enthusiasm, reflecting the rich cultural heritage and vibrant spirit of the district.

Addressing the gathering, the Deputy Commissioner appreciated the Department of Youth Services and Sports for organizing the festival in a well-coordinated and systematic manner. He also appreciated the impressive performances of the young participants and encouraged them to make optimum use of such platforms to nurture their skills, enhance their confidence and excel in their respective fields.

He emphasised the importance of providing meaningful opportunities to youth to identify, develop and showcase their potential. He also assured full support and encouragement to deserving and promising young talent, urging participants to remain dedicated and strive for excellence.

The festival continued throughout the day, with participants competing in various categories. To ensure its smooth, fair and transparent conduct, different committees were constituted, while a panel of experts evaluated the performances and identified the most deserving participants for the next level of competition.

The selected participants will represent District Pulwama in their respective categories at the upcoming Inter-District Youth Festival.



The event provided an effective platform for promoting youth engagement, artistic expression and cultural preservation, while fostering creativity, confidence and leadership among young people in line with the vision of Viksit Bharat. Addressing the gathering, the Deputy Commissioner appreciated the Department of Youth Services and Sports for organizing the festival in a well-coordinated and systematic manner. He also appreciated the impressive performances of the young participants and encouraged them to make optimum use of such platforms to nurture their skills, enhance their confidence and excel in their respective fields.

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HT EDITORIAL

J&K's Industrial Future Must Begin With Local Enterprise

Revised Policy Must Strengthen MSMEs, Empower Local Entrepreneurs And Turn Investment Into Sustainable Employment

Jammu and Kashmir stands at a crucial juncture in its industrial development. The Government's decision to finalise a revised Industrial Policy provides an opportunity to address the shortcomings of the previous framework and establish a more inclusive, transparent and sustainable industrial ecosystem. Deputy Chief Minister Surinder Choudhary's assurance that the deficiencies and alleged selective treatment under the earlier policy will not be repeated is encouraging. However, the real success of the new policy will depend not on investment announcements or financial incentives, but on its ability to strengthen local enterprises, generate employment and ensure that the benefits of industrial growth reach the people of Jammu and Kashmir.

The Union Territory has already been extended an industrial incentive package worth Rs 28,400 crore. While this represents a substantial financial commitment, investment figures alone cannot guarantee economic transformation. The previous experience has demonstrated that industrial development requires transparency, accountability, effective implementation and equitable distribution of opportunities. Public incentives must translate into functioning industrial units, stronger businesses and tangible economic benefits.

Local entrepreneurs must occupy a central position in the government's industrial vision. Outside investment is essential for bringing technology, capital and market access, but it should complement rather than overshadow indigenous enterprises. It would be unjust if new investors benefit from attractive incentives while existing local businesses continue to struggle with inadequate infrastructure, limited credit and rising operational costs. Strengthening the local industrial base must therefore become a fundamental objective of the revised policy.

Micro, small and medium enterprises (MSMEs) deserve particular attention. These businesses sustain livelihoods, generate employment and contribute significantly to the regional economy. Yet many face difficulties in accessing affordable finance, modern machinery, reliable power and wider markets. The government must introduce a dedicated support mechanism offering easier credit, technological upgradation, common testing facilities, improved logistics and better marketing opportunities. Their growth is essential for building a resilient local economy.

Jammu and Kashmir also needs to build industries around its inherent economic strengths. Horticulture, food processing, handicrafts, handloom, wool, textiles, pharmaceuticals, renewable energy, information technology and tourism-related manufacturing offer considerable potential. The new policy must encourage investment in these sectors and promote value addition within the Union Territory.

A major weakness of the regional economy has been the limited processing and commercialisation of locally produced commodities. Apples, walnuts, saffron, dry fruits, spices and wool often leave the region in raw form, with much of their value addition taking place elsewhere. Modern processing units, cold-storage facilities, packaging centres and effective branding can help retain greater economic value within Jammu and Kashmir. The region must evolve from a supplier of raw materials into a competitive centre for finished products.

Equally important is the revival and modernisation of existing industrial estates. Inadequate power supply, poor road connectivity, logistical constraints, financial difficulties and procedural delays continue to affect industrial operations. The government must address these bottlenecks and support struggling enterprises alongside attracting fresh investment. Existing businesses that provide employment and contribute to the economy deserve a supportive policy environment.

Employment generation must remain the ultimate measure of industrial success. Jammu and Kashmir's educated youth need sustainable opportunities that allow them to build dignified futures at home. Industrial incentives should, wherever feasible, be linked to actual investment, local employment and skill development. The government must monitor whether announced projects become operational and whether the promised jobs are genuinely created. Investment commitments without corresponding employment outcomes cannot be presented as meaningful development.

Transparency must also define the implementation of the revised policy. Clear eligibility criteria, objective assessment of proposals, time-bound approvals and an effective grievance-redress mechanism can eliminate unnecessary discretion and restore confidence among local entrepreneurs. Public incentives must be distributed fairly, without favouritism or selective treatment.

The decision to place the draft policy in the public domain and invite suggestions is a constructive step. However, consultation should continue beyond the notification of the policy. Industrial associations, MSMEs, entrepreneurs and workers must have a meaningful role in monitoring implementation and identifying practical difficulties. Regular performance assessments and public disclosure of progress would ensure greater accountability.

Jammu and Kashmir undoubtedly needs substantial investment to diversify its economy and expand its industrial base. But development cannot be measured merely through the number of projects announced or the value of investment proposals received. Factories must operate, local enterprises must flourish, regional resources must generate greater value and young people must find meaningful employment.

The Rs 28,400-crore industrial package offers a significant opportunity, but its real worth will be determined by the transformation it delivers. The revised policy must go beyond incentives and investment commitments to create an environment in which local businesses can grow, new enterprises can emerge and industrial workers can benefit from sustained economic progress.The government's assurance that past shortcomings will not be repeated must now translate into measurable action. Jammu and Kashmir needs an industrial policy that attracts investment without marginalising local entrepreneurs, promotes growth without compromising fairness and ensures that the benefits of industrialisation reach its people. Ultimately, the success of the new policy will be determined by one simple question: whether it creates a stronger local economy capable of providing lasting opportunities to the people of Jammu and Kashmir.

Preserving Kashmir Beyond Nostalgia



Wani Arfat

Kashmir has changed a lot over the years. Change is a part of life. New buildings go up. Young people get educated. Our lives look different from before. While we move forward we must also think about what we leave. Our language, old stories, customs and traditional ways of life belong to Kashmir. We may not think about them every day.. They are part of who we are.

When elders recall about their past days, they share many things which we haven't seen before. They discuss their lives, their diet, how they spend their time and how they celebrate their occasions. Through such discussions, we get an insight into Kashmir that was known to them. Sometimes we listen with interest. We do not always remember what older people say. I feel we should ask questions and learn from their experiences while we still have the chance.

One thing I would like to see more among people is interest in the Kashmiri language. Many of us speak Kashmiri at home. Some are more comfortable using languages. There is nothing with learning English or Urdu. We need these languages for reasons.. Our mother tongue also deserves attention. We should not feel embarrassed to speak Kashmiri with friends or in public. Kashmiri is the language through which many family memories and feelings are shared.

There are Kashmiri words that older people use. Younger people may not understand. Of ignoring them we can ask what they mean. We can learn sayings. Find out why people used them. These small things may not seem important at first.. They help us understand how Kashmir people thought and lived.

Another part of Kashmir that needs attention is work. We have people who make carpets, papier-mâché items and beautiful wooden products. Their work takes time and skill. We



do not always think about the effort behind it. We see the product admire it. Move on. The makers of these items also need income and support. If their children do not want to continue these skills because they see no future many of these traditions may become less common.

Our books and writers should not be forgotten. Kashmir has a tradition of poetry and writing.. How many young people take time to read Kashmiri books? Some students may be interested.. They do not know where to start. Others may have never been introduced to writers. Educational institutions can make a difference by offering opportunities for students to read Kashmiri literature. A minor act of reading, or just discussing a writer, might inspire some person to pursue the cause.

I also feel that we do not always give attention to the history of our areas. We study subjects in school and college.. We know very little about the place where we live. There may be buildings, local stories and people with knowledge of events in our own neighbourhoods. Students can learn a lot by speaking to these people and asking about their experiences. We do not have to depend on books to learn about our surroundings.

The mobile phones and the social media sites have become an integral part of our lives as they not only entertain us but are also helpful in educating ourselves about various aspects of the cultures. A person can publish a Kashmiri poem to define a certain word or describe the process of making a cultural product. Such postings are valuable in enlightening those people who have never had an exposure to these things. In this connection, it becomes important to get acquainted with what we are going to post. At the time we should not expect young people to live exactly as their grandparents did. Their lives were different. Our lives are different now. Students want to finish their education find jobs and build a future. These things matter too. Preserving culture should not stop us from accepting ideas or learning new skills. We can make progress without forgetting where we come from.

I do not believe that a single person or a single organisation can do everything to preserve Kashmir's heritage. Families can keep their language alive at home. That is part of Kashmir's heritage. Teachers can tell students about writers and history which's part of Kashmir's heritage. Young people can read, ask questions and take an interest in the traditions around them thereby protecting Kashmir's heritage. People can also support artisans by buying their products. These are steps.. Most of them can begin without spending much money.

We may not be able to keep every custom alive. Some things will naturally change with time.. We should not lose something simply because we never tried to understand it. If we stop speaking a language reading our writers or listening to our elders we may one day realise that we have lost a part of our history.. That part is part of Kashmir's heritage.

For me, preserving Kashmir means paying attention to the things that're already around us. There is no need to wait until there is a certain day or occasion to reflect on our heritage. We can begin right here in our own homes and classrooms and within our own communities. The Kashmir that future generations know will depend partly on what we choose to teach them today.

I hope they will have the chance to know not about Kashmir's beauty but also about its people, language, stories and way of life.

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

A Mother's Wisdom and Home Remedies

From Childhood Memories to Modern Science



Dr. Vijay Garg

In our childhood memories, a mother holds a special place. Whenever someone at home suffered from a minor ailment, a child developed a fever or got injured while playing, the first word that came to mind was always—"Mother!"

A mother seemed to have a solution for every problem. She might not have possessed a medical degree or modern medical equipment, but through her experience, observation and care for the family, she had developed a unique wisdom about managing everyday household concerns.

The Little Home Pharmacy

In earlier times, mothers often suggested using salt and mustard oil for cleaning teeth when someone complained of a toothache. Marigold leaves were sometimes mentioned as a traditional remedy for ear pain. If something entered a child's eye, the mother would carefully examine it and try to clean the eye.

Neem leaves were traditionally used for minor boils and skin problems. Turmeric was commonly applied to small injuries sustained while playing. During summer, families followed various traditional methods to soothe the prickly heat and skin irritation.

These practices were part of family



experiences and traditional beliefs. Mothers followed them with affection and concern, hoping to provide quick relief to their children.

Health Lessons from the Kitchen

In traditional households, the kitchen was not merely a place for preparing food; it was also the centre of family nutrition and health. Ingredients such as turmeric, ginger, garlic, cumin, carom seeds and basil were regularly used in everyday cooking.

Mothers understood how to adjust meals according to the seasons, what foods were suitable for children and what light meals could be offered during illness. They also taught children the importance of eating on time, maintaining cleanliness and following personal hygiene.

Experience Behind a Mother's Wisdom

A mother's wisdom was not limited to home remedies. She could recognise sadness on a child's face, detect tiredness from the tone of the voice and understand distress through changes in behaviour.

Along with feeding her children, she cared for their emotional needs. Sometimes, her lap, affectionate words and a gentle touch on the head were enough to make a child feel safe and comforted.

Such emotional support also plays an important role in a child's mental and emotional development.

Balancing Tradition with Science

Today, science and medical technology have made remarkable progress. We should respect traditional practices and family experiences, but every old remedy is not necessarily safe or scientifically proven.

For example, putting plant extracts into the ears, using household substances in the eyes or applying ash to open wounds can cause infection and other complications. Plants such as datura can be poisonous. Similarly, treating infants' physical problems or attempting to manage neck and abdominal conditions without medical advice can be harmful.

We should preserve the love, experience and spirit of care associated with mothers, while giving priority to modern scientific knowledge and advice from qualified medical professionals when it comes to treatment.

Times Have Changed, but a Mother's Importance Has Not

Today, medicines, doctors, hospitals and modern healthcare facilities are more accessible than ever. Yet, a mother's role remains equally important. She continues to care for her children's health, nutrition, hygiene, education and emotional development.

We must also remember that a mother's own health, rest and well-being are just as important as the care she provides to her family.

Ultimately, a mother's greatest medicine is her love, patience and boundless affection. The memories associated with her home remedies are an invaluable part of our childhood heritage. Times may change and methods of treatment may evolve, but the importance of a mother's affection and wisdom can never diminish.

A mother is not merely someone who manages the household; she is the embodiment of love, patience and experience, and the first teacher in every child's life.

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How a Decade-Long Struggle for Connectivity Finally Became a Reality



Sahil Manzoor Bhatti



Road connectivity is one of the most essential requirements of modern life. It plays a significant role in the development of any society. Roads are not merely a means of transportation; they connect people with educational institutions, healthcare facilities, markets and other basic services. In today's world, many areas have witnessed remarkable improvements in road infrastructure, with old and damaged roads being transformed into smooth, black-topped roads. However, for millions of people living in remote areas, having a proper road is still a dream.

Some people have enjoyed the benefits of road connectivity since childhood, while others have had to struggle for years to experience this basic facility. Unfortunately, I belong to the second category. For me, a road is not simply a piece of infrastructure; it is a symbol of hope, patience, struggle and development.

The residents of Bhatti Mohallah, Raiyar-Ich, Khansahib, had been waiting for proper road connectivity for many years. The road connecting the High School to Bhatti Mohallah remained incomplete because of a dispute over land. Some landowners were unwilling to provide their land for public use, and this became a major obstacle to the construction of the road. As a result, the residents had to face considerable difficulties for almost a decade.

Life without proper road connectivity is extremely challenging, particularly in remote villages. During the rainy season, muddy and damaged paths make movement difficult. The situation becomes even worse during the harsh winter months when snowfall, freezing temperatures and slippery surfaces create additional problems. Students, elderly people, patients and daily commuters are among those who suffer the most.

For the residents of Bhatti Mohallah, these difficulties were not temporary; they had become part of everyday life. People had to manage their daily activities under difficult circumstances. Reaching schools, healthcare facilities and markets was a constant challenge. Despite these hardships, the residents continued to hope that one day their dream of having a proper road would become a reality. After nearly ten years of waiting and struggle, the dream has finally started taking shape. The R&B Department, Budgam, has recently taken up the upgradation of the road, bringing happiness and relief to the local population. I cannot express in words how delighted I feel when I see my neighbours, relatives and fellow villagers enjoying this long-awaited facility.

For me, this development is much more than the construction or upgradation of a road. It represents the end of a long period of inconvenience and the beginning of new possibilities for the people of our locality. It is a moment of satisfaction to see people enjoying a facility that they had been demanding for years.

However, the journey has not been without difficulties. Certain issues relating to land ownership and road alignment have continued to create challenges, particularly near the main entry point. There have also been concerns regarding the position of Hotel Mars at Raiyar-Ich, which, according to local residents, has affected the available road width. Such matters require proper attention from the concerned authorities so that public infrastructure can serve the interests of everyone.

Development should never become a source of unnecessary conflict among people. We must understand that public roads are meant to benefit the entire community. Personal interests should not become an obstacle to facilities that are essential for the common good. Humanity teaches us to understand the difficulties of others and extend cooperation whenever possible.

Unfortunately, we sometimes forget our social responsibilities. Instead of becoming supportive of one another, we allow personal disputes and differences to create barriers to collective progress. We should remember that today's inconvenience for one family may become tomorrow's difficulty for another. Therefore, mutual understanding, sympathy and cooperation are necessary for building a healthy society.

I strongly believe that road connectivity is not a luxury but a basic necessity. It creates opportunities for education, employment, healthcare and economic development. A well-maintained road can change the lives of people living in remote areas.

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A new innovation in high altitude farming! Ladakh is growing Saffron, a thing which was unheard of before but it's a reality now!



By M S Nazki

-The flowers are like gold on the fields!

-The rich history of Kashmiri saffron—known locally as kong—is woven together by ancient texts, royal records, and enduring regional folklore.

-The Sufi Saints and the Crocus Bulb:

-The most popular local legend traces saffron's arrival to the 11th or 12th century CE. Two wandering Sufi ascetics, Khwaja Masood Wali and Hazrat Sheikh Sharif-u-Din Wali, traveled through the Valley of Kashmir and fell gravely ill. A local tribal chieftain or resident took them in and nursed them back to health. In deep gratitude, the saints gifted their host a single saffron crocus bulb. Planted on the high, well-drained plateau of Pampore, that single bulb is said to have multiplied into the sprawling saffron fields that define the region today. Grateful prayers are still offered to the saints during the autumn harvest.

-The Sacred Spring of Takshaka Naga:

Another foundational narrative appears in the 12th-century Sanskrit text Vikramankadeva Charitam by the poet Bilhana and later echoed in Abul Fazl's Mughal chronicle Ain-i-Akbari. This tradition links the birth of saffron cultivation to Takshaka Naga, a sacred spring near Zewan. According to a popular myth recounted by British historian Walter Lawrence in The Valley of Kashmir, a Naga chieftain (or serpent deity) was cured of an eye ailment by a local vaidya (physician) from Padmapur—modern-day Pampore—and gifted him a saffron bulb in return.

-Historical & Royal Roots

While folklore points to Sufi saints and serpent deities, historical and archaeological records place the spice in Kashmir even earlier:

• Persian Influence: Many historians and ancient accounts suggest saffron was introduced to Kashmir much earlier—around 500 BCE—brought by Persian/Iranian settlers or trade campaigns.

• Ancient Mentions: The Chinese medical expert Wan Zhen (reporting during the Eastern Wu period) and the 7th-century Sanskrit drama Ratnavali by King Harshavardhana both praise the superior color and scent of Kashmira saffron.

• The Rajatarangini: Kalhana's historic chronicle of Kashmir notes that saffron was actively cultivated in the region by 725 CE, and later immortalized as a treasure "not available even in paradise".

Today, the golden-domed shrine of the Sufi saints stands in Pampore—the recognized saffron capital of India—where hand-harvesting the delicate crimson stigmas remains a treasured cultural tradition.

-People wonder why so many writers come to live in Paris. Ten years in Paris and the answer seems simple to me: because it's the best place to pick ideas. Just like Italy, Spain.. or Iran are the best places to pick saffron. If you want to pick opium poppies you go to Burma or South-East Asia. And if you want to pick novel ideas, you go to Paris. My words were traded in marketplaces like pieces of gold. Merchants bought my verses for as much as they paid for saffron and Indian jade ..Unknown!

-Lieutenant Governor of Ladakh breaks new grounds in Ladakh's high-altitude agricultural landscape! Proud to announce that the experimental saffron cultivation, over recently restored degraded land in Leh, has begun to blossom, in a record-breaking 30 days, against the usual two-month timeline for the first bloom. I

- He inspected the saffron field today to witness the first saffron bloom. On an average, 20 to 25 flowers are blooming daily with 72 flowers blooming this morning. In just 04 days, nearly 22 grams of pure saffron has been collected.

-This remarkable achievement is a powerful testament to the resilience of our environment and the immense, untapped potential of high-altitude farming in our region.

-This breakthrough lays a promising foundation for commercial-scale production, thereby, opening up new avenues for cultivation, agro-based entrepreneurship in Ladakh and paving the way for a stronger, thriving, self-reliant local economy.

-High-altitude farming involves growing crops and raising livestock in mountainous or elevated regions (such as the Himalayas, the Andes, or the Alps) where cool temperatures, short growing seasons, thin air, and steep slopes create unique environmental conditions.

-Key Characteristics & Challenges

• Climate & Temperature: Thin air and lower air pressure reduce ambient warmth, leading to cold nights, high radiation/sunlight intensity during the day, and a compressed, short growing season.

• Water & Drainage: Steep slopes promote rapid runoff, which can lead to summer dryness or soil erosion, though localized snowmelt, mountain springs, and heavy dews provide vital moisture.

• Soil & Terrain: Sloped lands require terracing to prevent soil loss and create flat, workable surfaces.

Common Practices & Innovations

• Terrace Farming: Cutting steps into mountain slopes helps control water flow and prevent erosion for crops like barley, wheat, rice, potatoes, and maize.

• Cold-Hardy & Short-Season Crops: Farmers rely on resilient staple crops (such as hardy barley varieties, buckwheat, potatoes) and high-value niche options. For instance, experimental saffron cultivation in cold, high-altitude terrain like Leh (Ladakh) has recently shown rapid flowering cycles in restored land.

• Value Chain & Livelihood Initiatives: Programs like the Tata



Trusts Maximising Himalayan Agriculture Initiative focus on building local Producer Groups and expanding seed production, orchards, and agri-allied products.

• Specialized Livestock Care: High-altitude dairy farming (such as in parts of Himachal Pradesh) requires customized feeding and metabolic strategies to help cattle cope with elevated oxygen and temperature stresses.

-Ladakh has a short 4- to 5-month summer growing season (typically April/May to September) and relies heavily on glacier-meltwater channelled through traditional khuls (irrigation channels).

-Staple and Field Crops

• Barley (Naktey/Nas): The primary, cold-adapted staple crop of Ladakh.

• Wheat: Cold-tolerant varieties grown widely across lower and mid-altitude valleys.

• Buckwheat (Bragoo/Chapa): A traditional high-altitude cold-region grain.

• Pulses & Millets: Green peas (grown extensively for commercial demand), lentils, and traditional millets like foxtail millet (Tse Tse) and quinoa.

• Oilseeds: Mustard.

• Fodder Crops: Alfalfa and oats.

-Vegetables

• Root Vegetables: Potatoes (accounting for a large share of local production), turnips, radishes, carrots, and beetroot.

• Brassicas & Greens: Cabbage, cauliflower, spinach, and various kale/cabbage varieties.

• Alliums & Others: Onions, garlic, tomatoes, and green chillies (increasingly cultivated using protected greenhouse structures to beat sub-zero temperatures).

• Note: Research lists up to 28 to 36 traditional and newly introduced vegetable species across Leh and Kargil, including beans, squashes, cucumbers, and coriander.

-Fruits and Orchards

• Apricots: A major cash crop, particularly famous in Kargil (including the GI-tagged Raktsey Karpo variety).

• Apples: Cold-adapted orchard varieties grown in lower valley areas.

• Sea Buckthorn: Widely harvested across wild and pure production clusters in Leh district.

-High-altitude farming in Ladakh takes place in a cold, arid desert environment at elevations around 3,500 meters or higher, characterized by intense sunlight, scarce rainfall (under 100 mm annually), and very short growing seasons.

-Key Aspects of High-Altitude Farming in Ladakh

• Traditional Crops & Organic Practices: Farmers traditionally grow subsistence crops and organic produce like barley, buckwheat, potatoes, green peas, apricots, apples, and leafy greens.

• Water Management: Irrigation relies heavily on glacial meltwater channeled through traditional networks of gravity-fed streams called Khuls. Initiatives like Project Him Sarovar also focus on restoring barren and degraded land by harvesting snowmelt and improving soil moisture.

• Passive Solar Greenhouses: Developed largely with the help of the Defence Institute of High-Altitude Research (DIHAR), the Ladakh Greenhouse uses passive solar heating to let farmers cultivate fresh vegetables during freezing, harsh winters.

• Crop Diversification & High-Value Trials:

• Floriculture: Ladakh has expanded into high-value flower cultivation, including large-scale production of Lilium and Gladiolus in areas like Choglamsar and Stakna.

• Saffron Cultivation: A pilot saffron project at Spituk Pharka (Leh) planted 90,000 Iranian saffron corms on restored degraded land, producing its first blooms in a record-breaking 30 days.

0Pilot saffron cultivation in Ladakh receives first bloom in just 30 days.

-Pilot saffron cultivation in Ladakh receives first bloom in just 30 days Leh, November 1: Breaking new ground in Ladakh's high-altitude agricultural landscape, the experimental saffron cultivation project initiated by Lt. Governor Shri VK Saxena, on recently restored degraded land in Leh, has begun to blossom.

-The first bloom at the Saffron field came in a record-breaking 30 days, as against the two-month timeline typically required for the first bloom.

-The LG inspected the saffron field to witness the first bloom, where he was informed that the cultivation site is currently averaging 20 to 25 blooming flowers daily, with a peak of 72 flowers blooming this morning alone.

-This rapid, robust growth has led to the successful collection of nearly 22 grams of pure saffron in just four days. As an ambitious experiment, nearly 800 kg corms (90,000 nos.) of premium Iranian saffron were planted over nearly 4000 square meters of land, which was earlier barren and has been recently restored and rejuvenated, as part of Project Him Sarovar, under the guidance of LG, Shri Saxena.

-The plantation was done on October 1, and the first bloom has been reported in less than 30 days. The initiative is guided by Hon'ble Prime Minister Shri Narendra Modi's vision of diversifying traditional agricultural practices for financial sustainability and economic empowerment of the farmers and the youth. Saffron plantation in Ladakh builds on the Administration's successful experiment with high-value floriculture, particularly the massive cultivation of Lilium and Gladiolus in Leh, that has opened new employment and livelihood opportunities for farmers, Self-Help Groups and other local entrepreneurs.

-"This remarkable achievement is a powerful testament to the resilience of the local environment and highlights the immense, untapped potential of high-altitude farming in the Ladakh region. The breakthrough of this pilot project also lays a promising foundation for future commercial-scale saffron production. It will open highly lucrative new avenues for crop cultivation and agro-based entrepreneurship in Ladakh, actively paving the way for a stronger, thriving, and self-reliant local economy," LG Shri Saxena said. Notably, saffron is a high-value crop with strong market demand and commands a premium price, offering the potential to provide farmers with an additional and remunerative source of income. Jammu and Kashmir is the primary region for saffron cultivation in India, accounting for approximately 90 per cent of the country's total production.-Its introduction in Ladakh is, therefore, being undertaken as a pilot to assess its suitability to the region's climatic conditions and explore its economic potential. The LG also appreciated the officials of the Agriculture Department of UT Ladakh and the dedicated field staff for their significant contributions, expertise, and commitment in ensuring the overwhelming success of this pioneering pilot project.

Germanic New Medicine



Surinderpal Singh

In an age when medical science is advancing at an extraordinary pace, a disturbing contradiction has emerged: the growing popularity of health theories that reject scientific evidence in favour of unverified explanations. Among these is Germanic New Medicine (GNM), an alternative medical theory developed by the former German physician Ryke Geerd Hamer in the early 1980s. Presented by its followers as a revolutionary understanding of disease, it claims that physical illnesses, including cancer, originate from specific emotional conflicts or psychological shocks. While the connection between emotional well-being and physical health deserves serious scientific attention, the fundamental claims of Germanic New Medicine remain unsupported by credible medical evidence. Its influence raises profound concerns about public health, medical ethics and the vulnerability of patients searching for hope.

Germanic New Medicine is based on the proposition that diseases arise from unexpected emotional shocks, traumatic experiences or unresolved psychological conflicts. According to Hamer's theory, a particular emotional conflict triggers a predictable biological response in the brain and corresponding changes in specific organs. The theory further suggests that resolving the emotional conflict allows the body to enter a healing phase. The appeal of this explanation is understandable. Human beings naturally seek meaning when confronted with suffering. A simple explanation that connects illness to personal experiences may appear comforting, particularly when conventional medical treatment seems frightening or uncertain.

However, an explanation that sounds psychologically convincing is not necessarily medically accurate. The central problem with GNM is that its proposed biological laws have not been validated through reliable clinical trials, reproducible scientific research or established medical evidence. One of the most misleading aspects of Germanic New Medicine is its apparent association with the legitimate field of psychosomatic medicine.

Modern medical science recognises that psychological stress, anxiety, depression and emotional trauma can influence physical health. Stress may affect sleep, immune regulation, cardiovascular function, digestion and the experience of pain. Psychological support can also improve the quality of life of people living with serious illnesses. Yet recognising these connections does not mean that every disease originates from an emotional conflict.

Cancer, for example, develops through complex biological processes involving genetic alterations, cellular abnormalities, environmental exposures and other factors. Different cancers have different causes and mechanisms. No credible evidence establishes that a particular emotional shock causes a specific cancer or that resolving such a conflict can reliably eliminate a malignant tumour.

he distinction is crucial. Genuine psychosomatic medicine seeks to understand how psychological and biological processes interact. Germanic New Medicine, by contrast, presents unverified explanations as universal biological laws. Confusing these two approaches risks undermining legitimate psychological research and creating



unnecessary guilt among patients.

The most serious health impact of GNM emerges when its followers encourage patients to reject established medical treatment. Cancer treatment may involve surgery, chemotherapy, radiotherapy, immunotherapy, targeted medicines or other approaches selected according to the type and stage of the disease. These treatments are not without limitations or side effects. Nevertheless, they are supported by scientific research and clinical evidence.

GNM promotes the belief that resolving the underlying emotional conflict is sufficient for recovery and that conventional treatments may be unnecessary or harmful. Such claims can lead patients to postpone diagnosis, refuse treatment or abandon potentially life-saving medical care. The consequences can be particularly devastating when a disease is diagnosed at a stage where effective treatment is available. A delay may allow cancer to progress, reduce treatment options and diminish the possibility of recovery.

A false promise of healing can be more dangerous than an honest acknowledgement of medical uncertainty. Another troubling consequence of GNM is the possibility of psychological harm. When patients are told that their disease resulted from an unresolved emotional conflict, they may begin to blame themselves for becoming ill. A person diagnosed with cancer may wonder whether a family dispute, personal disappointment or traumatic experience caused the disease. Such interpretations can intensify distress, shame and anxiety. They may also place an unfair burden on family members, particularly when a patient's illness is attributed to relationship conflicts or personal experiences. Illness is not a moral failure. Patients deserve compassion, scientific information and appropriate treatment—not the suggestion that they have become ill because they failed to resolve an emotional problem. Emotional support should empower patients, not make them feel responsible for their disease.

The internet has transformed access to health information. Patients can now learn about diseases, treatment options and medical research more easily than ever before. However, the same platforms can also amplify misinformation. Germanic New Medicine has developed an online following through websites, discussion groups, social media channels and alternative health communities. Its simplified explanations can spread rapidly because they appeal to people who are frightened, frustrated or dissatisfied with conventional healthcare.

The commercial dimension deserves particular scrutiny. When unproven medical claims are sold to vulnerable patients, the boundary between health education and exploitation becomes dangerously blurred. Public health authorities must therefore strengthen digital health literacy and ensure that people can distinguish scientifically established treatment from unsupported medical promises. Criticism of Germanic New Medicine should not be interpreted as a rejection of emotional care, patient choice or complementary support.

Patients facing serious illnesses need more than prescriptions and procedures. They need empathy, psychological counselling, clear communication, pain management and respect for their fears and preferences. Evidence-based medicine can and should incorporate these human dimensions. Relaxation techniques, counselling, appropriate physical activity and other supportive approaches may improve well-being when used alongside suitable medical care.

The essential distinction is that supportive interventions must not replace treatments necessary for controlling or curing serious diseases.

Doctors should also recognise why some patients are attracted to alternative medical theories. Fear of side effects, financial hardship, inadequate communication and previous negative healthcare experiences may influence their decisions. Addressing these concerns through respectful dialogue is more effective than dismissing patients as irrational.

A healthcare system that listens carefully and explains treatment options honestly is better positioned to protect patients from dangerous misinformation.

Germanic New Medicine presents itself as a revolutionary alternative to conventional healthcare, but its central claims have not been scientifically established. Its greatest danger lies not simply in its inaccurate explanations of disease, but in its potential to persuade vulnerable people to abandon effective medical treatment.

The pursuit of healing is a deeply human desire. However, genuine hope must be grounded in reliable evidence, responsible medical practice and compassion. Society must promote scientific temper, critical thinking and responsible health communication.

Medical professionals, educators, journalists and digital platforms all have a role in challenging misinformation while ensuring that patients receive the emotional and practical support they need. The real revolution in medicine is not the rejection of scientific knowledge. It is the continuous improvement of that knowledge through research, clinical evidence and humane care. When health is at stake, belief may provide comfort, but evidence must guide treatment..Excerum autatur renda sitas suntur? Ti blaccum nonse niendus, solent parias earum inctatur, sum as recepe seque ipsaperit eum que perro is estet, ut que pa elique simodio inietures quia verrovi tatemposa autatem fugit omnimendit facepella cum quis sectio. Et quossus et et quas autenet eium, volende mporuntibus aut volupta spictus et audit vent voluptur? Genis evelitiaspe volut molorio enis dolori alit volupta dolor mod quas doloribus eatur aditende cum et iderum eiurit ut lat est id eium qui incilibus et landaectus dipiet ma quibus, il moluptatur a nisi des mollit arcipsa ndeliquiat.

SURINDERPAL SINGH
FACULTY IN SCIENCE DEPARTMENT
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A Language Dying In The Living Room



BY-MOOL RAJ

Kishtwar village of Dool Hasti, he acquired his pen name in high school — playing a character named Janbaaz in a school play, the name stuck, then became his signature, then became him. His major collection Phalwin Sangar drew on the Kishtwari register of the language, a dialect with its own cadences and images, many of which have no equivalent elsewhere in Kashmiri poetry. He was also a vocalist, known for a singing style called Chalant, a form that blended traditional melodies with improvisation, creating something that felt, in the words of those who heard him, simple and haunting at once. He wrote of equality with a plainness that made crowds rise:

Unch neech ma chu rawa,
Ithaaduk yi chu mudda.
(High and low are not acceptable, Unity is the real purpose.)

These three men, along with others whose names are already receding, gave Chenab Valley a literary identity distinct from the Kashmir Valley, a body of work rooted in a specific landscape, a specific dialect, a specific experience of being Muslim and Kashmiri. This world is now raising children who need footnotes to read them.

The Mechanics of Forgetting

The pattern is consistent enough to feel like policy, though no one drafted it. A child is born in Bhaderwah to parents who speak Kashmiri fluently. The grandparents speak nothing else. The parents, educated in Urdu-medium schools and now investing in English-medium tuition, decide that the child should hear Urdu at home. The child grows up understanding Kashmiri passively, from grandparents, but responding always in Urdu. When this child becomes a parent, Kashmiri has receded to a vague comprehension. The grandchildren understand nothing. The lineage is severed not by war or migration but by the word 'practical.'

There is a social dimension to this that goes beyond economics. In Bhaderwah's more prosperous neighbourhoods, the switch from Kashmiri to Urdu when a guest arrives has become a kind of social signal. Children register the lesson early: Kashmiri is what the maid speaks, what the vegetable seller speaks, what grandmothers speak when they forget themselves. It is not what winners speak.

The irony is that this calculation is factually wrong. Decades of research on bilingualism have established that children raised with two or more languages outperform monolingual peers on measures of cognitive flexibility, problem-solving, and executive function. A child fluent in Kashmiri and Urdu is not disadvantaged when learning English. The opposite is closer to the truth. But a linguist's journal article does not weigh much against a year's worth of English tuition fees and the anxiety that paid for them.

What the Law Says and What the Schools Do

Article 350A of the Constitution of India places an affirmative obligation on states to provide adequate facilities for mother tongue education at the primary stage. Article 29

(1) guarantees any section of citizens the right to conserve their distinct language. Section 29(f) of the Right to Education Act, 2009, requires that the medium of instruction be, 'as far as practicable, in the child's mother tongue.' These are not aspirations. They are law.

There is no government order banning Kashmiri in Chenab Valley. No police at poetry readings. No court order stripping the language of its status. The death happening here is quieter and, in its own way, more final. It happens over dinner. An educated parent turns to a child and says: Beta, Urdu main baat karo, school main kaam aayega. The child obliges. The grandparents, in the next room, understand nothing of what follows. In three generations, a literary language that produced poets of national stature becomes, for those grandchildren, an unintelligible sound from the past.

The Poets They Hang on Walls

Bhaderwah sits in the lap of the Pir Panjal range in Doda district, a town people half-affectionately call 'mini-Kashmir.' The deodar forests still stand. The Neeru river still runs. And in school here, a portrait of Abdul Qadoos, who wrote under the pen name Rasa Javidani, hangs on the wall. The children who pass beneath it, by and large, cannot read a single line he wrote.

Born in Bhaderwah in 1901, Rasa Javidani became what the scholar Mohammad Yousuf Taing called the 'Ghalib of Kashmiri Ghazal' — a title earned, not bestowed. He was the only Kashmiri poet to write in the qasida form. His collection Nairang-e-Gazal remains a primary text for anyone studying Kashmiri literary history. He earned recognition beyond Kashmir's borders. He wrote of his homeland with a precision that Urdu, for all its resources, could not have replicated:

Bhaderwah Tchu zameen Jannat; yeth tchu roodan kanth,
Yeth tchhu bageecha gulab, yeth tchhu shaam sukoon.
(Bhaderwah is a paradise on earth, here rivers run through forests,
Here gardens of roses, here evenings of peace.)

The verse lands differently when you know the landscape it names. That specificity — the particular rivers, the particular light — is what a language carries that translation cannot. It is also what dies first.

Bashir Bhaderwahi, born in 1935, carried the tradition forward with a different register. Where Rasa wrote of love and longing, Bashir wrote of the people themselves — their folklore, their land, their specific griefs. He composed his first Kashmiri ghazal in 1953 while working as a teacher, and his collection Goshan Hind Posh, written that same year and eventually published in 1998, represents a crucial bridge between Chenab Valley's folk forms and its formal literary canon. In 2015, the Sahitya Akademi awarded him its prize for a work of literary criticism on the history of Naats in Jammu and Kashmir — the country's highest literary honour for a body of work written in a language most of his region's children no longer speak.

Then there is Janbaaz Kishtwari. Born Ghulam Nabi Doolwal in 1925 in the

DC Samba convenes Block Diwas programme at Rajpura

Reviews development works, addresses public grievances

■ HT News Network



SAMBA, NOVEMBER 04: Deputy Commissioner Samba Dr. Rupesh Kumar today conducted a Block Diwas programme here at village Chilayari-Block Rajpura to review developmental issues and take stock of public grievances in the area.

A large number of residents, public representatives and officers from different departments participated in the programme. During the interaction, locals projected several demands and highlighted issues related to road connectivity, drinking water supply, power, healthcare, education and other civic amenities.

Representatives from Rajpura demanded construction of Playground and additional class rooms at Government Middle School Chilayari, Community Bankers, deployment of Doctors and provision of Ambulance in local Hospital, beautification of Ponds, augmentation of drinking water supply, rationalization of electricity and completion of PMGSY and PWD road projects.

Responding to the demands raised by the public, the Deputy Commissioner reviewed the progress of ongoing development projects being executed by PWD and PMGSY. He directed the concerned officers to secure all requisite approvals and expedite the execution of works. The PMGSY authorities were asked to ensure proper maintenance of roads and installation of night reflectors at vulnerable and accident-prone locations.

Emphasizing responsive governance and efficient service delivery, he directed all departments to work in close coordination to ensure timely resolution of public issues and effective implementation of developmental programmes at the grassroots level. The DC further directed the Chief Medical Officer to strengthen healthcare services in the area by facilitating all basic facilities at the local Hospital. Responding to the demands raised by the public, the Deputy Commissioner reviewed the progress of ongoing development projects being executed by PWD and PMGSY. He directed the concerned officers to secure all requisite approvals and expedite the execution of works. The PMGSY authorities were asked to ensure proper maintenance of roads and installation of night reflectors at vulnerable and accident-prone locations.

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DM Jammu reviews arrangements for JKSSB Accounts Assistant exam

■ HT News Network

JAMMU, NOVEMBER 04: District Magistrate Jammu, Minga Sherpa today chaired a meeting to review arrangements for the conduct of the JKSSB OMR-based examination for the recruitment of Accounts Assistants in the Finance Department.

The exam, being conducted by JKSSB, is scheduled to be held on November 15 at 1 pm. A total of 33,577 candidates are expected to appear at 84 centres set up in the district.The meeting was attended by ADM Ansuya Jamwal; RTO Jasmeet Singh; Assistant Commissioner Nazool Vinay Kumar and JKSSB members besides concerned district officers.The DM reviewed the department-wise action plans and issued important directions on the spot. He also gave general instructions on security, power supply, traffic management and physical inspection of examination centres.He directed to set up control rooms at all examination centres and clearly labelled for easy identification. He also stressed timely installation of CCTV cameras at the centres.The deployment of invigilators and magistrates was reviewed. Centre Superintendents, Deputy Centre Superintendents and invigilation staff were directed to visit their respective centres a day before the examination.

Census-2027 phase-II: 2-day staff training begins at Poonch

DC emphasises accuracy, adherence to prescribed guidelines

■ HT News Network

POONCH, NOVEMBER 04: Principal Census Officer, (Deputy Commissioner), Ashok Kumar Sharma today inaugurated a two-day training programme to equip the concerned officers with the requisite knowledge and operational preparedness for the smooth conduct of the census exercise under Phase II.

Sub Divisional Magistrates, Charge Officers, including Tehsildars and Executive Officers of Municipal Bodies, census clerk and other supporting staff participated in the training programme.

Addressing the participants, the Deputy Commissioner underscored the significance of Census 2027 as an important national exercise and stressed the need for accuracy, dedication and accountability in the discharge of assigned duties. He observed that reliable census data serves as a vital foundation for effective planning, policy formulation and evidence-based governance.

The technical sessions were conducted by District Coordinator, Directorate of Census Operations Jammu and Kashmir Varun Kumar. He sensitised the participants about the prescribed operational guidelines, digital applications and field-level procedures to be followed during Phase-II of Census 2027.

Additional Deputy Commissioner Tahir Mustafa Malik, Assistant Commissioner Mohammed Sayeed and District Statistics and Evaluation Officer Javaid Ahmed also attended the programme. They emphasised the importance of inter-departmental coordination, timely execution of assigned responsibilities and strict adherence to the prescribed guidelines for ensuring the smooth and successful conduct of Phase-II of Census 2027 in the district.

DC Udhampur holds public outreach programme at Kulwanta; listens to public grievances

■ HT News Network



UDHAMPUR, NOVEMBER 04: Deputy Commissioner Udhampur Ananth Dwivedi today conducted an extensive tour of the remote Kulwanta Block and convened a public outreach programme to take stock of local issues and listen to the grievances and developmental aspirations of the people.

The programme was attended by Additional Deputy Commissioner Prem Singh, district officers, former PRI representatives and a large number of people from the adjoining Panchayats of the Block.

During the interaction, former PRI members and locals projected several demands and issues concerning their respective areas.

They demanded adequate staff in government schools, augmentation of drinking water, land compensation, better mobile connectivity, bus service for students, repair of dilapidated roads, reviving non-functional Anganwadi Centres, establishment of a Veterinary Centre at Chigla Balota, construction of Panchayat Ghar, upgradation of local High School to Higher Secondary School and uninterrupted power supply, among other issues.

Addressing the gathering, the Deputy Commissioner said that the primary objective of such outreach programmes is to obtain firsthand feedback on grassroots-level issues and strengthen the public service delivery mechanism. He emphasised that these interactions enable the District Administration to better understand the genuine concerns of the people and ensure responsive, transparent and people-centric governance.

Several grievances were redressed on the spot through the intervention of the concerned departments. The Deputy Commissioner directed the officers to work with dedication and ensure that genuine public demands are addressed in a time-bound manner.

Later, the Deputy Commissioner distributed Kisan Credit Cards among eligible beneficiaries.

Accounts Assistant (F) Test: 18 Exam Centres set up for 5496 candidates in Poonch

DC directs for foolproof security, smooth conduct of examination

■ HT News Network



POONCH, NOVEMBER 04: Deputy Commissioner Poonch Ashok Kumar Sharma today chaired a meeting to review and finalize arrangements for the smooth and transparent conduct of the OMR-based objective-type written test for the recruitment of Accounts Assistant (Finance). The exam is being conducted by the Jammu and Kashmir Services Selection Board (JKSSB).

The meeting was attended by Senior Superintendent of Police Vaibhav Meena; Additional Deputy Commissioner Tahir Mustafa Malik; Assistant Commissioner Revenue, Muhammad Sayeed; SDMs, CMO, Chief Education Officer, Chief Horticulture Officer, Chief Agriculture Officer, District Treasury Officer, District Social Welfare Officer, District Information Officer, Tehsildars, Executive Engineers, besides heads of the educational institutions.

The Additional Deputy Commissioner informed the meeting that the examination will be held on November 15, 2026, from 1:00 pm to 3:00 pm, at 18 examination centres across the district, where a total of 5,496 candidates are expected to appear.

The Deputy Commissioner directed the concerned departments to work in close coordination and ensure that all requisite arrangements are completed well in advance. He directed for uninterrupted power and water supply during the examination. Special emphasis was laid on foolproof security, proper seating plans, timely deployment of staff and secure transportation of examination material from the strong room to the designated examination centres.

The Deputy Commissioner also stressed strict enforcement of examination guidelines and directed that mobile phones, digital watches and other electronic gadgets shall not be permitted inside the examination halls.

The invigilators and examination staff were directed to report at their respective centres well in advance and discharge their duties with utmost responsibility, vigilance and impartiality.

Div Com Jammu reviews measures to prevent Bird Hazards around Jammu Airport

■ HT News Network



JAMMU, NOVEMBER 04: Divisional Commissioner Jammu, Vikas Kundal, chaired a meeting to review the measures being taken to prevent bird hazards in the vicinity of Jammu Airport and ensure safe airport operations.The meeting was attended by Member Secretary, J&K Pollution Control Board, Jammu; Commissioner, Jammu Municipal Corporation; Deputy Commissioner, Jammu; AOC, Air Force Station Jammu and other concerned officers.

During the meeting, detailed discussions were held on various factors contributing to the gathering of birds around the airport. The Divisional Commissioner also reviewed the action taken on the agenda points discussed in previous meetings.The Divisional Commissioner directed the concerned departments to ensure that no fresh garbage is dumped in the identified area and that the existing garbage is transported through the designated route. He further stressed the need to reduce the overall volume of garbage to minimise the attraction of birds.

He directed the concerned authorities to impose penalties, as per the prescribed norms. He also stressed the need for trenching along the access road leading to the garbage dumping site and regular monitoring to prevent unauthorised dumping.

The Divisional Commissioner further asked the Air Force authorities to explore preventive measures and adopt best practices followed at other airports to effectively address the issue of bird hazards.The meeting also discussed new agenda points, including the threat posed by drones to airport operations, the issue of a 40-metre microwave tower located close to the western side of the runway and the inaccessibility of Landoi Nallah.

Secretary reviews progress of key projects of Information Technology Department

■ HT News Network

JAMMU, NOVEMBER 4: Secretary, Information Technology Department, Rahul Yadav, today chaired a meeting to review the progress of key projects and initiatives of the Department.

The meeting was attended by Rachna Sharma, Additional Secretary, IT; Jaskaran Modi, State Informatics Officer (SIO), NIC, along with the team and other officers of IT, SeMT and JaKeGA.

During the review, the Secretary stressed that the work relating the establishment and operationalisation of the IT Directorate needs to be expedited to ensure its timely progress. He also underscored the importance of augmentation of the State Data Centre, noting that the concerned teams are already working on the initiative. He directed that the augmentation work be taken forward in a coordinated manner and completed within the stipulated timelines.

Emphasizing the growing role of Artificial Intelligence in governance and public service delivery, the Secretary observed that AI is an important component of the Department's ongoing digital transformation efforts. He directed the concerned teams to expedite the development and implementation of identified AI use cases. He directed that



the team constituted for AI initiatives be assigned specific departments for focused coordination and implementation of the use cases. He also stressed the need for close collaboration with IIT and BISAG to provide the required technical support and ensure timely implementation.

The Secretary was also apprised of the status of preparedness for implementation of the Digital Personal Data Protection (DPDP) Act. He directed the Department to take all necessary steps in a time-bound manner and ensure coordinated action for its implementation within the prescribed timelines.

Earlier, Additional Secretary IT presented an overview of the major projects and initiatives being undertaken by the Department. These included matters related to the IT Cadre, State Data Centre (SDC), MeghRaj Cloud, Artificial Intelligence (AI) and implementation of the Digital Personal Data Protection (DPDP) Act, among other key initiatives.

JKAACL Organises One-Day Literary Seminar to Commemorate 102nd Birth Anniversary of Sarwanand Koul Premi

Speakers pay tribute to the literary and intellectual contributions of the eminent writer and poet; highlight his multifaceted personality and distinguished place in Kashmiri literature

■ JAMEEL ANSARI



Kokernag, Anantnag, November 4, 2026: The Jammu and Kashmir Academy of Art, Culture and Languages (JKAACL), in collaboration with Government Degree College Kokernag, organised a one-day literary seminar at Government Degree College, Kokernag, to commemorate the 102nd birth anniversary of eminent Kashmiri writer, poet and intellectual Sarwanand Koul Premi. The seminar aimed at paying tribute to his invaluable literary, academic and intellectual contributions and highlighting his significant role in the development of Kashmiri language and literature. The inaugural session was presided over by noted Kashmiri poet and Sahitya Akademi Award recipient Ali Shaida, while Sheikh Muzaffar Ahmad, President of JKMPF, attended the programme as the Chief Guest. Principal of Government Degree College Kokernag, Prof. Ghulam Abbas, Vice-Principal Prof. Gulzar and Editor Kashmiri, JKAACL, Jawaid Iqbal Khan, were also present on the presidium. The programme witnessed the participation of college faculty members, writers, poets, intellectuals and students. At the outset, Editor Kashmiri, JKAACL, Jawaid Iqbal Khan, welcomed the guests and participants and shared his views on the life and literary contributions of Sarwanand Koul Premi. He observed that Premi occupies a significant place among the distinguished literary figures of Kashmir who enriched various dimensions of Kashmiri literature through their creative abilities, intellectual insight and broad vision. He emphasised that an in-depth study of Premi's literary personality is essential for understanding the creative and intellectual traditions of Kashmiri language. He further stated that preserving a language's literary heritage and transmitting it to future generations requires sustained research and critical engagement with the lives and works of eminent writers and poets. He said that the Academy regularly undertakes literary and cultural initiatives to highlight the contributions of distinguished literary personalities and create a conducive environment for the promotion of language and literature. Appreciating the collaboration of Government Degree College Kokernag, he remarked that organising such programmes in educational institutions is an effective means of acquainting students with their rich literary heritage. On the occasion, Dr. Imtiyaz Lone presented a comprehensive and research-oriented paper on the life, personality and literary contributions of Sarwanand Koul Premi. In his paper, he elaborated on Premi's literary journey, creative evolution, intellectual inclinations and contributions to Kashmiri language and literature. He observed that Premi's literary personality was multifaceted and that his writings reflected human emotions, social consciousness, cultural values and diverse dimensions of life. He stressed the need for a serious academic and critical assessment of Premi's literary works to gain a deeper understanding of his contribution and stature in Kashmiri literature.

Madan Mantoo passes away, DIPR condoles demise

Former colleagues recall his affable attitude, subordinates remember him as a mentor

■ HT News Network

JAMMU, NOVEMBER 04: The Department of Information & Public Relations (DIPR) has condoled the demise of its former Deputy Director-Public Relations, Madan Lal Mantoo, popularly known as Madan Mantoo, who breathed his last here last night after suffering a massive cardiac arrest.

Originally hailing from Baramulla, Madan Mantoo, by dint of hardwork, served the Department in various capacities, including Press Officer to Chief Minister, Deputy Director-PR, Director PR-Raj Bhawan and other positions. Even after retirement he continued his passion for writing.

A condolence meeting, in this regard, was convened today in which Director Information, Mamta Yadav and other senior officers and officials of the Department paid rich tributes to him. They prayed for eternal peace to the departed soul and strength to the bereaved family to bear this irreparable loss.

Paying glowing tributes, the officers recalled the contribution of late Mantoo as an intelligent officer endowed with high professional acumen who discharged every assignment with highest degree of professional acumen. Colleagues and subordinates, equally, were fond of his capabilities and exceptional aptitude for work, the participants recalled.

The meeting observed that late Mantoo has left an indelible mark in the domain of skilled writing and public relations.

A two minutes silence was observed on the occasion as a mark of respect to the departed officer.

Beyond his official assignments, late Mantoo was regarded as an affable colleague to his peers and an inspiring mentor to his subordinates. A keen observer and a prolific writer, he remained deeply in touch with his colleagues and friends spread across Jammu and Kashmir till his death.

Presently contributing to a reputed English daily, his editorial acumen and creative writings had a stupendous and lasting impact on the society.

Former colleagues and officers with whom he had worked have also condoled the demise of Mr. Madan Mantoo and prayed for his departed soul and conveyed condolences to the bereaved family.

DDC Reasi listens public grievances at Thub, directs officers to strengthen field-level presence

■ HT News Network



REASI, NOVEMBER 04: District Development Commissioner Reasi Kumar Abhishek today chaired a Public Grievances Redressal Camp at Panchayat Ghar Thub, in Block Jij Bagli, to listen the grievances and demands of locals and review matters requiring the intervention of the government departments.

During the camp, the residents raised concerns regarding road connectivity, upgradation of schools and the need for a Veterinary Centre and a Primary Health Centre in the area.

Other demands included pending payments under the Jal Jeevan Mission, establishment of a Food Supply Centre, opening of a bank branch, early operationalisation of completed water lift schemes, provision of an ambulance, renovation of school buildings, construction of boundary walls, shifting of schools from the winter to the summer zone, filling of vacancies in educational institutions, development of playground and improved functioning of Anganwadi Centres.

The DDC gave them a patient hearing and called upon officers to undertake regular field visits and ensure the availability of staff in their respective areas.

Stressing accountability in public service delivery, he asked departments to accord priority to public grievances and ensure their timely resolution through regular monitoring and follow-up.

He assured the residents that the demand for an ambulance would be addressed shortly. He also informed them that some road projects had already been sanctioned and work on these would commence soon. Pending road compensation cases, he said, would be resolved at the earliest.

On the demands for a playground and a health centre, the DDC asked residents to identify suitable land to facilitate the processing of proposals. He also assured them that the issue of poor mobile network connectivity in the area would be taken up for early resolution.

The DDC further asked departments to organise awareness camps to inform residents about various government welfare schemes and facilitate access to benefits for all eligible beneficiaries. He also urged residents to clear their pending electricity dues and cooperate with the administration in improving public service delivery.

Later, the DDC visited Government Middle School Thub, reviewed the available infrastructure and facilities. He asked the concerned departments to complete the approach road connecting the school with Panchayat Ghar and restore water supply without delay.

MLA Reasi Kuldeep Raj Dubey, Additional Deputy Commissioner Sushil Kesar, Chief Planning Officer Narinder Kumar, District Social Welfare Officer, Assistant Commissioner Development, Executive Engineers of the concerned departments, Chief Agriculture Officer, Chief Horticulture Officer, Assistant Regional Transport Officer, District Information Officer, Block Development Officer Jij Bagli and other officers were present during the camp. MLA Reasi Kuldeep Raj Dubey, Additional Deputy Commissioner Sushil Kesar, Chief Planning Officer Narinder Kumar, District Social Welfare Officer, Assistant Commissioner Development, Executive Engineers of the concerned departments, Chief Agriculture Officer, Chief Horticulture Officer, Assistant Regional Transport Officer, District Information Officer, Block Development Officer.

MD NHM reviews operational status of online single window system to improve healthcare services

■ HT News Network



SRINAGAR, NOVEMBER 04: In a major push toward streamlining regulatory processes and reducing compliance burdens for the healthcare sector, a review meeting was held today under the chairmanship of Athar Amir Ul Shafi Khan, Mission Director, National Health Mission, J&K, at the Old Secretariat, Srinagar.

The meeting featured a comprehensive operational review and live demonstration of the Single Window Clearance (SWC) Portal. The meeting was attended by the Nodal Officer, Single Window System and Director, Industries & Commerce Department, Jammu, along with their technical team; Officers from the Health and Medical Education Department, J&K; Director Health Services Jammu and Kashmir, Senior Director (IT) from NIC, J&K; Chief Medical Officers from Srinagar, Anantnag, Baramulla, Jammu, and Rajouri, State M&E Officer, NHM, J&K, with outstation officers joining via virtual mode.

As part of the ongoing implementation of Reducing Compliance Burden (RCB) initiative, the department highlighted significant strides made in integrating crucial healthcare-related services into the unified digital framework. Reviewing the current status, it was noted that Clinical Establishment Registration and PC&PNDT Registration have been successfully integrated and made live on the SWC Portal. Necessary instructions have already been issued for the mandatory processing of all applications exclusively through the online portal, which is actively being utilized across all districts.

Furthermore, deliberations were held on the remaining target services, including Drug Licensing Services and Food Business Operator (FBO) Licensing & Registration Services, which are being facilitated through respective national-level platforms including the Online National Drug Licensing System (ONDLS) and the FSSAI FoSCoS Portal integrated with the National Single Window System (NSWS).

The meeting focused on evaluating end-to-end portal workflows covering application registration, verification, inspection, and approval processes. Field-level officers provided direct feedback on operational bottlenecks and user-interface enhancements to ensure seamless service delivery.

Concluding the review, the Mission Director instructed officials to promptly bridge any existing operational gaps and ensure the single window system is fully functional for the benefit of the general public.

PUBLIC NOTICE

It is informed to the general public that the original Death Certificate of Mr. Ghulam Hassan Khan S/o Lasa Khan R/o Tangawari Bala, Tehsil Wagura, District Baramulla, J&K, who expired on 08-11-2019, bearing Registration No. 212/15-B/PSK/2026 dated 23/11/2019, issued by the Registrar (Birth & Death), has been lost / misplaced somewhere and is not traceable despite thorough search.
If anybody finds the said original Death Certificate, he/she is requested to kindly return / inform the undersigned or deposit the same with the office of the Registrar Birth & Death, Tehsil Wagura, District Baramulla.
Further, I am applying for a duplicate Death Certificate for the same. If any person has any objection regarding issuance of duplicate certificate, he/she may file objection before the concerned Registrar within 7 days from the date of publication of this notice, after which no objection shall be entertained.
Name of Deceased: Ghulam Hassan Khan
Date of Death: 08-11-2019
Death Certificate No: 212/15-B/PSK/2026
Resident of: Tangawari Bala, Tehsil Wagura, District Baramulla
Applicant (Legal Heir / Waris):
R/o Tangawari Bala, Tehsil Wagura, Baramulla
Mobile: 9596411841

PUBLIC NOTICE

I, Abdul Satar Malla, hereby give this public notice to inform the general public and concerned authorities that my wards name have been incorrectly recorded in my Aadhaar Card as Mustufa Satar,His correct particulars, as per valid supporting documents, are as follows:Correct Name: Mustafa Satar.I request the concerned authorities to kindly take note of the above-mentioned correct particulars and consider the necessary correction in my wards Aadhaar records as per the applicable rules and prescribed procedure.This notice is being published for public information and official record purposes.

PUBLIC NOTICE

This is for information of general public that the (Electric bill) power connection is registered on my Brother's name MEHRAJ UD DIN WAZA S/O MUNEER AHMAD WAZA Now this Connection bearing Consumer ID NO 0212040011052 wants to be registered on my name RIYAZ AHMAD WAZA S/O MUNAWAR WAZA If anybody have any objection in this regard He/She may file his/her objection in the concerned PDD office within seven days from the date of publication ofthis notice after that no objection will be entertained

Name.....RIYAZ AHMAD WAZA
S/O...MUNAWAR WAZA
R/O ... FRASTHAR KREERI BLOCK ....WAGOORA

PUBLIC NOTICE

This is to inform the General Public that I have my residential House at Mach Lane Kursoo Rajbagh Srinagar My electricity Consumer ID number is 0202010001727 and it was in the name of my Late father Ghulam Ahmad Nadroo who has expired.
Now I have applied before the Executive Engineer Electrical Sub Division Rajbagh for the change of Consumer name for this ID from the name of my late father to my own name so that the record is updated.
If any body has any objection he / she may approach to the concerned authority with their objections within one week . After expiry of one week no objection shall be entertained.

Fayaz Ahmad Nadroo
S/o Late Ghulam Ahmad Nadroo
R/o Mach Lane Kursoo Rajbagh near Hotel Vilasta.

PUBLIC NOTICE

This is for information of general public that the (Electric bill) power connection is registered on my Father's name AB AHAD SHEIKH R/O..FRASTAHAR KREERI Now this Connection bearing Consumer ID NO 0212040003631 wants to be registered on my name MOHD SHAREEF SHEIKH If anybody have any objection in this regard He/She may file his/her objection in the concerned PDD office within seven days from the date of publication ofthis notice after that no objection will be entertained
Name.....MOHD SHAREEF SHEIKH
S/O..AB AHAD SHEIKH
R/O ... FRASTAHAR BLOCK ....WAGOORA

PUBLIC NOTICE

My name has been wrongly written as ARVINDER SINGH on my Adhaar card bearing Adhaar No .. 4335 6550 9559 while my correct name is S. ARVINDER SINGH S/O KISHAN SINGH 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...S.ARVINDER SINGH
S/O....KISHAN SINGH
R/O..BERWAH TANGMARG

PUBLIC NOTICE

It is notified that I have registered power agreement under id no ; 0206050018046 in the name of muskan ishytaq W/o ishtiyaq Ahmad Bhat R/o Sheri mohalla Narbal District Budgam . Now I want the said power agreement to transfer in the name of mussarar Khurshid of mentioned same address.
If anybody has any objection, he can approach pdd department within the period of seven days. After completion of said period, No objection will be entertained.
04/11/2026

حکومت جموں و کشمیر ازدفتر میڈیکل سپرانٹنڈنٹ ڈسٹرکٹ اسپتال بڈگام

GOVERNMENT OF JAMMU AND KASHMIR
OFFICE OF THE MEDICAL SUPERINTENDENT ASYM DISTRICT HOSPITAL BUDGAM
Tel:01951-359988

Short Term Quotation

Subject: Inviting Sealed Quotations for Repair of 250 KVA Genset.

On behalf of the Government of the Union Territory of Jammu & Kashmir, sealed quotations are hereby invited from registered Service Centers, preferably local for the repair of 250KVA Genset installed at ASYM District Hospital, Budgam.

The detailed scope of work, specifications of Genset and other terms and conditions can be obtained from the office of the Medical Superintendent, ASYM District Hospital, Budgam, on all working days during office hours.

The quotations, complete in all respects and accompanied by all necessary documents, shall be submitted in a sealed cover and dropped personally in the Tender Box kept for the purpose in the office of the Medical Superintendent, ASYM District Hospital, Budgam, on or before 10-11-2026 up to 01:00 PM.

The quotations shall be opened on the same day i.e. 10-11-2026 at 02:00 PM in the office chamber of the Medical Superintendent, ASYM District Hospital, Budgam.

The Service Providers or their authorized representatives who wish to remain present at the time of opening of the quotations may attend the proceedings accordingly.

The undersigned reserves the right to accept or reject any or all quotations, in whole or in part, without assigning any reason thereof.

DIPK-7348/26
Send Date :04/11/2026

Sd/=
Medical Superintendent
ASYM District Hospital
Budgam

Government of Jammu and Kashmir
Directorate of Health Services Kashmir Bemina Srinagar

Visit us at: www.dhskashmir.org Email:dhsk-pa@jk.gov.in

Subject: Final Seniority List of Junior Health Inspectors, Division Cadre Kashmir

Whereas, the 1st Tentative Seniority List of Junior Health Inspectors working under the administrative control of the Directorate of Health Services Kashmir was prepared on the basis of the service records available in this Directorate and the information furnished by the subordinate offices and circulated among all concerned.
Whereas, the representations received from various officials in response to the 1st Tentative Seniority List, circulated vide this Office Notification No. Est-II/NG/3384-3418 dated 31.07.2026, were examined and the requisite corrections, wherever found justified, were incorporated in the 2nd Tentative Seniority List.
Whereas, the 2nd Tentative Seniority List of Junior Health Inspectors was circulated for information of all concerned and for inviting objections, if any, vide this Office Notification No. Est-II/NG/E-7939870/4043-77 dated 01.09.2026. No objections were received against the said list.
Whereas, the 3rd Tentative Seniority List of Junior Health Inspectors, Division Cadre Kashmir, was issued and circulated for information of all concerned and for inviting objections, if any, vide this Office Notification No. Est-II/NG/E-7939870/5301-35 dated 16.10.2026. No objections were received in response to the said list.
Now, therefore, the Final Seniority List of Junior Health Inspectors, Division Cadre Kashmir, is hereby notified and circulated among all concerned Drawing and Disbursing Officers (DDOs) and Junior Health Inspectors for information.
The date(s) of birth and category status of the officials recorded in the Seniority List shall not be treated as authentic for all purposes and shall remain subject to verification with reference to the relevant service records and Matriculation Certificates issued by the competent authorities.
The Final Seniority List shall also be published in two leading newspapers of the Kashmir Valley for wider circulation.

DIPK-7344/26
Send Date: Nov 4, 2026

Sd/
Director Health Services
Kashmir

MC Samba organises awareness program on conservation of Traditional water bodies

DC calls for public participation in safeguarding perennial resources

■ HT News Network

SAMBA, NOVEMBER 04: Municipal Council Samba, under the aegis of the District Administration Samba and the Directorate of Urban Local Bodies Jammu, on Wednesday organised a one-day awareness programme on the conservation of Water Bodies here at the historic Samba Fort.

The programme was organised with technical support from the National Development Foundation (NDF) Jammu and under the guidance of Director Urban Local Bodies Jammu Kapil Sharma.

The programme witnessed enthusiastic participation from around 300 individuals, including government officials, civil society



representatives, students, teachers and other stakeholders, reflecting a strong collective commitment towards the conservation and protection of traditional water resources.

Deputy Commissioner Rupesh Kumar was the Chief Guest. Addressing the gathering, he underscored the significance of conserving traditional water bodies and stressed the need for active public involvement, inter-departmental coordination and collective responsibility in safeguarding these vital natural resources.

He sought the cooperation and support of civil society members in protecting water bodies across Samba district. "The conservation of ponds and other traditional water resources requires sustained community involvement, besides concerted efforts by the government departments," he emphasised.

Chief Executive Officer Municipal Council Jodh Raj delivered the welcome address and highlighted the objectives of the programme. The event was also attended by Additional SP Pradeep Kumar and Tehsildar, Gaurav Sharma along with other officials and representatives.

Earlier, an awareness rally comprising students was taken out to promote water conservation. After marching through different parts of the town, the rally culminated at the Samba Fort.

Honorary Patron National Development Foundation Rajiv Kumar Khajuria delivered the keynote address and sensitised participants about the importance, techniques and methodologies involved in the conservation of water bodies. He called upon citizens, particularly the younger generation, to actively participate in preserving traditional ponds and other natural water resources.

As part of the awareness campaign, Programme Manager, National Development Foundation Sunny Kumar administered a public pledge, encouraging participants to take collective responsibility.

MVD conducts enforcement drive on Dool Road

■ HT News Network



KISHTWAR, NOVEMBER 04: The Motor Vehicle Department (MVD) and Police today conducted a joint enforcement drive on Dool Road Kishtwar with special focus on curbing drunken driving and driving under the influence of drugs.

The MVD team led by ARTO Tasleem Wani and personnel from the District Police led by PSI Rahul Sharma used breath analysers to detect drunken driving. The team also conducted rapid drug tests to identify possible cases of driving under the influence of drugs.

A driver was booked and his driving licence was disqualified for drunken driving. Besides, a bus and a cab were seized for various traffic violations. The team also sensitised drivers about the serious risks associated with driving under the influence of alcohol or drugs.

SHD Poonch organises District-Level Awareness Camp

■ HT News Network



POONCH, NOVEMBER 04: The Sheep Husbandry Department, Poonch organised a one-day District-Level Awareness Camp here at Dak Bunglow under HADP Scheme P-15 (Development of Rainfed Areas).

The programme witnessed enthusiastic participation of more than 100 sheep and goat farmers from different areas of the district.Chief Animal Husbandry Officer Dr. Ashraf Malik was the guest of honour. He highlighted the importance of generating awareness among livestock farmers.During the camp, Veterinary Assistant Surgeons delivered informative lectures on scientific feeding and nutritional management of small ruminants during winter, along with preventive measures and control of various diseases affecting sheep and goats.

District Sheep Husbandry Officer Dr. Bilal Banday apprised the participating farmers about various departmental schemes and initiatives aimed at improving livestock productivity and enhancing the economic well-being of sheep and goat rearers.

The programme concluded with an emphasis on adopting scientific livestock management practices and availing the benefits of various government schemes for sustainable development of the sheep and goat sector in the district. District Sheep Husbandry Officer Dr. Bilal Banday apprised the participating farmers about various departmental schemes and initiatives aimed at improving livestock productivity and enhancing the economic well-being of sheep and goat rearers.

DC Ramban, SSP inspect Dalwas stretch of NH-44; Direct NHAI to ensure road safety, expedite widening of vulnerable area

■ HT News Network

RAMBAN, NOVEMBER 04: Deputy Commissioner Ramban Mohammad Alyas Khan, today visited the Dalwas stretch of National Highway-44 along with Senior Superintendent of Police Anna Lata Sinha, to review road safety measures and assess the progress of ongoing works under the National Highway Four-laning project.



The DC was accompanied by Additional Deputy Commissioner Varunjeet Singh Charak, PD NHAI Shubham Yadav, Dy. SP Traffic Vinod Kundal and other concerned officers.

During the visit, the Deputy Commissioner inspected the vulnerable stretch of the highway near the newly established petrol pump at Dalwas, an accident prone area of NH-44. He took stock of the safety measures put in place by the NHAI to prevent accidents and ensure the smooth movement of traffic along the stretch.

The Deputy Commissioner directed the concerned officers of the National Highways Authority of India (NHAI) to take immediate steps for clearing and making the vulnerable stretch safe at the earliest. He stressed the need to ensure proper road safety measures, improve road conditions and maintain smooth traffic flow to minimise accidents and ensure the safety of commuters.

He further reviewed the progress of various ongoing road construction and four-laning works being executed under the National Highway project. He directed the executing authorities to expedite the pace of work while ensuring adherence to prescribed safety standards and maintaining the convenience of road users.

The Deputy Commissioner emphasised that public safety must remain the top priority and directed the officers to take prompt and effective measures to address traffic-related concerns along the highway.

DC Rajouri chairs Block Diwas at Darhal

■ HT News Network

RAJOURI, NOVEMBER 04: Deputy Commissioner Rajouri Dr. Devansh Yadav today chaired a Block Diwas/Public Grievances Redressal and Service Delivery Camp here at Dak Bungalow Darhal, providing a platform to the locals to highlight their grievances, project developmental demands and seek resolution of issues concerning the area. Major demands projected included improvement of the Bus Stand–Parathan Road, repair of the Bari Darhal–Hilltak Road, restoration of drinking water supply, repair of non-functional hand pumps and provision of adequate parking and toilet facilities at the local Bus Stand. The demand for establishment of a State Bank of India branch was also raised.

The public further sought construction of an Indoor Stadium and development of sports infrastructure, completion of pending building works at Government Higher Secondary



School Darhal and Government Degree College Darhal, construction of a dedicated building for Gulshan Fatima Residential School and resolution of staff shortages in educational institutions.

Other demands included adequate availability of doctors and healthcare facilities, establishment of a Fire and Emergency Services facility, departmental awareness camps, promotion of paragliding and development of the Shakar Marg Project, including the proposed Seven Lakes tourism circuit.

Responding to the demands, the DC made it clear that contractors who failed to execute allotted works would face strict action, including blacklisting, as per rules.Regarding the proposed Indoor Stadium, he informed that the Detailed Project Report (DPR) has already been prepared and asked the concerned stakeholders to identify suitable land to facilitate further action towards its establishment.

He announced that a Kisan Mela would be organised on 5th November, 2026 to familiarise farmers with modern agricultural practices, government schemes and income-generating opportunities, calling for maximum participation.

FDA steps up food safety enforcement checks ahead of Diwali

■ HT News Network

JAMMU, NOVEMBER 04: With the demand for sweets and other festive delicacies expected to increase ahead of Diwali, the Food and Drugs Administration (FDA) J&K has intensified the enforcement and sample lifting across Jammu Division.The move aims to ensure food safety, enforce prescribed quality standards and prevent food adulteration during the festive season.

As part of the special festive enforcement-cum-sampling drive, the food safety teams lifted 56 food samples, including samples of sweets, paneer, khoya, savouries and other food commodities.

During the drive, approximately 500 kg of unsafe sweets including Rasgulla, costing around ₹ 79,500, were destroyed to prevent their sale and consumption.

HDFC Bank Gets Government Nod to Offer Deposits under Capital Gains Accounts Scheme

■ HT News Network

Mumbai, Nov 4, KNT: HDFC Bank has received authorisation from the Government of India to offer deposits under the Capital Gains Accounts Scheme (CGAS), 1988, enabling taxpayers to park unutilised capital gains in savings accounts or fixed deposits for up to three years while availing applicable tax exemptions and earning interest.

The facility is intended for taxpayers who are unable to complete their reinvestment before the income tax return filing deadline. Under the scheme, eligible customers can open savings accounts (Type A) and fixed deposits (Type B) at the bank's urban and semi-urban branches, excluding rural branches.

According to HDFC Bank, the deposits will offer several facilities, including multiple modes of funding through NEFT, RTGS, fund transfers, IMPS and UPI, both online and at branches. The bank said its CGAS savings accounts would have a zero-balance requirement and carry no transaction charges. Interest on both savings accounts and fixed deposits will be paid quarterly.



Customers will also have view-only access to their accounts through Net Banking and Mobile Banking, while passbooks and fixed deposit advice will be provided for account tracking. Commenting on the development, Sunali Rohra, Head – Government & Institutional Liabilities, New Economy Group and Alternate Banking Channels & Partnership at HDFC Bank, said the bank was grateful to the Government of India for reposing faith in it as a partner for implementing the scheme.

She said the facility would allow customers to earn interest while availing tax exemption on their unutilised capital gains, and invited them to use the bank's branch network and digital services to park their funds. The bank said all resident Indians were eligible to avail the deposit facility. It covers capital gains arising from the transfer of residential house property, including apartments, buildings and land; agricultural land; and capital assets other than residential house property. The scheme also covers capital gains from the compulsory acquisition of land or buildings forming part of an industrial undertaking, relocation of industrial assets from urban to non-urban areas, and shifting of industrial assets from urban areas to Special Economic Zones. [KNT]

Usha supports Sqay martial arts event in Srinagar; Strengthens focus on indigenous sports

Over 350 watched on as athletes showcased the combat and artistic disciplines of Sqay

■ HT News Network

Srinagar, Jammu & Kashmir, 3rd November 2026: Usha International, one of India's most respected consumer durables brands, supported the Sqay martial arts event in Srinagar between the 29th and 31st of October, reinforcing its commitment to promoting indigenous sports and encouraging community participation in active living.

Sqay, an indigenous armed and unarmed combat style martial art using a bargula (shield) and tora (leather-covered bamboo sword), from Jammu & Kashmir, is deeply rooted in the region's cultural and warrior traditions. Rooted in ancient self-defense techniques, it has evolved into a structured modern sport, which is now recognized at national and international platforms. Supporting this initiative aligns with Usha Play's larger vision of nurturing grassroots talent, preserving indigenous sporting heritage, and creating accessible platforms for young athletes across regions.

Speaking about the initiative, Ms Komal Mehra, Head – Sports Initiatives and Associations, Usha International, said, "When indigenous sports like Sqay are practised, they keep alive a legacy that is deeply connected to a region's history, culture, and spirit of resilience. Rooted in history and revived as a modern competitive sport, Sqay was developed by ancient Kashmiris and indigenous groups for self-protection against invaders. This indigenous sport, which was used for survival is now a reason to come together and play. Usha Play's association with such sporting initiatives allows us to bring awareness and nurture local talent, preserving indigenous traditions, and helping these unique disciplines become aspirational."

Following the competitions across Combat/Fight



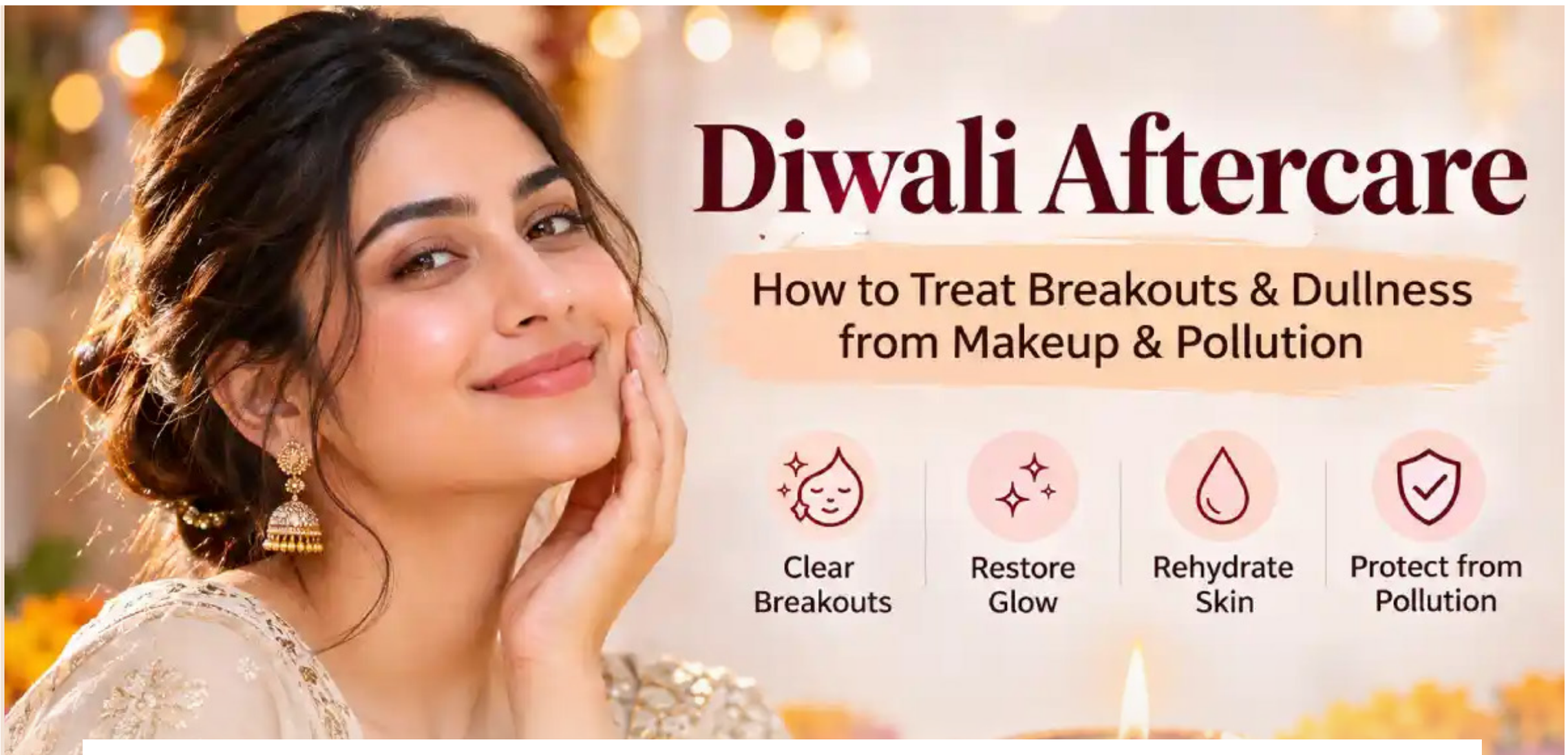
(Loba), Artistic events Khawankay (preset artistic routines) & Aerosqay (performed to music) that saw a turnout of over 350 athletes, winners across categories were felicitated during a prize distribution ceremony adjudicated by a distinguished panel of judges.

The individual honours among the boys in the Cadet category (under 11) saw Mohammad Usman Rather secure top spot, while Mie Aalima Jan claimed the top spot for the girls in Artistic Aerosqay event. The Sub Junior categories (under 14) witnessed impressive performances, with Shanaya Gigoo finishing first in her Khawankay -1 performance among girls and Abid Ajaz delivering a winning performance in Loba among the boys in the same category. In the Junior open category (under 18) Rayyan Bin Rizwan secured top spot, while Maliya Zahoor claimed the top spot for the girls in the Loba event. In the Senior category (Above 18), Disha Pandith secured the Gold Medal for her performance in Khawankay -3, while Faizan Shabir secured the top spot among boys in the same age category for Loba.

One of the major attractions was the Best Fighter Bout (Champion of Champions), where outstanding athletes demonstrated exceptional fighting skills, confidence, technical ability and determination. Among boys the best fighter title went to Mr. Faizan from the district Shopian while Ms. Madeeha from the district of Ganderbal took the prize home for the girls.

The competition also celebrated a district-wise overall championship that saw District Ganderbal in first followed by Srinagar in second and Shopian in third.

Speaking about the event, Grandmaster Nazir Ahmad Mir, Founder of Sqay and Secretary General, International Council of Sqay; Jammu & Kashmir Sqay Association, said, "Sqay represents the spirit, resilience, and cultural legacy of Jammu & Kashmir. It is encouraging to see growing interest among young athletes who are keen to learn and carry this tradition forward. Support from organisations like Usha Play plays a crucial role in this journey, as it helps create platforms for talent to thrive while bringing greater visibility to indigenous sports like Sqay."



Skin Detox Tips to Follow Post Diwali



Shahnaz Husain

The festive season is getting over and it is time to hit the life back, isn't it?

Due to the festive preparations, we tend to ignore our bodies which takes a toll on our skin and hair and they start to lose their glow and shine.

.The night of Diwali is usually reserved for night-long parties and for loading yourself with sugary stuff. But, in the midst of this all, one thing that goes on for a toss is your body.

Festival treats till the wee hours of the morning, eating oily foods and sweets, cleaning, post-Diwali pollution, skipping out on skincare routines, and the ensuing pollution can affect skin health.

Crackers burst during Diwali contains highly toxic heavy metals such as lead, copper, zinc, manganese, sodium, potassium, etc. which causes various skin issues .

After the Diwali festivities that involve heavy makeup and exposure to pollutants,it's high time we give our skin the love and care it deserves.

However, with the festive season over, now is a great time to detox your skin and take a break from everything

Give your skin the love it needs post-Diwali by following these simple skincare tips for healthy skin!

1--Try intermittent fasting

Intermittent fasting involves periods of entirely or partially abstaining from eating.

There are several different ways to do intermittent fasting, but they are all based on choosing regular time periods to eat and fast.

Fasting completely for 1 or 2 days a week, known as the Eat-Stop-Eat diet, involves eating no food for 24 hours at a time while they can take water, tea, and other calorie-free drinks during the fasting period. Fastly generally begins from morning up to the second day's morning breakfast time.

One way is to drink only water with lemon until 2 pm the next day, and have only one light meal with lots of fluid for a cleanse.

You can opt for day time ---restriction fasting where one can eat normally but only within an eight-hour window each day. For example, skip breakfast but eat lunch around noon and dinner by 9 p.m

Some studies have concluded that intermittent fasting may be more beneficial than other diets for reducing inflammation and improving conditions associated with inflammation,

It is important to drink lots of water and calorie-free drinks, such as herbal teas, throughout the day. This can help ensure you get enough electrolytes, sodium, and potassium chloride.

After breakfast take food that is high in fibre, vitamins, and minerals, to keep blood sugar levels steady and prevent nutrient deficiencies. A balanced diet will also contribute to overall health.

2----Add antioxidants to your diet-------

Antioxidants are molecules that fight free radicals in your body.

Plant-based foods are the best source of antioxidants. These include fruits, vegetables, whole grains, nuts, seeds, herbs and spices, and even cocoa.

Several vitamins, such as vitamins E and C, are effective antioxidants.

Plants have naturally occurring antioxidants such as carotenoids, flavonoids, isothiocyanates, and phenolic acids.

Berries, green tea, coffee, and dark chocolate are renowned for being good sources of antioxidants

Antioxidant vitamins C and E have skin benefits. Antioxidants make skin softer, reduce moisture loss and protect skin cells from sun damage.

However high doses of some antioxidant supplements can be harmful. For example, they can result in the effects of some medicines. If you are on any medicines, make sure you ask your doctor about taking antioxidant supplements.

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Antioxidants help skin repair itself. Inflammation impedes the skin's renewal process. By reducing inflammation, antioxidants allow the skin to repair itself and correct visible damage. Some antioxidants, like vitamin C, can also stimulate collagen production, which is vital for youthful skin

3--Watch out for Food consumption-------

Eating healthy is one of the best and essential ways to rejuvenate.

The festive season is all about sweets and snacks. Oily and extra-sweet foods affect the skin leading to breakouts and clogged pores.

Now you need to shift to healthier food such as choosing whole grains over refined grains and eating more protein. Include more fruits, especially citrus fruits, salad, and sprouts in your diet.

It's recommended that you eat at least 5 portions of a variety of fruit and veg every day. They can be fresh, frozen, canned, dried or juiced.

Include a banana over your breakfast cereal, or swap your usual mid-morning snack for a piece of fresh fruit.

For a healthier choice, use a small amount of vegetable or olive oil, or reduced-fat spread instead of butter, lard or ghee

A good way to ensure you eat your salad as a starter. By doing so, you'll finish all of your greens while you're at your hungriest. It may lead you to eat fewer calories overall, which could result in improved health. Plus, eating vegetables before a carb-rich meal has been shown to benefit blood sugar levels.

Most people consume too much sodium through salt while consuming an average of 9–12 g of salt per day is recommended

Avoid intake of excessive salt. About three-quarters of the salt you eat is already in the food when you buy it, such as breakfast cereals, soups, breads and sauces. More than 1.5g of salt per 100g means the food is high in salt

Try to start with a healthy breakfast which is high in fibre and low in fat, sugar and salt.

It an help you get the nutrients you need for good health.

The pace at which you eat influences how much you eat, as well as how likely you are to gain weight.

Your appetite, how much you eat, and how full you get are all controlled by hormones. Hormones signal to your brain whether you're hungry or full.

However, it takes about 20 minutes for your brain to receive these messages. That's why eating more slowly may give your brain the time it needs to perceive that you're full.

But if you eat too little or eat too much, your health and quality of life could be affected. This can result in negative feelings toward food.

Focusing on how and why you eat is just as important as what you eat, By being mindful of your habits and relationship with food, you can empower yourself and reveal the way to eat that is truly nourishing to your body and mind.

4--Keep yourself hydrated

Consuming junk foods and having aerated drinks and sodas for liquid can leave your body dehydrated.

The skin gets dry and flaky because of the hot temperature and the pollution caused due to the crackers. Therefore, in the post-Diwali days, you should concentrate on replenishing the water content of your body.

Hydration is the secret sauce for healthy skin, and post-Diwali skin hydration is our golden ticket to restoring that dewy glow.

Make sure to drink 10 glasses of water throughout the day to keep your skin hydrated. You can also enjoy herbal teas or flavoured water to add a festive touch. This will help control your appetite and reduce the chances of overindulging in unhealthy snacks and sweets.

Water consumption at regular intervals throughout the day is essential for keeping our metabolism active and flushing out toxins.

Inculcate the habit of drinking a glass of warm lemon water early in the morning to flush out toxins in your body. A teaspoon of honey can also be added to the drink. Both lemon and honey have medicinal properties.

Additionally, including hydrating foods such as fruits and vegetables in your meals can also contribute to your overall hydration. This straightforward practice can have a remarkable impact on how you feel throughout the festive season.

The author is an international fame beauty expert and is called the herbal queen of India

31 is the new 21: Sindhu backs herself for World Tour Finals

United News Of india

NEW DELHI, NOV 4 :Star shuttler PV Sindhu believes she still has plenty to offer at the highest level, with the two-time Olympic medallist securing qualification for the season-ending BWF World Tour Finals and making it clear that turning 31 has not diminished her ambitions. The Indian, who won her second title of the season at the Hylo Open Super 500 on Sunday, is currently fifth in the World Tour qualification rankings. The top eight players will compete at the season finale in China from December 9 to 13.

Sindhu's victory in Germany followed her triumph at the Japan Open in July and a runner-up finish at the French Open last month. The consistent run has also lifted her to sixth in the overall world rankings, putting her back among the leading contenders in women's singles.

A key member of the generation that includes Carolina Marin, Nozomi Okuhara, Ratchanok Intanon and Tai Tzu-ying, Sindhu has continued to compete with the leading players despite the emergence of a younger group on the circuit.

"I'm happy that I've climbed into the top six now. I just feel that if you keep doing well, you automatically start winning and your ranking also comes up. If you perform well and win tournaments, you don't have to think only about the ranking. It will automatically improve," Sindhu said.

"Badminton as a sport has been changing all the time. Staying patient on court is important, and from next year, it's going to be 15 points (per game), so things will be different. We have to adapt accordingly.



I'm happy that I'm able to compete with the golden generation from back then as well as with this generation now."

Asked whether she could regain the dominant form that once made her one of the most feared players on the circuit, Sindhu was confident that she could still return to the top.

"Absolutely. Why not? If you take care of your body, definitely yes. It's just about how you take care of your body. A lot of athletes are playing in their 30s, 31s and 32s, and there have been many who were at the top at that age. So, why not get back to the top again? I'm getting there, and I am there.

"I'm saying this because I know that I can still do it." Sindhu's recent schedule has also reflected a more careful approach to managing her fitness. After a demanding stretch of tournaments, she chose to skip the Korea Open and the events that followed in Japan, keeping the World Tour Finals in mind.

"I think after playing a long tour, I thought that I would not be playing the Korea Open and the following tournaments because it was important for me also to get back and relax," said Sindhu, a former world champion.

"It was important to take care of my body, then again get fit for the next tournaments. I'm not young anymore, but you know, 31 is the new 21. So I need to take care of my body, isn't it?

"Hopefully, I'll be there at the World To Finals and I'd be focusing on that."

The experience of competing for more than a decade has also changed how Sindhu approaches victories. She believes success now feels more rewarding because she has a better understanding of the pressure, mistakes and adjustments involved in winning."Yes, winning is much sweeter now because you understand how difficult it is. You understand what is going through your mind and what mistakes you have made.

Badminton: HS Prannoy suffers third straight first-round exit in Korea Open

United News Of india

SEOUL, NOV 4 : India's HS Prannoy suffered a first-round exit from the Korea Open 2026 badminton tournament after losing to home favourite and Asian Games bronze medallist Yoo Tae-bin at the Jinnam Stadium in Yeosu on Wednesday.

Prannoy, a World Championships bronze medallist and 38th in the badminton rankings, went down 21-23, 15-21 in 47 minutes in the men's singles round of 32 match of the BWF Super 500 tournament, according to olympics.com.

HS Prannoy was India's sole representative in the men's singles badminton main draw after recently crowned Hylo Open champion Lakshya Sen withdrew from the tournament.

The defeat marked Prannoy's third consecutive first-round exit on the BWF World Tour this year following similar results at the Hylo Open and Arctic Open.

The former world No. 6 Indian shuttler has struggled for form this season, progressing



beyond the second round just once in 15 BWF tournaments. His best run came at the Vietnam Open in September, where he reached the semi-finals of the BWF Super 100 tournament.

In Wednesday's match, Prannoy recovered from a 12-7 deficit in the opening game to take a 19-16 lead. However, Yoo Tae-bin fought back to level the score at 19-19 before edging the game 23-21.

Match schedule announced for Madhya Pradesh Women's Asian Champions Trophy Bhopal 2026

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NEW DELHI, NOV 4 :The Asian Hockey Federation (AHF) has announced the match schedule for the Madhya Pradesh Women's

The hosts will enter the competition as defending champions and three-time winners, having lifted the title in 2016, 2023 and 2024. India will be aiming to secure a third consecutive title and extend



Asian Champions Trophy Bhopal 2026, which will be held from November 19 to 28 at Bhopal's new hockey stadium at the International Sports Complex in Nathu Barkheda.

Six teams - India, Japan, China, Malaysia, Thailand and South Korea - will compete for the continental title in what promises to be an exciting showcase of women's hockey.

The tournament will hold special significance for the Indian women's hockey team as it marks their first

international assignment following their historic gold medal triumph at the Asian Games in Japan last month.

their success in the competition.

The tournament will follow a round-robin format, with each team facing the other five teams once. The top four teams at the end of the league stage will advance to the semi-finals.

The opening day on November 19 will feature Asia's top-ranked team China taking on Thailand in

the tournament opener. India will begin their campaign against Malaysia in a match preceded by the opening ceremony on the same day.

The hosts will subsequently face South Korea on November 21, Thailand on November 22, China

MCA feud leaves Meghalaya Ranji players in limbo

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SHILLONG, NOV 4 :An administrative power struggle within the Meghalaya Cricket Association (MCA) has left a group of Ranji Trophy cricketers in uncertainty, with players who represented the state in the first three rounds suddenly finding themselves sidelined following a court-ordered change in the association's leadership dispute.

The upheaval has raised questions over players' security, team selection procedures and the impact of cricket administration disputes on domestic careers, after the original Meghalaya squad was replaced overnight ahead of its fourth-round Plate League encounter against Nagaland.The displaced players, who had continued training until the eve of the match, were informed that they would no longer be part of the team after the BCCI registered a fresh squad following the Meghalaya

High Court's ruling in favour of MCA president James Sangma.The abrupt change left the original players without clarity on their participation in the remaining Ranji Trophy fixtures or other domestic competitions.

The new team, led by former Punjab opener Jiwanjot Singh, was assembled at short notice, with guest professionals Srinivas Sharath and Akshay Karnewar also brought in for the match.

Kamboj turns ODI debut disappointment into match-winning comeback, scripts record spell

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AUCKLAND, NOV 4 :An expensive ODI debut could have dented a young fast bowler's confidence, but Anshul Kamboj responded in emphatic fashion, turning his early setback into an opportunity to announce himself on the international stage with a record-equalling spell against New Zealand in the opening ODI here on Wednesday.

The 25-year-old Haryana pacer, who had endured a difficult introduction to one-day international cricket against the West Indies, produced a vastly improved performance against the Black Caps, returning figures of two for 22 in his full quota of 10 overs to play a decisive role in India's five-wicket victory.

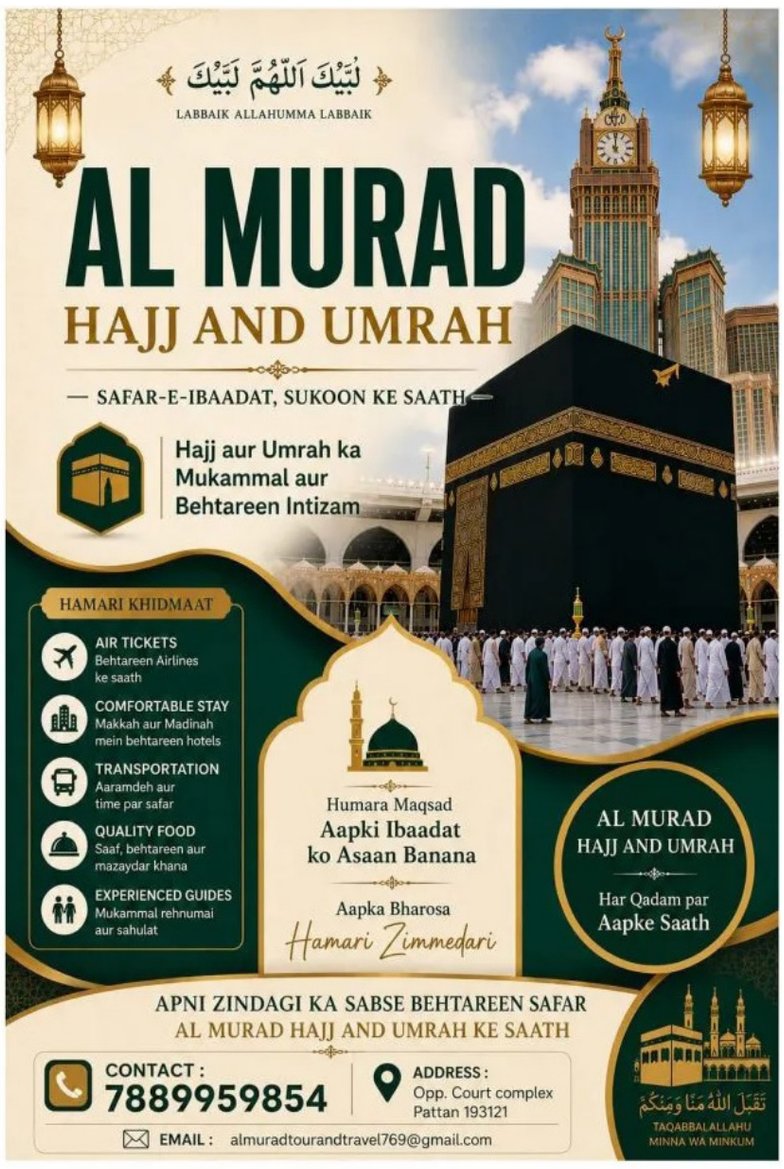
His disciplined effort, which included 46 dot balls, earned him the Player of the Match award and underlined his ability to bounce back from disappointment.

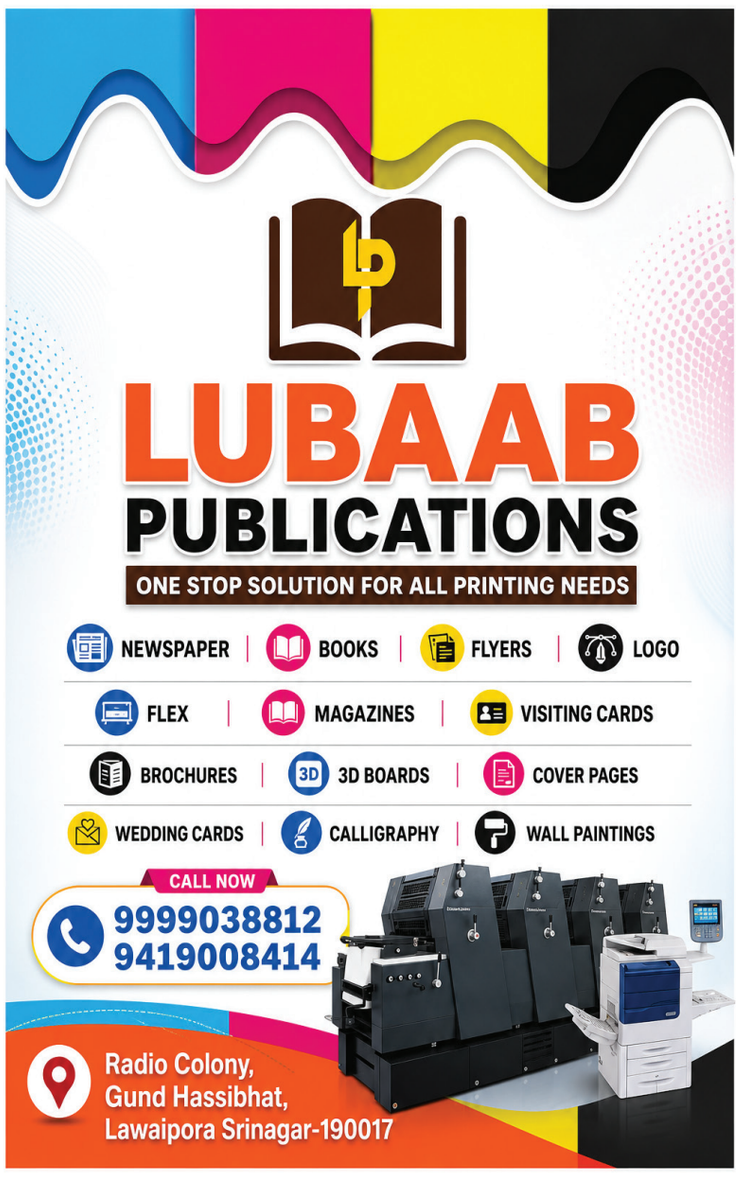
Kamboj's economy rate of 2.20 was particularly impressive on a surface where New Zealand's batsmen struggled to build momentum



against India's disciplined bowling attack. His figures also placed him among the most economical 10-over spells by an Indian fast bowler in recent ODI history.

Rather than chasing wickets, Kamboj concentrated on maintaining pressure through consistent line and length, making it difficult for the New Zealand batsmen to score freely. His use of the wobble-seam delivery proved particularly effective, helping him extract movement and keep the batsmen guessing.







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