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Srinagar
Friday
November 06 | 2026
25 Jamad ul Awal 1448 AH
Issue No: 262
Volume: 16
Pages: 12
Price :Rs: 2/-

www.dailyheadlinestoday.com
16TH YEAR OF PUBLICATION
HEADLINES TODAY
Voice To The Voiceless



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

AIIMS Awantipora to offer 100 MBBS seats soon ; Sakeena Itoo

HT NEWS DESK / AGENCIES

SRINAGAR, NOV 5: Jammu and Kashmir Health Minister Sakeena Itoo on Thursday said AIIMS Awantipora in south Kashmir is expected to offer 100 MBBS seats soon, marking a significant step towards strengthening medical education and healthcare services in the Union Territory.

Minister Itoo made the announcement after accompanying Union Health Minister J P Nadda during his visit to the institute in Pulwama district, where he reviewed its progress.

Speaking to news agency Kashmir News Service (KNS) minister Sakina Itoo said Nadda had indicated that 100 MBBS seats would be made available soon, expressing hope that the institution would become fully functional at the earliest.She said the operationalisation of AIIMS Awantipora would improve access to specialised healthcare and advanced medical facilities, particularly for patients from south Kashmir.

>>> MORE ON P 02

LG Calls for Unified Intelligence Mechanism to Strengthen Prison Security

Directs Police, Prisons Department and Intelligence Agencies to Intensify Coordination; Orders Surprise Jail Inspections, Reviews High-Security Prison Project at Mahanpur

HT NEWS NETWORK



SRINAGAR 05 NOV : Lieutenant Governor Manoj Sinha on Thursday chaired a high-level review meeting of the Prisons Department at Lok Bhavan, directing the Police, Prisons Department and intelligence agencies to establish a unified coordination mechanism to strengthen prison security, curb radicalisation and counter terror networks and other law and order threats across Jammu and Kashmir.

Lieutenant Governor Shri Manoj Sinha chaired a high-level review meeting of the Prisons Department at the Lok Bhavan today to discuss ways to strengthen prison security and management protocols across Jammu Kashmir.

The meeting was attended by DGP Shri Nalin Prabhat; DGP, Prisons J&K, Shri Deepak Kumar, Additional Chief Secretary, Home Department, Shri Chandraker Bharti; Special DG Coordination PHQ, Shri S.J.M.Gillani; ADG CID, Shri M. K. Sinha; Principal Secretary to Lieutenant Governor, Shri Govind Jaiswal; Additional Director IB J&K and Ladakh, Shri Pankaj Kumar Thakur; and other senior officials.

Emphasizing robust jail administration, the Lieutenant Governor called for a unified coordination mechanism between the Police, Prisons Department, and intelligence agencies. He instructed for regular review meetings and intelligence sharing between the Police, Prisons Department, and intelligence agencies to combat terror networks, radicalization, and law and order threats.

The Lieutenant Governor directed surprise checks of prison premises and surrounding areas, as well as forensic analysis of any seized electronic devices.Discussions were also focused on formation of

>>> MORE ON P 02

India's Metro Network Expands Nearly Five-Fold Since 2014: PM Modi

Operational Network Grows from 248 km in Five Cities to Nearly 1,200 km Across 26 Cities; Daily Ridership Crosses One Crore



HT NEWS DESK / AGENCIES

NEWS DELHI 05 NOV : Prime Minister Narendra Modi on Thursday highlighted the rapid expansion of India's Metro rail network since 2014, stating that the operational network has grown from 248 kilometres across five cities to nearly 1,200 kilometres covering 26 cities, with daily ridership exceeding one crore passengers. He said the expansion had transformed urban mobility by reducing commuting time, easing traffic congestion and improving the quality of life for millions of commuters.

Prime Minister Narendra Modi on Thursday highlighted the rapid expansion of India's Metro rail network since 2014, saying the operational network had grown from

>>> MORE ON P 02

True Education Lies in Building Good Human Beings: Omar Abdullah

CM Urges Students to Think Independently, Question Ideas and Use AI Responsibly; Appreciates Diocese's Contribution to Education and Character-Building



HT NEWS NETWORK

SRINAGAR 05 NOV: Chief Minister Omar Abdullah on Thursday emphasised that the true purpose of education extends beyond academic achievements and examination results, stressing that educational institutions must focus on nurturing responsible individuals with strong moral values, independent thinking and a sense of social responsibility. He was speaking at the annual awards ceremony, 'Honour & Excellence 2026', organised by the Diocese of Jammu-Srinagar Education Society at the Convention Centre in Jammu.

Chief Minister Omar Abdullah today attended the annual awards ceremony of the Diocese of Jammu-Srinagar Education Society (DJSES), titled 'Honour & Excellence 2026', here at the Convention Centre, celebrating academic excellence, dedicated service and the contribution of the Society towards shaping responsible citizens.

The ceremony recognised meritorious students for their outstanding performance in the Class X and XII board examinations, honoured employees completing 25 years of dedicated service and celebrated distinguished alumni of the Society's educational institutions.

>>> MORE ON P 02

Amit Shah Challenges Rahul Gandhi to Public Debate on Electoral Roll Revision

Accuses Congress of Shielding Infiltrators; Says Government Ready for Special Parliament Session to Discuss SIR

HT NEWS DESK / AGENCIES



NEW DELHI05 NOV : Union Home Minister Amit Shah on Thursday challenged Leader of Opposition Rahul Gandhi to a public debate on the Special Intensive Revision (SIR) of electoral rolls, accusing the Congress of protecting illegal infiltrators and undermining democratic institutions. Addressing the BJP's 'Loktantra Bachao, Arajakta Hatao' rally in Karnal, Haryana, Shah said the government was ready to convene a special session of Parliament to discuss the electoral roll revision and allegations of irregularities raised by the Opposition.

) union Home Minister Amit Shah on Thursday challenged Leader of Opposition Rahul Gandhi to a public debate on the Special Intensive Revision (SIR) of electoral rolls, either in Parliament or at any public place in Haryana, accusing the Congress of shielding illegal infiltrators, undermining democratic institutions and creating political unrest after electoral defeats.

Addressing the BJP's 'Loktantra Bachao, Arajakta Hatao' (Save Democracy, Remove Anarchy) rally in Karnal, Shah said the government was ready to convene a special session

>>> MORE ON P 02

Jitendra Singh to Launch Nationwide Digital Life Certificate Campaign on November 6

Month-Long Initiative to Cover Over 2,000 Cities; Special Doorstep Services for Senior Citizens and Ailing Pensioners

HT NEWS DESK / AGENCIES



SRINAGAR 05 NOV Union Minister of State Dr Jitendra Singh will launch the fifth Nationwide Digital Life Certificate Campaign on November 6 at the National Media Centre in New Delhi, with the month-long initiative aimed at facilitating hassle-free digital submission of life certificates by pensioners across the country. Organised by the Department of Pension and Pensioners' Welfare, the campaign will continue until November 30 and cover more than 2,000 cities and towns, with special provisions for super-senior citizens, women pensioners and those unable to visit designated centres due to age or health-related difficulties.

Union Minister of State Dr Jitendra Singh will launch the fifth Nationwide Digital Life Certificate (DLC) Campaign on November 6 at the National Media Centre in New Delhi.

Organised by the Department of Pension and Pensioners' Welfare under the Ministry of Personnel, Public Grievances and Pensions, the month-long campaign will

>>> MORE ON P 02

Three Arrested for Stealing Equipment from Forest Department Hut in Sonamarg

HT NEWS DESK / AGENCIES

SRINAGAR, NOV 5,: Three persons from Sopore were arrested for allegedly stealing equipment and other articles from a Forest Department hut at Rangha in Sonamarg area of Ganderbal district.

Range Officer Sindh Range Kangan, Muneer Ahmad, told

Kashmir News Trust that the accused allegedly stole a geyser, a steamer and several other items from the forest hut.

He said the stolen articles had been removed from the hut and kept at a nearby

location, apparently to be transported later in the evening. However, forest officials caught the suspects before they could take away

the property and handed them over to Sonamarg Police.

According to the Range Officer, the accused had brought a vehicle bearing registration number JK15-8432 to transport the stolen articles. The vehicle was also seized and handed over to the police.

Block Forest Officer Suhail Ahmad said Sonamarg Police have registered an FIR in connection with the incident and initiated an investigation. [KNT]

IGP Kashmir Urges Youth to Use Social Media to Discourage Drug Abuse, Stunt Biking

HT NEWS DESK / AGENCIES

SRINAGAR, NOV 5: Inspector General of Police (IGP) Kashmir Sujit Kumar on Thursday urged young people to use social media positively by creating reels and videos that motivate others to shun drug abuse, avoid stunt biking and adopt responsible civic behaviour.

Interacting with media persons, the IGP said youngsters should set an example as responsible citizens, particularly when it comes to following traffic rules and ensuring the safety of fellow commuters.

He appealed to youth not to indulge in stunt biking, modify their vehicles and motorcycles in ways that cause inconvenience to others, or engage in activities that disturb the public.

Emphasizing road safety, Kumar urged people not to use mobile phones while driving or crossing roads and to strictly follow traffic regulations.He, as per the news agency Kashmir Kashmir News Trust also highlighted the growing traffic

>>> MORE ON P 02

HT BOTTOM NEWS

A Plateful of Momos, A Powerful Lesson in Dignity of Labour

From a modest roadside stall in Srinagar's Rajbagh to supporting a family and educating three children, a Nepali woman's determination challenges the stigma attached to small jobs



HT NEWS DESK / GNS...

SRINAGAR: At a time when educated young people often hesitate to take up modest jobs while waiting for better employment opportunities, a Nepali woman selling momos at Rajbagh Bund in Srinagar is quietly delivering a powerful lesson in dignity of labour, determination and economic self-reliance.

Popularly known among locals as 'Momos Aunty', she has transformed a small evening roadside stall into a dependable source of income, helping her husband support their family and ensuring that their three children receive an education.

For her, the business is much more than a means of earning money. It represents independence, responsibility and the belief that no honest work is beneath anyone.

Speaking to GNS, she said that supporting one's husband and sharing family responsibilities are equally important, adding that there is no shame in doing any work as long as the livelihood is earned honestly.

Her modest enterprise reportedly generates a daily profit of around Rs 1,000, translating into nearly Rs 30,000 a month. The income contributes towards household expenses and, more importantly, the education of her three children. Asked whether she was satisfied with her work, she expressed happiness and contentment, reflecting a sense of pride that goes beyond financial earnings.

>>> MORE ON P 02

Sagar Calls for Transparent, Accountable and Citizen-Centric Functioning of Law Department

Reviews Litigation Management, Judicial Infrastructure and Digital Services; Directs Timely Compliance with Court Orders and Expedited Public Service Delivery



HT NEWS DESK / AGENCIES

SRINAGAR 05 NOV :Minister for Law, Justice and Parliamentary Affairs Ali Mohammad Sagar on Thursday chaired a comprehensive review meeting of the Department at the Civil Secretariat in Jammu, emphasising the need to strengthen transparency, accountability, litigation management and citizen-centric services. He reviewed the Department's administrative functioning, progress of judicial infrastructure projects, human resource management and digital initiatives, directing officers to ensure timely responses in court cases, strict

>>> MORE ON P 02

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AIIMS Awantipora

"The Union Health Minister has stressed that the institute should become functional as soon as possible. Chief Minister Omar Abdullah has visited the institute several times over the past two years, and I have also reviewed its progress to ensure its early operationalisation," she said.

The minister said the institute would play an important role in improving patient care and reducing the need for people to travel outside Jammu and Kashmir for specialised treatment.

During the visit, minister Itoo also sought Nadda's intervention in facilitating the return of the mortal remains of Adnan Ahmed Rather, a final-year MBBS student from Sopore who died in Bangladesh.

She said she had handed over the student's documents and contact details to the Union Health Minister and requested him to take up the matter with the concerned ministry.

"The family is extremely distressed, and his mother is in a state of shock. I have requested the Union Health Minister to ensure that his mortal remains are brought back at the earliest," minister Itoo said.

She added that Nadda had assured her that he would speak to the concerned ministry and extend assistance in bringing the student's body back to his family. (KNS)

LG Calls

dedicated Prison Intelligence Units in jails, biometric systems across all jails, expansion of Tele-medicine facilities for inmates and strengthening of human resources in the Prisons Department.

The Lieutenant Governor also reviewed the progress of the upcoming High-Security Prison in Mahanpur. He directed officials to expedite remaining works within the stipulated timelines.

India's Metro

248 km across five cities to nearly 1,200 km covering 26 cities, with more than one crore passengers using the services every day.

Underscoring the transformation in urban public transport, Modi said the pace of expansion before 2014 would have left several cities, including Pune, waiting for years, if not decades, for Metro connectivity.

In a post on social media platform X, the Prime Minister posed a question on the pace of infrastructure development, saying, "Let me ask you… If India's Metro network had continued expanding at the pace it did before 2014, how long would the wait be for cities like Pune to have a Metro? YEARS… no… DECADES perhaps. And that was UNACCEPTABLE."

Citing the growth in the country's Metro infrastructure, Modi said India had just 248 km of operational Metro lines in five cities in 2014, while the network had since expanded to nearly 1,200 km across 26 cities. The daily ridership, he pointed out, had also crossed the one-crore mark, reflecting the growing dependence of urban commuters on mass rapid transit.

The Prime Minister said the expansion was not merely about adding kilometres of railway lines or increasing passenger numbers but about improving the quality of everyday life in cities. "It means less time in traffic, more family time, greater productivity and better opportunities," he said.

Metro rail has emerged as a major component of India's urban mobility strategy as expanding cities grapple with mounting traffic congestion, longer commuting hours and rising demand for reliable public transport. While Delhi was among the earliest cities to develop an extensive Metro network, the expansion over the past decade has taken the service to a wider range of urban centres, including Pune and several other cities that previously lacked such connectivity.

The expansion has also been accompanied by efforts to integrate Metro systems into broader urban transport networks, with the objective of providing commuters with faster and more dependable alternatives to private vehicles. The growing ridership underlines the increasing role of mass transit in meeting the mobility requirements of India's rapidly urbanising population.

Modi's remarks sought to place the expansion of Metro connectivity within his government's broader development narrative, presenting investments in urban infrastructure as a means of improving productivity, easing the daily burden on commuters and enhancing the overall quality of life in India's cities.

Jitendra Singh

run until November 30 and cover more than 2,000 cities and towns across the country.

The initiative aims to make life certificate submission easier for pensioners through digital services, particularly face authentication using the Jeevan Pramaan app.

The campaign is being organised in collaboration with public sector banks, India Post Payments Bank, UIDAI, the Ministry of Electronics and Information Technology, pensioners' welfare associations and several government departments. These include Defence, Railways, Posts and Telecommunications, the Employees' Provident Fund Organisation and state governments.

Special arrangements will be made for super-senior pensioners aged 80 and above, women pensioners and those facing health-related difficulties. Doorstep and home-based services will also be facilitated for pensioners unable to visit campaign centres due to age or illness.

During the launch programme, Dr Singh will also release a compendium booklet and a coffee-table e-book documenting the achievements and initiatives of the fourth nationwide DLC campaign.

Officials from participating ministries, departments, banks and other organisations, along with representatives of pensioners' associations, are expected to attend the launch. (PIB)

Amit Shah

of Parliament to discuss the SIR exercise and allegations of irregularities raised by the opposition.

"Let Rahul Gandhi write a letter to the Prime Minister seeking a special session of Parliament. We are ready to convene it and discuss these issues. The Congress should stop spreading falsehoods," he said.

Taking a direct swipe at Gandhi, Shah said if the Congress leader preferred street debates over parliamentary discussions, he could choose any public square in Haryana.

"If Rahul Gandhi is so fond of debating on the streets, let him select any crossroads in Haryana. Our Bharatiya Janata Yuva Morcha president will come there and debate with him," Shah said.

He accused Gandhi of repeatedly disrupting parliamentary proceedings and attempting to mobilise people through protests rather than raising substantive issues inside the legislature.

"Rahul Gandhi does not allow Parliament to function. He does not discuss issues. Creating disruptions in Parliament has become the Congress's culture. Now he wants to gather crowds on the streets and spread anarchy," he alleged.

Escalating his attack over the electoral roll revision, Shah accused the Congress of disguising an attempt to protect illegal immigrants as a campaign to safeguard voters' rights.

"This is not a movement to save voters. It is a campaign to protect infiltrators. Every BJP worker must go from house to house and explain this to the people," he said.

Shah claimed that approximately 6.25 crore electoral entries had been deleted because voters had died or shifted residence. He further alleged that around three crore entries concerned people who could not establish their eligibility during verification.

He claimed that the latter group included illegal infiltrators and said the government would identify and take action against foreign nationals living illegally in the country.

However, the claim that untraceable or absent voters are illegal immigrants has not been independently established.

The Home Minister also cited alleged discrepancies in electoral rolls, including cases in which children were recorded as older than their parents and unusually large numbers of voters were registered at single addresses.

"Can a couple married for 10 years have 12 children? Can a son be older than his father? Can 132 voters be registered in a house measuring 600 square yards?" Shah asked.

He questioned why Congress representatives had not raised these issues during the revision process.

Turning to the Congress's electoral promises, Shah targeted the party's government in Himachal Pradesh, accusing it of failing to deliver on its guarantees.

"During the election campaign, Rahul Gandhi kept saying 'khatakhat, khatakhat, fataphat', promising quick delivery of benefits. They gave 10 guarantees in Himachal Pradesh, but not even one has been fulfilled," Shah alleged.

He contrasted this with the BJP government's performance in Haryana, claiming that Chief Minister Nayab Singh Saini had fulfilled the commitments made to voters.

"I want to thank our Chief Minister for fulfilling the guarantees made to the people of Haryana," Shah said.

The Home Minister also took a swipe at Punjab Chief Minister Bhagwant Mann over farmers' demand for minimum support price (MSP).

"Punjab's farmers are fighting for MSP. I have come here to tell Bhagwant Mann that if he wants to learn how to run a government, he should learn from Haryana," Shah said.

"Our Chief Minister Nayab Singh Saini has ensured MSP for 24 crops. Farmers here do not have to struggle for it," he claimed.

Haryana had issued a notification in December 2024 extending its MSP procurement policy from 14 to 24 crops.

Shah then highlighted the Modi government's welfare programmes, citing poverty reduction, free foodgrain distribution, healthcare coverage, tap water connections, housing assistance and financial support for farmers.

Referring to World Bank estimates, Shah said nearly 50 crore people had moved above the poverty line during a 12-year period.

"Fifty crore people have come out of poverty under Narendra Modi's leadership. Rahul Gandhi should examine these achievements instead of making allegations," he said.

The World Bank's April 2026 India Development update estimated that about 496 million people had moved above the lower-middle-income poverty threshold between 2011-12 and 2023-24, a period that includes years before Modi took office.

Shah said the central government had provided free foodgrains to 81 crore people and healthcare protection of up to Rs 5 lakh to approximately 49 crore beneficiaries.

He claimed that tap water connections had been extended to 16 crore households, while around 13 crore farmers had benefited from the PM-Kisan Samman Nidhi scheme.

The Home Minister further cited the construction of 12 crore toilets, the provision of LPG connections to approximately 10.5 crore households under the Ujjwala scheme, and housing assistance benefiting around 3.5 crore families.

"Rahul Gandhi should examine these achievements. If he wants to evaluate the government's performance, he should look at what has been delivered to the poor," Shah said.

The Home Minister also attacked the Congress's historical record, referring to former Prime Minister Indira Gandhi's "Garibi Hatao" slogan and corruption allegations associated with previous Congress governments.

"Indira Gandhi gave the slogan of removing poverty, but poverty was not removed. Rajiv Gandhi spoke about removing corruption, but the country witnessed scandals such as Bofors," Shah said.

He further alleged that corruption scandals involving Rs 12 lakh crore had occurred during the Congress-led United Progressive Alliance government's tenure, a political claim he did not substantiate in the speech.

Shah then questioned Gandhi's leadership record, claiming that the Congress's strength in state assemblies had steadily declined since he assumed senior organisational responsibilities.

"When Rahul Gandhi became Congress general secretary in 2007, the party had 1,200 MLAs. When he became vice-president, the number declined to 900. When he became president, it fell to 700. By the time he launched the Bharat Jodo Yatra in 2022, it had dropped to 600," Shah claimed.

These historical figures were cited by the Home Minister as part of his political criticism and have not been independently verified.

"Ever since Rahul Gandhi entered the Congress leadership, the number of Congress legislators has been falling. Since Narendra Modi came to power, the number of BJP MPs and MLAs has been increasing," Shah said.

He accused Gandhi of blaming electronic voting machines and the Election Commission whenever the Congress lost elections.

"When you win, the EVMs are fine, the electoral rolls are correct and the Election Commission is functioning properly. But when you lose, you blame the machines and the voter lists," Shah said.

Referring to Congress-led governments in Kerala, Telangana and Himachal Pradesh, Shah questioned why the party accepted election results in states where it emerged victorious but challenged the electoral process elsewhere.

He said the Congress had accepted power in Kerala following the 2026 Assembly elections and had similarly formed governments in Telangana and Himachal Pradesh.

"If the voting machines were faulty, if the electoral rolls were wrong and if the election process was defective, why did you accept power in those states?" he asked.

Quoting a popular Hindi proverb, Shah said Gandhi was blaming the circumstances rather than acknowledging the Congress's political setbacks.

"Rahul Gandhi must accept that the people of this country are not accepting his leadership," he said.

The Home Minister also questioned Gandhi's foreign travel, specifically referring to a visit to Vietnam, and demanded greater transparency from the Leader of Opposition.

"Rahul Gandhi talks about transparency. Let him tell the people how many days he spent in Vietnam, whom he met, why he went there and what programme he attended," Shah said.

He argued that individuals holding constitutional positions were accountable to the public for their conduct.

"You are the Leader of Opposition. People have a right to know. In public life, one must live transparently and remain answerable to the people," Shah said.

Referring to his own public engagements, he said political leaders had limited personal time because members of the public frequently approached them with grievances and requests.

Shah also mocked former Haryana Chief Minister Bhupinder Singh Hooda over the Congress's defeat in the 2024 state Assembly elections.

"Hooda was ready with new clothes and jalebis, expecting to form the government. But as the counting progressed, the Congress was defeated," he said.

The Home Minister compared Gandhi's criticism of the Election Commission to a losing sports team accusing the referee of cheating rather than examining its performance.

He also questioned the opposition INDIA bloc's decision to organise its November 1 rally at Delhi's Ramlila Maidan on the anniversary of the 1984 anti-Sikh killings.

Shah alleged that the opposition had exaggerated claims about the expected turnout and said the Congress was attempting to use public protests to divert attention from its electoral setbacks.

Concluding his address, the Home Minister asked BJP workers to take the party's position on electoral roll revision to every village and household.

"The people of this country must decide whether discussions on legislation, national problems and public welfare schemes should take place on the streets or in Parliament," Shah said.

He repeated his challenge to Gandhi to participate in a public debate in Haryana if he was unwilling to discuss the issues through parliamentary proceedings.

Haryana Chief Minister Nayab Singh Saini, union Minister Manohar Lal Khattar and senior BJP leaders attended the Karnal programme.

The rally formed part of the BJP's "Loktantra Bachao, Arajakta Hatao" campaign, launched to counter the opposition's allegations of "vote theft" and criticism of the Election Commission.

The Congress and other INDIA bloc parties have raised concerns that electoral roll revision could lead to the exclusion of eligible voters, while the BJP has defended the exercise as necessary for maintaining accurate electoral records.UNI KK AAB

True Education

Addressing the gathering, the Chief Minister emphasised that the purpose of education must extend beyond academic performance and marks to the development of well-rounded individuals with strong moral values, independent thinking and the ability to distinguish between right and wrong.

Recalling his association with the Diocese's educational institutions, particularly Burn Hall School, Srinagar, where he studied until Class 5, the Chief Minister shared fond memories of his school days and expressed appreciation for the enduring contribution of the institution towards education and character-building.

The Chief Minister lauded the Diocese of Jammu-Srinagar Educating Society for its significant contribution to the education sector, stating that the Society manages 24 schools across Jammu and Kashmir and Ladakh, educating around 28,000 students and providing employment to nearly 1,600 people.

"These schools produce civil service officers, police officers, doctors and business leaders. But more than anything else, they produce successful people who remain good people," he said, adding that the true achievement of an educational institution lies in nurturing individuals who are able to distinguish between right and wrong and contribute positively to society.

Highlighting the importance of independent thinking and curiosity, the Chief Minister urged students not to hesitate in asking questions and to develop the confidence to challenge ideas and seek answers.

"There are no stupid questions, there are only stupid answers," he remarked, encouraging students to remain inquisitive and explore the 'why' and 'how' behind things.

He said Jammu and Kashmir needs a generation that is willing to question existing practices, understand what is happening around them and explore ways to make things better.

"A generation that is happy to ask questions will make all of us answerable. And if we are answerable, Jammu and Kashmir tomorrow will be a better place," the Chief Minister said.

Emphasising the need to cultivate independent learning, he encouraged students to develop reading habits and use Artificial Intelligence responsibly and ethically. He said technology should serve as a tool to enhance learning and understanding rather than become a substitute for individual effort, critical thinking and intellectual curiosity.Congratulating the meritorious students, the Chief Minister appreciated their outstanding academic achievements and commended the employees completing 25 years of dedicated service for their commitment to the cause of education.

He also lauded the faculty, staff and management of the Education Society for their stellar contribution towards ensuring that its institutions not only impart education but also nurture well-rounded human beings equipped with values, compassion and a sense of responsibility.The Society recorded an overall pass percentage of 99 per cent in the Class X and XII board examinations during the 2025-26 academic year.The Chief Minister also appreciated the Society's efforts in recognising distinguished alumni, acknowledging that the achievements of former students serve as an inspiration for the younger generation.

Encouraging youngsters to strive for excellence while remaining grounded in humanity and moral values, the Chief Minister quoted the famous couplet:"Khudi ko kar buland itna ki har taqdeer se pehle,

IGP Kashmir

pressure in Kashmir, observing that roads are narrow while the number of vehicles is continuously increasing. He urged motorists to avoid wrong parking, warning that irresponsible parking chokes traffic and causes inconvenience to commuters.

The IGP called upon young people to become ambassadors of positive change by encouraging their peers to stay away from drugs, discourage dangerous biking practices and promote road discipline.

He stressed that responsible behavior, civic sense and concern for others were essential for maintaining safer roads and a healthier society. [KNT]

A Plateful of

Her story also raises an important question about society's attitude towards employment. While unemployment remains a major concern, particularly among educated youth, many continue to associate dignity and social status with government jobs or prestigious professions. In the process, opportunities for entrepreneurship, self-employment and small businesses are often overlooked.

The experience of 'Momos Aunty' offers a different perspective. It demonstrates that economic independence does not necessarily begin with a large investment, an impressive qualification or a prestigious designation. Sometimes, it begins with a small initiative, the courage to work and the willingness to accept responsibility.

Her journey is particularly significant in a society where women, despite their abilities, often face barriers to economic participation. By stepping out, running her own business and contributing to her family's future, she has demonstrated how women's participation in small enterprises can strengthen household economies.There is a lesson here for unemployed youth as well. Waiting indefinitely for a perfect opportunity may only prolong uncertainty, while honest self-employment can provide both financial stability and a sense of purpose.

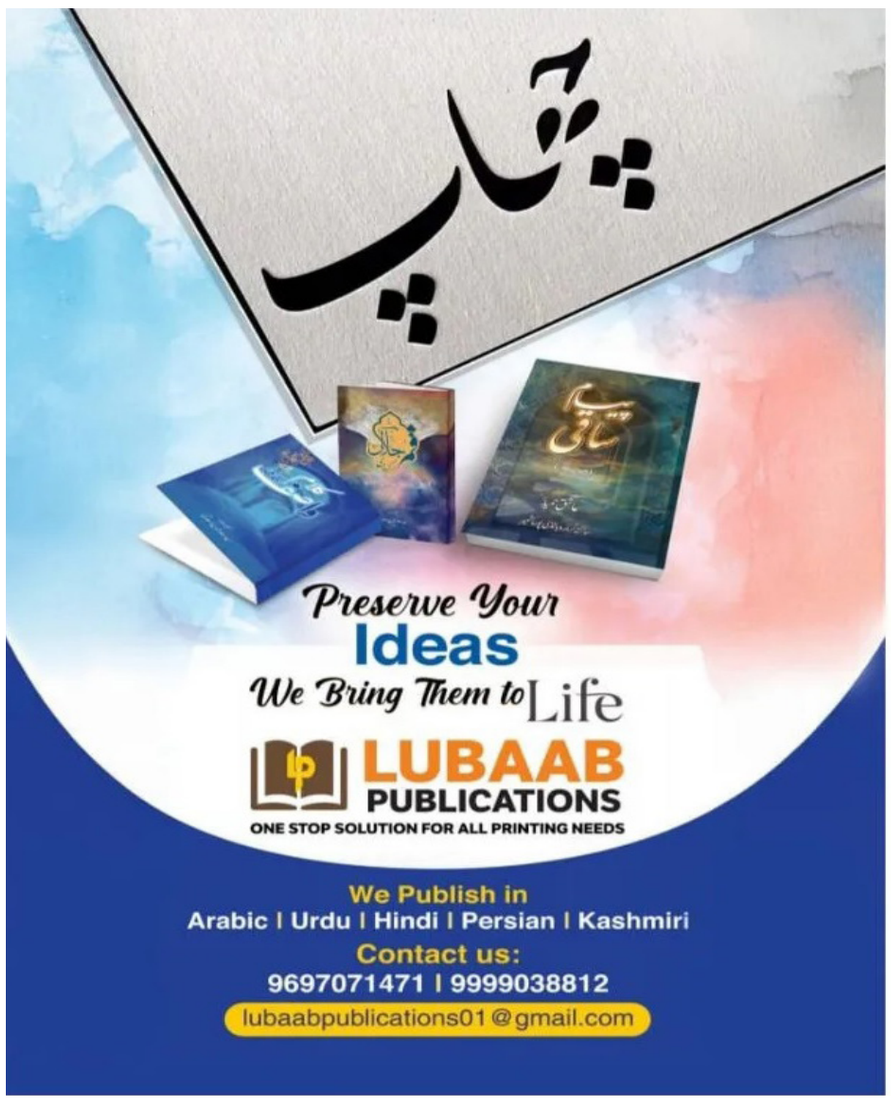
A roadside momo stall may appear insignificant to some, but for this woman, it is an enterprise that feeds a family, supports a husband and secures the future of three children.

Ultimately, her message is simple yet profound: No work is small when it is done with honesty, dignity and dedication.

Sagar Calls

compliance with judicial directions and improved delivery of legal services to the public.

Minister for Law, Justice and Parliamentary Affairs, Revenue, Power Development Department, Disaster Management, Relief, Rehabilitation and Reconstruction and Elections, Ali Mohammad Sagar, today chaired a comprehensive review meeting of the Department of Law, Justice and Parliamentary Affairs at the Civil Secretariat, here, to assess its overall functioning, administrative performance, ongoing initiatives and progress achieved in various key areas.The meeting was attended by the Commissioner Secretary Law Achal Sethi, Special Secretary Law, Director Finance in Law Department, Director Litigation and other senior officers of the Department.At the outset, the Commissioner Secretary Law briefed the Minister about the overall functioning of the Department, its administrative structure and institutional responsibilities. A detailed presentation was given on the sanctioned strength of the High Court and subordinate judiciary, the sanctioned strength of the Advocate General's Organisation, and the engagement and working of advocates representing the Union Territory before the Supreme Court.



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Altaf Wani reviews working of Wildlife department, JKFRI

Emphasizes time-bound action on human-wildlife conflict, Hangul conservation

■ HT News Network



JAMMU, NOVEMBER 05: Minister for Forests, Ecology & Environment, Rural Development and Panchayati Raj,Altaf Ahmad Wani, today said that Jammu and Kashmir is blessed with a unique natural heritage and its protection is not merely a departmental duty but a collective responsibility of the government and the people.

The Minister was speaking during a detailed review meeting of the Wildlife Protection Department and J&K Forest Research Institute (JKFRI) at the PCCF / HoFF office, Jammu.

The meeting was attended by Sheetal Nanda, Commissioner Secretary, Forest, Ecology & Environment; Sarvesh Rai, Principal Chief Conservator of Forests & Head of Forest Force, J&K, Vasu Yadav, Chairman, PCC, Dr. Suneesh Buxy, Chief Wildlife Warden, J&K and Director, JKFRI, Regional Wildlife Wardens, DFOs and other senior officers.

Reviewing functioning of the department, the Minister said that J&K is home to some of the rarest species in the world. "Hangul is found nowhere else in the world. It is our pride, our identity. We cannot afford to lose it," he said, directing the department to take up Hangul conservation on mission mode with scientific monitoring and habitat improvement.

The Minister was informed that J&K has a Protected Area Network of 50 Protected Areas covering 4,861.282 sq km across 20 districts including 4 National Parks, 14 Wildlife Sanctuaries, 16 Conservation Reserves and 16 Wetland Reserves. Besides, Eco-Sensitive Zones for 10 Protected Areas including Jasrota, Rajparian, Ramnagar, Hirpora, Surinsar-Mansar, Gulmarg, Kazinag, Kishtwar High Altitude National Park, Dachigam-Overa-Aru and Tral have been notified.

The Minister was apprised that J&K is home to 4,440 plant, 111 mammal, 608 bird, 68+ reptile, 14 amphibian, 308+ butterfly and 100+ fish species. Birds alone account for 44 percent of India's bird diversity. The UT has 10 rare and endangered species including 4 Critically Endangered including Hangul, Kashmir Musk Deer, Markhor and Asiatic Ibex.

Expressing deep concern over human-wildlife conflict, the Minister said, "One human life lost is a tragedy for the family. Protecting human life must come first while also protecting wildlife. Both are possible if we respond on time."

Directing the department to strengthen the response system, the Minister said Rapid Response Teams must reach the spot without delay, compensation must be paid on time and early warning systems and awareness camps must be held in every vulnerable village with the help of Panchayats.

He directed the department to prepare a compendium on J&K specific wildlife, flora and fauna in consultation with the experts. This will help in properly documenting the rich biodiversity of Jammu and Kashmir for the researchers, students and the public.

While reviewing the functioning of JK Forest Research Institute(JKFRI), the Minister said that science is the backbone of forest conservation and research must not remain in files and laboratories rather should reach the forests, the farmer and the common man. He directed the JKFRI to strengthen coordination with the Forest Department, farmers and industry and ensure that research outcomes translate into income for the local people and better protection of forests.

The Minister was apprised that JKFRI has developed two Seed Banks at Jammu and Srinagar for proper storage of seeds of forest tree species collected from Seed Production Areas.. It was further informed that JKFRI has developed protocols for cultivation of important medicinal plants including Kuth, Tilpushpi, Mushkwala, Pushkarmul, Angur Shefa and Shinglimingli. It has also inventoried and mapped medicinal plants in both Jammu and Kashmir regions and raised their germplasm in JKFRI nurseries.

Emphasising participatory development, the Minister said the concerned MLA must be taken on board wherever works are executed in a district. The public representatives understand the ground realities more deeply and their involvement will ensure transparency and better execution, added the Minister.

Appreciating the geo-tagging work, the Minister was informed that around 30,000 Chinar trees across J&K have been geo-tagged and a digital database has been created. Besides, QR-enabled metal plates have been installed on 10,000 prominent Chinar trees in Kashmir and 3,500 QR plates on Peepal and Bargad trees in Jammu.

ADDC Shopian presides over Mega Gram Sabha to celebrate Jan Jatiya Gaurav Divas At Devpora

■ HT News Network



SHOPIAN, NOVEMBER 05: On the occasion of the birth anniversary of Birsa Munda, the Tribal Affairs Department, District Shopian today organized a Mega Gram Sabha as part of the Jan Jatiya Gaurav Divas celebrations here at Devpora Shopian.

The event was presided over by the Additional District Development Commissioner (ADDC) Shopian, Dr. Nasir Ahmed Lone.

The programme aimed to address crucial tribal issues, focus on the welfare of tribal communities and review key developmental initiatives including AKVs, ASKs, Dajgua, FRA among other tribal affairs.

During the Mega Gram Sabha, local community members, tribal elders and public representatives actively participated and voiced their concerns and demands.

The ADDC interacted with the attendees, listened to their grievances, and assured prompt redressal and implementation of tribal welfare schemes to ensure sustainable development across tribal areas.

Programme Officer ICDS, (Nodal officer for Tribal Affairs), Mohammed Imran, , GM, DIC, Shurjeel Ali, ACD Muzaffar Ahmad, BDO, Tariq Ahmad and officials from line departments, Tribal Affairs Department and a large gathering of community members attended the event.

DDC Ganderbal reviews Power Sector, assesses implementation of key projects in district

■ HT News Network



GANDERBAL, NOVEMBER 05: District Development Commissioner Ganderbal (DDC), Shreya Singhal, chaired a meeting today in the VC Room of the Mini Secretariat Complex, Ganderbal, to review the overall functioning of the Power Development Sector and assess the implementation status of various key government schemes and projects across the district.

During the meeting, a comprehensive review was taken regarding the implementation of major power initiatives, including the Revamped Distribution Sector Scheme (RDSS), PM Surya Ghar: Muft Bijli Yojana, Solarization of Government Buildings, and progress under UT Capex/CSS and other schemes. Special emphasis was laid on evaluating winter preparedness to ensure an uninterrupted and reliable power supply to consumers during the upcoming winter season.A detailed presentation was delivered by the SE, KPDCL Circle Ganderbal, highlighting the physical and financial progress of ongoing projects, along with the status of infrastructure development and upgradation works across the district.The DDC urged officials to maintain strict quality control, adhere to stipulated timelines, and ensure close coordination among departments for prompt redressal of public grievances related to power supply.

The meeting was attended by ADDC Ganderbal, CPO Ganderbal, SE KPDCL Circle Ganderbal, SE KPDCL Projects Division Sopore, Executive Engineers of KPDCL Division Ganderbal/Sumbal, STD Division Ganderbal and Electric Project Division Ganderbal, along with AEEs and other concerned officials. The meeting was attended by ADDC Ganderbal, CPO Ganderbal, SE KPDCL Circle Ganderbal, SE KPDCL Projects Division Sopore, Executive Engineers of KPDCL Division Ganderbal/Sumbal, STD Division Ganderba.

Vice Chairman JK LCMA reviews ongoing Works, maintenance of Dal Lake

■ HT News Network



SRINAGAR, NOVEMBER 05: With a focus on assessing the ground realities and taking a first-hand view of the activities being carried out across Dal Lake, Vice Chairman, JK LCMA, Khurshid Ahmad Shah, undertook an extensive tour of the lake today, covering the stretch from Dockyard, Nishat, to Hazratbal, including Bod Dal and other important locations.

The Vice Chairman was accompanied by senior officers of the Authority, who briefed him on the status of various ongoing works and field-level activities at different locations during the tour.During the visit, the Vice Chairman inspected various sites to take stock of the ongoing works and assess the progress of activities being undertaken by the Authority. He also visited the ablution pond and reviewed its condition, maintenance and overall upkeep.

At different locations, he interacted with the concerned officers and field staff, sought updates on the works in progress and discussed operational aspects requiring attention. The visit provided an opportunity to assess the effectiveness of field-level interventions and identify areas requiring further improvement and focused attention.With winter setting in and Dal Lake assuming its distinctive seasonal charm, the Vice Chairman emphasized the importance of giving renewed attention to the lake's cleanliness, upkeep and aesthetic appeal. He observed that the lake, set against the magnificent winter landscape of Srinagar, offers a breathtaking spectacle and that sustained efforts must be made to preserve and further enhance its beauty. He stressed that all concerned teams should work proactively to ensure that Dal Lake and its surroundings remain clean, well-maintained and welcoming for residents, visitors and tourists throughout the winter months.The Vice Chairman reiterated that the Authority remains committed to preserving the ecological health of Dal Lake while enhancing its cleanliness, scenic beauty and overall appeal, nsuring that it continues to remain one of Srinagar's most cherished natural landmarks in every season.

Mutation Camp organised in Tehsil Tarathpora for disposal of Pending Inheritance Mutations

■ HT News Network

KUPWARA, NOVEMBER 5: On the directions of Deputy Commissioner, (DC), Kupwara, Abhishek Sharma, and under the supervision of Additional Deputy Commissioner (ADC), Handwara, Javed Naseem Masoodi, a mutation camp was organised today in Tehsil Tarathpora for the speedy disposal of pending inheritance mutation cases.The camp was conducted under the superision of Tehsildar Tarathpora, Sheikh Aijaz Ahmad, with the active participation of the concerned revenue officials. The initiative aimed at expediting the settlement of pending inheritance mutations, ensuring timely updation of land records, and facilitating the delivery of revenue services to the public at their doorsteps.During the camp, the Tehsildar and the revenue staff extended necessary assistance to the public and facilitated the resolution of revenue-related issues. The initiative provided an opportunity for people to address their pending inheritance mutation cases and seek necessary guidance regarding revenue matters. The camp reflects the commitment of the District Administration Kupwara and the Sub-Divisional Administration Handwara towards ensuring transparency, accountability and efficiency in revenue administration. Such initiatives are aimed at reducing pendency, streamlining revenue-related processes and ensuring the timely.

Comm Secy FCS&CA reviews departmental functioning

Emphasizes time-bound completion of winter stocking, expeditious implementation of CBDC project

■ HT News Network



SRINAGAR, NOVEMBER 05: Commissioner Secretary Food, Civil Supplies & Consumer Affairs (FCS&CA) Department, Sourabh Bhagat, today chaired an online review meeting to assess the functioning and progress of various departmental initiatives being implemented across Jammu and Kashmir.

The meeting was attended by Director General, FCS&CA, Jammu, Rajesh Kumar Shavan; General Manager, Food Corporation of India (FCI), Director IT, Sanjay Gupta, Deputy Commissioners and Assistant Directors from each district through VC.

Director General FCS&CA Jammu, along with the Assistant Directors of the respective districts, gave a point-wise presentation on the latest status of departmental activities. These included lifting and distribution of foodgrains, winter stocking for six-month and three-month requirements, Aadhaar-based e-KYC, face authentication, CBDC implementation and other priority issues.

During the deliberations, the Commissioner Secretary directed the concerned officers to ensure expeditious lifting and distribution of foodgrains well before the onset of adverse weather conditions, particularly in view of the approaching winter and the possibility of disruption due to inclement weather. He stressed that both six-month and three-month winter stocking arrangements must be completed within the prescribed timelines. He asked the FCI authorities to ensure supply of quality foodgrains to the department.

Reviewing the status of petroleum products, the Commissioner Secretary directed the respective district administrations to identify the remote and far-flung areas where petrol pump facilities are presently unavailable. He asked for working out suitable modalities, in consultation with the Oil Marketing Companies (OMCs), for establishing departmental-owned petrol outlets to facilitate the general public, particularly during emergencies and other exigencies.

While reviewing implementation of the Central Bank Digital Currency (CBDC) project under the Public Distribution System, the Commissioner Secretary emphasized the need for coordinated efforts by all stakeholders to ensure its timely rollout as per the timelines prescribed by the Government of India. It was informed that the project is scheduled for pilot implementation in Jammu and Srinagar districts with effect from November 15, 2026, followed by Samba, Kathua and Udhampur districts by November 30, 2026 and thereafter across the entire Union Territory by December 31, 2026.

Sourabh Bhagat directed the district administrations and Assistant Directors to complete the requisite groundwork, beneficiary data preparation and other implementation-related modalities well in advance. He asked the NIC and PNB authorities to expedite beneficiary data validation and whitelisting besides creation of login IDs for Fair Price Shop (FPS) dealers, to ensure that the project is rolled out within the timelines. He urged the PNB authorities to prepare a comprehensive training schedule for Jammu district to facilitate smooth onboarding and capacity building of the concerned stakeholders.

The Commissioner Secretary also reviewed the progress on Aadhaar-based e-KYC of NFSA beneficiaries. He directed the district administrations to intensify efforts for completion of e-KYC of all left-out beneficiaries. He stressed implementation of the Face Authentication Application from the current month's distribution cycle to strengthen transparency and ensure seamless authentication at Fair Price Shops.

SWD Srinagar organises Community Outreach Programme at Khayam

■ HT News Network

SRINAGAR, NOVEMBER 05: Social Welfare Department, SANKALP-HEW Srinagar, organised a community outreach programme in coordination with Mission Poshan-Zone Khanyar, and a facilitation camp at Khayam, Srinagar, with the objective of strengthening grassroots-level engagement and creating awareness among the public regarding various welfare initiatives, financial literacy, and financial assistance schemes.

The community outreach programme at Mission Poshan-Zone Khanyar focused on strengthening the role of Anganwadi Workers in disseminating information about government welfare schemes and ensuring that eligible beneficiaries are made aware of the services available to them.

Anganwadi Workers, being important links between the administration and local communities, play a significant role in identifying eligible beneficiaries, facilitating access to welfare services, and spreading awareness among women, children, and vulnerable sections of society.

During the outreach programme, emphasis was laid on the importance of community participation and effective coordination between field functionaries and the Department of Social Welfare to ensure that the benefits of various government schemes reach deserving beneficiaries. The role of Anganwadi Workers in addressing community concerns, guiding eligible families, and encouraging people to approach the concerned offices for assistance was also highlighted.

In a separate initiative, the SWD Srinagar organised a facilitation camp at Khayam, Srinagar, to provide information and guidance to the public regarding financial literacy and various financial assistance schemes available for eligible beneficiaries.

During the camp, participants were sensitised about the importance of financial literacy, including responsible financial planning, savings, informed financial decision-making, and awareness of available financial services. The need for individuals and families to understand basic financial concepts and make informed choices regarding their financial resources was emphasised.

Special focus was laid on creating awareness about financial assistance schemes intended to support eligible individuals and families, particularly those belonging to vulnerable.

DC Pulwama chairs DRAC Meeting; Directs Departments to ensure Financial Discipline

Emphasises Transparency, proper Justification and Registration of Rent Agreements

■ HT News Network



PULWAMA, NOVEMBER 05: Deputy Commissioner (DC) Pulwama, Kuldeep Krishan Sidha, today chaired a meeting of the District Rent Assessment Committee (DRAC) at the Circuit House, DC Office Complex, Pulwama, to review and assess the rental arrangements of various government departments operating from private buildings across the district.The meeting was attended by ADC Pulwama, Dr. S. M. Ashraf, officers from various line departments having offices or sub-offices functioning in rented accommodations, besides landlords whose properties are currently being utilised by government departments.

During the meeting, a detailed presentation was made before the Chair, outlining department-wise details of rented premises, including the locations of offices and branches, the number of rented accommodations and the rental expenditure being incurred by different departments across the district.

While reviewing the arrangements, the Deputy Commissioner emphasised the need for a thorough assessment of the actual requirement of rented accommodations by each department. He directed the officers to first examine whether hiring private buildings was genuinely necessary or whether suitable alternative government accommodation was available for shifting the concerned offices.

The DC emphasised that every proposal for hiring private accommodation must be supported by proper justification, clearly establishing the necessity of the premises and the reasons for not utilising available government infrastructure. He further directed the departments to ensure that the requisite certificates and supporting documents are maintained to substantiate the need for continuing operations from rented buildings.

The Deputy Commissioner also emphasised the importance of ensuring that rent agreements with landlords are duly executed and registered with the competent authority. He directed all concerned departments to complete the requisite formalities and submit registered rent agreements to the concerned offices before processing further rental payments.

Emphasising financial discipline, the DC directed the officers to ensure that adequate budgetary provisions and necessary financial sanctions are available before entering into or continuing any rental arrangement. He further directed that rental agreements should be executed for a period of one financial year and renewed after the completion of each financial year, subject to a fresh assessment of requirements and completion of all necessary formalities.During the meeting, Officers from all concerned departments having offices or sub-offices functioning in rented accommodations across the district apprised the Chair of their existing rental arrangements, departmental requirements and related details.

Javid Dar inspects construction of super bazar at Seelu, Rafiabad; directs timely completion

■ HT News Network



BARAMULLA, NOVEMBER 5: Minister for Agriculture Production, Finance, Mining and Cooperative Departments, Javid Ahmad Dar, today visited the site of under-construction Super Bazar at CMS Seelu in Rafiabad constituency of Baramulla district and conducted a detailed inspection of the ongoing construction works.

During the visit, the Minister reviewed the physical progress of the project and interacted with the concerned officers and representatives of the executing agency to assess the pace of execution and quality of construction.

The Super Bazar project is being executed by the Public Works Department (PWD), Roads and Buildings (R&B) Division, Sopore, under the Capex Budget 2026–27, at an estimated cost of 196.77 lakh. The proposed double-storey building, covering a plinth area of 2,233 square feet, will comprise of two shopping halls, a washroom, an office, a kitchen, a store and fencing of the land.

While reviewing the progress of work, the Minister instructed the concerned officers and executing agency to maintain the highest standards of construction quality, strictly adhere to the approved design and technical specifications and accelerate the pace of execution to ensure timely completion of the project. He stressed the need for effective monitoring and regular supervision at every stage of construction. He directed the concerned authorities to ensure that the project is completed within the stipulated timeframe without compromising on quality, safety and durability.

Emphasising the importance of public infrastructure in strengthening local economic activity, the Minister said that development projects must be implemented with transparency, accountability and a firm commitment to public welfare. He said that the Super Bazar, upon completion, would provide improved commercial infrastructure, facilitate local traders and create better business opportunities for the people of Seelu and adjoining areas.

Training Programme for Tribal Farmers held at Shopian

■ HT News Network

SHOPIAN, NOVEMBER 05: A one-day training programme for tribal farmers organized at Krishi Vigyan Kendra (KVK), Shopian in collaboration with Regional Fodder Station, Shuhama, ICAR-Indian Grassland and Fodder Research Institute (IGFRI) and Department of Social Forestry.

More than 40 tribal farmers from different areas of district Shopian participated in the programme, aimed at creating awareness among farmers about scientific winter management of livestock, fodder production, seed harvesting and sowing, and protection of forests.

Dr. Mir Shabir Ahmad, Head, KVK Shopian, briefed the farmers about the role and activities of KVK and various schemes, trainings and demonstrations being conducted for the benefit of farming community.

Dr. Nazir Ahmad, Associate Professor, SKUAST-Kashmir, delivered a detailed lecture on Winter Management of Livestock- housing, feeding, health care and protection of animals from cold stress during harsh winter months.

Health Department organises Tobacco-Free Youth Awareness Rally in Bandipora

■ HT News Network

BANDIPORA, NOVEMBER 05: The Health Department, District Bandipora, organised an awareness rally under Tobacco-Free Youth Campaign 4.0 today to spread awareness about the harmful effects of tobacco consumption and promote a healthy, tobacco-free society.

The rally was flagged off by Deputy Commissioner (DC) Bandipora, Indu Kanwal Chib. She emphasised the need for active youth participation in the fight against tobacco and substance abuse, urging students to make informed and healthy lifestyle choices.

The rally commenced from Ranger Khan Chowk and culminated at Gulshan Chowk Park, Bandipora, with a message urging young people to stay away from tobacco and nicotine products.

On the occasion, Chief Medical Officer Bandipora, Dr Bhajan Kour and District Nodal Officer, National Tobacco Control Programme, Dr Nabeel sensitised the students about hazards of Tobacco on human health.

DC Kulgam inspects transit accommodations at Vessu, Chowgam

■ Farooq Rather



KULGAM, NOVEMBER 05: Deputy Commissioner (DC) Kulgam, Shahzad Alam, today visited the Transit Accommodations at Vessu and Chowgam to review the progress of ongoing construction and allied works.

During the visit to Transit Accommodation Vessu, the DC was informed that out of 13 blocks, eight have been completed while work on the remaining five is in progress. The accommodation comprises 208 flats, of which 128 have been completed so far. The flats are designed as 2-BHK units, while the Community Hall is scheduled for completion by December 15, 2026.

At Transit Accommodation Chowgam, all 12 residential blocks have been completed, while allied works, including the Dormitory, Community Hall, internal roads, drainage system, security pickets and flood protection works, are in progress.During the inspection, the DC directed the executing agencies to expedite the pace of work and ensure completion of all pending components by December 2026.The DC also directed the concerned agencies to tender out the Sewage Treatment Plant (STP) work at the earliest. The concerned Tehsildar was asked to demarcate the land identified for the STP on the lower side of the Transit Accommodation.

District-Level Training on Census 2027 concludes in Kulgam

■ Farooq Rather

KULGAM, NOVEMBER 05: District-level training for PCO Officers, Charge Officers and Charge Clerks on Census 2027, Phase-II (Population Enumeration), concluded today in District Kulgam.

Deputy Commissioner Kulgam, Shahzad Alam, who is also the Census Officer of the district, addressed the participants and stressed the importance of proper training and preparedness for the smooth conduct of the census exercise. He instructed the concerned officers and officials to familiarise themselves thoroughly with the prescribed procedures, digital applications and their respective roles and responsibilities to ensure accurate and efficient implementation of the census activities.The training programme aimed at familiarizing the participants with the operational procedures and guidelines governing the Population Enumeration phase, besides sensitising them about various aspects of the census exercise.

During the training, detailed emphasis was laid on the use of census-related applications and digital platforms, data collection protocols, coordination mechanisms and other important aspects of the enumeration process.

The participants were also sensitised about maintaining accuracy in data collection, addressing field-level challenges and adhering to the prescribed guidelines issued by the Census authorities.

DC Bandipora distributes Aadhaar Tablets among Anganwadi Workers

Stresses Women's Financial Empowerment

■ HT News Network



BANDIPORA, NOVEMBER 05: A convergent programme of the Integrated Child Development Services (ICDS) and Tribal Affairs Department was today organised at Mini Secretariat, Bandipora, as part of Janjatiya Gaurav Divas 2026.

On the occasion, the Deputy Commissioner (DC) Bandipora, Indu Kanwal Chib distributed 27 Aadhaar tablets and 27 single fingerprint scanners among Anganwadi Workers, including tribal workers from Gurez, Tulail, Bagtore, Arin, Aloosa, Bandipora, Sumbal and Hajin, to facilitate Bal Aadhaar enrolment of children aged 0–5 years.

The Deputy Commissioner stressed achieving saturation in Bal Aadhaar enrolment and directed that designated Anganwadi Workers be properly notified at the grassroots level, with special focus on tribal areas.

District Programme Officer, ICDS, Bandipora, Yaar Ali Khan informed that the devices were provided to workers who had qualified the CELC Operator examination as per UIDAI guidelines.

During the programme, a presentation of Jammu and Kashmir Rural Livelihoods Mission (JKRLM) was presented, showcasing handicrafts, traditional products, edible items and other products manufactured by Self-Help Groups across J&K. The presentation highlighted the potential of local products in generating sustainable livelihoods and promoting the spirit of Vocal for Local.

Emphasising that financial independence is essential for self-reliance and dignity, the DC stressed promoting women-led enterprises and strengthening livelihood opportunities. She directed the DPO ICDS to submit an action plan within 15 days and assured that training and capacity-building support would be provided to interested women.

Chairman DLSA Srinagar conducts Mentoring and Monitoring Meeting

■ HT News Network

SRINAGAR, NOVEMBER 05: The District Legal Services Authority (DLSA), Srinagar, conducted a meeting of the Mentoring and Monitoring Committee under the chairmanship of Naseer Ahmad Dar, Chairman, DLSA (PD&SJ) Srinagar, along with the members of the committee comprising of Tabassum Qadir Parray Secretary DLSA Srinagar and Rtd. District & Sessions Judge, Gowhar Majeed Dalaal with panel lawyers of DLSA Srinagar.

During the meeting, various aspects relating to the functioning of legal aid services were discussed. The Chairman reviewed the work and performance of Panel Lawyers and emphasized the need for effective monitoring, proper coordination and timely delivery of legal assistance to deserving and marginalized sections of society.The Chairman also stressed upon the importance of providing quality legal services, ensuring effective representation of beneficiaries and strengthening the legal aid mechanism at the grassroots level.

Janjatiya Gaurav Pakhwada 2026: Awareness, Health and Cultural activities organised across Bandipora

■ HT News Network



BANDIPORA, NOVEMBER 05: As part of the ongoing celebrations of Janjatiya Gaurav Pakhwada 2026, various awareness, health and cultural activities were successfully organised across District Bandipora by different departments, with active participation from tribal communities, students and local residents.

In Gurez, ICDS Poshan Project, in collaboration with the Health Department, organised activities at Anganwadi Centres in Mastan. The Health Department conducted Ante-Natal Care (ANC) check-ups, anaemia screening and general health check-ups. Awareness regarding health, hygiene and various ICDS services was also imparted, with active participation from community members, Mahila Samiti representatives and ICDS beneficiaries.

Meanwhile, the Horticulture Department conducted awareness programmes at Dangital, PTL, Kudara, Chittabanday and Markoot, besides Khandyal Zone, Dawar, Gurez. The participants were sensitised about various departmental schemes and initiatives, while awareness regarding the Khet Bachao Abhiyan was also imparted as part of the celebrations.

Educational institutions across the district also organised activities to mark the occasion. At Government High School Achoora, Gurez, an awareness activity was conducted with active participation of students and staff. Painting, poster-making and essay-writing competitions based on tribal culture, heritage and the objectives of Janjatiya Gaurav Diwas were organised at Government High School Hajin, KGBV Gurez, GMS Wanpora, BMS Wanpora, Government High School Gujran and Eklavya Model Residential School (EMRS), Gurez.Government Higher Secondary School PTL, Gurez, organised a Story Writing Competition on the theme "My Tribal Village", wherein students participated in story writing and discussions highlighting tribal heritage, culture and the significance of Janjatiya Gaurav Diwas.

Meanwhile, the Agriculture Department facilitated the registration of farmers under the PM-KISAN scheme, while eight tribal beneficiaries were registered under the Holistic Agriculture Development Programme (HADP).

The activities aimed at highlighting the rich cultural heritage, traditions and contributions of tribal communities while promoting awareness about government welfare schemes, health, nutrition, education and community empowerment.

The celebrations also emphasised the importance of preserving tribal identity and ensuring inclusive development through active community participation. Educational institutions across the district also organised activities to mark the occasion. At Government High School Achoora, Gurez, an awareness activity was conducted with active participation of students and staff. Painting, poster-making and essay-writing competitions based on tribal culture, heritage and the objectives of Janjatiya Gaurav Diwas were organised at Government High School Hajin, KGBV Gurez, GMS Wanpora, BMS Wanpora, Government High School Gujran and Eklavya Model Residential School (EMRS), Gurez.

Government Higher Secondary School PTL, Gurez, organised a Story Writing Competition on the theme "My Tribal Village", wherein students participated in story writing and discussions.

District Admin Shopian braces up to Host First-Ever Jashn-e-Harud

DC Shopian reviews preparations at Sports Stadium Batapora

■ HT News Network

SHOPIAN, NOVEMBER 05: Deputy Commissioner (DC) Shopian, Charandeep Singh, today visited Sports Stadium, Batapora, to review the arrangements and assess the preparations for the upcoming first-ever 'Jashn-e-Harud', scheduled to be held on November 7, 2026, at the venue.

During the visit, the Deputy Commissioner took stock of the logistical arrangements and reviewed the preparations for the smooth and successful conduct of the festival, aimed at providing a platform for showcasing local talent, art, culture and creativity.

Detailed discussions were held regarding the installation of stalls and other essential arrangements to ensure effective participation and engagement of the public.



The DC emphasised the importance of active public participation and close inter-departmental coordination to ensure seamless arrangements and make the festival a grand success.

The Deputy Commissioner was accompanied by Additional District Development Commissioner (ADDC), Dr. Nasir Ahmad Lone; Additional Deputy Commissioner (ADC), Dr. Zakir Hussain Faaz; Principal, GDC Shopian, Prof. Tariq Ahmed; GM, DIC; DPO; Tehsildar Shopian; and other senior district officers. The DC emphasised the importance of active public participation and close inter-departmental coordination to ensure seamless arrangements and make the festival a grand success.

The Deputy Commissioner was accompanied by Additional District Development Commissioner (ADDC), Dr. Nasir Ahmad Lone; Additional Deputy Commissioner (ADC), Dr. Zakir Hussain Faaz; Principal, GDC Shopian, Prof. Tariq Ahmed; GM, DIC; DPO; Tehsildar Shopian; and other senior district officers.

Cultural Programme for Senior Citizens organised at Mini Secretariat Kulgam under AVYAY

■ Farooq Rather

KULGAM, NOVEMBER 05: The District Social Welfare Department, Kulgam, today organised a Cultural Programme for Senior Citizens under the Atal Vayo Abhyuday Yojana (AVYAY) at the Auditorium Hall, Mini Secretariat, Kulgam.



The programme featured a variety of cultural and entertainment activities, including traditional Kashmiri music, ghazals, skits, comedy performances and other recreational activities, providing an engaging and enjoyable atmosphere for the participating senior citizens.

The programme aimed at promoting social interaction among elderly persons, reducing feelings of isolation and enhancing their mental and emotional well-being through cultural and recreational activities.

The AVYAY, implemented by the Ministry of Social Justice and Empowerment, Government of India, envisages a society where senior citizens can lead a healthy, dignified and productive life.

In this regard, the District Social Welfare Department, Kulgam, in coordination with the District Administration and other stakeholders, continues to undertake initiatives aimed at the welfare, protection, care and empowerment of senior citizens.

Senior citizens from different Tehsils of District Kulgam participated in the programme, making it an inclusive and meaningful occasion.

DAA CUKashmir delivers 15th Prof. G. Ram Reddy memorial lecture

■ HT News Network



Srinagar, Nov 5: Central University of Kashmir (CUKashmir) Dean Academic Affairs, Prof. Shahid Rasool, delivered the 15th Prof. G. Ram Reddy Memorial Lecture at the University of Kashmir here on Thursday. The lecture on "From Distance to Digital: Reimagining ODL in the Age of AI", was organised by the Indian Distance Education Association (IDEA) in collaboration with the Centre for Distance Education, University of Kashmir, as part of its Golden Jubilee celebrations.

Speaking on the occasion, Prof. Shahid Rasool highlighted the role of technology in improving Open and Distance Learning (ODL). He said digital technology had brought conventional universities and ODL institutions closer, and that the difference between the two modes of education is fast disappearing. The two modes are in fact converging.

He said this change was being driven by advances in technology, a generation of students comfortable with digital tools, and the changing needs of the job market. The important question, he observed, was no longer whether education should be offered through conventional or distance modes, but how these modes could be combined to provide better learning opportunities.

Prof. Shahid Rasool said ODL should not be seen only as an option for those unable to attend conventional universities. "It has become an important part of an inclusive, flexible and technology-enabled education system, offering lifelong learning opportunities." He added that digital technology and Artificial Intelligence (AI) were changing teaching, learning and assessment in higher education.

Viksit Bharat Youth Parliament Programme organized at Govt Degree College Tral

■ HT News Network

PULWAMA, NOVEMBER 05: The Viksit Bharat National Youth Parliament Programme was successfully organized at Government Degree College Tral by My Bharat Pulwama, Ministry of Youth Affairs and sports, Government of India in collaboration with Govt Degree College Tral.

The event aimed to promote democratic values, parliamentary awareness, and leadership skills among students. The topic of the youth Parliament programme was "One Nation One Election".The programme commenced with the National Anthem followed by the National Song.

The chief guest, Principal Prof. Jasvinder Singh Speaking on the occasion, underscored the importance of the programme in nurturing responsible citizenship and thanked all stakeholders associated with its successful conduct. He spoke about various initiatives undertaken by the Government of India to empower youth and provide them with platforms to express their views on national and social issues. He encouraged students to actively engage in constructive discussions and develop leadership qualities. He spoke about the objectives and benefits of "One Nation One Election".

District Youth Officer, Divyanshu Jaiswal, highlighted the significance of the Youth Parliament Programme and outlined its schedule, emphasizing its role in encouraging young people to participate actively in democratic processes. He encouraged the participants to register individually as well as youth clubs.

Prof. Rafiq Ahmad Khan, senior faculty member of the College speaking on the occasion and highlighted the objectives of the programme.

CUKashmir's Deptt of Law holds lecture on 'Jurimetrics in Legal Research'

■ HT News Network

Ganderbal, Nov 5: Department of Law, School of Legal Studies, Central University of Kashmir (CUKashmir), organised an extension lecture on "Jurimetrics in Legal Research" at Tulmulla here on Wednesday.In his welcome address, Prof. Farooq Ahmad Mir, Head and Dean, School of Legal Studies, emphasized the significance of academic interactions and extension lectures in broadening the intellectual horizons of students and encouraging critical engagement with contemporary legal issues.In her lecture on "Jurimetrics in Legal Research" Prof. (Dr.) Nuzhat Parveen Khan discussed several important dimensions of judicial functioning, judicial reasoning.

Vomedh Rangmanch and Duttraj Foundation Celebrate "Deepakon Ke Rang Sainikon Ke Sang" at BSF Headquarters in Srinagar

■ GULFAM BARJI



Srinagar/November:5 Vomedh Rangmanch in collaboration with Duttraj Foundation organised a colourful Diwali celebration titled "Deepakon Ke Rang, Sainikon Ke Sang" at the BSF Headquarters in Srinagar to honour the courage, dedication and sacrifices of Border Security Force (BSF) Jawan guarding the nation's borders.DIG BSF Nilotpal Kumar Pandey attended the programme as the Chief Guest. Mrs Neetu Pandey First Lady and President BWWA, Sanjay Sharma Commandant Sector Srinagar and Rajiv Bhardwaj Second-in-Command along with other senior BSF officers, officials and their family members were also present on the occasion.The cultural programme featured captivating traditional dance and musical performances by Vomedh artists reflecting the rich heritage and traditions of the Kashmiri Pandit community. The performances were warmly appreciated by the audience. Speaking on the occasion Rohit Bhat Founder and President of Vomedh Rangmanch said that celebrating festivals with soldiers who dedicate their lives to protecting the country's borders was a matter of great pride. He also highlighted Vomedh's continued efforts towards preserving and promoting the cultural heritage of J&K through various artistic initiatives.Acharya Swami Kalikanand Ji Maharaj Founder of Duttraj Foundation highlighted the spiritual significance of Diwali, describing it as a festival symbolising the victory of light over darkness, knowledge over ignorance and goodness over evil. He also appreciated the dedication and sacrifices of BSF Soldiers.Chief Guest DIG Nilotpal Kumar Pandey appreciated Vomedh Rangmanch and Duttraj Foundation for organising the meaningful celebration. He observed that such cultural initiatives help strengthen the bond between security forces and society.The programme was hosted by Bindiya Tikoo, while Zafar Dar, Kamaksha Dogra and other members of the Vomedh team contributed to the celebration.The event concluded with a message of patriotism, national unity and gratitude towards the brave BSF Soldiers who remain committed to safeguarding the nation's borders.

NIT Srinagar Organises One Health Youth Engagement Programme Experts highlight importance of one health approach

■ HT News Network



Srinagar, Nov 05: The National Institute of Technology (NIT) Srinagar organised a one-day programme titled "One Health Warrior – Youth Engagement Program" on November 3 to sensitise students about the interconnectedness of human, animal and environmental health.

The programme was organised by the Regional Coordinating Institute (RCI), Unnat Bharat Abhiyan (UBA), NIT Srinagar, in collaboration with the National One Health Mission (NOHM), Office of the Principal Scientific Adviser to the Government of India, and the Centre for Rural Development and Technology. The event was held to mark One Health Day.

The programme was conducted from 3 pm to 5 pm through an online webinar, with a simultaneous gathering at the Common Hall of NIT Srinagar.

The webinar featured distinguished speakers, including Prof. Ajay K. Sood, Principal Scientific Adviser to the Government of India, and Dr. Parvinder Maini, Scientific Secretary, Office of the Principal Scientific Adviser to the Government of India.

Dean Research and Consultancy, Prof. Roohie Naaz Mir; Dean Students Welfare, Prof. Mohammad Abid Bazaz; Dr. Shahid Saleem; HOD IT, Dr. Shabir Ahmad Sofi, Dr. Tanveer Rasool, Dr. Dinesh Kumar Rajendran, Technical Coordinator; and other faculty members attended the programme.The programme focused on creating awareness among young people about the One Health approach, which recognises the close relationship between human health, animal health and environmental well-being.

It also highlighted the importance of interdisciplinary cooperation and youth participation in addressing emerging health challenges.

Prof. Shameem Ahmad Lone, Regional Coordinator, Unnat Bharat Abhiyan, highlighted the importance of involving young people in the One Health initiative.

He emphasised that human health cannot be viewed in isolation from animal and environmental health, and stressed the need for greater awareness, interdisciplinary collaboration and community participation.

Prof. Lone further said educational institutions have an important role in preparing students to understand and contribute to the One Health approach.

Around 100 students from various departments of NIT Srinagar attended the programme and participated in the interactive sessions and live One Health quiz competition. The participation reflected students' interest in understanding the links between human, animal and environmental health.

JKAACL Organises Special Literary Function on the Literary and Organisational Contributions of Renowned Writer Muhammad Ahsan Ahsan

Speakers Pay Rich Tributes to Muhammad Ahsan Ahsan for His Multifaceted Literary Personality, Creative Contributions and Role in Literary Institution-Building

■ JAMEEL ANSARI

Hajin, Sumbal, November 5, 2026:The Jammu and Kashmir Academy of Art, Culture and Languages (JKAACL), under its literary programme series "Gaashi Tarakh", organised a special literary function at Hajin, Sumbal, to highlight the life, literary achievements and organisational contributions of renowned Kashmiri writer, poet and literary organiser Muhammad Ahsan Ahsan. The programme brought together prominent writers, scholars, intellectuals, poets, journalists and literary enthusiasts from different parts of the Valley, who paid rich tributes to the multifaceted personality of Muhammad Ahsan Ahsan and acknowledged his valuable contribution to the promotion and development of Kashmiri language and literature. The programme commenced with a welcome address by Jawaid Iqbal Khan, Editor Kashmiri, JKAACL, who warmly welcomed the distinguished guests, scholars, writers, poets and other participants. In his address, he highlighted the significance and objectives of the Academy's "Gaashi Tarakh" programme series, stating that the initiative aims to bring into focus the lives, literary achievements and contributions of eminent personalities who have enriched Kashmiri language and literature through their creative pursuits, intellectual commitment and sustained efforts.He observed that Muhammad Ahsan Ahsan occupies a significant place in the literary and organisational landscape of Kashmir, as his contribution was not confined to creative writing alone but also extended to the establishment, strengthening and promotion of literary organisations and platforms. Through his organisational abilities and commitment to literary activities, he made valuable efforts to bring writers and literary personalities together and create opportunities for meaningful literary interaction.



Jawaid Iqbal Khan further emphasised that remembering distinguished literary personalities is not merely an exercise in paying tribute but also an important endeavour towards preserving the literary history, cultural identity and intellectual heritage of a society. He said that documenting and highlighting the contributions of literary figures provides an opportunity for younger generations to understand the struggles, achievements and intellectual legacy of their predecessors. He also appreciated the literary tradition of Sumbal and the contribution of local literary organisations in keeping the literary environment vibrant and active.

The function was presided over by noted writer and intellectual Abdul Ahad Hajini. Imtiaz Anjum(JKAS), Dr. Ghulam Nabi Haleem, President of Adabi Markaz Kamraz Muhammad Amin Bhat, President of Halqa-e-Adab Sumbal Shakir Shafi and Editor Kashmiri, JKAACL, Jawaid Iqbal Khan, were also present on the presidium.

In his presidential address, Abdul Ahad Hajini highlighted the literary and creative personality of Muhammad Ahsan Ahsan and observed that the progress and development of any language depend significantly on individuals who contribute not only through their creative writings but also by promoting literary activities and providing a common platform for writers and intellectuals.

On the occasion, Shakir Shafi, President of Halqa-e-Adab Sumbal, presented the keynote address. In his detailed address, he examined the literary personality, intellectual commitment and contribution of Muhammad Ahsan Ahsan towards Kashmiri language and literature. He observed that Muhammad Ahsan Ahsan played an important role in strengthening the literary environment of Sumbal through his literary pursuits and organisational abilities. His efforts, he said, helped nurture literary awareness and encourage a culture of literary engagement at the local level.

Dr. Ghulam Nabi Haleem, Member of the Jammu and Kashmir Waqf Board and a prominent scholar of Kashmiri language and literature, presented a comprehensive paper titled "Muhammad Ahsan Ahsan: Life and Literary Contributions." In his scholarly presentation, he provided an account of the life and literary journey of Muhammad Ahsan Ahsan, highlighting different dimensions of his creative personality and his contributions to various fields of Kashmiri literature. He emphasised the importance of documenting the lives and achievements of distinguished literary figures.

HT EDITORIAL

Stop Drugs Before They Destroy Lives

Arrests alone cannot defeat addiction; parents, police, educational institutions, religious leaders and youth must join hands to save an entire generation.

Drug addiction is no longer merely a law-and-order problem; it is a growing social crisis threatening the future of our youth. While police action against drug traffickers is essential, arrests alone cannot eliminate this menace. As long as demand continues to exist, new suppliers will emerge. The real battle, therefore, must begin before a young person falls into the trap of addiction.

The fight against drugs cannot be left to law enforcement agencies alone. Police must dismantle trafficking networks and take strict action against those poisoning society, but preventing addiction requires a much wider social response. The emphasis must shift from merely catching offenders to preventing young people from becoming victims.

Parents have the first and perhaps the most important responsibility. They must remain connected with their children, understand their emotional struggles, recognise behavioural changes and create an environment where youngsters can openly discuss their problems. Neglect, silence and social stigma often allow addiction to grow unnoticed.

Schools and colleges must move beyond occasional awareness programmes and make drug prevention a continuous part of student engagement. Counselling facilities, peer-support groups, sports, cultural activities and meaningful interaction can help young people resist harmful influences. Student activists, too, can become powerful ambassadors of change by discouraging substance abuse among their peers.

Religious leaders and community representatives must use their influence to spread awareness at the grassroots level. Mosques, shrines and other community platforms can play a significant role in educating families about the dangers of addiction. At the same time, de-addiction centres must be strengthened to ensure that those already trapped receive professional treatment, rehabilitation and family support rather than social rejection.

The debate competition organised by Awantipora Police at Government Degree College, Tral, under the Nasha Mukt Bharat Abhiyaan is a welcome step towards engaging young minds in this collective struggle. However, such initiatives must not remain one-day events. They need continuity, wider participation and practical follow-up to create lasting awareness.

What society needs today is a coordinated movement involving police, parents, teachers, health professionals, religious leaders, civil society and youth organisations. Every institution must recognise that the responsibility of protecting the younger generation is shared.

The success of the anti-drug campaign should not be measured merely by the number of arrests made, but by the number of young lives saved from addiction. We must address the problem at its roots, identify vulnerable youngsters early and ensure that prevention, treatment and rehabilitation receive equal attention.

The war against drugs must begin in our homes, schools and neighbourhoods. Arresting drug peddlers is necessary, but preventing the next generation from falling into addiction is even more important. The menace must be nipped in the bud before it destroys more lives and families.

The Plant Cell Decoded

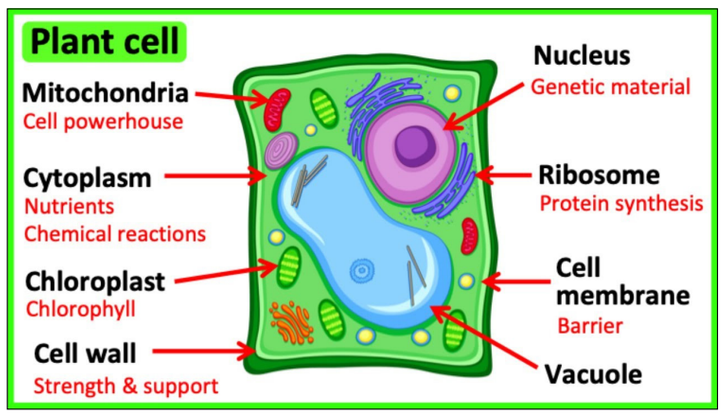


SURINDERPAL SINGH

Understanding the remarkable structure and functions of plant cells is essential to appreciating the science of life, the future of agriculture and the sustainability of our planet. A plant may appear to be a simple living organism rooted in the soil, yet within its leaves, stems, roots, flowers and fruits lies an extraordinary world of microscopic structures working together to sustain life. At the heart of this world is the plant cell, the fundamental structural and functional unit of plants. Although invisible to the naked eye, these tiny biological units perform remarkable functions that support not only plant growth and reproduction but also the survival of countless organisms, including human beings.

Plant cells are eukaryotic cells, meaning they possess a well-defined nucleus and membrane-bound organelles. Their organisation reflects millions of years of biological evolution. Each component performs a specialised function, while all components work together to maintain the life of the cell. One of the most distinctive features of a plant cell is its cell wall, a rigid outer covering composed mainly of cellulose. It provides shape, strength and protection, helping plants remain upright and withstand environmental pressures. Beneath the cell wall lies the plasma membrane, which regulates the movement of substances into and out of the cell.

The cytoplasm contains various organelles responsible for essential cellular activities. The nucleus stores genetic information in the form of DNA and regulates gene expression, growth and development. Mitochondria release usable energy through cellular respiration, while ribosomes manufacture proteins required for growth, repair and metabolism. Another characteristic feature is the large central vacuole.



Filled with cell sap, it stores water, ions, pigments and other substances. It also helps maintain turgor pressure, which keeps many plant tissues firm and supports the plant's structure. Amongst the most remarkable components of plant cells are chloroplasts. These specialised organelles contain chlorophyll, the green pigment that absorbs light energy. Through photosynthesis, chloroplasts use light energy to convert carbon dioxide and water into energy-rich organic compounds, releasing oxygen in the process.

Photosynthesis is one of the most significant biological processes on Earth. It supports food chains, contributes to atmospheric oxygen and helps regulate the global carbon cycle. The energy stored in plant tissues ultimately sustains animals, humans and numerous microorganisms. The evolutionary origin of chloroplasts is equally fascinating. Scientific evidence supports the theory that they evolved from ancient photosynthetic bacteria that entered into a mutually beneficial relationship with ancestral eukaryotic cells. This partnership transformed the history of life by enabling plants and their relatives to harness sunlight efficiently.

Plant cells do not function independently. They exchange substances and signals with neighbouring cells, allowing tissues and organs to coordinate their activities. Tiny channels called plasmodesmata pass through cell walls, connecting the cytoplasm of adjacent cells and facilitating communication and the movement of certain molecules. Plant growth depends on cell division, cell enlargement and differentiation. In regions known as meristems, cells divide actively to produce new cells. These cells subsequently specialise to perform particular functions, becoming part of tissues such as the epidermis, vascular tissue or photosynthetic mesophyll. This specialisation enables plants to transport water and minerals, manufacture food, defend themselves against pathogens and respond to environmental changes. Unlike animals, plants often continue producing new organs throughout their lives, thanks to the activity of their meristematic tissues.

The importance of plant cells extends far beyond the biology classroom. Their photosynthetic activity removes carbon dioxide from the atmosphere and supports the formation of biomass. Plant tissues also contribute to soil protection, water regulation, habitat formation and biodiversity. Modern scientific research increasingly focuses on understanding cellular mechanisms to improve agricultural productivity and environmental resilience. By studying how plant cells respond to drought, heat, salinity and disease, researchers can identify genes and biological pathways that may help develop more resilient crop varieties.

Advances in biotechnology, molecular biology and genome editing are expanding the possibilities of improving nutritional quality, disease resistance and resource-use efficiency. However, such applications require rigorous scientific evaluation, appropriate biosafety measures and consideration of ecological and social consequences. The Plant cell research also contributes to the development of sustainable materials, plant-based medicines and renewable biological resources. A deeper understanding of cellulose production, cellular metabolism and plant defence mechanisms may help create innovative solutions to some of the world's pressing challenges.

The future of plant cell biology lies in combining traditional microscopy with advanced imaging, molecular genetics, computational modelling and artificial intelligence. Scientists can now investigate cellular processes in greater detail, examine gene activity and explore how individual cells contribute to the behaviour of entire plants.

SURINDERPAL SINGH
FACULTY IN SCIENCE DEPARTMENT
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The man with a mission in hand !



By M S Nazki

A thing that has to be done will be done and that is what reflects in the art of working of DC Rajouri Dr. Devansh Yadav (IAS)! He has taken several unique steps as far as administration goes and they have been well appreciated by the people in the district. If he carries on like this then one thing is certain, several things are bound to get streamlined which are so very necessary for the district as a whole. More importantly he listens to the people and thereafter finds out a way and that is the way iy should be'!

From the very first day he began playing his cards openly on the table as he came to the district it was a known fact that he had arrived with a mission at hand when he was appointed as Deputy Commissioner Rajouri and one can easily say with a lot of certainty that he came, he saw and he conquered the hearts of the people. Basically a no nonsense man who will not tolerate lawlessness, bullying around of people by officials because incidents of people being ridiculed have been far too many, no dilly dallying effort by the officials in various departments, if someone is not meeting the standards set then he/she is bound to find himself in a shack, completion of incomplete works have been some of the spheres where he has simply surpassed the efforts which used to be taken in the past. In other words a strict disciplinarian on the professional front but otherwise when he is off duty he is the most cordial of men with an air freshness further augmented by the cool breeze of the Pir Panjals.



It is said that the human mind works in three elementary phases: saturate, incubate, and illuminate. Time allows us to saturate our mind with context, so we can incubate and spark the eureka moments of illumination that connect the dots, snap together patterns, and discover the options that allow us to find our paths. This can be seen by the very fact that he gives a very patient hearing to whosoever comes to him with the problem of the people.

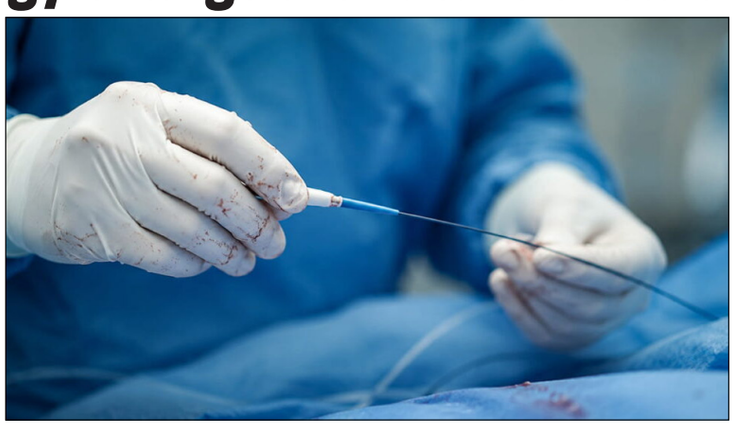
As an administrator, knowledge of the people, places, problems, ideas, and experiences are a few things that are helpful in arriving at a decision. If people are telling the same problem time and again and still the problem persists then obviously the fault is with the administration. The knowledge involves knowing how to obtain desired end states, knowing what to do to obtain them, and knowing when and where to act on them. People want action but they also know that the things just cannot happen tomorrow because procedural aspects do take time but not an enormous amount of that. For example a bridge was lying incomplete and the people of Far flang area were facing problems, in fact a hell of a lot of them. No one knew as to when it would be completed and thus they tried their luck with Dc Rajouri The problem wss referred up the channel and within no time the work on the bridge re-started on a war footing. It was a duty for the people that had to be done and it was.

In fact in this fast moving world today we have to travel ahead with time and that is the reason perhaps he is goading the administration to reach out to the people in all possible ways. What is common sense? It's knowledge of patterns both conscious and unconscious and this the officers need to have. The administration and the administrators are there for the people because they are earning their bread and butter because of them and hence they take the top priority all the way. His game plan is simple for his huge team, 'we have to imagine how to seek out and listen to the people'! By the way things are happening in district Raj and the thematic undercurrent is of positivity! For a change, extremely good!

Heart Treatment Without Stents: Can Balloon Technology Change the Future of Cardiac Care?



Dr. Vijay Garg



Medical science is continuously developing new and innovative ways to treat heart diseases. Among the major advances in cardiology is the use of balloon-based techniques to treat narrowed or blocked coronary arteries. Traditionally, many patients with coronary artery disease have been treated with angioplasty followed by the placement of a stent. However, newer technologies, particularly drug-coated balloons, are creating possibilities for treating selected patients without leaving a permanent metallic implant inside the artery.

This development has raised an important question: Can balloon technology become an effective alternative to stents and transform the future of heart treatment?

How Does Balloon-Based Treatment Work?

A drug-coated balloon (DCB) is a specialised medical device designed to open narrowed coronary arteries. During the procedure, a thin catheter carrying the balloon is guided through a blood vessel towards the affected area of the heart.

Once the balloon reaches the narrowed section, it is carefully inflated to widen the artery and improve blood flow. Unlike a conventional stent procedure, the balloon is then removed without leaving a permanent metallic structure behind.

The special feature of a drug-coated balloon is that its surface contains medication that is transferred to the artery wall during inflation. This medicine helps prevent excessive growth of cells that can cause the artery to narrow again.

The approach is often described as a "leave-nothing-behind" strategy because it avoids placing a permanent implant in the treated section of the artery. PMC +1

Advantages of Drug-Coated Balloon Technology

Drug-coated balloons offer several potential advantages for appropriately selected patients.

* No permanent metallic implant: The treated artery does not need to contain an additional metal stent.

* Preservation of natural artery movement: The artery may retain more of its natural flexibility and ability to respond to changes in blood flow.

* Reduced metal burden: This can be particularly useful for patients who have already received multiple stents.

* Potentially shorter medication requirements: Some patients may need a shorter duration of dual antiplatelet therapy, although the treatment duration depends on individual clinical circumstances.

* Useful for small arteries: Balloon-based treatment can be particularly beneficial in certain small coronary vessels where placing a stent may be technically challenging.

These advantages make the technology an important development in interventional cardiology. Springer Nature Link +2

Where Can This Technology Be Used?

Drug-coated balloons are particularly useful in treating in-stent restenosis, a condition in which an artery becomes narrow again inside a previously implanted stent.

They are also increasingly being used for selected cases of coronary artery disease involving small blood vessels. In these situations, avoiding another permanent implant may offer clinical advantages.

However, not every patient is suitable for balloon-only treatment. The success

of the procedure depends on the location, size and severity of the blockage, the condition of the artery and the patient's overall health.

If the artery does not remain sufficiently open after balloon treatment, the cardiologist may need to insert a stent to ensure adequate blood flow. Springer Nature Link +2

Is Balloon Treatment as Effective as Stenting?

This is one of the most important questions in modern cardiac care. Research comparing drug-coated balloons with drug-eluting stents has produced encouraging but mixed results.

Some clinical studies suggest that balloon treatment can provide comparable outcomes in carefully selected patients, particularly those with small-vessel disease. However, other studies indicate that drug-eluting stents offer better protection against the need for repeat treatment in certain coronary lesions.

A 2026 review published in npj Cardiovascular Health highlights that drug-coated balloons have important applications but that their effectiveness varies according to the type and location of the blockage.

For many patients with larger coronary arteries and complex blockages, drug-eluting stents remain an established standard treatment. Therefore, balloon technology should be considered an additional treatment option rather than a universal replacement for stents. PMC +2

Challenges and Future Possibilities

Although balloon technology has made considerable progress, certain challenges remain. Successful treatment requires careful preparation of the narrowed artery, appropriate selection of the balloon and considerable expertise on the part of the cardiologist.

Researchers are also working to improve drug coatings, develop better balloon materials and identify which patients are most likely to benefit from stent-free procedures.

Advances in medical imaging, artificial intelligence and personalised treatment planning may further improve the selection of suitable patients and the safety of these procedures.

In the coming years, a combination of balloon-based treatment and selective stent placement may become an increasingly important approach in personalised cardiac care

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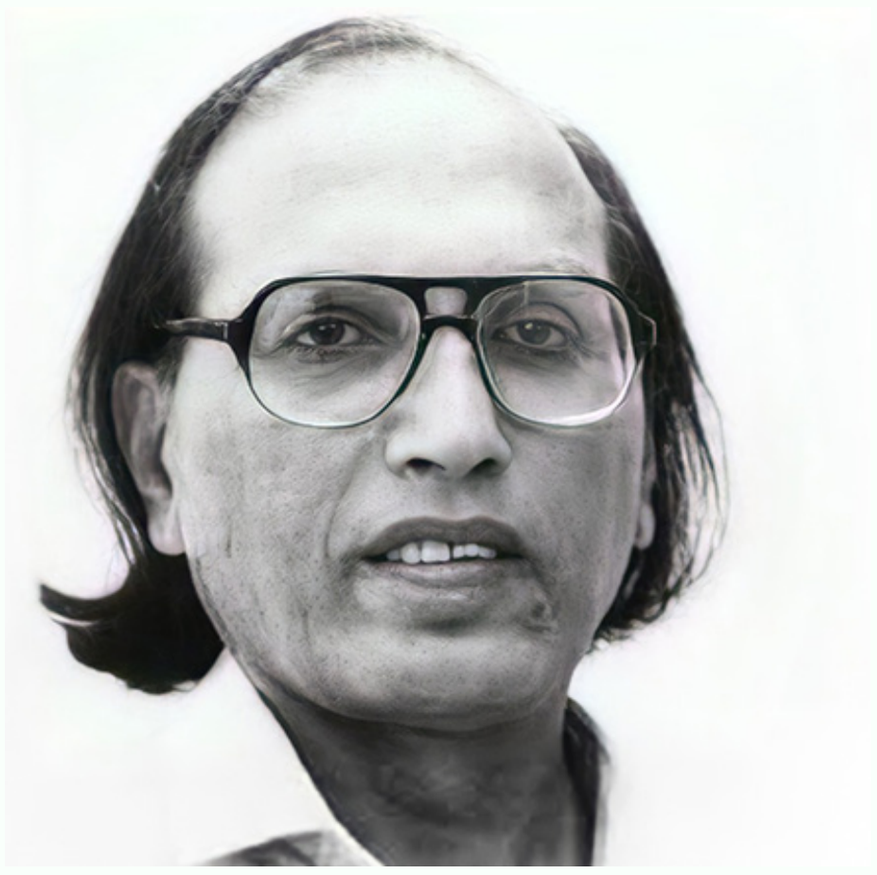
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The Poet of Quiet Ruins: Remembering Bashir Badr



Mohammad Arfat Wani



With the demise of well-known Urdu poet Bashir Badr, an era comes to an end where the beauty of Urdu poetry was witnessed. Apart from being a poet, Bashir Badr was a personification of emotions, memories, love, sorrows, and humanity. For more than five decades, Bashir Badr continued writing poems that touched the soul of millions of Urdu speakers across the globe as his poetry used simple language. Anyone could understand and memorize his poems as long as it was Urdu.

Bashir Badr was born on February 15, 1935, in Ayodhya, Uttar Pradesh. His family had always been known for its education level. As a child, Bashir was interested in poetry and literature; thus, it is often claimed that at the age of seven, Bashir composed his very first sher.

He completed his higher studies from the Aligarh Muslim University from where he attained his Bachelor's degree, Master's degree, and later a PhD in Urdu literature. He gained popularity as a writer early on, and soon became a prominent figure among the academics of Urdu literature. He taught Urdu literature and later became the Head of the Urdu Department of Meerut College. In addition to being a teacher, he was a poet too, whose poems gradually made their way into every part of the Urdu-speaking world.The thing that set Bashir Badr apart from all the other poets is that he was simple. He didn't use fancy language that would make people think that they were reading an exceptionally brilliant poem. His poems were written in language which had a lot of feeling in it, and talked about love, loneliness, broken heart, memory, relation, silence, and changeability of life.

The well-known couplet of Bashir Badr:

"Log toot jaate hain ek ghar banane mein,
Tum taras nahi khate bastiyan jalane mein"

is one of the most commonly quoted lines in Urdu poetry. This couplet has affected many because it is loaded not only emotionally but socially too.

There is another immortal couplet written by Bashir Badr:

"Ujale apni yaadon ke hamare saath rehne do,
Na jaane kis gali mein zindagi ki shaam ho jaye."

These poems still have an impact on the minds of people as they touch upon various issues related to memories, emotions, and the unpredictability of life.

Bashir Badr has gained enormous popularity at mushairas in India and abroad. The manner in which he performed poetry was calm, elegant, and deeply emotional. The audiences would be eagerly waiting to hear him perform. As against most poets who used hard vocabulary and exaggerated performances, Bashir Badr used simplicity.

However, behind this beautiful poetry were many years of pain and agony. One of the hardest events that took place in his life happened in 1987 when communal riots erupted in Meerut. His house was burnt, and in that fire, thousands of books, letters, and unpublished manuscripts perished forever. To an author, losing years of literary works would be equivalent to losing an important part of oneself. This incident affected him very deeply.

What made Bashir Badr outstanding in the world of poetry was the fact that even after going through all those tragedies, there was no trace of anger or rage in his poetry. In spite of his pain and suffering, he kept speaking of man, of peace, of mercy, and of love.

He left Karachi after the riots and settled down in Bhopal where he passed his entire latter part of life. Regardless of all the hardships and problems that he faced, he continued to pen poetic verses that had an impact on the lives of people for generations. Some of his renowned poetry books include "Aamad," "Aahat," "Ikai," "Image," and "Ujale Apni Yaadon Ke." His total literary contributions appeared in a collection called "Kulliyat-e-Bashir Badr." Bashir Badr's poetry was translated into various languages including English and French.There could have been many factors responsible for his popularity, but one among them is his contribution that can be enjoyed by every generation. The youth found him appealing because of his simplicity in penning emotional expressions in verses. Even in today's era of social networking sites, his couplets are used for declaring love, pain, memories, and other such feelings. He had an influence not only in literature. Politicians, journalists, actors, singers, and public speakers cited lines from his poems frequently. He has authored many memorable verses. Here is one such couplet which demonstrates wisdom and dignity even during conflict:

"Dushmani jam kar karo lekin ye gunjaish rahe,
Jab kabhi hum dost ho jayein to sharminda na hon."

Such poems proved Bashir Badr's understanding of human relations and social dynamics.

Bashir Badr received numerous awards and honors throughout his life. The poet was conferred Padma Shri, one of the most esteemed Indian civil awards. Apart from this, he won the Sahitya Akademi Award and various other awards from literary societies across India. Despite being a celebrated poet, Bashir Badr always maintained his humility and soft nature.

Later on in his life, he was affected by dementia along with various other age-related ailments. Gradually, he started withdrawing himself from public mushairas and literary functions. His admirers were heartbroken when the news of the poet, who kept a lot of people's memories alive in his poems, gradually began forgetting some memories of his own.Bashir Badr died on May 28, 2026, in Bhopal, at the age of 91, following an illness. He was mourned throughout the country and the world. Writers, poets, journalists, students, fans, and others paid their last respects to him. He was not just regarded as a wonderful poet but a very humane person too.Even after death, Bashir Badr lives in the form of his poetry. His poetry comforts the broken hearts of people, motivates young poets, and reminds people about the importance of simplicity and honesty in life. Even today, when everything around seems to be artificial, Bashir Badr's poetry is like a soothing balm for everyone.He did not merely write poetry. He gave a voice to human feelings.

And perhaps that is why Bashir Badr will always remain alive in the world of Urdu literature and in the hearts of people who continue to find themselves in his words.

(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.

Agnipath Scheme: Balancing Military Modernisation with Soldiers' Future

The success of youthful recruitment depends on operational effectiveness, employment security and dignified rehabilitation.



Dr. Priyanka Saurabh

National security depends not only on modern weapons and advanced technology but also on the experience, morale, training and cohesion of military personnel. With this vision, the Government of India introduced the Agnipath Scheme in 2022 to recruit young personnel into the Army, Navy and Air Force for a short-term tenure. Recruits under the scheme, known as Agniveers, serve for four years. The scheme represents a significant transformation in India's military recruitment system. While supporters consider it an important step towards military modernisation and financial efficiency, critics raise concerns regarding personnel welfare, operational experience and the future of young recruits. Recent discussions on extending service tenure have further intensified the debate.

The primary objective of the Agnipath Scheme is to create a younger and physically fitter military. Young personnel are expected to possess greater energy, adaptability and physical endurance, thereby improving operational readiness. Another important objective is technological modernisation. Modern warfare increasingly depends on artificial intelligence, drones, cyber security, advanced communication systems and sophisticated weapons. Recruiting technologically aware youth can help strengthen the military's capabilities in these emerging domains.

The scheme also seeks to improve fiscal efficiency by reducing long-term pension liabilities. Lower expenditure on pensions and other retirement benefits may create greater financial space for investment in modern weapons, defence infrastructure and research. Furthermore, Agnipath aims to develop disciplined and skilled youth for civilian employment. Military training can provide valuable skills such as leadership, teamwork, discipline, crisis management and technical proficiency. These qualities may enhance the employability of Agniveers after their military service. Performance-based selection for continued service is also intended to encourage merit, efficiency and professional commitment among recruits.

Despite its objectives, the scheme faces several implementation challenges. The four-year tenure creates uncertainty regarding the future of Agniveers. Under the original framework, only up to 25 per cent of a batch could be retained for regular service. For many rural families, military employment represents economic security, social dignity and a stable career. Uncertainty after four years may discourage potential recruits and affect the aspirations of young people who consider military service a lifelong profession.

Military effectiveness depends significantly on experience. Soldiers require



years of training and field exposure to develop sound judgement, operational understanding and leadership abilities. A shorter tenure may reduce the availability of experienced personnel, particularly in technically demanding and combat-intensive roles. Frequent personnel turnover may also affect the institutional continuity of military units. Military units function through trust, discipline and collective responsibility, which develop through prolonged association and shared operational experiences. Rapid changes in personnel may weaken coordination, teamwork and unit cohesion.

Differences between Agniveers and regular soldiers regarding pension, service tenure and retirement benefits may create dissatisfaction. Such disparities could affect morale and perceptions of fairness within the armed forces. The successful transition of Agniveers into civilian life remains another major challenge. Military skills do not automatically translate into suitable employment. Without recognised qualifications, effective placement support and access to employment opportunities, trained personnel may face difficulties after completing their service.

The social impact of the scheme also requires attention. A large number of military aspirants come from rural and semi-urban backgrounds, where military service has traditionally provided stable employment and upward social mobility. The uncertainty associated with short-term recruitment may affect these aspirations and create dissatisfaction among young people. Therefore, the scheme must be evaluated not only from a financial perspective but also in terms of its social and economic consequences.

The success of Agnipath requires a balanced approach that combines military efficiency with personnel welfare. The government should consider flexible service tenure based on operational requirements, specialised roles and performance. Any extension of service must be implemented through transparent rules and official policy rather than uncertain assurances. The retention process should be objective and transparent, considering professional competence, discipline, physical fitness, operational performance and the requirements of individual military units.

Comprehensive skill certification should be provided to Agniveers. Their military training must be linked with recognised civilian qualifications in technology, logistics, communications, security and disaster management. Employment opportunities should be strengthened through structured pathways into Central Armed Police Forces, state police, public-sector organisations and private industries. Recruitment preferences must be supported by clear eligibility conditions, vacancies and effective implementation.

The government should also establish a dedicated rehabilitation framework. Career counselling, placement assistance, entrepreneurship support and educational opportunities can help Agniveers transition successfully into civilian life. Periodic independent evaluation of the scheme is essential. Indicators such as operational readiness, personnel retention, training outcomes, unit cohesion, post-service employment and welfare satisfaction should guide future reforms. Any proposed changes in service tenure or retention must be assessed through evidence and consultation with military professionals.

The Agnipath Scheme represents an important attempt to modernise India's armed forces by creating a younger, technologically skilled and agile military. However, military reform cannot be evaluated solely through financial savings or recruitment numbers. The experience, morale and future security of soldiers are equally important. A successful Agnipath framework must balance youthful recruitment with operational effectiveness, institutional continuity and dignified rehabilitation. A soldier who serves the nation deserves a secure and respectable future. The long-term success of the scheme will ultimately depend on its ability to strengthen both the armed forces and the lives of those who serve them.

Military modernisation must not come at the cost of military morale; a strong nation needs both a capable army and confident soldiers.

Mountains -The Water Bank On Planet Earth



BY-MOOL RAJ

The mountains have been saving for us for ten thousand years. We have had a good run spending from that account. The real question for any government, newspaper or family is whether we will be the generation that noticed the balance falling and acted, or the one that kept spending until the account was empty.

Every summer, the rivers of South Asia rise. Farmers open their channels, towns fill their tanks and hydropower stations run at full strength. Most of us treat this as a plain fact of nature, like the sunrise. It is not. It is the result of a very old arrangement between the mountains and the people who live below them, and that arrangement is changing faster than most of us realise.

The Hindu Kush Himalaya holds the largest store of ice and snow outside the polar regions. Its glaciers feed at least ten major river systems and support around two billion people. A glacier works a lot like a savings account. Snow falls in winter and adds to the balance. Melt in summer takes a little out. For thousands of years the two roughly matched, and the rivers ran steady.

That balance is now broken. In March 2026, the International Centre for Integrated Mountain Development, known as ICIMOD, released two studies on the state of the region's glaciers. They found that the average rate of ice loss has nearly doubled since 2000, from about 34 centimetres a year to about 73 centimetres a year. Some parts of the range have thinned by as much as 27 metres since 1975. About 12 percent of the glacier area disappeared between 1990 and 2020.

Think about what that means for anyone who plans ahead. If your savings began to fall twice as fast as before, you would not wait for the account to hit zero before changing your habits. Yet that is more or less what we are doing with the mountains.

One finding in the ICIMOD work deserves more attention than it received. Glaciers smaller than half a square kilometre are shrinking the fastest, and roughly three quarters of the region's glaciers fall into that size group. Large glaciers make the headlines. Small ones quietly feed streams, springs and village water channels. When a small glacier vanishes, nobody writes about it. A spring simply runs dry one year, and a village starts to argue about water.

Kashmir knows this story. Our valley depends on snow and ice for the Jhelum and its tributaries, and studies of glaciers such as Kolahoi have shown retreat over several decades. Many families who live far from the peaks still drink, farm and earn a living because of what happens up there.

There is a cruel twist in this story. In the early years of fast melt, rivers actually carry more water. Hydropower projects look better. Irrigation seems easier. Officials can say, with some honesty, that supply is fine. Scientists call this the peak water problem. The flow grows, reaches a high point, and then falls once the ice runs out. The danger is that we build our plans, our dams and our farms around the high point and forget that it is temporary.

An earlier ICIMOD assessment warned that if emissions keep following their current path, the region could lose as much as 80 percent of its ice by 2100. Even if the world meets the Paris targets, it expected losses of 30 to 50 percent. Those numbers describe a very different mountain range from the one our grandparents knew.

Loading...

Melting ice does not only threaten future shortages. It also creates danger today. Meltwater gathers behind loose rock and ice in glacial lakes, and when those natural walls give way, a flood can race down a valley in minutes. On 26 August 2026, a glacial flood in Nepal's Rasuwa district tore into the Bhote Koshi river and across the border. Reports from the Chinese side counted at least 21 people dead and 541 missing. ICIMOD has said that 21 of Nepal's 2,070 glacial lakes are highly at risk.

A September report from the group Systemiq widened the picture. It counted 56 glacial lakes across the region as very high risk, and it noted that only 21 of roughly 40,000 glaciers are tracked on the ground. Read that again. We are trying to manage a danger that spreads across 40,000 glaciers while watching 21 of them closely. It is like trying to forecast the weather for a whole continent with 21 thermometers.

There is also a measurement problem inside the science itself. ICIMOD found that only seven of the 38 glaciers in its long term monitoring set meet the global benchmark standards for data quality. We are not only watching too few glaciers. We are watching some of them with tools that are not good enough.

Not every cause sits far away. The Systemiq report estimated that about one third of Himalayan glacier melt is linked to black carbon, the soot that settles on snow and ice. Dark soot soaks up sunlight, so ice that once reflected heat now absorbs it. Much of that soot comes from brick kilns on the plains, along with the burning of crop residue, waste and fuel. ICIMOD's lead author urged cuts in black carbon for the same reason.

This is one of the few parts of the problem where local action can show results within years instead of decades. Cleaner kiln technology, better waste handling and less open burning would help the mountains and also the air that people breathe in towns and cities. It is a rare case where the climate argument and the public health argument point in the same direction.

A serious response has four parts. First, watch more glaciers and lakes, and share the data openly across borders, because a flood that starts in one country lands in another. Second, build early warning systems in valleys below risky lakes, so that people get hours instead of minutes. Third, plan water use for a future with less ice, which means storage, efficient irrigation, and protection of springs, wetlands and forests that hold water. Fourth, cut soot now, because it is a lever we hold in our own hands.

None of this is glamorous. None of it will win an election on its own. But it is the kind of steady, dull work that keeps a society alive.

Div Com Jammu reviews status of land acquisition cases of BSF, CRPF

■ HT News Network



JAMMU, NOVEMBER 5: Divisional Commissioner Jammu, Vikas Kundal today chaired a meeting to review the progress of land acquisition and transfer cases pertaining to the BSF, CRPF in the Jammu Division.

During the meeting, the Divisional Commissioner reviewed the progress of land acquisition by J&K Police for accommodating BSF companies and the identification of suitable state land for the establishment of five additional BSF battalions in Jammu, Kathua, Udhampur and Reasi districts.

The meeting also discussed land-related issues concerning BOPs, the proposed 135-feet border fencing and pending cases involving the acquisition and transfer of state land to CRPF and other security agencies.

The Inspector General BSF presented a detailed overview of the land acquisition and requisition cases pending at various levels across the districts. The concerned Deputy Commissioners apprised the Divisional Commissioner of the latest status of individual cases and the issues hindering their resolution.

Taking serious note of the pending matters, the Divisional Commissioner directed the concerned Deputy Commissioners to undertake a case-wise examination of all pending proposals and ensure their time-bound disposal.

He further directed the concerned district administrations and representatives of the security forces to conduct joint field visits for physical verification of the identified land, wherever required, to resolve discrepancies and address site-related issues. The Deputy Commissioners were further asked to personally monitor the progress of cases falling under their jurisdiction and take proactive measures to resolve bottlenecks in coordination with the concerned departments and security agencies.

The Divisional Commissioner also stressed the need for close inter-departmental coordination, timely submission of requisite documents and removal of procedural hurdles to facilitate the expeditious transfer and acquisition of land.

The meeting was attended by Inspector General BSF, Jammu and Inspector General CRPF, Jammu, in person, while Deputy Commissioners and Senior Superintendents of Police of Jammu Division participated virtually. He further directed the concerned district administrations and representatives of the security forces to conduct joint field visits for physical verification of the identified land, wherever required, to resolve discrepancies and address site-related issues. The Deputy Commissioners were further asked to personally monitor the progress of cases falling under their jurisdiction and take proactive measures to resolve bottlenecks in coordination with the concerned departments and security agencies.

Jan Jatiya Gaurav Diwas: Over 80 Patients Benefit from Free Medical Camp at Bhella

■ HT News Network

DODA, NOVEMBER 05: As part of the observance of Jan Jatiya Gaurav Diwas, a Free Medical cum Awareness Camp was organised today at Primary Health Centre Bhella, Medical Block Thathri, to comprehensive healthcare services to the local population, particularly tribal and underserved communities.The camp was coordinated by Medical Officer Dr. Sadeeq Wani in collaboration with the Department of AYUSH, represented by Medical Officer Dr. Vikas. During the camp, more than 80 patients were examined and provided free Allopathic and AYUSH medications. Besides general health check-ups and medical consultations, comprehensive screening was also conducted for Non-Communicable Diseases (NCDs), Tuberculosis (TB) and other ongoing national health programmes.The medical team also sensitised participants about preventive healthcare, disease prevention and the importance of adopting healthy lifestyle practices.The camp witnessed active participation and dedicated services from Dr. Deepika, Dental Surgeon, Bhushan Singh and Charanjeet Singh, Community Health Officers, Anil Singh, Laboratory Technician, Syed Touseef, Dental Technician and all ASHA.

DC launches tobacco-free youth campaign in Doda

60-Day Drive to promote Tobacco-Free Society

■ HT News Network



DODA, NOVEMBER 05: Deputy Commissioner (DC) Krishan Lal today launched the Tobacco-Free Youth Campaign 4.0 here from the DC Office Complex, marking the commencement of a 60-day awareness and enforcement campaign in the District. The campaign shall run till December 28, 2026.

The campaign, being led by the Health Department, aims to generate mass awareness about the harmful effects of tobacco consumption and encourage active participation of youth in building a healthy, tobacco-free society.

The 60-day campaign would feature awareness activities to sensitise the public, particularly youth, about the health risks associated with tobacco consumption and the importance of adopting a tobacco-free lifestyle.

The Deputy Commissioner emphasised the importance of sustained awareness initiatives, particularly among young people, to discourage tobacco use and promote healthy lifestyle choices. He stressed the need for coordinated efforts by the Health Department and other stakeholders to ensure effective implementation of the campaign at the grassroots level.

DM Jammu chairs DDMA meeting

Orders survey of vulnerable areas, strengthening of response mechanism

■ HT News Network



JAMMU, NOVEMBER 5: District Magistrate Jammu Minga Sherpa today directed for speedy delivery of ex gratia relief to victims of natural disaster. He also emphasised on adopting a clear standard operating procedure and a well-defined chain of command to minimise losses during the natural calamities.

Chairing a meeting of the District Disaster Management Authority (DDMA), the DM called for strengthening the response mechanism by equipping the response teams with modern tools and communication systems. "A reliable communication system and safety gear equipment are vital for effective emergency response" he said and directed the stakeholder agencies to hold mock drills on regular intervals.

He directed the concerned officials to conduct surveys of vulnerable locations for better preparedness and keep the Civil Defence volunteers ready to meet any challenge.

The meeting discussed Material and logistical requirements, while the DM stressed on immediate procurement of some of them. Strategic locations and advance arrangements for emergency facilities were also reviewed.

The meeting was attended by Senior Superintendent of Police Joginder Singh; Additional District Magistrates Ansuya Jamwal and Ishita Rathi; Chief Medical Officer Dr Narinder Bhutyal; Chief Planning Officer Ajaypal Singh; Assistant Commissioner General Sania Haq Khan and officers from the Fire and Emergency Department, State Disaster Response Force and Civil Defence, besides Sub-Divisional Magistrates, tehsildars and others concerned.

Bhaderwah: SDVC discusses property rates for calendar year 2027

■ HT News Network

BHADERWAH, NOVEMBER 05: The Sub-District Valuation Committee (SDVC) Bhaderwah met today to discuss and propose rates of immovable property for the calendar year 2027. The meeting was chaired by Additional Deputy Commissioner (ADC) Sunil Kumar Bhutyal.

The Committee deliberated on the existing rates of immovable properties in the Sub-Division. After thorough discussions, the committee unanimously proposed a uniform hike in commercial and residential property rates in the urban areas.

Similarly, an increase was proposed for irrigated, unirrigated, small pieces of land and industrial land in rural areas falling under Bhaderwah and Bhalla tehsils.

The proposed revisions have been calculated on the basis of the existing approved rates for 2026 and the same would be recommended to the District Valuation Committee, Doda, for further necessary action.The meeting was attended by the DFO; Tehsildar; AEE, PWD (R&B); EO, MC and officials from other stakeholder departments.The proposed hike will come into effect only after approval by the competent authority.

One-Day Seminar on Medicinal, Aromatic Plants held at Poonch

■ HT News Network

POONCH, NOVEMBER 5: The AYUSH Department, in collaboration with the District Administration Poonch and under the aegis of the Directorate of AYUSH, Health & Medical Education Department, J&K, with the support from the J&K Medicinal Plants Board, organised a one-day seminar on the potential of medicinal and aromatic plants for livelihood generation, conservation and sustainable development, with special reference to the Union Territory of Jammu & Kashmir. A large number of local farmers and other stakeholders attended the event.

Additional Deputy Commissioner (ADC Tahir Mustafa Malik was the Chief Guest. Dr. Waheed - the main speaker shared valuable insights into the cultivation, conservation and economic potential of medicinal and aromatic plants.

Tribal Affairs Minister participates in Janjatiya Diwas Pakhwada at Kathua; terms tribal welfare as govt's prime concern

■ HT News Network



KATHUA, NOVEMBER 5: Minister for Tribal Affairs, Food, Civil Supplies & Consumer Affairs and Transport, Javed Ahmed Rana, today participated in the Janjatiya Diwas Pakhwada programme organised at the DC Office Complex, Kathua.

Addressing the gathering, the Minister said that the present dispensation is working towards ensuring permanent settlement of tribal communities to mitigate their long-standing hardships and improve their living conditions. He emphasised that focused interventions are being undertaken to address the socio-economic concerns of tribal populations.

Highlighting various welfare measures, Rana said that Forest Rights Committees (FRCs) are being constituted at district and sub-divisional level to facilitate the tribal communities in availing benefits under the Forest Rights Act. He informed that the government is keen to constitute a Tribal Advisory Committee to ensure due representation of the aspirations and concerns of nomadic communities.

The Minister said that the Janjatiya Diwas Pakhwada provides an opportunity to revisit the welfare trajectory of tribal communities. This strengthens the outreach efforts to educate the people about their invaluable contributions, rich cultural traditions and heritage, he added.

Describing Kathua as a symbol of unity and brotherhood, he called for collective efforts by all stakeholders to address the concerns and hardships faced by the tribal communities. He assured that their developmental aspirations would be duly considered while formulating the plans and programmes at all levels.

Regarding the updation of family members in ration cards, the Minister said that the exercise is linked with the completion of the ongoing Census process. He directed the District Administration to work out an exercise for incorporating the details of eligible additional family members. He also assured that adequate ration supplies would be ensured for migrating nomadic groups.

DC reviews progress of TB Mukt Bharat Abhiyan in Doda District

■ HT News Network



DODA, NOVEMBER 05: Deputy Commissioner Doda Krishan Lal today chaired a review meeting here in the Conference Hall to assess the implementation and progress of the PM TB Mukt Bharat Abhiyan under the National Tuberculosis Elimination Programme (NTEP).

The meeting reviewed the progress achieved under TB Mukt Bharat Phase-2.0, with a special focus on screening of vulnerable individuals, treatment and follow-up of patients.

At the outset, the Chief Medical Officer presented a detailed overview of the activities through a PowerPoint presentation. As per the data for March 24 to October 31, 2026, a total of 86,043 vulnerable individuals were mapped and enrolled on the Nikshay Portal in the district. Of these, 74,272 individuals have undergone X-ray examinations, registering an overall screening achievement of 86 per cent. The Deputy Commissioner directed the concerned officers to intensify screening activities to cover the remaining individuals.

The status of X-ray examinations, microscopic tests, NAAT testing, TB preventive treatment and infrastructure facilities in health centres was also reviewed. The Deputy Commissioner also assessed the availability of equipment required for NAAT testing and stressed the need to strengthen diagnostic facilities.

Reviewing the performance of Bhaderwah, Thathri, Gandoh and Assar medical Blocks , he directed concerned BMOs to ensure effective implementation of all TB eradication activities. He emphasised the need for regular monitoring, timely identification of presumptive TB cases, prompt diagnostic confirmation, initiation of treatment and continuous tracking of identified patients.

The status of TB preventive treatment, including progress at the unit level in the erstwhile district, was also reviewed.

The CMOs from Ramban and Kishtwar joined the meeting virtually. The progress of TB screening and identification in Doda, Ramban and Kishtwar.

Rana announces Rs7 cr Girls' Hostel for Samba, calls for enhanced allocations under Tribal Sub Plan

■ HT News Network



SAMBA, NOVEMBER 5, 2026: Minister for Tribal Affairs, Food, Civil Supplies & Consumer Affairs and Transport, Javed Ahmed Rana, today announced the construction of a Girls' Hostel at Samba at an estimated cost of 7 crore, aimed at strengthening the educational infrastructure and providing better accommodation facilities to tribal girl students.

The announcement was made during an extensive interaction with the members of tribal communities held at Samba as part of the ongoing Janjatiya Gaurav Pakhwada, being observed across Jammu and Kashmir from November 1 to 15.

During the interaction, the Minister heard various demands and grievances concerning housing, education, scholarships, healthcare, road connectivity, drinking water, electricity and livelihood opportunities. He directed the concerned officers to examine the issues raised and ensure their resolution in a time-bound manner.

Addressing the gathering, Rana said that Janjatiya Gaurav Pakhwada is not merely an occasion to celebrate the rich heritage and contributions of tribal communities but also an opportunity to strengthen the delivery of welfare and development schemes at the grassroots level. He emphasised that the Government is committed to ensure that the benefits of development reach every eligible tribal household, particularly those living in remote, inaccessible and underserved areas.

In a significant direction, the Minister asked the sectoral departments to ensure adequate and proportionate allocation of development funds for tribal communities under the Tribal Sub Plan (TSP), in accordance with the applicable guidelines of NITI Aayog and the Ministry for Tribal Affairs.

He stressed that allocations for tribal welfare must be commensurate with the tribal population and their developmental requirements. The funds earmarked for this purpose should be utilised effectively to address the existing gaps in infrastructure, education, healthcare and livelihood opportunities, he added. Rana observed that tribal development is a collective responsibility of the entire administration and cannot be left to the Tribal Affairs Department alone. He called for stronger convergence among Rural Development, Education, Health, Agriculture, Animal Husbandry, Social Welfare, Skill Development and other departments to ensure coordinated and meaningful development of tribal communities.The Minister directed the district administration to undertake focused outreach during Janjatiya Gaurav Pakhwada through special camps in tribal habitations to identify the eligible families who have not been covered yet under various welfare schemes. He asked the Deputy Commissioner, Samba to ensure maximum coverage of eligible tribal households under housing, scholarships, health, social security, skill development, employment and livelihood schemes.

The Minister made it clear that the success of Janjatiya Gaurav Pakhwada should be reflected in actual benefits delivered to tribal families rather than merely in the number of programmes organised. He emphasised the need to identify development gaps in tribal habitations and incorporate their requirements into departmental plans so that tribal communities receive their due share in overall development process.

Rana urged the officers to maintain regular engagement with the tribal representatives and ensure that genuine grievances are addressed promptly.Later, the Minister inspected the FCI Godown at Jatwal, Samba, where he reviewed the availability of food grains, storage conditions.

General Post Office holds awareness programme on POSB, PLI Schemes at J&K Resident Commission

■ HT News Network

NEW DELHI, NOVEMBER 5: An awareness programme on Post Office Savings Bank (POSB) and Postal Life Insurance (PLI) schemes was conducted by a team from the General Post Office (GPO), New Delhi, at the Office of the Resident Commission, Government of Jammu and Kashmir, New Delhi.

The initiative was aimed at promoting the financial literacy and familiarising the officers and officials with various government-backed savings and insurance schemes.

The visiting team, headed by Aparna Shandilya Assistant Director and her team, delivered an informative presentation on the features, benefits and eligibility criteria of various savings and insurance products offered by the Department of Posts.

During the session, the team highlighted various Post Office Savings Bank schemes, including Savings Accounts, Recurring Deposits (RD), Time Deposits (TD), Monthly Income Scheme (MIS), Senior Citizens Savings Scheme (SCSS), Sukanya Samriddhi Yojana (SSY), Public Provident Fund (PPF), National Savings Certificate (NSC) and Kisan Vikas Patra (KVP). The participants were apprised of the prevailing interest rates, investment tenures, financial security benefits and applicable tax incentives under these schemes.

The team also introduced about the Speed Post BNPL Service and detailed overview of Postal Life insurance (PLI) highlighting its competitive premium structure, bonus benefits and insurance coverage available to eligible categories of employees and professionals. Various PLI plans including Suraksha, Santosh, Sumangal, Suvidha and Yugal Suraksha, were explained, along with policy loan facilities and applicable tax benefits under the Income-tax Act.

The programme provided an opportunity to the officers and officials of the Resident Commission to interact with the GPO representatives and seek clarifications regarding savings, insurance coverage, long-term financial planning and investment options.

The objective behind the event was to enhance financial awareness among the employees and encouraging informed financial planning through secure savings and life insurance instruments being offered by the Department of Posts.

DISTRICT RUGBY CHAMPIONSHIP BARAMULLA 2026–27BOYS & GIRLS

■ Aashiq Hussain

Baramulla, 05 Nov (HT): The District Rugby Association Baramulla is organising the District Rugby Championship Baramulla 2026–27 (Boys & Girls) in collaboration with the J&K Rugby Association, under the aegis of the J&K Sports Council, at SRM Welkin Educational Trust, Sopore. The championship will be held from 11th to 12th November 2026.Last Date for Submission of Entry Forms is 7th November 2026For Registration all players and Teams have been. asked to contact:6005960215 8899966419

All interested teams are requested to submit their entry forms before the deadline.

Health Department organises Tobacco-Free Youth Awareness Rally in Bandipora
DC calls upon Youth to shun Tobacco use

■ HT News Network

BANDIPORA, NOVEMBER 05: The Health Department, District Bandipora, organised an awareness rally under Tobacco-Free Youth Campaign 4.0 today to spread awareness about the harmful effects of tobacco consumption and promote a healthy, tobacco-free society.The rally was flagged off by Deputy Commissioner (DC) Bandipora, Indu Kanwal Chib. She emphasised the need for active youth participation in the fight against tobacco and substance abuse, urging students to make informed and healthy lifestyle choices.The rally commenced from Ranger Khan Chowk and culminated at Gulshan Chowk Park, Bandipora, with a message urging young people to stay away from tobacco and nicotine products.On the occasion, Chief Medical Officer Bandipora, Dr Bhajan Kour and District Nodal Officer, National Tobacco Control Programme, Dr Nabeel sensitised the students about hazards of Tobacco on human health.

Chief Medical Officer (CMO) Bandipora, Dr. Bhajan Kour, administered the tobacco-free pledge to the participants, who collectively resolved to stay away from tobacco and nicotine products and actively contribute towards creating a healthier, tobacco-free society.

The campaign highlighted the serious health consequences of tobacco use, including cancer, cardiovascular diseases, respiratory illnesses and other lifestyle-related complications. Participants were encouraged to adopt healthy habits and actively contribute towards making Bandipora tobacco-free.

The initiative is being undertaken under the National Tobacco Control Programme (NTCP), with a special focus on preventing tobacco use among youth and strengthening community participation in tobacco control efforts.

The rally concluded with a collective appeal to the younger generation to become ambassadors of a tobacco-free society.

GOVERNMENT OF JAMMU & KASHMIR
OFFICE OF THE TEHSILDAR KREERI

Subject: Application of WASIF ZAHOOR BHAT S/O LATE ZAHOOR AHMAD BHAT R/O AUTHOORA RESHIPOAR Tehsil KREERI for the issuance of income Dependent certificate

PUBLIC NOTICE

Regarding the subject cited above the file in the office of the undersigned for the issuance of income dependent certificate in this connection a report of patwari halqa concerned has been sought which reveals that the applicant family consists of (06) members and having annual income / the details of family of the applicant are as fallows
1...MEEMA BEGUM Widow 41 years House Wife(widow)
2...WASIF ZAHOOR Son (applicant) 18 years student unmarried
3... LUQMAN ZAHOOR Son 14 years student Un , married
4... SULAIMAN ZAHOOR Son 10 years student //
5...MOHD MAQBOOL Father of deased 71 years farmer married
6....SITARA BEGUM Mother of deceased 64 years House Wife //
It is further submitted that WASIF ZAHOOR BHAT S/O Late ZAHOOR AHMAD BHAT is student by profession and is sole earnings in the said family .The applicant needs income dependent certificate in favour of self WASIF ZAHOOR for The applicant has applied for the issuance of income dependent certificate as such the instant matter is published through newspaper .
if anyone is having any kind of objection He/She may approach this office within (07)seven days of the publication of this notice .After passing of Stipulated time of 07 days No objection will be entertained

NAIB TEHSILDAR KREERI

PUBLIC NOTICE

I have changed my name from old name Ayjaz Hussain Sheikh to new name Ayjaz Huseen Shiekh in future I will be known as (new name Ayjaz Huseen Shiekh if anybody is having any objection he/she may contact passport office srinagar within 7days After seven days no objection will be entertained.

PUBLIC NOTICE

I want to correct my name in service records bearing No : - Exk no:K982782 from GHULAM NABI TO GH NABI WANI,S/O:AB SAMAD WANI.Now I am applying for correction In this regard if anybody is having any objection may file the same to Concerned Department within the period of seven days from the date of publication of this notice. After that no objection shall be entertained.

GH NABI WANI
S/O:AB SAMAD WANI

PUBLIC NOTICE

It is notified that the applicant namely Taja begum daughter of Abdul Salam Khan R/o Kawoosa Khaloisa Tehsil NARBAL District BUDGAM applied for the issuance of BIRTH certificate of own Taja Begium D/o Abdul Salam khan
The applicant intends to register the Date of birth of his own as school records 08/ 05/ 1954
If any one has objection in this regard, he can approach concerned Births and Death authorities within the period of seven days after the publication of said Notice . No objection will be entertained .

06/11/2026

PUBLIC NOTICE

It is notified that the applicant namely Farida Akhter daughter of Mohd Assan Khan R/o Kawoosa Khaloisa Tehsil NARBAL District BUDGAM applied for the issuance of BIRTH certificate of own Farida Akhter D/o Mohd Assan khan
The applicant intends to register the Date of birth of his own as school records 01 / 02/ 1996
If any one has objection in this regard, he can approach concerned Births and Death authorities within the period of seven days after the publication of said Notice . No objection will be entertained .

06/11/2026

PUBLIC NOTICE

I have changed my name from old name Ayjaz Hussain Sheikh to new name Ayjaz Huseen Shiekh in future I will be known as (new name Ayjaz Huseen Shiekh if anybody is having any objection he/she may contact passport office srinagar within 7days After seven days no objection will be entertained.

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

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

Government of Jammu and Kashmir
General Administration Department
Civil Secretariat, J&K

Subject: Verification of Character & Antecedents of the applicants who have applied for compassionate appointment under SRO-43 of 1994.

NOTICE

The applicants figuring in the Annexure-A to this notice are hereby informed to submit their E-mail IDs and contact details in the Cabinet Section, General Administration Department, Room No. 230, Civil Secretariat Srinagar or Summer Secretariat Jammu, in person, within a period of twenty one (21) days positively, for the purpose of filling up of e-verification rolls, to obtain their Character & Antecedents Report from the Criminal Investigation Department, J&K.
In case, any candidate fails to report to General Administration Department, he or she shall forfeit the right to appointment/under SRO43/1994.

Annexure-A to Notice issued under endorsement No. GAD-SRO/57/2025 (7639843) Dated: 27.10.2026

S.No	Name, Parentage & Address of the applicant	Domicile District of the applicant	Parent department of the deceased employee	Date of death of the deceased
1	Mr. Furkan Ahmad S/o Late Peer Lateef Ahmad R/o Namblabal, Tehsil Pampore, District Pulwama	Pulwama	Jal Shakti Department	09.06.2015
2	Mr. Faizan Haris Bashir S/o Late Bashir Ahmad Thoker R/o Gudoora, Tehsil & District Pulwama	Pulwama	Department of Forest, Ecology and Environment	13.06.2014
3	Shri Sheikh Javeed Ahmad S/o Late Shri Muzaffar Ahmad Sheikh (Ex- Sr. Driver) R/o Dudwan, Branwari, Tehsil & District Kupwara	Kupwara	Department of Forest, Ecology and Environment	01.09.2006
4	Mr. Arjun Kumar S/o Late Ram Lubhaya (Ex-Safai Karamchari Jal Shakti Department) R/o Ward No. 07, Kathua, Tehsil & District Kathua	Kathua	Jal Shakti Department	01.10.2012

DIPK-7417/26
Send Date: Nov 5, 2026

Sd/
(Irfan Manzoor)
Deputy Secretary to the Government

Government of Jammu and Kashmir
OFFICE OF THE EXECUTIVE ENGINEER PWD (R&B) DIVISION Pattan
NOTICE INVITING TENDERS

Fresh NIT No. 80 OF RNB/Pattan/2026-27 /E-TENDERING/R&B/ 3977-82 DATED 04.11.2026

The Upper Sealing for Inviting Lacs and Contract for Serial No: 1 Shall be Kept as restricted Rs. 3.00 lacs. For and on behalf of the Government of UT J&K, e-tenders (In single cover system) are invited on Percentage Rate Basis from Eligible Contractors registered with J&K State Govt., CPWD, Railways and other State/Central Governments for the following work:-

S. No	NameofWork	Earnest money (In RS)	Costof T/Doc. (InRs.)	Time of completion	M.H of Account	Class of Contractor
1	2	3	4	5	6	7
2.	Repair and Routine Maintenance of roads Falling under the Jurisdiction of RnB Sub-Division Khaipora Under Performance based Maintenance Stage contract for the year 2026-27(Part 2nd	6000/-	200	F.Y 2026-27	M&R	DEE

The Bidding documents Consisting of qualifying information, eligibility criteria, specifications, Drawings(if any),bill of quantities(B.O.Q),Set of terms and conditions of contract and other details can be seen/downloaded from the departmental website www.jktenders.gov.inas per schedule of dates given below:-

1	Date of Issue of Tender Notice	04.11.2026
2	Period of downloading of bidding documents	04.11.2026
3	Bid submission **Start Date**	04.11.2026
4	Bid Submission **End Date**	11.11.2026 upto 4.00 P.M
5	Date & time of opening of Bids **(Online)**	12.11..2026 at 11:00 AM in the office of the **Executive Engineer RnB Division Pattan**

Bids must be accompanied with cost of Tender document in shape of Treasury Challan in favour of Executive Engineer R&B Division Pattan (tender inviting authority) (The Date of Treasury Challan Should be between the date of start of bid and Bid Submission End date) pledged to Executive Engineer R&B Division Pattan (tender receiving authority).
All the Bidders have to submit and uploaded the Earnest money in the shape of CDR/ FDR As mentioned on above Table pledged to Executive Engineer R&B Division Pattan
The 1st lowest responsive Bidder has to produce 5% of Contract /- as performance security in shape of CDR/FDR within 02 Days before fixation of contract and the same shall be released only after successful completion contractual obligation concerning the allotted work.
The date and time of opening of Bids shall be notified on Web Site www.jktenders.gov.in and conveyed to the bidders automatically through an e-mail message on their e-mail address. The bids of Responsive bidders shall be opened online on same Web Site in the Office of Executive Engineer R&B Division Pattan (Tender Receiving Authority).
The Additional Performance Security deposit if any shall be released after the
All the Bidders have to submit and uploaded the Earnest money in the shape of CDR/ FDR
Bids must be accompanied with cost of Tender document in shape of Treasury Challan in favour of completion of work.
As per the circular issued by the finance department, The bidder must upload a Certificate in the form of self declaration as below, Where he should mention that his bank Account No has been linked with GST No: as well as JKDOMS Card.
SELF DECLERATION FOR GST AS WELL AS JKPWDOMAS LINKED ACCOUNT NUMBER
I, _____ S/o _____ R/o _____ _____ Class _____ Contractor bearing Registration No. _____ _____ do hereby solemnly affirm and declare as under:That my GST Identification Number (GSTIN) is _____ _____.That the Bank Account Number linked with my GST is _____ __,That I further affirm that the above same Bank Account Number is registered and uploaded/Linked with the JKPWDOMS Card (JKPWD Online Management System) for receiving payments.That I undertake that all payments related to this contract and further contracts shall be received only through this GST-linked bank account which is linked with JKPWDOMAS card also.That I take responsibility for the correctness of this information and that I will be held personally responsible if any discrepancy is found in the bank account details later, leading to a violation of the J&K Finance Department's directive.

M/S_____

Unbalanced Bid:- In case bid of the successful bidder is unbalanced, the Successful bidder will have to provide additional performance security in the shape of CDR/FDR/BG as per the breakup given below pledged to Executive Engineer R&B Division Pattan (tender receiving authority) as per circular issued by J&K Finance Department (Codes Division) under No.:- FD-Code/441/2021-02-158 Dated: 08-08-2025.

DIPK-7384/26
Send Date: Nov 5, 2026

Sd/
Executive Engineer,
R&B Division Pattan

DDC Doda reviews progress of HADP, JKCIP
Directs Officers to achieve targets within stipulated Timeline

■ HT News Network



DODA, NOVEMBER 05: District Development Commissioner (DDC) Doda Krishan Lal today chaired a review meeting at the DC Office Complex to assess the implementation and progress achieved under the Holistic Agriculture Development Programme (HADP) and Jammu & Kashmir Competitiveness Improvement Project (JKCIP) in the district.

At the outset, Chief Agriculture Officer Harbans Singh presented a detailed PowerPoint presentation, highlighting progress made under different components of the twin programmes and the implementation status of departmental schemes.

The DDC reviewed the physical and financial progress, Daksh Kisan Skilling, establishment and tracking of units through the OTA application, budget utilisation, functioning of Kisan Khidmat Ghar (KKGs), credit applications and implementation of the agriculture and allied-sector schemes. He also took stock of the department-wise progress of ongoing activities and utilisation of funds under different components.

The DDC directed the Chief Agriculture Officer to intensify the Daksh Kisan Skilling programme and ensure timely completion of all pending courses. He further directed the concerned departments to complete the pending tracking of established units on the OTA application within the stipulated timeframe. He also stressed the need to strengthen the functioning of KKGs, facilitate eligible beneficiaries in availing credit facilities and maintain close coordination among departments for smooth implementation of the programmes.

The meeting was attended by Additional Deputy Commissioner (ADC) Anil Kumar Thakur; Chief Planning Officer (CPO) Manesh Kumar Manhas; besides district and sectoral officers from Agriculture, Horticulture, Animal Husbandry, Sheep Husbandry, Fisheries, Sericulture and other concerned departments.

Kishtwar: DLTFC approves 16 loan proposals under JKREGP

■ HT News Network



KISHTWAR, NOVEMBER 5: District Level Task Force Committee (DLTFC) under the Jammu and Kashmir Rural Employment Generation Programme (JKREGP) today approved sixteen loan proposals under the flagship self-employment scheme here at a meeting chaired by Deputy Commissioner Pankaj Kumar Sharma, who is also the Chairman of the Committee.

The Scheme is being implemented by the Khadi and Village Industries Board (KVIB). The Committee reviewed 26 proposals submitted by eligible individuals seeking financial support offered under JKREGP for setting up their self-employment units. After detailed scrutiny of each project plan, 16 proposals were approved. A detailed interview with the applicants preceded the approval. The remaining 10 applicants remained absent.

The approved projects involve a total project cost of 1.36 crore, comprising a bank loan component of 1.29 crore and a margin money component of 47.635 lakh.

The Deputy Commissioner stressed the need for timely processing and disbursement of the approved cases. He stressed close coordination among the concerned departments and financial institutions to facilitate the early establishment of the business units to generate sustainable employment opportunities in the district.

The meeting was attended by General Manager DIC Mohsin Raza; LDM Sanjay Taneja; In-Charge District KVIB Officer Shah Mohammad, besides representatives from RSETI, Government Polytechnic, J&K Bank Cluster Office, J&K Grameen Bank, ITI and other stakeholders

Director agriculture reviews physical, financial progress under key schemes

■ HT News Network



JAMMU, NOVEMBER 5: Director Agriculture Production & Farmers Welfare Jammu Anil Gupta today chaired a comprehensive review meeting to assess the financial expenditure and physical achievements against the targets under the Centrally Sponsored Schemes (CSS), CAPEX, NABARD, HADP and JKCIP.

The meeting was attended by Chief Agriculture Officer Jammu Manohar Lal Sharma; Chief Agriculture Officer Kathua Jatinder Kumar; and Chief Agriculture Officer Samba Rakesh Khajuria along with all DDOs, who participated through Video Conferencing. Those physically present included SMS RL Krishan Kant, SMS Deep Gupta, SDAO Marh Khalid Hassan Tantri, SDAO Akhnoor Vijay Choudhary, besides technical officers from the CSS, Planning, HADP and JKCIP sections of the Directorate.

The Director undertook a detailed scheme-wise, project-wise and district-wise review of financial expenditure and physical progress, with emphasis on the utilisation of funds, achievement of approved targets and the implementation of various agricultural interventions. The progress under CSS, CAPEX, NABARD, HADP and JKCIP was examined in detail and the officers were asked to ensure close monitoring of all ongoing projects and activities. The achievements under JKCIP, including the Youth Club initiative, Seed Village Programme, promotion of aromatic plants and distribution of district-wise and component-wise targets were also reviewed.

Taking stock of the financial position, Anil Gupta directed the concerned officers to ensure the submission of pending bills and related financial claims within one week, so that expenditure is properly accounted for and further financial progress is not hampered. He stressed the importance of timely financial reporting.

DC Samba reviews arrangements for Maha Aarti at Shri Narsingh Dham-Ghagwal

■ HT News Network



SAMBA, NOVEMBER 05: Deputy Commissioner Samba Dr. Rupesh Kumar today visited Shri Narsingh Dham, Ghagwal, to review the arrangements for the Maha Aarti scheduled to be held tomorrow and ahead of the Diwali festival.

During the visit, the Deputy Commissioner took stock of the arrangements being put in place at the temple premises and the revived ancient Sarovar for the smooth and successful conduct of the religious event.

He reviewed arrangements related to cleanliness, sanitation, lighting, security, traffic management, crowd regulation and other essential facilities for devotees attending the Maha Aarti.

The Deputy Commissioner directed the concerned departments to ensure proper coordination and timely completion of all arrangements so that devotees can participate in the religious ceremony in a safe, peaceful and orderly environment.

The Maha Aarti, being organised by the Shri Narsingh Dev Mandir Management Committee, will commence at 5:30 PM on November 06, 2026, at Shri Narsingh Dev Ji Mandir, Ghagwal, as part of the Diwali celebrations.

The event is expected to witness the participation of devotees and members of the public, marking the festive occasion with spiritual devotion and traditional religious fervour.

GHS Degwar-M takes students on educational tour to KVK, Poonch Fort

■ HT News Network

POONCH, NOVEMBER 05: As part of its efforts to promote experiential learning and connect classroom education with practical knowledge, PM SHRI Girls High School Degwar M organised an educational exposure-cum-field visit for students. The staff members of the school accompanied the students to Krishi Vigyan Kendra (KVK) and historic Poonch Fort. During the visit to KVK, the students interacted with the societies, including Kendra head Dr. Ajay Gupta, Dr. Muzafar Mir, Dr. Mushtaq Gurru and Dr. Poonam Abrol.

DC Udhampur reviews progress of PMGSY, PWD road projects

■ HT News Network

UDHAMPUR, NOVEMBER 05: Deputy Commissioner Udhampur, Ananth Dwivedi today convened a meeting with the concerned officers to review the status and progress of road projects being executed under the PMGSY and the PWD sector in the district. The meeting was attended by Additional Deputy Commissioner Prem Singh; Chief Planning Officer Uttam Singh and other concerned officers. The DC undertook a comprehensive rad-wise and work-wise review, covering the stage of execution, physical and financial progress, completed and ongoing works, pending projects and bottlenecks hindering implementation. The DC directed the concerned officers and executing agencies to expedite the pace of work, mobilise adequate field staff and ensure the achievement of targets within the stipulated timelines. He instructed the agencies to immediately resume all stalled road projects, identify damaged road stretches and undertake necessary restoration and temporary remedial measures.

DLSA Udhampur launches 7 day awareness campaign ahead of Legal Services Day

■ HT News Network

DHAMPUR, OCTOBER 05: District Legal Services Authority Udhampur under the guidance of Chairperson Kalpana Revo (District & Sessions Judge) and overall supervision of Secretary (Sub-Judge) Sumati Sharma, on Thursday launched a week long campaign to promote awareness about legal services among the students. The initiative has been taken ahead of Legal Services Day scheduled on November 9, 2026.

The inaugural awareness programme was organised at Government Higher Secondary School Battal Ballian. At the outset, the NALSA Song was played to highlight the vision and objectives of the National Legal Services Authority. The programme was graced by Secretary DLSA Sumati Sharma as the Chief Guest. Interacting with the students, she highlighted the importance.

DC inaugurates Mega Job Fair at Ramban; over 500 youth participate

■ HT News Network



RAMBAN, NOVEMBER 05: Deputy Commissioner Ramban Mohammad Alyas Khan today inaugurated a Mega Job Fair organised here at Maitra by the District Employment and Counselling Centre (DECC) under the aegis of the Employment Department, J&K.

Senior Superintendent of Police (SSP) Anna Lata Sinha; Additional Deputy Commissioner Varunjeet Singh Charak and other district and sectoral officers were present on the occasion.

Coordinated by Assistant Director Employment Piyusha Khajuria, the job fair witnessed an enthusiastic response. Over 500 unemployed youth from different parts of the district and nearly 20 private sector Companies participated in the event, offering more than 400 vacancies across diverse sectors, including healthcare, education, engineering and other fields. The platform provided aspiring candidates an opportunity to interact directly with employers and explore employment avenues suited to their qualifications, skills and interests.

Several candidates were shortlisted for further recruitment processes, while 10 were selected on the spot. The Deputy Commissioner and SSP also handed over offer letters to the selected candidates, marking a significant outcome of the initiative. Addressing the gathering, the Deputy Commissioner appreciated the efforts of the Employment Department in bringing private sector employers and aspiring job seekers together on a common platform. He encouraged the youth to actively pursue available employment opportunities and also consider entrepreneurship as a viable career option by availing the benefits of various Government-sponsored self-employment schemes.

The DC along with SSP also interacted with participating employers and job seekers. They also inspected the stalls and counters put up by government departments and private companies to provide information and guidance to prospective beneficiaries.

The line departments disseminated information about employment-oriented and self-employment schemes, including Mission YUVA, PMEGP, HADP and skill development programmes. The stalls provided information about available opportunities, eligibility criteria and institutional support for establishing independent ventures.

Earlier, the AD Employment welcomed the guests, participating employers and job seekers. She highlighted the objectives of the Mega Job Fair and reiterated the Employment Department's commitment to facilitating meaningful employment opportunities for the youth. She also urged participants to make optimum use of such platforms and explore self-employment and entrepreneurship opportunities under Mission YUVA and other Government-sponsored schemes.

JU hosts seminar on Endocrinology, Metabolic Health
Prof Unniappan delivers insightful research paper

■ HT News Network

JAMMU, NOVEMBER 05: The Department of Zoology, in collaboration with the University Science Instrumentation Centre (USIC), University of Jammu, organized an insightful postgraduate teaching lectures and a research seminar by Prof. Suraj Unniappan, Professor and Centennial Enhancement Chair in Comparative Endocrinology at the University of Saskatchewan-Canada.

Appreciating the proactive approach of the department of Zoology and USIC, Prof. Umesh Rai, Vice Chancellor, University of Jammu, acknowledged that such initiatives strengthen the teaching and research aptitude of the students.

He said that such international academic exchanges provide great exposure to the students and scholars, inspiring them to explore emerging areas of scientific inquiry.

Earlier, in his research seminar, Prof. Unniappan discussed the discovery of new hormones and their role in regulating metabolism. He presented findings on nesfatin-1 and nesfatin-1-like peptide, two emerging peptide hormones with diverse physiological functions, focusing on their involvement in metabolic regulation.

He highlighted the implications of these findings for understanding obesity and disorders of lipid metabolism, including obesity and liver diseases. The presentation introduced participants to research examining how these hormones influence metabolic processes and how their study may contribute to a better understanding of metabolic disease.

Prof. Unniappan also delivered



two lectures for M.Sc. students, connecting fundamental concepts in endocrinology with their relevance to health and disease. In the first lecture, he explained how the brain regulates the pituitary gland, an organ responsible for producing several important hormones.

He discussed the functions and regulation of pituitary hormones and outlined disorders associated with their excessive or insufficient production. In the second lecture, he focused on gastric and pancreatic hormones and their roles in regulating blood glucose, food intake and body weight.

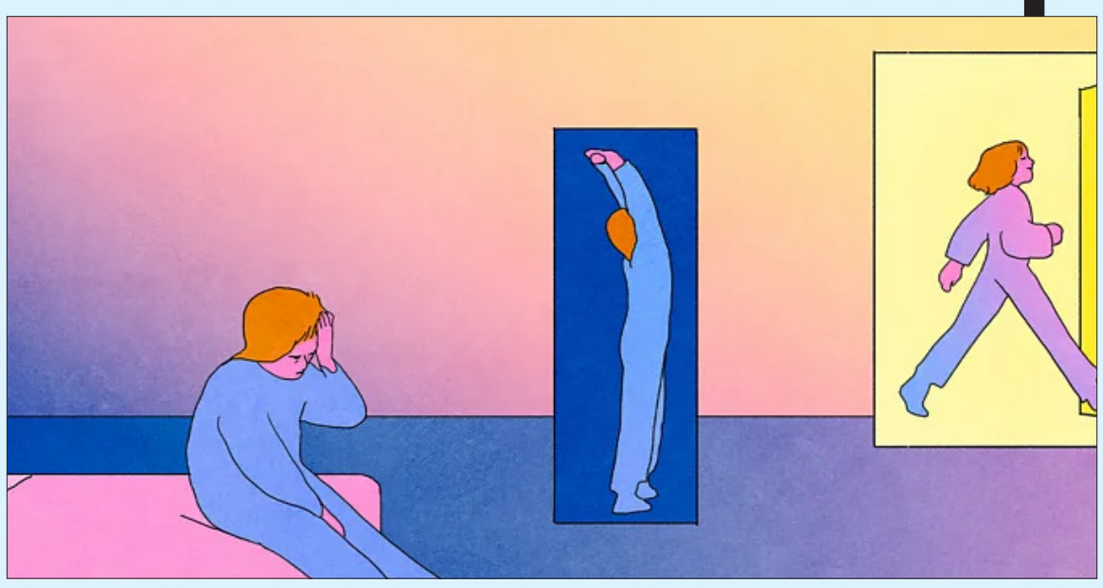
He explained the significance of these hormones in maintaining metabolic balance and discussed their relevance to diabetes and obesity. The teaching sessions helped students relate the regulation of hormone secretion to the coordination of physiological functions. Alongside the research seminar, they provided an opportunity to connect postgraduate coursework with ongoing investigations into the endocrine basis of metabolic disorders.

The programme was attended by Head, Department of Zoology; Director, USIC; faculty members, research scholars and staff from the Departments of Zoology, Botany, Environmental Science, Biotechnology and USIC, along with postgraduate students.

The sessions concluded with an interactive discussion, during which students and faculty members raised questions on hormonal regulation and metabolic health. Prof. Unniappan responded to their queries and clarified concepts discussed during the programme.

Dr Sarabjeet Kour, Associate Professor, Department of Zoology, welcomed the resource person and participants and proposed the formal vote of thanks.

The people who only need four hours' sleep



Some people really are fine with remarkably little sleep. But it can be hard to tell if you're one of those people.For as long as she can remember, Aimee Pugh Bernard hasn't needed much sleep. Today she tends to go to bed around 22:00 and wake up around 04:30. "I'm wide awake. I cannot stay in bed," she says.

Sometimes Bernard, an immunology professor at the University of Colorado, can't fall asleep right away. Then she'll log only five hours' slumber.

Perhaps most surprisingly, Bernard usually still feels energised the next day. She'll walk her dog, sweat through an hour-long gym session, and clock 1.5 hours of work before 08:00. Friends gawk at Bernard's ability to do so much on so little sleep. But in her family, it's normal – her father and brother are the same.

Most of us, of course, require more. The average adult aged 26-64 years needs about seven to nine hours of sleep in every 24, according to the US National Sleep Foundation's latest review of the evidence.

Why there is such a wide variation in how much sleep people need has been a long-standing mystery. Yet over the last few years, scientists have pinpointed a wealth of ways in which genetics play a role. From the rare mutations carried by people like Bernard, to hundreds of much more common variants, here's why some people get away with very little sleep. In the future, these findings could be used to help protect those who can't get enough from some of the usual consequences.

The first clues

In 2019, Bernard learned the likely reason for her own sleep superpower.

A research team from the University of California, San Francisco had discovered a genetic mutation related to sleep duration in humans. Although the people who carried it went to bed at fairly conventional times, they woke up very early, often getting anywhere from four to six-and-a-half hours' sleep a night. After sending a blood sample to the research team, Bernard found out that she was one of them.

This rare, heritable condition is called familial natural short sleep (FNSS). In the years since, several other mutations associated with FNSS have been identified.

One of the biggest mysteries about FNSS is that those who have it seem "fine" on so little sleep, says the team's lead investigator, molecular biologist Ying-Hui Fu. Exactly why is still being worked out.

There is intriguing evidence that FNSS-linked genetic variations might not only cause short sleep but protect those who have it from the consequences. This includes memory impairment, for example.

One 2019 experiment led by Fu introduced a mutation linked to FNSS in mice. The team found that the mice with a related variant not only slept less, but seemed to be protected from memory deficits. Another test found that mice with some of these variants were less likely to develop a mouse version of Alzheimer's.

In 2014, an international research team investigated a pair of human fraternal twins where one twin had a short-sleep mutation and the other did not. They found that the carrier twin regularly slept about an hour less than their sibling. They also discovered that when both twins were kept continuously awake for 38 hours, the carrier twin had about 40% fewer performance lapses than the other twin.

The researchers also found some intriguing differences between how the two twins slept. Even though the carrier twin slept less, he had almost the same amount of non-REM sleep as his brother. This includes slow-wave or "deep" sleep, which could mean that he was, in some ways, getting more benefits from the sleep he did obtain.

Pharmaceutical dreams

Still, research in the area is ongoing – and critical, says Fu.

Over the last few years, there has been increasing interest in how our understanding of these genetic variations could be harnessed to help people. Within the pharmaceutical industry, there are hopes that one day discoveries about short sleepers could lead to drugs for treating sleep disorders or help military personnel to get by on less sleep, for example.

For that, scientists not only need a clear idea of whether the variants protect short sleepers from negative consequences, but also exactly how they do so. Without this information, you could wind up creating a drug with unexpected side effects. "You have to understand how it works," says Fu. "You don't want to sleep less and then get Alzheimer's or Parkinson's or cancer after 10 years, or five years, or 20 years."

While the genetic mutations associated with FNSS are one of the more extreme and exciting examples, they are only a handful of those that can shape our sleep duration.

Overall, how long we sleep for is estimated to be anywhere from 30 to 65% heritable, meaning that up to 65% of the difference in sleep duration between us can be explained by genetics. So far, several hundred different parts of the genome have been identified as influencing sleep duration. In one new analysis that looked at data from nearly 650,000 adults, there were around 244. (The research has not yet been published and is currently in preprint.)

If you took any single one of these common mutations on its own, it would only be linked to a difference in sleep duration of about a minute, says the paper's lead author, geneticist Isabelle Austin-Zimmerman at King's College London.

But combined, the effects can add up. For the average person, genetic differences might account for around 20 minutes' difference in sleep duration between us, says Austin-Zimmerman.

But there hasn't yet been much research on which of these more common variations can help to protect people from the effects of short sleep.

However, a recent study led by Chiara Petrosellini, a clinical academic obstetrician and gynaecologist at University College London, found evidence of one. The research team investigated the genetics of 343 women with bipolar disorder who had given birth.

Their genetics were scored for their likelihood of being a short sleeper, based on the presence of mutations suspected to be involved. Those who scored as most likely to be short sleepers had half the risk of developing postpartum psychosis, compared to women who scored as least likely to be short sleepers. The same trend was found for insomnia.

More studies are needed, but it's possible that these individuals may have developed a higher tolerance to sleep disruption earlier in life, suggested the researchers. That may be mitigating the impact of disrupted sleep in the postnatal period on their mood.

Unfortunately, though, being genetically susceptible to short sleep isn't always good for you. In fact, research by Austin-Zimmerman and her team on a much larger population (not specifically mothers with bipolar disorder) has found that, in general, genetic variants associated with shorter sleep were associated with a higher risk of insomnia and of feeling tired. They were also linked to various mental and physical health conditions. This included ADHD, depressive symptoms and type 2 diabetes.

This doesn't necessarily mean that short sleep or being predisposed to it causes these conditions. But it does mean that a genetic predisposition to short sleep isn't always protective from any of these risks.

The illusion of being OK

Making matters more complicated, even those of us who think we function fine on little sleep aren't always the best judges.

One study, for example, found that when healthy adults were curtailed to just four or six hours in bed per night, their performance on various cognitive tests kept worsening.

Yet, two weeks in, participants rated themselves as feeling only "slightly" sleepy. You become progressively more impaired, but also increasingly unaware of the impairment, says Hans van Dongen, a sleep scientist at Washington State University's Sleep and Performance Research Center, who co-authored the research. It's still true that many people need less sleep than others. Other research by van Dongen himself has found that some people are more resilient to sleep deprivation. But it means that understanding these differences is more complicated than asking how many hours someone sleeps, or how they feel the next day. Over the long term, genetic findings like those from Austin-Zimmerman and Fu may help pinpoint which people really are fine on little sleep. It could also help to sift out those of us who may feel fine but are still at greater risk of impairment. Eventually, it's hoped that they might lead to drugs that can help people who have short sleep bolster their resilience to it.

(BBC News)

Why human body temperature appears to be getting cooler

150 years ago, average human body temperatures appear to have been higher than now. Scientists are still exploring exactly why.

In the 1860s, the German physician Carl Wunderlich, was faced with a burning question. Was fever its own disease, or a symptom of an illness underneath?

At a time when thermometers were not routinely used, Wunderlich embarked on an ambitious mission. Over 15 years, he gathered the armpit temperatures of 25,000 patients, of all ages and both sexes, resulting in over a million readings.

From this vast dataset Wunderlich calculated an average, 37C (98.6F), for healthy adults. This became the benchmark for tracking normal human body temperature. If that rose above 38C (100.4F), it signalled fever, he wrote.

Even though others had already arrived at the same conclusion, Wunderlich's dataset was so large that his figure has since enjoyed an "exalted status" as a universal diagnostic tool, says Philip Mackowiak, a medical historian and infectious disease expert at the University of Maryland.

But more recent research suggests that the average normal body temperature has also changed over the last century and a half. Was the original baseline wrong? Or is a fast-changing world changing our biology?

Cooling off

Wunderlich "established a lot of what we know to be true" about body temperature variation says Julie Parsonnet, an infectious disease clinician at Stanford University.

From his dataset, which measured mostly working-class patients at the Leipzig hospital where he was medical director, Wunderlich discovered that normal temperature varies. He noticed that women have higher temperatures than men, temperature declines with age, and also increases with the time of day.

Yet the average individual today has also now been shown to be cooler than their counterpart 150 years ago, with American men running about 0.59C lower than in the early 19th-Century.

A decade ago, Parsonnet's team analysed three large datasets involving multiple temperature readings from nearly 190,000 people in the United States, taken between 1862 and 2017. "The new normal [for adults] seems closer to 97.5F (36.39C)," she says.

Nor is the downward trend limited to people living in developed countries. The average body temperature of Tsimanes, a semi-nomadic indigenous community living in the Amazon rainforest, used to hover around 37C in the early 2000s, says biological anthropologist Adrian Jaeggi at the University of Zurich in Switzerland. But in 2018, following two decades of rapid socioeconomic change, their average fell to 36.5C (97.7F).

Why have average body temperatures fallen?

A handful of explanations could explain the lower averages we see today. Parsonnet, for instance, believes, they are the result of healthier overall populations. In Wunderlich's day, life expectancy was 38 years. Today, it's nearly double that.

"People didn't live the healthy lives that we live now," says Parsonnet. "They [often] had lots of things wrong with them – tuberculosis, terrible dental care, dysentery, rheumatic fever, and osteomyelitis."

"When your immune system is trying to defend you against all these things that are trying to kill you, it consumes calories. And calories are another word for heat," Parsonnet says.

Likewise, with the Tsimanes, vaccines and improved sanitation have improved health, says Jaeggi, Toilets and shoe-wearing are also more common now than 20 years ago, he notes, reducing the number of hookworm infections acquired by walking barefoot on contaminated soil.

Indoor air temperatures are also now easier to control. Air conditioning is present in at least 88% of US homes, while a similar share of UK houses have central heating.

(BBC News)





The last dance: Cristiano Ronaldo calls time on Portugal career

United News Of India

NEW DELHI, NOV 5 :Portuguese football legend Cristiano Ronaldo has brought the curtain down on his record-breaking 23-year international career, announcing his international retirement on Thursday and confirming that he will give up the national team's number 7 shirt after the November international break. The 41-year-old forward bows out as the highest goalscorer and most-capped player in men's international football, with 146 goals in 234 appearances.

Ronaldo made the announcement in a video posted on social media, bringing an end to a journey that began in August 2003 and saw him become the defining figure of Portuguese football. He finishes well ahead of long-time Argentine rival Lionel Messi, who has scored 120 international goals, while former Iran striker Ali Daei is third on the list with 108.

Reflecting on his long association with the national team, Ronaldo spoke about the privilege and responsibility of wearing Portugal's number 7 shirt.

"To the Portuguese people. The day has come for me to hand back the number 7 shirt of our national team. I never felt it belonged to me alone. But for 23 years, I had the privilege and the responsibility of wearing it, defending it and carrying it with me into stadiums all around the world," Ronaldo said.

Ronaldo's greatest achievement with Portugal came at Euro 2016, when he captained the team to its first major international title. He went on to lead the side to two UEFA Nations League crowns, cementing his place among the country's most celebrated sporting figures.



The former Manchester United and Real Madrid star also represented Portugal at six World Cups, becoming the only player to score in six different editions of the tournament. A World Cup title, however, remained beyond his reach, with Portugal's latest campaign ending in a 1-0 defeat to Spain in the Round of 16.

Reflecting on his illustrious career, Ronaldo said it was about more than the goals, records and trophies, recalling the bond he shared with Portuguese supporters across the world and the pride of representing his country.

"When I look back at everything I experienced with the national team, I don't just see matches, goals, records or trophies. I see people, Portuguese people living abroad, who, for 90 minutes, felt a little closer to home. I see millions of Portuguese people I have never met but who have become part of my life. Because at the end of the day, football is so much bigger than a game. Football is about people.

"Throughout my entire career with the national team. I always pushed myself beyond limits. I wanted to win. I wanted to be better. I wanted to make history. I always demanded the most of myself. I always wanted more. I always believed we could go further. And I gave everything I had for this shirt.

There were perfect afternoons and nights. There were victories I will never forget. There were defeats that still hurt to remember," he added.

He also acknowledged the difficult moments and disappointments of his career, insisting that his desire to represent Portugal never faded.

"I made mistakes. I suffered. There were also moments when I couldn't give the Portuguese people what they so desperately wanted. But I never gave up. And above all, I never stopped feeling wanting to represent Portugal. Over the years, I learned a few very simple things: Goals fade, trophies end up in museums. Records are eventually broken.

Ranji Trophy: Tripura shock Saurashtra to register first win of the season

United News Of India

AGARTALA, NOV 5 :Tripura pulled off one of the massive upsets of the ongoing Ranji Trophy season, stunning two-time champions Saurashtra with a commanding 133-run victory in their Elite Group B encounter here on Thursday. Off-spinner Sandip Sarkar and pacer Abhijit Sarkar shared seven wickets as the hosts defended a target of 342 to register their first win of the season.

Saurashtra, who began the final day at 131/7, were bowled out for 208 in their second innings, falling well short of the target. The defeat came as

a major setback for the visitors, while Tripura bounced back strongly from their innings defeat against Karnataka in the previous round.

Saurashtra's hopes of salvaging the match rested largely on experienced batter Arpit Vasavada

and Chetan Sakariya. But Abhijit struck in the very first over of the day, dismissing Sakariya to leave the visitors in deeper trouble.

Vasavada refused to give in, though, and



stitched together a 59-run stand with Neel Pandya for the ninth wicket. Pandya occupied the crease for 63 deliveries to score nine runs, while Vasavada continued to battle at the other end, eventually making 89 off 189 balls. Abhijit brought the partnership to an end by removing Pandya, with Saurashtra slipping to 191/9. Vasavada, who had brought up his half-century off 122 balls, remained the visitors' last hope as he tried to keep the chase alive.

Brar reveals length adjustment behind three-wicket haul against New Zealand in first ODI

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NEW DELHI, NOV 5 :The change in length proved to be the turning point for Gurnoor Brar after an expensive start to his spell against New Zealand in the first ODI at Eden Park in Auckland. The India pacer conceded 13 runs in his opening over but quickly reworked his approach, using his height and the bounce on offer to trouble the New Zealand batters and finish with three wickets.



Introduced by skipper Shubman Gill in the 13th over, the 6'5"-tall Punjab pacer was welcomed by a six from Tim Seifert, who took advantage of a fuller delivery. Brar, however, responded in style, by pulling back the length to make it difficult for the batters to target the leg side.

The adjustment paid off in the 15th over when he dismissed Seifert with a sharp delivery outside off-stump. The New Zealand batter could only manage a slice towards mid-on, where substitute fielder Ruturaj Gaikwad completed the catch.

"The six I conceded off my first over was on a slightly fuller delivery. So, my thought process was to pull the length back to make it harder to hit over square leg or fine leg," Brar told BCCI.tv.

The pacer also credited conversations with fellow bowlers Arshdeep Singh and Anshul Kamboj for helping him understand to take advantage of the conditions. Both had bowled on the surface before him and advised him to rely on a hard length to extract extra bounce.

"I discussed this with Arshdeep (Singh) and Anshul (Kamboj), who had bowled on this wicket. They suggested if we hit the hard length, I would get better bounce because of my height," he added.

Fit-again Depay poised for Corinthians return

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SAO PAULO, NOV 4 :Memphis Depay is set to return to Corinthians' squad for its visit to Sao Paulo on Wednesday, providing a welcome boost to Clarence Seedorf's team as it fights to avoid relegation.

Depay has not played since a 4-1 Brazilian Serie A defeat to Palmeiras due to a suspension followed by a torn hamstring in his right leg.The 32-year-old former Manchester United, Barcelona and Atletico Madrid striker said Tuesday he is back to full fitness ahead of the clash between the cross-city rivals."I'm feeling better. I returned to the team this week to train and I feel like I'm in excellent shape," the Netherlands international said."After the World Cup, I went six or seven weeks without playing. It took me a while to get back to training. But that's behind us now. Our manager trains differently. We adapted, and I'm feeling good. I'm feeling truly ready for the end of the season."Depay has made 88 appearances across all competitions and scored 20 goals since his September 2024 arrival on a free transfer. Injuries have limited him to 23 games and one goal this year, according to Xinhua."I had a few conversations with the coaching staff this week.

India set up Asian Champions Trophy final against Japan after an emphatic win over South Korea

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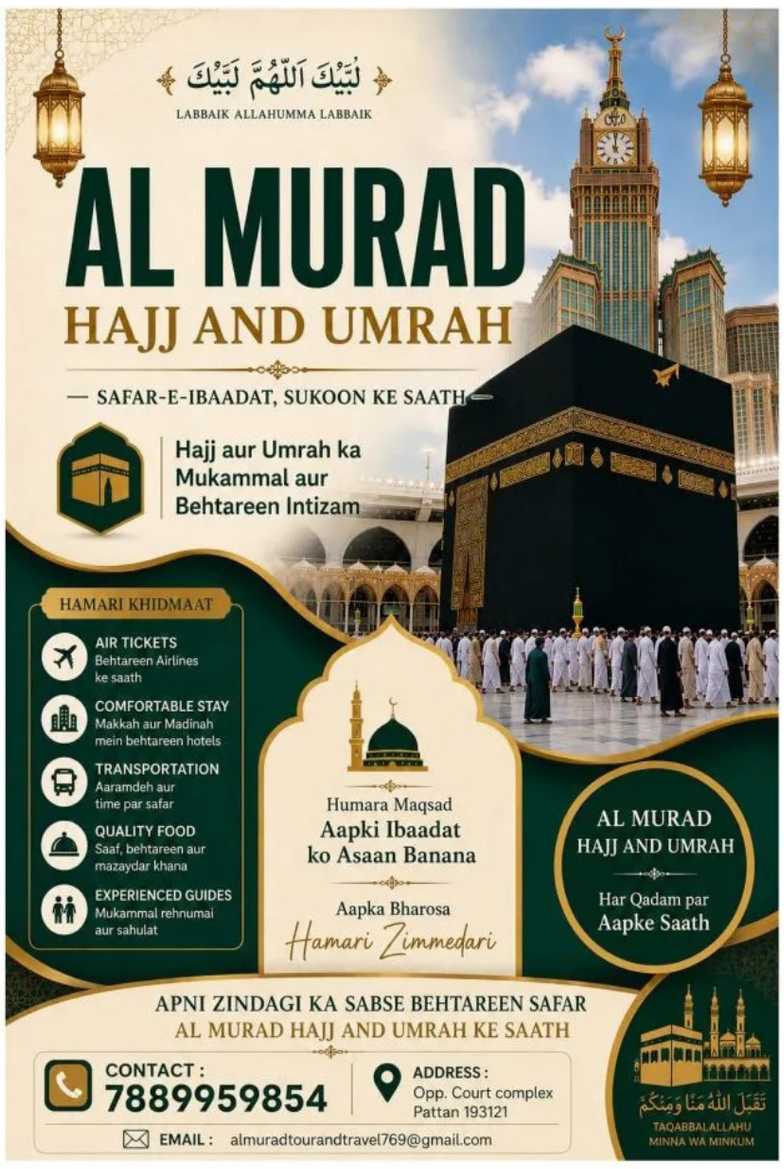
MOHALI, NOV 4 : The Indian Men's Hockey Team booked their place in the final of the Asian Champions Trophy Punjab 2026 with a dominating 8-1 win over South Korea in the semi-final at

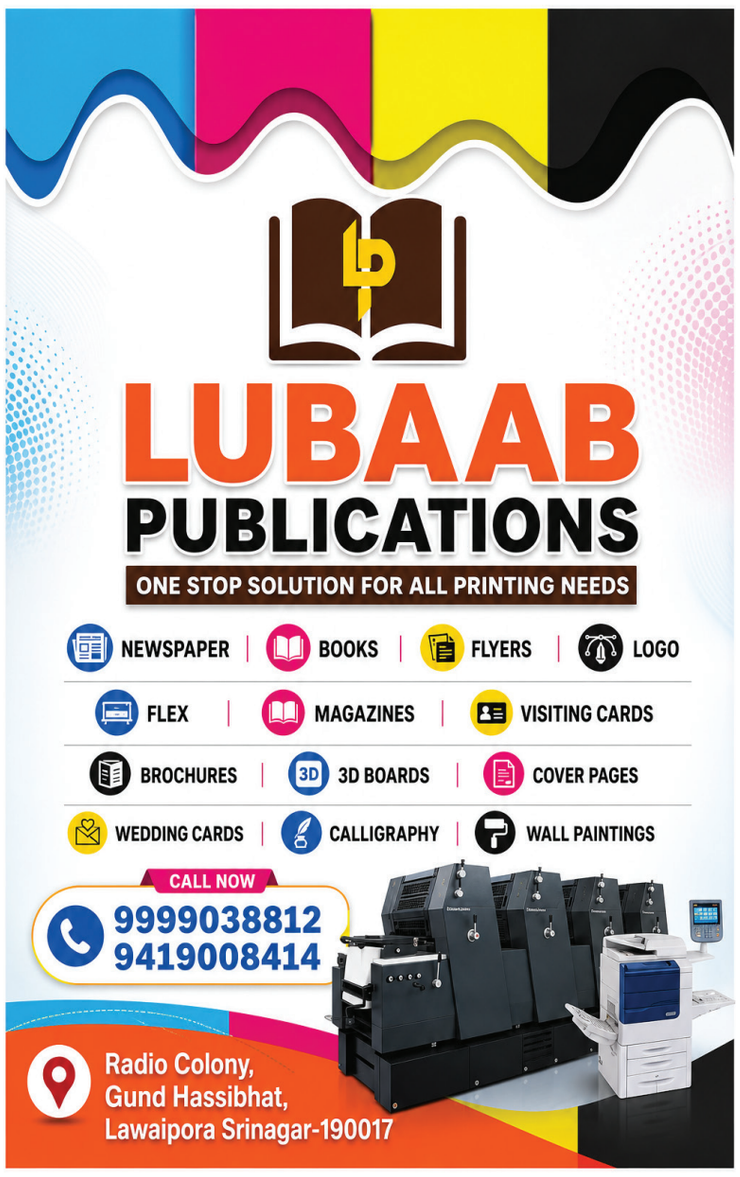
he Olympian Balbir Singh Senior International Hockey Stadium here on Wednesday night.

Shilanand Lakra (4', 13') and Dilpreet Singh (21', 25') scored twice each, while Harmanpreet Singh (9'), Sukhjeet Singh (21'), Angad Bir Singh (36') and Vivek Sagar Prasad (54') were also on target. Sangjun Han (9') scored Korea's only goal.The semi-final was India's first international match in the Mohali stadium and was played in front of a vociferous crowd.The five-time champions, who had finished the league stage unbeaten with five wins from five matches, carried that form into the knockout match and will now face Japan in Thursday's final. Japan edged Malaysia in a shootout after the first semifinal remained goalless through 60 minutes of regulation time.India started on the front foot and took the lead in the fourth minute



through a well-worked team goal. Dilpreet collected the ball around the nine-yard area in the striking circle and passed it to Sukhjeet before receiving it back. He then cut the ball across from the baseline for Shilanand to deflect it into the net from close range.Korea responded in the ninth minute when Sangjun Han deflected a pass from the right past goalkeeper Suraj Karkera. Nonetheless, India restored their lead almost immediately througha penalty corner, with skipper Harmanpreet sending a powerful drag-flick into the net.







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