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Voice To The Voiceless



P:12 Australia make big call on former No.1 ranked Test batter Marnus Labuschagne

Cabinet gives nod to Urban Asset Mapping & Monetisation Policy

HT NEWS NETWORK

SRINAGAR, NOV 13 : The Jammu and Kashmir Cabinet on Friday approved the Urban Asset Mapping and Monetization Policy, 2026 and the J&K Hydropower Policy, 2026, besides clearing several land allotment proposals, including those for setting up fruit mandis at Pattan, Tral and Kulgam.

Sources told the news agency—Kashmir News Observer (KNO) that Cabinet meeting was held in Jammu under the chairmanship of Chief Minister Omar Abdullah.

They said the cabinet approved the Urban Asset Mapping and Monetization Policy, 2026, prepared by the Housing and Urban Development Department. The policy aims at systematic identification, mapping and optimal utilisation of urban assets owned by Urban Local Bodies to generate revenue for civic development.

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"Nearly 50 Crore Indians Lifted Out Of Extreme Poverty In 12 Years": PM Modi

Invokes World Bank findings at S-VYASA University's Golden Jubilee; says yoga and traditional knowledge are opening new avenues for India's global engagement



HT NEWS DESK / UNI

BENGALURU, NOVEMBER 13: Prime Minister Narendra Modi on Friday highlighted India's development achievements, citing a World Bank report which, he said, showed that nearly 50 crore Indians had moved out of extreme poverty over the past 12–13 years, while asserting that the country's traditional knowledge systems, particularly yoga, were gaining growing international recognition. Addressing the Golden Jubilee celebrations of Prashanti Kutiram and S-VYASA University in Bengaluru, Modi said India's development journey had created new opportunities for millions of families to focus on better health, well-being and improved lifestyles.

Prime Minister Narendra Modi on Friday invoked a World Bank report claiming that nearly 50 crore Indians had moved out of extreme poverty over the past 12-13 years, projecting it as evidence of India's development journey and a shift from poverty-alleviation slogans to tangible outcomes, while asserting that the country's traditional knowledge, particularly yoga, was emerging as a gateway for the world to understand India.Addressing the Golden Jubilee celebrations of Prashanti Kutiram and S-VYASA University here, Modi said the country's development journey had created new opportunities

>>> MORE ON P 02

"Friendships Forged Beyond The Cricket Field Matter More Than Trophies": Omar Abdullah

CM Inaugurates 22nd All India Vice-Chancellor's T20 Cricket Tournament at SKUAST-Jammu; 24 university teams from across the country to compete till November 23

HT NEWS NETWORK

JAMMU, NOVEMBER 13: Chief Minister Omar Abdullah on Friday inaugurated the 22nd All India Vice-Chancellor's T20 Cricket Tournament 2026 at Sher-e-Kashmir University of Agricultural Sciences and Technology of Jammu (SKUAST-Jammu), Chatha, bringing together 24 teams representing universities from across the country for the 11-day sporting event. Hosted by SKUAST-Jammu from November 13 to 23, the tournament features six teams from Jammu and Kashmir and 18 from other states. Addressing the gathering, the Chief Minister congratulated the host university, participating institutions and their Vice-Chancellors for providing university employees with a national platform to showcase their sporting abilities. He said universities were built not only



through the contribution of students and faculty but also through the dedicated efforts of employees who often worked behind the scenes and deserved recognition. Chief Minister Omar Abdullah today inaugurated

>>> MORE ON P 02

India And Italy To Launch Joint Research Initiative In 2027

Proposed collaboration to focus on AI, advanced biotechnology, clean energy and emerging technologies; over 150 Indo-Italian research projects already supported



HT NEWS DESK / AGENCIES

NEW DELHI, NOVEMBER 13: India and Italy are working towards launching a new joint research call in 2027 to deepen scientific and technological cooperation under their Strategic Partnership, with proposed areas of collaboration including Artificial Intelligence, High-Performance Computing, Big Data, clean energy, hydrogen technologies

>>> MORE ON P 02

J&K Government Extends Old Pension Scheme Benefits To Eligible Administrative Service Officers

Officers opting to switch from NPS granted Defined Pension Scheme benefits under Government Order issued on November 13

HT NEWS DESK / AGENCIES

JAMMU, NOVEMBER 13: The Jammu and Kashmir Government has sanctioned benefits under the Old Pension Scheme (OPS) in favour of eligible officers of the Jammu and Kashmir Administrative Service who opted to switch from the New Pension Scheme (NPS), following the issuance of a fresh order by the General Administration Department. According to Government Order No. 1794-JK(GAD) of 2026, dated November 13, sanction has been accorded for extending benefits under the Defined Pension Scheme, commonly known as the Old Pension Scheme, to the eligible officers listed in Annexure-A of the order. The decision has been taken in pursuance of Government Order No. 305-F of 2026, dated September 28, following options exercised by the concerned officers seeking a switch-over from the NPS to the OPS.



The Jammu and Kashmir Government has sanctioned benefits under the Old Pension Scheme (OPS) in favour of eligible officers of the Jammu and Kashmir Administrative Service who opted to switch from the New Pension Scheme (NPS). According to Government Order No. 1794-JK(GAD

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"India Records 38% Decline In TB Mortality Since 2015": J.P. Nadda

WHO Global Tuberculosis Report 2026 records 94% treatment success rate; over 25 crore people covered under intensified screening campaign

HT NEWS DESK / AGENCIES

NEW DELHI, NOVEMBER 13: India has recorded a 38 per cent reduction in tuberculosis-related mortality since 2015, outperforming the global decline of 35 per cent, according to the World Health Organization's Global Tuberculosis Report 2026, with Union Health and Family Welfare Minister J.P. Nadda describing the findings as an encouraging milestone in the country's efforts to achieve a TB-Mukt Bharat. The report records a decline in India's TB mortality rate from 28 deaths per lakh population in 2015 to 18 per lakh in 2025, alongside a 94 per cent treatment success rate among patients with drug-susceptible tuberculosis. Welcoming the findings, Nadda said sustained investment in early diagnosis, technology, nutritional support and community participation had strengthened India's response to the disease.

Union Health and Family Welfare Minister



J.P. Nadda has highlighted India's progress in reducing tuberculosis (TB) mortality, citing a 38 per cent decline since 2015, compared to the global reduction of 35 per cent, according to the World Health Organization's (WHO) Global Tuberculosis Report 2026.

>>> MORE ON P 02

Massive Search Operation Across Kulgam Villages After CRPF Attack; Houses, Orchards Searched

HT NEWS DESK / AGENCIES

KULGAM, NOV 13:Security forces have launched a massive search operation across multiple villages in south Kashmir's Kulgam district following the attack on CRPF personnel, with security teams conducting searches in residential houses, orchards and adjoining areas.

A heavy deployment of security personnel has been reported in several villages, including Matalhama, Chadar, Bhan, Mah, Akhran, Nowpora, Zangalpora and Kelam Gund, besides adjoining hamlets.Search teams are moving through residential localities and orchard areas as part of the extensive

>>> MORE ON P 02

Kashmir Faces 400 MW Winter Power Deficit As Administration Reviews Snowfall Preparedness

Div Com Anshul Garg directs advance stocking of essentials in snowbound areas within a week; winter air sorties to begin by December 1

HT NEWS DESK / AGENCIES

SRINAGAR, NOVEMBER 13: Kashmir is facing an average winter electricity deficit of around 400 megawatts, with demand expected to rise sharply during peak hours, as the divisional administration intensified preparations to ensure uninterrupted essential services during the forthcoming snowfall season. The issue came up during a high-level meeting chaired by Divisional Commissioner Kashmir Anshul Garg on Friday to review departmental preparedness and measures to deal with possible disruptions caused by heavy snowfall. Officials informed the meeting that average winter electricity demand stood at around 1,700 MW against an average supply of 1,300 MW, while peak demand could reach 2,400 MW. Reviewing the power situation, Garg directed the Kashmir Power Distribution Corporation Limited (KPDCL) to strictly adhere to scheduled curtailment timings, ensure prompt replacement and repair of damaged transformers and strengthen



workshop facilities.

Kashmir faces an average electricity shortfall of around 400 megawatts during winter, with demand rising sharply during peak hours, officials informed a high-level meeting chaired by Divisional Commissioner Kashmir Anshul Garg on Friday to review preparations for snowfall and possible disruption of essential services across the Valley.The meeting was informed that average winter electricity demand in Kashmir stands at around 1,700 MW against an average supply of 1,300 MW, while peak demand can reach 2,400 MW.

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HT BOTTOM NEWS

Sadhna Top, Razdan Pass receive over a foot of snow;

Sonamarg, Gulmarg and Gurez witness fresh snowfall as MeT forecasts dry weather from November 15

HT NEWS NETWORK

SRINAGAR, NOVEMBER 13: Fresh snowfall blanketed several higher reaches of Kashmir on Friday, with Sadhna Top in Kupwara and Razdan Pass in Bandipora receiving more than a foot of snow, while widespread rainfall across parts of the Valley brought a sharp decline in temperatures and intensified cold conditions. The fresh precipitation, triggered by a Western Disturbance, affected mountainous areas of north and central Kashmir, including Kupwara, Bandipora and Ganderbal, besides popular tourist destinations. According to reports, Sinthan Top received around eight to ten inches of fresh snow, while Z-Gali and Margan Top recorded six to eight inches each. Zojila Pass received five to six inches, while Pir Ki Gali witnessed between five



and eight inches. Baltal recorded four to six inches, while Gurez Valley received three to five inches of fresh snowfall. Sonamarg witnessed around two to three inches, while Gulmarg recorded approximately one centimetre.Fresh snowfall blanketed several higher reaches of Kashmir on Friday, with Sadhna Top and Razdan Pass receiving more than a foot of snow, while rainfall was reported from several parts of the Valley

>>> MORE ON P 02

Police crack elderly woman's murder case in Pulwama, arrest main accused

HT NEWS NETWORK

PULWAMA, NOV 13: Jammu and Kashmir Police on Friday claimed to have solved the murder case of a 75-year-old woman in Parigam Jagir area of Pulwama district with the arrest of the main accused.

The deceased has been identified as Jana Begum, wife of Ghulam Ahmad Bhat, a resident of Parigam Jagir.

In a statement issued to Kashmir News Service (KNS), police said that Police Station Pulwama received information regarding the murder on October 19, 2026, following which FIR No. 211/2026 under Section 103(1) of the Bharatiya Nyaya Sanhita (BNS) was registered and an investigation was initiated.

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Cabinet gives nod

The Cabinet also cleared the J&K Hydropower Policy-2026, which seeks to promote sustainable energy development and attract private investment for hydropower projects up to 100 MW in IPP/PPP mode.

In another decision, the Cabinet gave its nod for e-auctioning through the Ministry of Mines, Government of India, for grant of an exploration licence for copper and nickel and associated mineralisation in the Sumcham Padder block in Kishtwar district.

The Cabinet also approved the transfer of 32 kanals of Shamilat land at Nadikhai and Poshwari in Hajin area of Bandipora district to the Power Development Department for construction of a Grid Station.

Sources said the Cabinet also approved allotment of land for establishment of fruit mandis at Tral, Pattan and Kulgam—(KNO)

"Nearly 50

for millions of families to focus on healthier lifestyles and their well-being.

"The World Bank's latest report has given new energy to this campaign. It says that in the last 12-13 years, nearly 50 crore Indians have come out of extreme poverty. This is a very big figure," he said.

Linking India's development progress with its growing international influence, Modi said the country had been presenting its culture, identity and knowledge systems to the world with confidence over the past 12 years.

"Today, the world is increasingly getting connected with yoga. It appears that yoga has become a gateway for the world to understand India," he said.

He said yoga had reached schools, institutions and workplaces across several countries, with international interest in the discipline also generating greater curiosity about India's cultural heritage and traditional knowledge.

Citing Saudi Arabia as an example of its growing international acceptance, Modi said the country had recognised yoga as a sports activity and its Sports Ministry had entered into an agreement with India's Ministry of AYUSH to promote it.

"In Saudi Arabia, yoga has been recognised as a sports activity. Its Sports Ministry has entered into an agreement with India's Ministry of AYUSH to promote yoga," he said.

The Prime Minister said he frequently encountered foreign leaders and members of their families who practised yoga during his international visits.

Recalling his interactions with foreign dignitaries, he said he often had to clarify that he was a yoga practitioner and not an expert.

"Whenever I travel abroad, during lunch or dinner, the foreign guests or heads of state sitting with me often ask questions about yoga. Many tell me that their wives visit India once a year to learn yoga or that their daughters have dedicated themselves to the practice," he said.

He said the growing international interest in yoga was creating a new attraction towards India's culture and traditional knowledge.

"When people across the world become familiar with yoga, their curiosity to know India also increases. A new attraction develops towards our culture and traditional knowledge. This opens a new pathway for greater engagement between India and the world," he said.

Modi said several foreign nationals committed to promoting yoga had also been honoured with the Padma Shri, recognising their contribution to taking India's traditional discipline to the world.

On Ayurveda, he said more than 150 Ayurveda training courses had received recognition in different countries and India had signed agreements with 28 countries to promote the traditional system of medicine.

He said the government had established a separate Ministry of AYUSH for the first time after Independence and encouraged research and patents related to Ayurveda.

Exports of AYUSH and herbal products had also increased, while the sector's economy had grown significantly, he said.

Referring to turmeric, Modi said demand for the traditional Indian spice was increasing globally and the government had established the National Turmeric Board to strengthen production, quality and exports.

He also referred to the e-Ayush Visa facility introduced to facilitate foreign nationals travelling to India for treatment and the establishment of the World Health Organisation's Global Traditional Medicine Centre in Jamnagar to promote research and international cooperation in traditional medicine.

The Prime Minister said yoga had also received recognition as a competitive sport in India, with opportunities for competitions being created through events such as Khelo India and the National Games.

He said India's traditional knowledge systems needed to be strengthened through modern scientific research to ensure that their benefits reached humanity.

Highlighting the contribution of Prashanti Kutiram, Modi said the institution had evolved from a modest yoga centre into a major movement combining yoga education, scientific research and healthcare.

He said S-VYASA had emerged as an important institution in yoga education, scientific research and health services by integrating yoga with Ayurveda, naturopathy and modern medical science.

The institution had developed a holistic wellness ecosystem and its research on stress-related challenges and lifestyle diseases was serving people in India and abroad, he said.

Modi described yoga as an accessible and low-cost healthcare intervention that could help families adopt healthier lifestyles and prevent diseases.

"Yoga not only helps in getting relief from diseases, but also helps in preventing them. It is one of the biggest healthcare interventions with a zero-cost budget," he said.

The Prime Minister also paid tributes to late RSS leader H V Seshadri on his birth centenary, recalling his philosophy of selfless service, humility and nation-building.

"Seshadri ji devoted his entire life to the mission of nation-building through the creation of individuals. He believed that if the country had to reach the pinnacle of success, it needed dedicated, capable and disciplined citizens," he said.

Recalling his personal association with Seshadri, Modi said he had received his affection and guidance over the years and continued to cherish their interactions.

He said Seshadri believed that people should learn from a mother's selfless commitment to caring for her child and extend the same spirit of service to society.

"If we give to society with both hands, society returns it to us through millions of hands," Modi recalled Seshadri as saying.

He said he had experienced this philosophy in his own public life, adding that the blessings of the people while serving them remained one of his greatest assets.

The Prime Minister also urged S-VYASA to prepare a roadmap for the next 25 years, keeping the goal of Viksit Bharat in mind.

He asked the institution's leadership to align its future activities with the country's development vision and contribute to building a developed India.

"Think about how your next 25 years will be, keeping Viksit Bharat in mind, and dedicate yourselves to that mission," he said.

Modi congratulated the institution on completing 50 years and commended its leadership, including president HR Nagendra and vice-president R Nagarathna, for carrying forward its mission.

"Friendships Forged

the 22nd All India Vice-Chancellor's T20 Cricket Tournament 2026 at the Cricket Ground, Main Campus of Sher-e-Kashmir University of Agricultural Sciences and Technology of Jammu (SKUAST-Jammu), Chatha.

Being hosted by SKUAST-Jammu from November 13 to 23, the prestigious national-level tournament has brought together 24 teams representing universities from different parts of the country, including six teams from Jammu and Kashmir and 18 from other states.

Addressing the gathering, the Chief Minister congratulated SKUAST-Jammu, the participating universities and their Vice-Chancellors for bringing university employees together on a common sporting platform. He said the tournament was a welcome initiative that provided an opportunity to recognise and celebrate the contribution of university employees who work behind the scenes in strengthening academic institutions.

"Universities are not just about students. They are also built by the people who work behind the scenes to make these institutions shine. Often, these employees do not get the opportunity to come to the forefront. This tournament gives them a platform to showcase their talent and come together through sports," he said.

Emphasising that the spirit of the tournament should go beyond competition, the Chief Minister said that while teams would compete against each other on the field, the real achievement would be the friendships and bonds they establish during their stay in Jammu.

He observed that victory and defeat were integral to sports and urged participants to treat both with equanimity. Quoting renowned writer Rudyard Kipling, he said, "If you can meet with triumph and disaster, and treat both those imposters just the same," adding that success and failure were temporary, while the friendships and memories created through such events endured.

Referring to Jammu and Kashmir's recent sporting achievements, the Chief Minister said that if the same team continued to win every time, Jammu and Kashmir might not have had the opportunity to bring home the Ranji Trophy last year, underlining that competition and changing fortunes were part of the sporting journey.

Welcoming the participating teams to Jammu, he described the city as the City of Temples and invited the players to visit Shri Mata Vaishno Devi shrine and explore the region's cultural and historical attractions, including the Border Tourism facilities along the International Border.

The Chief Minister also encouraged the visitors to experience the hospitality and culinary traditions of Jammu, particularly the rich Dogra cuisine, which he said deserved as much appreciation as the well-known delicacies of Kashmir.

Earlier, the Chief Minister conducted the toss between the captains of the host SKUAST-Jammu team and Kavayitri Bahinabai Chaudhari North Maharashtra University Jalgaon team and interacted with players from the participating universities.

The inaugural ceremony was attended by Minister for Agriculture Production, Finance, Mining and Cooperatives Javid Ahmad Dar; Minister for Planning, Development and Monitoring, Culture, Youth Services and Sports, and ARI & Trainings Mir Saifullah; and Vice-Chancellor SKUAST-Jammu Prof. B.N. Tripathi, who presided over the function.

A major highlight of the ceremony was the impressive parade of participating university teams, reflecting the spirit of unity and sportsmanship. The occasion also witnessed the lighting of the ceremonial torch, which was carried by players around the ground before being handed over to the Chief Minister, who lit the mainceremonial torch.

A cultural programme presented by the Madras Regiment added vibrancy to the occasion and was appreciated by the audience.

The Ministers appreciated SKUAST-Jammu for hosting the national-level sporting event and emphasised the importance of promoting physical fitness, discipline, teamwork and a healthy sporting culture among employees and educational institutions.

In his address, Vice-Chancellor SKUAST-Jammu Prof. B.N. Tripathi expressed gratitude to the Chief Minister and other dignitaries for gracing the occasion. He said hosting the 22nd edition of the tournament was a matter of immense pride for the university and Jammu and Kashmir.

He observed that the tournament provided a unique national platform for university employees to showcase their sporting talent, promote physical fitness and strengthen professional relationships beyond their routine academic, research and administrative responsibilities. He also acknowledged the collective efforts of university officers, faculty, staff, students and the organising committee in making the event possible.

Director Students Welfare, SKUAST-Jammu and Nodal Officer of the event, Dr. Sudhakar Dwivedi; Registrar SKUAST-Jammu Prof. Anil Kumar; other dignitaries; participating teams and delegates from universities across the country were also present.

The tournament, exclusively meant for university employees, will continue until November 23, with participating teams competing in a series of T20 matches. Besides promoting healthy competition, the event is expected to strengthen inter-university cooperation and provide an opportunity to showcase Jammu and Kashmir's institutional infrastructure, hospitality and cultural richness.

"India Records

The report also records a 94 per cent treatment success rate among patients with drug-susceptible TB. The mortality rate in India has declined from 28 deaths per lakh population in 2015 to 18 deaths per lakh in 2025.

Welcoming the findings, Nadda reiterated the government's commitment to achieving a TB-Mukt Bharat, emphasising the role of technology, early diagnosis, nutritional assistance and community participation in strengthening the country's efforts.

The WHO South-East Asia Regional Office (WHO SEARO) also acknowledged India's contribution to reducing TB mortality across the region, stating that the country was making a significant contribution to the progress.

Highlighting the scale of the TB Mukt Bharat Abhiyaan, Nadda said more than 25 crore people had been covered under intensified screening, with over 11 crore chest X-rays and 3 crore molecular tests conducted. These efforts resulted in the detection of 48.64 lakh TB cases, including nearly 15 lakh asymptomatic cases, enabling early diagnosis and timely treatment.

The Minister also highlighted the role of AI-enabled diagnostic tools, nutritional assistance under the Ni-kshay Poshan Yojana and support provided by Ni-kshay Mitras in strengthening patient care.

According to the Ministry, the identification of 14.97 lakh asymptomatic cases reflects the impact of proactive screening, particularly among people who may not show typical symptoms of the disease.

India's TB response has also been strengthened through portable digital chest X-rays, rapid molecular diagnostic technologies and the Ni-kshay digital platform, which supports screening, diagnosis and treatment monitoring.

Community participation remains an important component of the programme. In 2025, as many as 67,933 Panchayats were declared TB-free, while the JOSH Teams initiative has expanded grassroots engagement through government officials, NCC cadets and MY Bharat volunteers.

The Ministry further stated that 96 per cent of the programme's funding requirements were being met through domestic resources, reflecting sustained national investment in TB elimination efforts.

The TB Mukt Bharat Abhiyaan, initially launched as an intensified 100-day campaign in December 2024 and subsequently expanded nationwide, has focused on improving access to screening and treatment, particularly among vulnerable and high-risk populations. A further intensified campaign was launched in March 2026.

Nadda said sustained public participation and coordinated efforts by States and Union Territories, healthcare professionals and citizens would remain central to the country's efforts to eliminate tuberculosis. (PIB)

J&K Government

) of 2026, dated November 13, the General Administration Department has accorded sanction for granting benefits under the Defined Pension Scheme, commonly known as the Old Pension Scheme, to the eligible officers listed in Annexure-A of the order.

The decision has been taken in pursuance of Government Order No. 305-F of 2026, dated September 28, and follows the options exercised by eligible officers seeking to switch from the New Pension Scheme to the Old Pension Scheme.

The order states that the switch-over is in accordance with the provisions of SRO-400 dated December 24, 2009, under which the New Pension Scheme was introduced.

It further specifies that the regularization of services of the concerned officers under the Old Pension Scheme will be governed strictly by the guidelines notified by the Finance Department through Government Order No. 305-F of 2026.

The order has been issued by the General Administration Department with the approval of the Government of Jammu and Kashmir and signed by M. Raju, Commissioner/Secretary to the Government. [KNT]

India And Italy

and advanced biotechnology. The initiative was discussed during a bilateral meeting between Union Minister of State (Independent Charge) for Science and Technology and Earth Sciences Dr Jitendra Singh and Italy's Minister of University and Research Anna Maria Bernini. The discussions focused on translating the growing diplomatic partnership between the two countries into practical research, innovation and institutional collaborations. Priority areas identified include renewable energy and energy transition, gene therapy, mRNA technologies, biomedical research and biomanufacturing, alongside emerging digital technologies.

: India and Italy are working towards launching a new joint research call in 2027 to strengthen scientific cooperation under their Strategic Partnership, with a focus on emerging technologies and priority research areas.

The proposed collaboration was discussed during a bilateral meeting between Union Minister of State (Independent Charge) for Science and Technology and Earth Sciences, Dr Jitendra Singh, and Italy's Minister of University and Research, Anna Maria Bernini.

The discussions focused on strengthening institutional cooperation and translating the India-Italy Strategic Partnership into joint research and innovation initiatives.

The proposed areas of collaboration include Artificial Intelligence, High-Performance Computing and Big Data; clean technologies, hydrogen, renewable energy and energy transition; and advanced biotechnology and biomedical research, particularly gene therapy, mRNA technologies and biomanufacturing.

Highlighting the longstanding scientific partnership, Singh noted that the first inter-governmental agreement on science and technology between the two countries was signed in 1978 and renewed in 2003.

India and Italy elevated their bilateral relations to a Strategic Partnership in 2023. The Joint Strategic Action Plan for 2025-2029, announced by Prime Minister Narendra Modi and Italian Prime Minister Giorgia Meloni in November 2024, provides a roadmap for expanding cooperation.

As part of these efforts, a Memorandum of Understanding (MoU) was signed between India's Ministry of Science and Technology and Italy's Ministry of University and Research in April 2025.

Under the Indo-Italian Executive Programme of Cooperation (EPOC), the Department of Science and Technology (DST) and Italy's Ministry of Foreign Affairs have supported more than 150 joint scientific and technological projects.

The current EPOC for 2025-27, signed on April 10, 2025, provides for joint funding of 10 proposals for researcher mobility and another 10 proposals under the significant research category.

The first India-Italy Science and Innovation Dialogue was held in New Delhi in April 2025. The second edition is being organised in 2026, bringing together experts and representatives from academic institutions, research centres, incubators and technology hubs.

Singh also highlighted the role of the India-Italy Joint Scientific Council in implementing cooperation activities under the bilateral MoU. He assured full cooperation from the Indian side in taking forward mutually agreed projects and programmes.

The bilateral meeting and the second Science and Innovation Dialogue are part of Singh's official visit to Italy from November 11 to 15, aimed at strengthening the scientific and technological dimension of the India-Italy Strategic Partnership. (PIB)

Massive Search

operation to trace those involved in the attack. Sniffer dogs have also been pressed into service to assist the search teams.

The operation involves coordinated efforts by police and other security forces, with personnel carrying out searches at multiple locations across the district.

The heightened security presence has drawn attention across the affected villages, where searches are being conducted in houses, orchards and surrounding areas.

The operation follows the firing incident near Mir Bazar, in which three CRPF personnel were injured after suspected militants opened fire on a security deployment.

Security forces are continuing the searches to establish the movement of those involved and gather further evidence related to the attack. [KNT]

Police crack

Considering the seriousness of the case, Senior Superintendent of Police (SSP) Pulwama constituted a Special Investigation Team (SIT) headed by DySP Headquarters Pulwama, with the Station House Officer (SHO) of Police Station Pulwama and the Duty Officer (DO) of Police Post Niva as its members.

Police said the SIT, following a detailed examination of evidence and sustained investigation, arrested the main accused, identified as Imran Ahmad Mir, son of Bashir Ahmad Mir, a resident of Parigam Jagir.

During further questioning, the arrested accused allegedly disclosed the involvement of another person in the crime, prompting police to widen the scope of the investigation.

Police said investigators are examining all possible angles, including the suspected involvement of other individuals and the possibility of a wider criminal conspiracy.

The police said efforts are continuing to identify and bring to justice everyone involved in the murder, adding that the investigation is continuing. (KNS)

Sadhna Top

during the preceding 24 hours, bringing down temperatures and intensifying cold conditions across the region.

The fresh spell, triggered by a Western Disturbance, brought moderate to heavy snowfall to mountainous areas of north and central Kashmir, including Kupwara, Bandipora and Ganderbal districts, while several tourist destinations also received fresh snow.

According to reports, Sadhna Top in Kupwara and Razdan Pass in Bandipora received more than a foot of snow during the past 24 hours, while Sinthan Top recorded around eight to ten inches of fresh accumulation.

Z-Gali and Margan Top received six to eight inches of snow each, while Zojila Pass recorded five to six inches and Pir Ki Gali received between five and eight inches.

Baltal in Ganderbal district witnessed four to six inches of snowfall, while Gurez Valley in Bandipora received three to five inches.

The famous tourist destination of Sonamarg received around two to three inches of fresh snowfall, while Gulmarg in north Kashmir's Baramulla district recorded around one centimetre of snow.

Fresh snowfall was also reported from the higher reaches of Pahalgam, Doodhpathri and several mountainous areas of south Kashmir, besides parts of Doda and Rajouri districts in the Jammu region.

Meanwhile, the Meteorological Centre Srinagar reported significant rainfall in several parts of Kashmir during the preceding 24 hours, with Baramulla recording the highest precipitation at 49.5 mm, followed by Gulmarg at 40.6 mm and Kupwara at 37.3 mm.

The department said snowfall accumulation ranged between two and six inches at several higher-altitude locations, although some mountain passes received considerably heavier snowfall.

The wet spell also brought a noticeable decline in daytime temperatures across the Valley, with cold conditions prevailing in several districts.

Srinagar recorded a maximum temperature of 10.4 degrees Celsius on Thursday, which was 5.5 degrees below normal, while Gulmarg registered 4 degrees Celsius.

Kupwara recorded a maximum temperature of 8.4 degrees Celsius, while Qazigund registered 13 degrees Celsius and Pahalgam 10.4 degrees Celsius.

The Meteorological Department had earlier predicted a decline of six to eight degrees Celsius in daytime temperatures during November 12 and 13 under the influence of the Western Disturbance.

Director Meteorological Centre Srinagar, Dr Mukhtar Ahmad, had said the weather system was expected to bring widespread precipitation across

Jammu and Kashmir, with moderate to heavy snowfall in higher reaches, particularly in the mountainous areas of Kupwara, Bandipora and Ganderbal.

He had also forecast snowfall at popular tourist destinations, including Gulmarg, Sonamarg, Pahalgam and Doodhpathri, besides several high-altitude areas.

The department had warned of thunderstorms, hailstorms and gusty winds at isolated places during the wet spell.

According to the latest forecast issued by the Meteorological Centre Srinagar, a brief spell of light rainfall in the plains and light snowfall over higher reaches remains possible at scattered places during November 13 and 14.

Kashmir Faces

Reviewing the power situation, Garg directed Kashmir Power Distribution Corporation Limited (KPDCL) to strictly follow scheduled power curtailment timings, ensure timely repairs of damaged transformers and strengthen workshop capacity wherever required.

Officials informed the meeting that adequate buffer stocks of transformers were available in all districts and nearly 80 percent of branch-cutting work had been completed. The Divisional Commissioner directed the department to complete the remaining work at the earliest.

With several remote areas facing the possibility of prolonged road closures during heavy snowfall, Garg directed the Food, Civil Supplies and Consumer Affairs Department to complete advance stocking of LPG, petroleum products, rice and wheat in Gurez, Karnah, Machil, Keran and other snowbound areas within one week.

He said adequate supplies must be ensured before snowfall disrupts road connectivity to prevent shortages of essential commodities.

Taking note of delays in the commencement of winter air sorties in Bandipora and Kupwara, the Divisional Commissioner directed the Civil Aviation Department to make the service operational by December 1 to facilitate emergency transportation from inaccessible areas.

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Sakeena Itoo reviews functioning of NHM in J&K
Calls for optimal utilisation of resources, strengthening healthcare infrastructure and ensuring improved public access to health services

■ HT News Network



JAMMU, NOVEMBER 13: Minister for Health and Medical Education and Social Welfare, Sakeena Itoo, today chaired a comprehensive review meeting at the Civil Secretariat here, to assess the functioning, progress and implementation of various components of the National Health Mission (NHM) in Jammu and Kashmir.

The meeting was attended by Commissioner Secretary, Health and Medical Education, Saugat Biswas; Mission Director, National Health Mission, J&K, Athar Aamir Ul Shafi Khan; Director Finance, H&ME; Director Planning, H&ME; Director Family Welfare and Immunization, J&K; Director Health Services, Jammu; Director Health Services, Kashmir and other senior officers of Health and Medical Education department.

During the meeting, the Minister undertook a detailed assessment of the performance of NHM across various sectors, with particular focus on public health planning, financial management, human resource availability, healthcare infrastructure, supply of medicines and essential logistics, diagnostic facilities, patient transport services and punctuality of healthcare personnel, besides other critical aspects of public healthcare delivery.

Taking stock of the progress achieved under different NHM interventions, Sakeena Itoo emphasised on the need for strengthening implementation mechanisms and ensuring that the resources being provided under the mission translate into tangible improvements in healthcare services at the grassroots level.

She stressed on optimal utilisation of financial resources, manpower and available infrastructure and directed the officers to identify existing gaps and take time-bound corrective measures to address them.

"NHM is an important instrument for strengthening the public healthcare system. Our focus must be on ensuring that every resource allocated under the mission is utilised efficiently and delivers measurable benefits to the people. There should be no gap between the availability of resources and delivery of healthcare services", the Minister said.

She further called for greater accountability and inter-departmental coordination to improve the overall functioning of healthcare institutions and ensure the availability of essential services, medicines and diagnostic facilities, particularly in areas where access to healthcare remains a challenge.

Emphasising on the importance of equitable healthcare delivery, Sakeena Itoo said that people living in remote, far-flung and underserved areas must receive the same attention and quality of healthcare services as those residing in urban centres.

"Our priority is to make quality healthcare accessible, affordable and dependable for every citizen. The benefits of NHM must reach the last person in the queue and no individual should be deprived of essential medical facilities due to geographical or infrastructural limitations", she maintained.

The Minister also stressed the need for maintaining punctuality among healthcare personnel, improving patient transport facilities and ensuring adequate availability of medicines and diagnostic services in public health institutions.

She directed the concerned officers to revisit all issues and bottlenecks highlighted during the meeting, formulate appropriate action plans and ensure their timely resolution. She also called for close monitoring of the implementation of various NHM initiatives and fixing responsibility at appropriate levels to ensure effective service delivery.

Reiterating the government's commitment towards strengthening the public healthcare system, the Minister called upon the officers to adopt a coordinated, result-oriented and people-centric approach, ensuring that NHM fulfils its objectives of improving healthcare access, quality and outcomes across Jammu and Kashmir.

ADDC Bandipora reviews progress of Tangwani bridge at Garoora

■ HT News Network



BANDIPORA, NOVEMBER 13: Additional District Development Commissioner (ADDC) Bandipora, Nazir Ahmad Mir, today visited Tangwani, Garoora to take stock of the ongoing construction work of Tangwani Bridge.

During the visit, the ADDC inspected the progress of the work and interacted with the concerned engineering staff and contractor, seeking status regarding the pace of execution and other related aspects. He stressed the importance of ensuring timely completion of the project while maintaining the prescribed quality standards.

Later, the ADDC visited the Rural Mart at Pethkoot, where he conducted a detailed inspection of the facility and took stock of its overall functioning, infrastructure, available facilities, and ongoing activities. He also interacted with the concerned staff to assess the operational status of the Rural Mart and reviewed the arrangements in place.

PO ICDS Bandipora, Yaar Ali Khan, along with other concerned officials, accompanied the ADDC during the visit to the Rural Mart.

Mission Vatsalya organises Capacity Building Programme on Adoption Procedures in Bandipora

■ HT News Network

BANDIPORA, NOVEMBER 13: Mission Vatsalya, Bandipora, today organised a Capacity Building Programme on Adoption Procedures and timely declaration of Orphan, Abandoned and Surrendered Children as Legally Free for Adoption (LFA).

The programme aimed to create awareness among stakeholders regarding adoption procedures, timely identification of eligible children and completion of the necessary legal formalities for declaring them Legally Free for Adoption.

During the programme, speakers highlighted the importance of timely intervention, effective coordination among concerned departments and adherence to prescribed legal procedures to ensure that eligible children are provided an opportunity to grow up in a safe, loving and permanent family environment.

The speakers also deliberated on the roles and responsibilities of different stakeholders in the adoption process, emphasising the need for proper documentation, timely reporting and coordinated efforts to safeguard the best interests and welfare of children.

The programme concluded with an emphasis on strengthening coordination among all stakeholders and ensuring that no eligible child is deprived of the opportunity to find a secure and permanent family through the adoption process.

Officials from the District Child Protection Unit , Child Helpline, Child Helpdesk and Child Care Institutions (CCIs) attended the programme.

DC Budgam chairs DLIC meeting, reviews progress under Mission YUVA

■ HT News Network



BUDGAM, NOVEMBER 13: Deputy Commissioner (DC) Budgam, Jatin Kishore, today chaired a District Level Implementation Committee (DLIC) meeting to assess the progress of Mission YUVA implementation in the district.

The Deputy Commissioner reviewed the status of pending bank cases, subsidy disbursement, hybrid training, capacity building, Udyam Jagriti, ONDC onboarding and progress reporting.

He directed the concerned banks to expedite the scrutiny, sanction and disbursement of all eligible cases and ensure clearance of pending subsidy claims within stipulated timelines.

Reviewing the training component, he instructed the concerned departments and institutions to ensure enrolment and completion of all pending training batches.

He stressed that no approved or disbursed case should remain unattended and called for optimum utilisation of available manpower and resources across colleges.

Under Udyam Jagriti, the Deputy Commissioner directed daily submission of progress reports and intensified awareness activities across the district.

He also stressed saturation of eligible beneficiaries under the Lakhpati Didi initiative and accelerated formation of new Self-Help Groups (SHGs).

Emphasising the role of educational institutions, he directed all college Principals and other concerned to ensure 100% student participation in Mission YUVA training, awareness and entrepreneurship promotion programmes.

He asserted on effective mobilisation of students and optimum utilisation of institutional resources.

DC Pulwama reviews Developmental Works, Sector-Wise Progress of Sub-Division Tral

■ HT News Network



PULWAMA, NOVEMBER 13: Deputy Commissioner (DC) Pulwama, K.K. Sidha, today chaired a comprehensive review meeting of Sub-Division Tral to assess the physical and financial progress of developmental works and review sector-wise performance.

The meeting was attended by MLA Tral, Rafiq Ahmad Naik; Additional Deputy Commissioner Tral, Sajid Yehaya Naqash; Chief Planning Officer Pulwama, Aashiq Khanday; ACD, CEO, ACP, BMO, Tehsildars, Executive Engineers and other concerned officers.

During the meeting, officers presented detailed block-wise and sector-wise progress reports of works under the District Capex Budget, Constituency Development Fund (CDF) and other schemes, highlighting completed, ongoing and pending works, financial achievements, tendering status and issues requiring administrative intervention.

Reviewing CDF works, the Deputy Commissioner directed the concerned officers to resolve bottlenecks, expedite pending estimates and administrative approvals, and ensure early tendering and timely completion of works. He stressed physical verification and certification of completed works and directed the ACD to update the status of works on the e-Nigrani portal. He further instructed officers to conduct proper field assessments and reconcile discrepancies in DPRs to ensure that proposed works reflect actual ground requirements.

MLA Tral, Rafiq Ahmad Naik, highlighted various developmental issues and constituency-level priorities, power infrastructure deficiencies, transformer requirements and other pending works requiring administrative approvals. The Deputy Commissioner assured necessary intervention and directed the concerned departments to address the issues on priority.

Mir Saifullah Highlights Universal Message of Guru Tegh Bahadur Sahib Ji; Calls for Upholding Values of Faith, Freedom and Humanity

■ HT News Network



JAMMU, NOVEMBER 13: Minister for Planning, Development and Monitoring, Culture, Youth Services and Sports, Mir Saifullah, today highlighted the timeless relevance of the supreme sacrifice of Sri Guru Tegh Bahadur Sahib Ji, describing it as an enduring symbol of religious freedom, human dignity, tolerance and universal brotherhood.

The Minister was speaking as the Chief Guest at "Shristi Di Chadar – A Supreme Sacrifice for Faith and Freedom of Religion", a ten-city nationwide academic and interfaith commemorative initiative marking the 350th Martyrdom Year of Sri Guru Tegh Bahadur Sahib Ji, organised at Abhinav Theatre, Jammu.

Mir Saifullah said that the supreme sacrifice of Guru Tegh Bahadur Sahib Ji transcended religious and geographical boundaries and represented one of the greatest examples of standing up for the rights, beliefs and freedom of others. He observed that Guru Sahib's unparalleled courage and commitment to protecting freedom of conscience continue to inspire humanity and hold immense relevance in contemporary society.

Emphasising the importance of preserving and promoting the country's rich spiritual and cultural heritage, the Minister said that the teachings of great spiritual personalities must reach younger generations so that the values of compassion, mutual respect, communal harmony and peaceful coexistence remain deeply rooted in society. He appreciated the organisers for bringing together academicians, scholars, writers, students and representatives of different faiths on a common platform to deliberate upon the life, philosophy and extraordinary martyrdom of Guru Sahib. He said such initiatives strengthen social harmony and encourage meaningful dialogue across communities. The Jammu chapter of the initiative was organised by IHA Foundation, with the support of the Jammu and Kashmir Academy of Art, Culture and Languages and District Gurdwara Parbandhak Committee (DGPC), Jammu, under the aegis of the Indira Gandhi National Centre for the Arts (IGNCA), Ministry of Culture, Government of India.

Members of Legislative Assembly Vikram Randhawa and Arvind Gupta also graced the occasion and addressed the gathering, paying rich tributes to Sri Guru Tegh Bahadur Sahib Ji and highlighting the significance of his sacrifice in defending religious freedom and human dignity.

Secretary, Jammu and Kashmir Academy of Art, Culture and Languages, Harvinder Kour; Chairman, IHA Foundation and Convenor, Sri Guru Tegh Bahadur Ji 350th Martyrdom Commemoration Committee, Satnam Singh Ahluwalia; President, DGPC Jammu, Ranjeet Singh Tohra; Vice President, DGPC Jammu, Balvinder Singh; and General Secretary, DGPC Jammu, Surjit Singh, were among the dignitaries present. The academic deliberations featured eminent academicians, scholars, writers and interfaith representatives, including Dr. Vaidehi Taman, Dr. Harsimran Singh, Khawaja Iftekhar Ahmed, Prof. Vijay Bernard, Sardarni Kulwant Kour Chan, Sandeep Jain Sunny, Advocate Gurlad Singh, S. Ali Singh and Cmde. D. S. Sodhi, NM (Retd.), who explored the historical, spiritual and contemporary relevance of Guru Sahib's life and philosophy.

Student participation and debate competitions further enriched the programme, encouraging young minds to engage with Guru Sahib's extraordinary legacy and the principles of justice, religious freedom and human rights.

District Water and Sanitation Mission review meeting held at Kishtwar

■ HT News Network



KISHTWAR, NOVEMBER 13: Under the directions of Deputy Commissioner Kishtwar Pankaj Kumar Sharma, the Additional Deputy Commissioner Pawan Kotwal today chaired the meeting of District Water and Sanitation Mission (DWSM) at the Meeting Hall of the New DC Office Complex to review the progress of Jal Jeevan Mission (JJM) 2.0, Jal Shakti Abhiyan: Catch The Rain (JSA: CTR) and water security interventions under VB-G RAM G.

At the outset, the Project Manager District Project Management Unit DPMU JJM Er. Fayaz Mehta gave a detailed PowerPoint presentation on the implementation of JJM 2.0 and JSA: CTR.

The ADC undertook a detailed scheme-wise review and issued directions for the timely completion of all works.

The Executive Engineer Jal Shakti was directed to submit within 2 days the plan for Har Ghar Jal Certification and Jal Arpan of completed villages. It was informed that payment for 80 Single Village Scheme (SVS) schemes has been released and work on 19 schemes has restarted. The chair directed that the balance 61 schemes be restarted immediately, failing which notices be issued for blacklisting.

Reviewing Sujalam Bharat, it was informed that out of 690 habitations, IDs for 657 have been created and out of 542 water sources, 155 have been geotagged. The balance IDs and geotagging of 387 sources are to be completed by the end of November, 2026. Water testing of 542 sources has been completed, reports of 322 uploaded and the list of post-monsoon testing is to be submitted by 16th November, 2026.

The ADC directed that restoration work of the Mandal Gravity Water Supply Scheme be started at the earliest and completed by the end of December, 2026.

Under JSA: CTR, the Forest Department informed that 110 works have been approved and tendered and 30 allotted; the Agriculture.

Sham Lal Sharma Chairs Review Meeting of Rural Development and Panchayati Raj Department in Bhalwal

Directs Strict Monitoring, Quality Control and Time-Bound Completion of Development Works

■ HT News Network



Jammu: MLA Jammu North Sham Lal Sharma today chaired a comprehensive review meeting of the Rural Development and Panchayati Raj Department at the Block Development Office (BDO), Bhalwal, to assess the progress of ongoing development works, review completed projects and address implementation-related issues across the block. The meeting focused on strengthening rural infrastructure, improving the quality of public assets and ensuring that the benefits of government-funded development initiatives reach people at the grassroots level.

The meeting was attended by Assistant Commissioner Panchayat Shri Mukhtiar Sheikh; Executive Engineer, Rural Engineering Wing, Jammu, Shri Satbir Singh; Block Development Officer, Bhalwal, Shri Sunil Sharma; Assistant Executive Engineer, Rural Engineering Wing, Sub-Division Bhalwal, Shri Mohammad Akram, along with Assistant Engineers, Junior Engineers, Panchayat Secretaries and field staff. Detailed discussions were held on the physical and financial progress of ongoing projects, the status of completed works, pending activities and issues requiring administrative or technical intervention. The officers were asked to provide a clear assessment of progress and identify the reasons for any delays in execution.

During the review, Sham Lal Sharma directed all concerned officers and field functionaries to ensure regular monitoring and physical inspection of development works at the ground level. He emphasized strict adherence to approved designs, estimates, technical specifications and prescribed quality standards at every stage of execution. He also instructed the officers to inspect completed projects and assess their quality, durability, functionality and actual public utility, stressing that completion on paper alone would not be sufficient unless the work delivers tangible benefits to the people. He further called for better coordination among engineering staff, block-level officers and Panchayat functionaries to resolve implementation-related bottlenecks and ensure balanced development across all Panchayats.

Taking a firm view on delays in project implementation, Sham Lal Sharma directed the department to accelerate all pending works and ensure their completion within the stipulated timelines. He stated that unnecessary delays in the tendering process and failure by contractors to complete allotted works within the prescribed contractual period would not be tolerated. He instructed the concerned officers to issue final notices to contractors responsible for such delays and, wherever warranted, initiate action for blacklisting after following the prescribed rules, contractual provisions and due procedure. He also emphasized that public funds must be utilized judiciously, transparently and strictly for their intended purpose, with accountability fixed wherever negligence or avoidable delays affect the progress of development works.

Reiterating his commitment to strengthening rural infrastructure and improving basic amenities across Jammu North, Sham Lal Sharma called upon all officers and employees to discharge their responsibilities with sincerity, professionalism and a strong sense of public accountability. He stressed that every development project must result in a durable public asset and deliver meaningful, long-term benefits to the community. He directed the department to maintain close coordination, regularly review the progress of works and remain responsive to local requirements, ensuring that development initiatives are completed on time, meet the required quality standards and serve the larger public interest.

SSP Srinagar Holds Thana Diwas at Anchar, Soura, Stresses Public Cooperation

■ HT News Network



Srinagar, November 13, 2026: In a continued effort to strengthen Police-Public relations and promote community-oriented policing, Srinagar Police organised Thana Diwas cum Lok Darbar programmes across various Police Stations and Police Posts of the district, providing a platform for direct interaction with the public and redressal of their grievances.

As part of the initiative, a special Thana Diwas cum Lok Darbar was held at Anchar, Soura, chaired by SSP Srinagar, Dr. G.V. Sundeep Chakravarthy, IPS, accompanied by SP Hazratbal, SDPO Hazratbal and SHO Police Station Soura.

The programme witnessed active participation from local residents, traders, religious leaders, Masjid committees and other prominent members of civil society.

Addressing the gathering, SSP Srinagar emphasised that peace, security and development are shared responsibilities of the police and the public. He reiterated that Srinagar Police remains committed to people-friendly policing, building mutual trust and ensuring a safe and secure environment for every citizen.

He highlighted the importance of sustained community engagement, particularly involving youth, religious leaders and other stakeholders, in preventing drug abuse, criminal activities and other social evils. He urged the public to remain vigilant and share credible information with the Police to help maintain peace and public order.

During the interactive session, participants raised various grievances and issues concerning their localities. SSP Srinagar patiently heard their concerns and directed the concerned officers to ensure prompt and time-bound redressal of Police-related grievances. He further assured that matters concerning civil administration would be taken up with the respective departments for necessary action.

The participants appreciated the initiative and expressed satisfaction over the opportunity to interact directly with senior police officers. They reaffirmed their commitment to maintaining peace, communal harmony and social cohesion, besides extending full cooperation to Srinagar Police in combating drug abuse and criminal activities. A written assurance reflecting this commitment was also submitted by the participants.

SSP Srinagar assured the gathering that the doors of Srinagar Police would always remain open to the public, stressing that regular dialogue, mutual respect and collective responsibility are essential for building lasting peace and public confidence.

The programme concluded on a positive note, reaffirming the collective resolve of Srinagar Police and the community to work together towards a peaceful, drug-free and secure Srinagar.

Health Department Shopian launches 60-day Tobacco-Free Youth Campaign 4.0 with Mega Awareness Rally

■ HT News Network



SHOPIAN, NOVEMBER 13: In a push toward building a healthier, addiction-free society, Office of the Chief Medical Officer (CMO), Shopian, under the banner of the District Health Society Shopian and the National Tobacco Control Programme, organized an awareness programme, rally and pledge ceremony today as part of the 60-Day Tobacco-Free Youth Campaign (TFYC) 4.0.

During the programme, District Health Officer, Dr. shafkat Ahmed Khan highlighted the importance of creating awareness among people and urged all stakeholders, particularly educational institutions, health workers and community representatives to play an active role in discouraging tobacco use. He also administered pledge to the participants on the occasion.

Carrying banners emblazoned with the campaign slogan "Say No to Tobacco, Yes to Life," participants marched to sensitize the public particularly the youth about the severe health hazards of tobacco consumption.

The awareness rally commenced from the Mini-Secretariat, Arhama, Shopian and proceeded up to the Old Fruit Mandi, Shopian, drawing attention to the urgent need for collective action against tobacco use.

Omar-led Govt focusing on inclusive development of far-flung and urban areas of Udhampur and Reasi districts: Rattan Lal Gupta.

■ HT News Network



Jammu, November 13th : Rattan Lal Gupta Adv., Provincial President, Jammu and Kashmir National Conference, emphasised the importance of ensuring balanced, equitable and inclusive development of both far-flung rural areas and urban centres of Udhampur and Reasi districts, stating that no area or section of society should be left behind in the development process.While interacting a delegation of District Udhampur Rural headed by Anyatullah District President Udhampur Rural OBC Cell alongwith Surinder Singh, Gita Devi, Parmila Devi and Polli Devi in the presence of Sheikh Bashir Ahmad Provincial Secretary Jammu, Vijay Lochan Chairman SC Cell, Laxmi Datta Senior leader, Rajni Devi Working President Women Wing at Provincial Party headquarter Gandhi Nagar Jammu. Mr Rattan Lal Provincial President Jammu said that the development agenda of the Omar Abdullah-led Government must give special attention to remote, hilly, border and inaccessible areas, where people continue to face challenges relating to basic infrastructure and essential public services.Mr Gupta emphasised Omar led Govt several priority areas requiring sustained attention, including : Roads and connectivity: Construction, upgradation and maintenance of roads, bridges and link roads to connect remote villages with district headquarters, hospitals, educational institutions and markets, Drinking water: Strengthening Jal Shakti infrastructure, ensuring regular water supply and completing pending water supply schemes, particularly in hilly and water-scarce areas, Healthcare: Improving facilities in district hospitals, sub-district hospitals.

Kishtwar: Progress of VB-G Ram-G, other Scheme works reviewed

KISHTWAR, NOVEMBER 13: On the directions of Deputy Commissioner Pankaj Kumar Sharma, the Assistant Commissioner Development Manoj Kumar today convened a comprehensive review meeting to assess the physical and financial progress of developmental works being executed under District Capex, UT Capex, VB-G Ram G and other developmental schemes in district Kishtwar.The ACD directed all Block Development Officers to accelerate physical and financial progress and take concrete measures for timely completion of ongoing works. He further directed for release of payments in respect of works already completed.

The Assistant Executive Engineers and Assistant Engineers were directed to ensure timely test-checking and recording of contractors' bills in accordance with the prescribed procedures, so that avoidable delays in processing of payments are eliminated. They were also instructed to maintain strict technical supervision and ensure adherence to prescribed quality standards, making it clear that no compromise with the quality of developmental works would be acceptable.

Jammu Police Book Four in Three NDPS Cases, Seize 22g Heroin Under Operation Sanjeevani

■ HT News Network

Jammu, November 13, 2026.

Continuing its sustained drive against drug trafficking and consumption under Operation Sanjeevani, Jammu Police, led by SHO Police Station Pacca Danga, booked four persons in three separate cases under the NDPS Act during the intervening night of 12/13 November 2026.

During routine foot patrolling near Ranbir Higher Secondary School, Parade, a police party of PS Pacca Danga apprehended two persons who attempted to flee on noticing the police party.

During their search, approximately 10 grams of heroin-like substance was recovered from Nikhil Sharma S/o Anand Sharma R/o Bus Stand, Udhampur, while approximately 12 grams of heroin-like substance was recovered from Farzan Shah S/o Mohd Ashraf Shah R/o Ustad Mohalla, Jammu. Thus, a total of approximately 22 grams of heroin-like substance was recovered.

In this connection, FIR No. 188/2026 U/S 8/21/22 NDPS Act was registered at PS Pacca Danga, and investigation was going on. Both accused are presently in police custody. Further investigation is underway to establish backward and forward linkages.

Additionally, two persons allegedly involved in drug consumption were also booked in separate cases under the NDPS Act:

IUST observes World Diabetes Day

■ HT News Network

Awantipora, Nov 13: The Islamic University of Science and Technology (IUST) observed World Diabetes Day 2026 on Friday with a series of activities including MoU signing, felicitation ceremony, expert lectures and diabetes screening. The event was held at the Conference Hall of the Rumi Library, IUST. The celebrations commenced with the inaugural session, which began with a welcome address by Dr. Muzafar Macha. Brief remarks were delivered by the District AYUSH Officer, Pulwama and the Directorate of AYUSH, Dr. M. Shafi Malik, along with a brief Yoga demonstration.

Addressing the gathering, Prof. Sheikh Aijaz Bashir, Dean Academic Affairs, IUST, highlighted the importance of such health awareness initiatives and the University's role in community health outreach. He stated that diabetes affects a substantial section of the global population and, despite widespread awareness about preventive measures and lifestyle modification, adherence remains a significant challenge. He noted that bridging the gap between knowledge and practice continues to be a critical area requiring collective intervention.

Dr. Shujad Hussain Shuja, Assistant Director, AYUSH, in his address, stated that with over 101 million people affected by diabetes in India, preventive intervention assumes paramount significance. He stressed the need to move beyond awareness towards tangible action, advocating a paradigm shift from a treatment-centric to a prevention-driven healthcare model.He further emphasized that sustained lifestyle modifications, encompassing balanced nutrition, regular physical activity and effective stress management constitute the cornerstone of diabetes .

Don't poke your nose in India's security policy; fulfil your promises to J&K People: Bali Bhagat to Farooq

Farooq should worry about NC's rebellion instead of lecturing on India's Pakistan Policy: Bali Bhagat

■ HT News Network

JAMMU: Senior BJP leader and former Minister Bali Bhagat today launched a scathing attack on National Conference (NC) president Dr Farooq Abdullah over his repeated statements advocating dialogue with Pakistan amid continuing terrorist violence in Jammu and Kashmir, accusing him of displaying misplaced priorities and giving Pakistan's propaganda machinery an opportunity to exploit political statements made within India.

Reacting to the recent terrorist incidents in Kulgam and Kishtwar, Bhagat said it was unfortunate that while security personnel were putting their lives on the line and innocent families were mourning their loved ones, Farooq Abdullah was busy advocating engagement with a country whose establishment has continuously sponsored terrorism against India.

"Farooq Abdullah must stop shielding Pakistan and stop giving lectures to the Government of India on how to handle terrorism. Three CRPF personnel were injured in the Kulgam attack, while two Special Police Officers were brutally killed in Kishtwar. These are not statistics; these are human lives, shattered families and sacrifices made in the service of the nation. At such a critical time, the country expects solidarity with our security forces, not Pakistan-friendly statements," Bhagat asserted.

Taking direct aim at Farooq's Pakistan-centric remarks, Bhagat said, "Stop poking your nose into India's internal matters. Jammu and Kashmir is an integral part of India, and nobody in Pakistan has any authority to dictate its future. India is a sovereign nation capable of taking its own decisions. Farooq Abdullah should understand that Pakistan cannot be trusted with peace while its terror infrastructure and anti-India activities remain a serious security concern."

Bhagat further said that the Modi Government does not need lessons from the NC leadership on tackling terrorism. "The days of weak responses and political appeasement are over. Prime Minister Narendra Modi and Home Minister Amit Shah have



demonstrated a firm national security approach. Our security forces must be given full support to eliminate terrorism and its ecosystem. Farooq Abdullah should stop questioning India's resolve and stand unequivocally with the nation."

Turning to the NC's governance record, Bhagat challenged Farooq and Chief Minister Omar Abdullah to fulfil the promises made to the people before the Assembly elections.

"Where are the promised 200 units of free electricity? Where are the 12 free LPG cylinders annually? Where is the promised 5,000 monthly assistance for women heads of economically weaker families? What has happened to the employment commitments made to our unemployed youth? Instead of delivering on these guarantees, the NC leadership is busy making headlines through controversial statements on Pakistan," he said. Taking another swipe at the party's internal situation, Bhagat said the National Conference was struggling to manage its own affairs, with reports of dissent among its MLAs, leaders and workers.

"Farooq Abdullah should first save his own sinking political ship. His own legislators are questioning the leadership, party workers are dissatisfied and internal divisions are becoming increasingly visible. Instead of worrying about Pakistan and advising the Modi Government, he should concentrate on reviving the National Conference, pacifying rebellious voices within his organisation and restoring the confidence of his own workers."

Concluding, Bhagat said the people of Jammu and Kashmir wanted security, development, employment and accountability, not political theatrics.

"Pakistan cannot be given a certificate of peace while our soldiers and citizens remain targets of terrorism. Farooq Abdullah must choose his words responsibly.

Director PM VIKAS reviews Education, Non-Traditional Skilling initiatives in Jammu & Kashmir

■ HT News Network

SRINAGAR, NOVEMBER 13: Director, Pradhan Mantri Virasat Ka Samvardhan (PM VIKAS) Scheme, Ministry of Minority Affairs, Government of India, Neha Giri, undertook field visits to PM VIKAS training centres in Bijbehara, Anantnag and Karan Nagar, Srinagar, on 11–12 November 2026, to review implementation of the various components of the Scheme.

Director, PM VIKAS visited the Education Component Centre at Darul Aloom Noori Irfam, Guree, Bijbehara, District Anantnag, being run by the National Institute for Entrepreneurship and Small Business Development (NIESBUD).

During the visit, she interacted with trainees, trainers and centre staff and reviewed the learning activities being undertaken under the Education Component. She emphasised the importance of open-school learning in enabling school dropouts to resume and complete their education and encouraged the trainees to make effective use of the



opportunity available under PM VIKAS Scheme.

The trainees also shared their learning experiences and aspirations for continuing their education. Under the Education Component of PM VIKAS Scheme, eligible school dropouts are provided an education bridge programme to facilitate open schooling at the Class VIII, X and XII levels, with assessment and certification through the National Institute of Open Schooling (NIOS) or other institutions approved by the Ministry.

The visit was attended by officials of the Social Welfare Department, including Mushtaq Ahmad Maqdoomi, Deputy Director, Social Welfare, Kashmir, and Aadil Iqbal Lone, District Social Welfare Officer, Anantnag. NIESBUD was represented by Aabid Nisar Shah, State Head, J&K, along with the Centre Coordinator, trainers and other officials.

The Director also visited the PM VIKAS Training Centre at Karan Nagar, Srinagar, being run by ITI Limited under the Non-Traditional Skilling Component.

She inspected the training facilities and interacted with trainees undergoing training in the National Skills Qualifications Framework (NSQF)-aligned job role of Artificial Intelligence (AI) Technocrat. The Director emphasised the growing importance of industry-relevant technical and practical skills in emerging sectors such as Artificial Intelligence and encouraged the trainees to make optimum use of the training opportunity to enhance their employability and career prospects.

The Non-Traditional Skilling Component of PM VIKAS focuses on NSQF-aligned, placement-linked training in non-traditional and emerging sectors, with emphasis on industry exposure, assessment, certification, On-the-Job Training and employment linkages.

Training is provided free of cost to eligible beneficiaries with financial support from the Ministry of Minority Affairs.

Grand Musical Opera on the Life and Poetry of Habba Khatoon Organized at Amar Singh College by Adbi Markaz Kamraz

A unique initiative to connect the younger generation with Kashmiri culture and history

■ Jameel Ansari

Srinagar November 12, 2026

Adbi Markaz Kamraz, with the financial support of the Ministry of Culture, Government of India, and in collaboration with the Abdul Ahad Azad Memorial Chair of Cluster University Srinagar, presented a musical opera based on the life and poetry of renowned Kashmiri poetess Habba Khatoon at the auditorium of Amar Singh College, Srinagar.



On this occasion, the Vice-Chancellor of Cluster University Srinagar, Prof. (Dr.) Mohammad Mobin, graced the event as the Chief Guest. Prof. Tehmina Yousuf (Principal, Amar Singh College, Srinagar), Prof. Syed Wilayat Hussain (Registrar, Cluster University), and Prof. Khursheed Ahmad Mir (Controller of Examinations) attended the function as Guests of Honour. Alongside university and college faculty, office bearers of Adbi Markaz Kamraz, and prominent theatre personalities, a large number of students were present at the event.

The opera was staged in a captivating manner and thoroughly entertained the audience. Towards the conclusion of the event, several distinguished personalities were felicitated. Besides the Chief Guest and Guests of Honour, the honourees included Dr. Shaista Ahmad (Coordinator, Abdul Ahad Azad Memorial Chair), noted musician Syed Abdul Waheed Jeelani, renowned theatre director Altaf Hussain, acclaimed theatre and film actor Shafiq Qureshi, Shagufta Ara (Director, Yemberzal Group), and sound recordist Imran Latief

To ensure the smooth production of the opera, the Markaz's Financial Secretary, Majeed Majazi, had been appointed as the coordinator. The proceedings of the programme were conducted by the General Secretary of Adbi Markaz Kamraz, Shabnam Tilgami, while the President of the Markaz, Mohammad Amin Bhat, delivered the vote of thanks at the end.

Three-Day Veshow Festival concludes amid exuburence in Kulgam

DC felicitates participants and stakeholders, appreciates gracious presence of literary figures, speakers, panellists

■ Ishfaq Malik

KULGAM, NOVEMBER 13: The three-day Veshow Festival 2026 concluded today at Government Degree College, Kulgam amid liveliness with a series of literary, cultural and trade exhibition activities celebrating the rich heritage, art, culture, literature and trade.



The concluding day's literary programme featured a 'Meet the Author' session with noted author Satish Vimal, followed by a literary discussion titled "Kashmiri Literature – Kal, Aaj Aur Kal" (Yesterday, Today and Tomorrow), providing a platform for deliberations on the evolution, present landscape and future prospects of Kashmiri literature.The programme also featured the Kul-Hind Mushaira (All India Mushaira), bringing together noted poets from across the country for a celebration of literary expression and poetry.Meanwhile, the four dedicated pavilions continued their activities with keynote addresses, panel discussions, closing talks and interactive sessions focusing on entrepreneurship and startups, handicrafts and rural enterprise, agri-business and horticulture, besides youth, skill and career development.The sessions covered diverse themes, including Jammu and Kashmir's potential as a business and enterprise hub, the role of handicrafts in livelihood generation, livestock and its contribution to the rural economy, opportunities for youth in a changing world, the role of Geographical Indication (GI) in promoting handicrafts and opportunities in the agri-economy.The sessions witnessed participation of experts, entrepreneurs, professionals, students and aspiring youth,

DLSA Budgam organises Awareness Programme on Child Rights and Protection under "Surakshit Bachpan Abhiyan" at GBHSS Beerwah

■ HT News Network

BUDGAM, NOVEMBER 13: District Legal Services Authority (DLSA), Budgam, in collaboration with the Education Department, Budgam, today organised an awareness programme on Child Rights and Protection, with special emphasis on the Protection of Children from Sexual Offences (POCSO) Act, 2012 at Government Boys Higher Secondary School (GBHSS), Beerwah, under the banner of "Surakshit Bachpan Abhiyan."

The programme was organised under the directions and guidance of Secretary, DLSA Budgam, Tabasum Qadir Parray, with the objective of sensitising students and the teaching fraternity about child rights, child protection mechanisms, and the legal safeguards available to children under the POCSO Act, 2012.During the programme, Advocate Naseer Ahmad Khan, Panel Lawyer and Advocate Feroz Ahmad Khan, deliberated on various aspects of child rights and protection. They highlighted the key provisions of the POCSO Act, 2012, the importance of preventing child abuse and exploitation, the legal remedies available to victims, and the role of educational institutions, teachers and society in ensuring a safe and protective environment for children. The students were also sensitised about the importance of recognising, reporting and responding appropriately to instances of abuse.The programme witnessed the participation of teachers, DLSA staff members, Para Legal Volunteers (PLVs) and a large number of students, who actively attended the awareness session.The initiative reaffirmed the commitment of DLSA Budgam towards promoting legal awareness, safeguarding the rights and dignity of children.

Kashmiri Rouf Dance Shines at Rashtriya Ekta Diwas Celebrations in Gujarat

■ HT News Network

Srinagar/November:13 A 43-member Kashmiri cultural troupe led by Gulzar Ahmad Bhat proudly represented the traditional Rouf dance of Jammu and Kashmir during the Rashtriya Ekta Diwas celebrations in Gujarat. The participation was facilitated by the North Zone Cultural Centre (NZCC) Patiala.The troupe presented the traditional Kashmiri Rouf dance highlighting the rich cultural heritage and artistic traditions of J&K. The performance received an enthusiastic response and widespread appreciation from audiences representing different states across the country.Expressing his gratitude to the North Zone Cultural Centre, Patiala "NZCC" Gulzar Ahmad Bhat said that representing Kashmir's cultural identity and traditional art forms at a national-level event was a matter of immense pride and honour.Gulzar also appreciated the dedication, hard work and outstanding performance of all 43 artists.

DC Jammu seeks fool-proof fire safety, crowd management arrangements at Jhiri Mela

■ HT News Network

JAMMU, NOVEMBER 13: Deputy Commissioner Jammu Minga Sherpa today pushed for making fool-proof fire safety and crowd management arrangements at the venue of Jhiri Mela 2026 to prevent any untoward incident at the annual festival.



The DC was chairing a meeting to review preparations for the 11-day Mela, which is to run from November 23 to December 3, 2026 at Jhiri village in Tehsil Marh.

Sub Divisional Magistrate Marh Amit Kumar briefed the chair on the arrangements. The meeting reviewed the work assigned to different departments, including installation of CCTV, public address systems, traffic management, sanitation, healthcare services and security.

On fire safety, the DC asked that arrangements be thoroughly and extensively reviewed and ensured. He mandated fire walls, fire extinguishers and adequate water supply arrangements at the Mela site. He also gave specific directions for crowd regulation and the prevention of stampedes or similar incidents. The DC further directed that parking spaces be prepared well in time and that the entire Mela area be properly illuminated.The meeting was informed that sanitation works, repair of toilet complexes and bathing ghats, bush cutting and barricading on key approach roads, along with allied works, will be completed well ahead of the Mela. Health centres, round-the-clock ambulances and mobile medicine vans will be in place before the festival begins, while a 24x7 Joint Control Room with CCTV monitoring will coordinate the response of all line departments. Trained volunteers will assist pilgrims, rescue teams and equipment will be stationed at Bawa Talab and designated parking zones along with public transport facilities will ensure smooth movement of devotees.Daily cultural and Bhakti nights, sports activities, an amusement park, a Mela bazaar, departmental awareness stalls and Dogra cuisine will be among the attractions of the Mela.

Young Dramatists Society Organises One-Day Theatre Seminar on "Theatre and Media Studies" at Amar Singh College, Srinagar

■ HT News Network

Srinagar, November 12, 2026: Young Dramatists Society (YDS), Srinagar, successfully organised a One-Day Theatre Seminar titled "Theatre and Media Studies" on 12th November 2026 at the New Auditorium, Amar Singh College, Srinagar, in collaboration with the Abdul Ahad Azad Chair, Cluster University Srinagar.

The seminar was supported by the J&K Academy of Art, Culture and Languages, the Department of Information and Public Relations, Government of Jammu and Kashmir, and Life Insurance Corporation of India (LIC).

The programme was graced by Prof. (Dr.) Mohammad Mubin, Vice-Chancellor, Cluster University Srinagar, as the Chief Guest. Prof. (Dr.) Tehmina Yousuf, Principal, Amar Singh College Srinagar, attended as the Guest of Honour. Prof. Khurshid Ahmad was the Special Guest, while Prof. Syed Wilayat Hussain Razvi was also present as a Guest of Honour. Dr. Shaista Ahmad, Coordinator, Abdul Ahad Azad Chair, Cluster University Srinagar, was among the distinguished dignitaries present on the occasion. The seminar witnessed the participation of prominent theatre personalities, writers, scholars,



media professionals and theatre experts, who shared their valuable perspectives on the relationship between theatre and mass media, the changing dimensions of theatrical expression and the role of media in promoting performing arts and cultural heritage.

A special felicitation ceremony was also organised to honour and acknowledge the contributions of distinguished personalities from the theatre fraternity for their dedication towards the promotion and preservation of theatre and performing arts.

n important highlight of the seminar was the presentation of two theatrical performances. Young Dramatists Society presented "Gaash Chhu Mumkin," a play addressing mental health awareness, while "Negative," a theatrical presentation by Sheikh Mohammad Hanief and Dr. Sohan Lal Koul, added an artistic and thought-provoking dimension to the programme

The performances received appreciation from the audience and highlighted the importance of theatre as a powerful medium of social awareness, communication and creative expression.

The programme concluded with a vote of thanks delivered by Altaf Hussain, Secretary, YDS, who expressed gratitude to the dignitaries, supporting institutions, participating theatre personalities, media representatives and the audience for making the seminar successful. Syed Javid Gilani, Vice-President, YDS, and Mushtaq Baqal, President, YDS, also acknowledged the collective efforts and cooperation of everyone associated with the event.

The seminar proved to be a meaningful platform for interaction, intellectual exchange and appreciation of the evolving relationship between theatre and media, reaffirming the commitment of Young Dramatists Society towards the promotion of Kashmiri theatre and cultural heritage.

Ali Emran Carves Out Distinct Cinematic Identity, Pushes Boundaries of Kashmiri Cinema

■ HT News Network

SRINAGAR, No 13: Kashmiri filmmaker, writer and poet Ali Emran has developed a body of cinematic work spanning feature films, documentaries and experimental productions, exploring themes of spirituality, human consciousness, cultural identity and the changing social landscape of Kashmir.

With more than 12 films, including four feature-length productions, Emran's filmmaking journey spans over two decades. His work draws inspiration from Iranian cinema, European art-house traditions, Kashmiri folklore and Sufi philosophy, with an emphasis on unconventional narratives and visual experimentation.

His feature-film journey began with Ibtida: The Beginning (2015), an Urdu-language film inspired by Ayn Rand's philosophical novel The Fountainhead. The film explored individual integrity, creative freedom and resistance to social conformity.

He subsequently ventured into Kashmiri-language cinema with Qouluf, The Ensorcelled (2024), drawing inspiration from the spiritual legacies of Sheikh Noor-ud-Din Noorani and Lal Ded. The film's theatrical release at INOX Srinagar and its presence at platforms including the Kolkata International Film Festival and India Habitat Film Festival marked another milestone in his career.

His 2026 feature Baand focuses on Kashmir's traditional folk theatre, Baand-e-Pather, and the challenges surrounding its preservation. Centred on veteran performer Gani Bhagat and his son Akhtar, the film examines the relationship between cultural heritage, changing social attitudes and the survival of traditional performing arts.

The film was selected for the FYH New York International Film Festival and served as the opening film of the Sixth International Film Festival Kashmir. Emran's fourth feature, Yaqza — The Awakening (2026), takes a more experimental approach to filmmaking. The 81-minute production explores consciousness, memory, perception, identity and spiritual awakening through imagery, sound, silence and symbolism. Described as Kashmir's first experimental



feature film, it was released theatrically on October 20, 2026, moving away from conventional linear storytelling. His earlier experimental works include The Ninth Act (2006), which examined globalisation and its impact on downtown Srinagar, and Know Me (2010), which was selected for the Mumbai International Film Festival. Other notable productions include Baand-e-Jashn (2014), Tasavuf (2015), Crowd, Flyer and the documentary Jesus & Kashmir (2026). Beyond filmmaking, Emran has maintained an engagement with literature, poetry and theatre. His published works include Lafz, Aks, Aab, The Unseen Voice and Unwaan. His poetry spans English, Urdu and Kashmiri.

His theatrical work includes a production inspired by Agha Shahid Ali's celebrated literary work The Country Without a Post Office, reflecting his interest in exploring Kashmir's identity and experiences through different artistic forms.

Emran has also ventured into experimental video art. One of his collaborations with National School of Drama theatre practitioner Sir Robin Das represented India at the Peru World Theatre Festival.

His films have featured at several national and international platforms, including the Kolkata International Film Festival, Mumbai International Film Festival, India Habitat Film Festival, FYH New York International Film Festival and International Film Festival Kashmir. He is currently working on Waraas, an upcoming Kashmiri feature film, while his documentary project End Time Priest-King is scheduled for 2027.

HT EDITORIAL

When AI Becomes a Nightmare : Are We Raising a Generation That Has Forgotten How to Think ?

Artificial intelligence was introduced as a tool to make human life easier, expand knowledge and unlock new possibilities. But as its influence penetrates homes, classrooms and the impressionable minds of children and young adults, an uncomfortable question is emerging: Are we creating a generation that is becoming increasingly intelligent through machines, yet dangerously vulnerable in its own thinking?

A chilling incident involving a young man allegedly killing a child from his neighbourhood, who was also his relative, and removing the child's internal organs with the intention of selling them for money, brings this debate into particularly disturbing territory. If investigations establish that artificial intelligence influenced or encouraged the crime, it would expose an alarming dimension of technology misuse. However, the alleged connection must be established through evidence, not assumption. The crime itself, irrespective of its motive, is a horrifying reminder of how vulnerable human lives can become when criminal impulses, distorted thinking and harmful influences converge.

The incident reported from Chhattisgarh's Jashpur district is particularly disturbing. According to police accounts reported by national media, a 27-year-old man allegedly murdered his four-year-old cousin after interacting with an AI application while exploring ways to make quick money through the illegal sale of human organs. Investigators said he had spent weeks seeking information through AI interactions and had reportedly developed the bizarre belief that a prospective buyer would arrive to purchase the organs. The accused was arrested, and the investigation brought to light the horrifying misuse of technology in the planning of the crime.

This is not merely another case of murder. It is a disturbing warning about the consequences of allowing unregulated digital influences to enter vulnerable or impressionable minds without adequate understanding, supervision or safeguards. A technology designed to assist humanity should never become a source of encouragement, instruction or perceived validation for criminal fantasies.

The larger concern is that artificial intelligence is no longer confined to laboratories, universities or professional workplaces. It is available on mobile phones, often within the reach of children who have not yet developed the maturity to distinguish reliable information from misinformation, ethical guidance from dangerous suggestions, or imagination from reality. Young users can increasingly turn to AI for answers to almost anything, sometimes without questioning the accuracy, morality or consequences of what they receive.

The danger becomes greater when users begin treating AI chatbots as unquestionable authorities rather than technological systems that can make mistakes, reproduce misleading information or be misused through carefully framed questions. An individual already driven by greed, obsession, frustration or criminal intentions may attempt to use technology to reinforce distorted beliefs. That is where the responsibility of technology companies becomes particularly significant.

Equally troubling is the growing dependence of schoolchildren on AI for routine academic work. Essays, homework, mathematical problems and research assignments are increasingly being outsourced to automated tools. While these applications can make learning more accessible, they can also deprive students of the intellectual struggle through which reasoning, patience, imagination and independent judgement develop. A child who receives every answer instantly may gradually lose the habit of asking meaningful questions.

Education is not simply about collecting information. It is about developing the ability to distinguish right from wrong, evaluate evidence, challenge assumptions and make responsible decisions. If technology begins performing every intellectual task on behalf of students, schools risk producing generations that are technologically equipped but intellectually dependent.

However, blaming artificial intelligence alone would be an oversimplification. Technology does not operate in a moral vacuum, nor can every criminal act be attributed to an application. Human intention, social circumstances, digital literacy, family supervision and the responsibility of technology developers all matter. The real challenge is to ensure that powerful tools do not become instruments through which ignorance, manipulation and criminal impulses acquire a new dimension.

India, with its rapidly expanding digital population and enormous young demographic, needs to take this challenge seriously. Schools should introduce structured AI literacy programmes, teaching students not merely how to use these tools but also when to question, verify and reject their responses. Parents must remain attentive to children's digital habits, while technology companies must strengthen safeguards against harmful instructions and dangerous interactions. Regulatory authorities, too, need to examine whether existing protections are adequate for minors and vulnerable users.

Google's recent decision to keep certain AI tools switched off by default on K-12 student accounts unless school administrators enable them reflects the growing recognition that educational technology requires appropriate boundaries. Such precautions deserve wider consideration, particularly in a country where access to digital platforms is expanding faster than digital awareness.

Artificial intelligence has immense potential to transform education, healthcare, research and public services. Rejecting it altogether would be neither practical nor desirable. But celebrating technological advancement without examining its social and psychological consequences would be equally irresponsible.

The Chhattisgarh tragedy should force parents, educators, policymakers and technology companies to confront a question far more serious than whether children are using AI to complete their homework. The question is whether society is adequately preparing them to use such powerful technology without surrendering their judgement, conscience and sense of humanity. A machine may provide information, suggest possibilities and simulate conversation, but it cannot replace the moral responsibility of a human being. If we fail to teach the next generation the difference between knowledge and wisdom, convenience and competence, and intelligence and conscience, the consequences could be far more frightening than anything technology was originally intended to solve.

Is Chenab Valley Prepared for the Ecological Cost of Unchecked Development?

The hidden costs of hydropower expansion in a fragile valley are being overlooked with potential; risk to Doda, Kishtwar and Ramban



By Sadaket Malik



The Chenab River is the ecological lifeline, geographical identity and economic foundation of a region whose communities, forests and farmland have depended on its waters for generations. From the confluence of the Chandra and Bhaga in Himachal Pradesh, through Kishtwar, Doda and Ramban to Akhnoor, it is one of the most significant river systems of the western Himalayas.

Yet beneath the beauty of its valleys, an environmental transformation is unfolding. Glacier retreat, shifting precipitation, expanding hydropower, road construction, tunnelling, riverbed extraction and the unscientific disposal of excavated muck are all straining the ecological stability of the Chenab basin.

The question facing the region is no longer how much electricity the river can generate, or how many projects its course can accommodate. It is whether the ecological carrying capacity of this fragile landscape is understood before irreversible decisions are taken.

A recent report by the South Asia Network on Dams, Rivers and People (SANDRP), Infrastructure Projects in Chenab Basin and Climate Change: Need to Exercise Caution (27 April 2025), brings these concerns into focus.

Drawing on field visits from the river's origin to Akhnoor in October and November 2024, community interactions, scientific studies and government records, it examines how conditions in the basin are changing and what that means for expanding infrastructure. Its findings deserve close attention from policymakers, hydropower authorities, environmental regulators and civil society across Jammu and Kashmir.

Melting Headwaters: A warning from the mountains

Himalayan glaciers act as natural reservoirs, storing water as ice and releasing it gradually through the warmer months. The Chenab's reliability depends on them, and the evidence shows they are shrinking. Studies cited by SANDRP estimate that glacial volume in the basin fell by about 33.3 per cent between the signing of the Indus Waters Treaty in 1960 and 2004–05 (see Kulkarni et al., 2007).

In the Chandra and Bhaga sub-basins, the river's upper reaches, glacier extent, temperature and precipitation are all changing. Studies of the Bhaga basin document accelerating deglaciation, while recent projections for the Chandra basin foresee substantial further ice loss this century.

In the short term, faster melting can raise discharge and the likelihood of extreme events. Over the longer term, shrinking glacier reserves threaten the reliability of seasonal flows for farming and drinking water downstream. The Chenab is not insulated from the climate crisis, and its changing hydrology must be central to every major development decision in the basin.

Glacial Lake Outburst Floods: The Threat Upstream

As glaciers recede, meltwater collects behind unstable barriers of ice, rock and loose sediment. When such a barrier fails, it can release an enormous volume of water at once: a glacial lake outburst flood (GLOF). SANDRP highlights the expansion of several glacial lakes in the upper Chenab basin, particularly in the Chandra region.

The most striking is Samudra Tapu, at the head of the Chandra. According to a National Remote Sensing Centre (NRSC-ISRO) risk assessment, its water-spread area grew from about 14.19 hectares in 1965 to 142.69 hectares in 2022, an expansion of around 905 per cent. The same assessment estimated that a complete breach could discharge about 17,342 cubic metres per second under the modelled scenario.

The nearby Ghepan Gath lake grew by about 178 per cent between 1989 and 2022, according to NRSC. These statistics describe a potential threat to settlements, roads, bridges and hydropower installations along the entire river below. Lake monitoring, early-warning systems and downstream risk assessment must therefore become core to infrastructure planning on the Chenab.

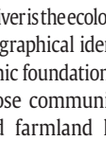
Kishtwar: A District at the Centre of the Debate

For Jammu and Kashmir, the findings on Kishtwar are the most significant. The district holds 197 glacial lakes, over a third of the Union Territory's total, according to its disaster management authority.

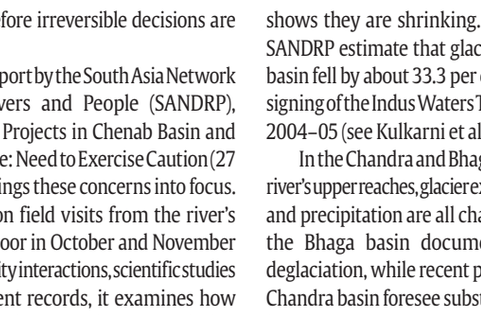
A joint study by teams from the University of Kashmir, the Central University of Jammu and the Geological Survey of India identified 11 high-risk glacial lakes in Jammu and Kashmir. Three of them, rated highly hazardous, are in Kishtwar: Mundiksar, Hangu and an unnamed lake.

The Love That Never Clocked Out

"Behind every child's smile lies a mother's countless sacrifices, silent sufferings and unconditional prayers".



By Aadil Farooq



There is something profoundly extraordinary about a mother. She can carry an ocean of pain within herself and still find the strength to smile at her child's arrival. She can spend an entire night battling her own suffering, yet wake up in the morning with one concern: whether her children have eaten, slept well and reached their destinations safely. Perhaps this is the only love in the world that continues to give even when it has almost nothing left to give.

A mother's love is not measured by the wealth she possesses, the gifts she offers or the words she speaks. It is reflected in the sacrifices she makes without announcing them, the dreams she postpones without complaint and the countless little acts of care that often go unnoticed. She cuts short her own desires to fulfil those of her children. She compromises on her comforts so that they can live comfortably. Her own ambitions may remain unfinished, but she never stops dreaming of a brighter tomorrow for them.

Whether she belongs to a wealthy household or a family struggling to make ends meet, a mother's aspirations remain remarkably alike. She wants her children to rise above their circumstances, walk with dignity and live a life better than the one she has known. She may not be able to build a kingdom for them, but in her heart, she raises each child like a king. Her happiness is not necessarily in what she owns, but in what her children become.

What makes this affection even more extraordinary is that a mother rarely considers her sacrifices extraordinary. To her, preparing a meal, waiting for a child to return, asking about lunch or making a telephone call simply to know whether everything is alright are not acts of sacrifice. They are the natural language of motherhood. Yet, for a child who understands their meaning, these ordinary gestures eventually become priceless memories.I would like to share here a personal experience of my beloved mother, one that has profoundly changed the way I understand a mother's love, sacrifice and unconditional affection.My mother spent nearly three years battling a life-consuming disease. Chemotherapy became part of her routine, hospital visits became familiar journeys, and the veins in her hands and arms endured repeated cannulations and the discomfort of treatment. Her body was going through a battle that words can hardly describe. Yet, what continues to astonish me is that even in the midst of her suffering, her greatest concern was never entirely about herself. It was always about her children.I still remember returning home from work and opening the door to her room. The moment she recognized my voice; her eyes would light up with an indescribable joy. For those few moments, it seemed as though the pain her body had been enduring quietly retreated into the background. Her face expressed a happiness that no expensive gift or grand celebration could ever reproduce.

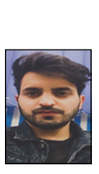
She would call me three times a day, sometimes just to ask, "Jana, are you alright? Have you had your lunch?" Those were not routine questions. They were little expressions of a heart that remained concerned about me even when her own body was fighting an exhausting battle.

In the evenings, she would repeatedly look towards the window, waiting for the familiar sound of the gate opening. Perhaps she was waiting for nothing more than the assurance that her child had returned home safely. I now realize that while I was occupied with the responsibilities of the outside world, someone inside that room had made my arrival the most awaited moment of her day.Even during her hospital admissions, her maternal instincts never took a day off. I remember her telling me one morning, "Jana, have some eggs from the diet served by the hospital canteen." Think about it: a woman undergoing treatment, surrounded by medicines and medical equipment, was still concerned about whether her son had eaten properly.

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From Shelves To Roads

When a society makes less room for books, it reveals more than a change in taste.



Junaid M Wani



There is a troubling image that has circulated in conversations about our changing priorities. There has come a day when books are pushed out onto the roads while shoe showrooms occupy the places once reserved for them. Whether understood as a warning, a lament, or a metaphor, the image is powerful because it asks a question larger than the fate of a bookshop: what does a society choose to make room for, and what is it prepared to leave behind?

This is not an argument against commerce. Shops, businesses, and livelihoods are necessary to any living city. Nor should every empty shop be turned into a library by decree. The concern is more subtle. When spaces associated with reading, reflection, and intellectual exchange steadily disappear, while consumption becomes the most visible expression of progress, something in our collective imagination may also be changing. A society is shaped not only by the buildings it constructs, but by the habits it encourages and the things it learns to value.

Books have never been merely objects made of paper. They are vessels of memory, instruments of doubt, and invitations to enter lives beyond our own. A book asks for something increasingly difficult to give, sustained attention. It does not always reward us immediately. It asks us to pause, return to a sentence, reconsider an assumption, and live for a while with a thought that may unsettle us. In that slow encounter, reading develops more than vocabulary. It cultivates patience, judgment, imagination, and the ability to recognise complexity where a hurried glance sees only certainty.

For Kashmir, this question carries a particular weight. The Valley's story is not only a story of landscapes and beauty, is also a story of languages, scholars, poetry, spiritual, and the preservation of memory. Across centuries, knowledge travelled through manuscripts, teachers, poets, chroniclers, and the patient work of readers. Kashmir's literary inheritance is not confined to one language or one community. Lal Ded's vakhs continue to invite reflection on the self and the world. Sheikh-ul-Alam's verses carry ethical and spiritual force. Habba Khatoon's poetry gives voice to longing and human vulnerability. Kalhana's Rajatarangini, a remarkable historical chronicle of Kashmir, demonstrates an enduring impulse to record the past and examine the conduct of rulers. These figures are not simply names to be repeated on commemorative occasions. They belong to a living tradition only when their words are read, questioned, translated, discussed, and allowed to speak to the present generation.

Today, when students face intense examination pressure, families negotiate economic uncertainty and digital screens divide attention into fleeting moments, the disappearance of a bookshop or the neglect of a library means more than a change in commerce. It weakens a place where Kashmir can read its own past, engage with other worlds, and give its younger generation room to think. Reviving that culture requires accessible books in Kashmiri, Urdu and English, welcoming libraries, local bookshops, reading circles, translations, and schools that encourage curiosity beyond prescribed textbooks. A tradition remains alive not because we praise it, but because we continue to read it.

A literary heritage can become a decoration if it is admired from a distance but not practised in daily life. We may celebrate poets at public functions and quote their lines on social media, yet remain strangers to the books from which those lines emerged. We may take pride in Kashmir's intellectual past while giving children fewer opportunities to experience the quiet pleasure of reading. Heritage survives not through praise alone, but through use. A language stays alive when it is spoken and written, a literary tradition remains alive when its books are opened.

The challenge today is not simply that people read less. It is that attention itself has become contested territory. Screens offer an endless stream of short, immediate stimulation. Information arrives rapidly, often stripped of context, and an opinion can be formed before a question has been properly understood. Digital platforms also support learning and bring books to readers who might otherwise lack access. The problem, therefore, is not technology as such. It is the habit of confusing constant exposure to information with the deeper work of understanding it.

Reading cannot be revived by scolding young people or romanticising an earlier age. It must be made accessible, social, and meaningful. Families can make room for books at home and allow children to see adults reading for pleasure, not only for examinations. Schools can protect time for independent reading rather than treating every text as a passage to memorise.

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HT SATURDAY- GOSSIP ---

SHORT STORY

The Hero of Conscience



By YOUSUF MIR

(A story of greed, loyalty, and the struggle of conscience.)

A small bungalow stood in the middle of a vast open field that stretched as far as the eye could see. The field was surrounded by dense growth of thorny acacia trees and bushes. It was not a natural forest but an area developed under a social forestry scheme. The trees and bushes had been planted in such a way that the vast field remained hidden from public view. Anyone standing outside could hardly imagine the open space beyond the thick vegetation. There were no signs of ordinary human activity or movement in the surrounding area.

A narrow, unpaved track led to the field. Vehicles were rarely seen using that road.

Simnan and Adnan were shepherds who grazed their flocks in the area from time to time. They usually returned before sunset because there was no settlement or lighting inside the forest. Apart from the fear of wild animals, the loneliness of the place was unsettling.

One day, the weather was clear. Their sheep and goats were busy grazing, and they had stayed longer than usual. Since the sun was still fairly high, they decided to delay their return. Suddenly, they heard the sound of a vehicle engine. Both men were startled.

"Where has a vehicle come from in this deserted place?" Adnan whispered.

Simnan signalled him to remain quiet. The sound grew louder and then suddenly stopped. Peering through the bushes, they saw a khaki-coloured vehicle moving along the narrow track before stopping in front of the bungalow. A few people got out and entered the building. The two shepherds remained hidden until the vehicle eventually drove away.

The following day, Simnan and Adnan discussed the bungalow. They had seen it before but had never paid much attention to the unusual movement around it.

"Perhaps it is some government property," Simnan remarked. "But why all this secrecy?"

Adnan thought for a moment before replying, "If it is an ordinary government place, why don't people visit it openly?"

From then on, they began watching the track whenever they grazed their animals in the area. A few days later, the khaki vehicle appeared again, but on a different day of the week. On its next visit, it arrived on yet another day.

They gradually noticed that the vehicle came every week, but never on a fixed day. Sometimes it was Sunday, sometimes Monday, and sometimes Tuesday. The visitors arrived in the morning and left before darkness. Their movements were marked by a degree of caution that was quite unlike those of ordinary visitors.

After several weeks of observation, the shepherds realised that the vehicle entered the bungalow and returned from there. There was no visible sign of any large building outside. Yet the behaviour of the visitors suggested that the place was far more than an ordinary residence.

One day, Adnan asked, "If it is only a bungalow, why do these people visit it every week with such secrecy?"

Simnan did not reply. He, too, had become curious about the mystery surrounding the place.

Neither of them knew that a large scientific research laboratory existed deep beneath the bungalow. It was connected with a highly sensitive project whose unauthorised disclosure could threaten both national security and the integrity of the institution. The bungalow was actually the entrance to this underground facility, and the visitors were key members of the research centre.

The institution was headed by Dr Kamran, an intelligent scientist who had earned a distinguished position through hard work, ability and professional integrity in the early years of his career. His opinions carried weight, and his decisions were generally trusted. Most of the people working under him considered him a principled officer.



Then, at an international scientific conference, he met a foreign scientist. Initially, their discussions revolved around research, emerging technologies and scientific possibilities. Kamran felt that his knowledge and experience were being recognised and appreciated abroad as well.

Gradually, their meetings became more frequent. Sometimes he received expensive equipment as gifts, sometimes rare books, and sometimes invitations to participate in international projects. Kamran regarded all this attention as recognition of his professional abilities.

One day, the foreign scientist asked for his opinion on a limited aspect of the research. Kamran considered it an ordinary scientific question and answered it. Another question followed, and then another. Each was connected to the previous one. Every time, Kamran convinced himself that he was not revealing any secrets but merely helping a fellow scientist in a professional capacity.

He failed to realise that the selection and sequence of these questions, along with his answers, were being used as part of a much larger plan.

Some time later, he was offered money. This time, Kamran hesitated. For the first time, he sensed that the relationship might have a purpose beyond what he had initially imagined.

He thought for a while. His institution's oath, his responsibilities and the secrets entrusted to him came to mind. But almost immediately, his mind found another way to justify the situation. He convinced himself that he was not providing anything in return that could harm the institution.

The most dangerous thing about greed is that it first persuades a person to cross small boundaries and then gradually erases those boundaries altogether.

Kamran could no longer manage the operation alone. He needed people who could support his plan and help him gain access to sensitive information. Slowly, he brought two of his trusted scientists, Dr Haris and Dr Waqar, into his confidence.

Haris was given a formal promotion, while financial benefits were arranged for Waqar. Both were also promised further privileges and higher positions in the future. Their ambitions, financial interests and hopes of advancement brought them closer to Kamran.

One day, Kamran called them into his office.

"I trust both of you," he said, "but trust alone is not enough for this task. We must also reach those who possess information about certain important aspects of the project."

He mentioned two women, Naila and Saila.

Both were highly capable scientists who held important positions in the research centre. Their opinions were considered essential in several areas of their work. However, because of their social backgrounds, they had not received the respect and acceptance they deserved. Despite being educated and professionally competent, they faced obstacles in social relationships and marriage prospects. People acknowledged their abilities but were unwilling to look beyond their backgrounds.

Kamran knew about their situation. He instructed Haris and Waqar to gain the women's confidence. They were to appreciate their work, recognise their abilities and make them feel that their efforts were valued by the institution. Haris and Waqar followed his instructions. They spoke respectfully to Naila and Saila, praised their work and offered assistance whenever needed. Kamran also made certain professional facilities more accessible to them so that this growing closeness would not appear unusual. For Naila and Saila, this behaviour was an unexpected change. For the first time, they began to feel that perhaps their education and professional abilities were being given greater importance than their social backgrounds. In an environment where they had often been overlooked, this respect seemed like a blessing. They considered it a recognition of their hard work and a welcome change in their lives. They had no idea that their trust was being used as part of a conspiracy.

Shahnaz Rasheed : A Contemporary Legend Who Walks Like A Whisper And Lives Like Thunder

The distinguished Kashmiri poet, thinker, critic and literary mentor has transformed contemporary Kashmiri poetry through his original expression, intellectual depth and quiet influence on generations of young writers.



By Dr Rafiq Masoodi

In the literary landscape of Kashmir, there are individuals who seek recognition through public appearances, awards and institutional positions, and then there are those whose contribution transcends such conventional measures of success. Shahnaz Rasheed undoubtedly belongs to the latter category. A distinguished poet, author, literary critic, independent thinker and passionate advocate of the Kashmiri language, he represents a rare combination of literary excellence, intellectual honesty and personal humility. He is a man who walks like a whisper but whose literary presence resonates like thunder.

I have known Shahnaz Rasheed for decades, yet his personality continues to reveal new dimensions. There is an extraordinary depth to his character, much like a still lake whose apparent calm conceals an immeasurable world beneath its surface. He is a literary personality who never appears to be in a hurry to establish his importance. His scholarship speaks for him, his poetry defines him, and his influence is reflected in the work of countless young writers who have drawn inspiration from his creative vision.

To describe him merely as a successful poet would be an understatement. He is among those rare literary figures who have contributed towards changing the sensibility, vocabulary and expressive possibilities of contemporary Kashmiri poetry.

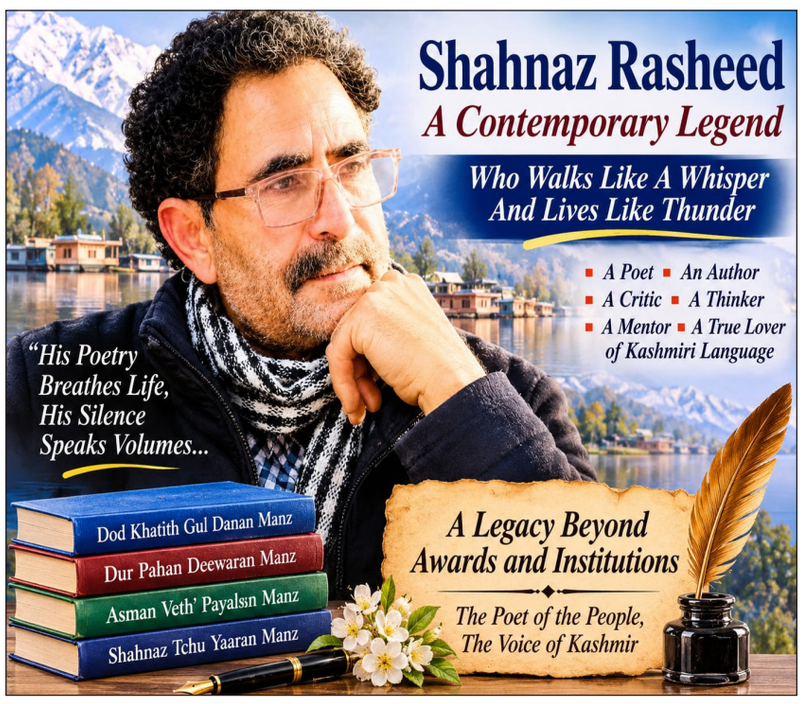
Shahnaz Rasheed did not reject the rich literary traditions of Kashmir; rather, he engaged with them, explored their possibilities and infused them with a contemporary sensibility. At a time when much of Kashmiri poetry continued to revisit familiar imagery and conventional expressions, he introduced fresh perspectives, everyday experiences, new emotional landscapes and a distinct intellectual depth. He demonstrated that poetry could emerge from ordinary life, from the pain of separation, the silence of relationships, the anxieties of society and the subtle experiences that often remain unnoticed.

His poetry brought literature closer to ordinary people. It made the language more contemporary without diminishing its cultural and literary richness. He gave familiar words new meanings and familiar emotions a renewed vocabulary. In doing so, he helped create an expressive space in which younger generations could recognise their own experiences.

His influence is particularly visible among emerging Kashmiri poets. Young writers from Dangiwacha, Sopore, Kupwara, Anantnag and Srinagar have found in his literary approach an alternative to imitation and conventional writing. Many may not openly acknowledge the influence, but his creative sensibility can often be traced in their attempts to discover new forms of expression. His contribution, therefore, extends beyond his published work; it is reflected in the confidence with which a new generation approaches the Kashmiri language.

What makes Shahnaz Rasheed even more remarkable is his unassuming personality. In an age when literary visibility is frequently confused with literary achievement, he has remained remarkably distant from self-promotion. While some writers turn every publication or appreciation into a public celebration, he allows his work to speak for itself. He does not appear driven by the desire to occupy the centre stage, nor does he measure his worth through institutional recognition.

As a literary critic, his approach is equally



distinctive. His criticism is constructive rather than destructive, encouraging rather than discouraging. He possesses the rare ability to identify the potential in an otherwise ordinary piece of writing and guide its author towards improvement. For him, criticism is not an exercise in demonstrating intellectual superiority; it is a responsibility towards literature and its practitioners. His observations often help young writers understand that the real strength of a poem lies not merely in its vocabulary or technique but in the sincerity of the emotion behind it.

As an independent thinker, Shahnaz Rasheed has maintained his intellectual individuality in an environment where literary opinions can sometimes be influenced by institutional affiliations, personal loyalties and established circles. He has chosen his own path, guided more by conviction than convenience. His commitment to Kashmiri literature is rooted in genuine affection for the language rather than any expectation of personal reward.

It is, however, difficult to discuss his literary journey without reflecting upon the question of institutional recognition. Despite his considerable contribution to Kashmiri poetry, his work has not received the level of national recognition and formal acknowledgement that many admirers believe it deserves. The absence of major awards, however, cannot be considered a measure of his literary standing. It also raises a larger question about the mechanisms through which literary merit is identified, assessed and rewarded.

Literary institutions and award committees must periodically introspect to ensure that genuine creative contribution is not overshadowed by visibility, networking or established literary hierarchies. Literary recognition should ideally emerge from an objective assessment of work, originality and long-term contribution.

Yet, perhaps the most meaningful recognition Shahnaz Rasheed has received is the affection and respect of younger writers. His informal literary engagement with aspiring poets, his willingness to read their work and his detailed responses to their creative efforts have established a bond that no award or institutional honour can replicate.

His Literary Works: Four Windows Into One Soul

Shahnaz Rasheed's published works offer an opportunity to understand the different dimensions of his literary personality. Each book reflects a distinct emotional and intellectual landscape, yet all remain connected through the underlying sensibility that defines his poetry.

Dod Khatith Gul Danan Manz is a deeply evocative work in which pain and beauty coexist. The title itself suggests the extraordinary capacity of the poet to discover flowers even within suffering. His treatment of pain is neither superficial nor sentimental. Rather, he transforms personal and collective experiences into poetic expressions that invite readers to confront their own vulnerabilities.

Dur Pahan Deewaran Manz explores the emotional and psychological distances that separate individuals and societies. Its imagery evokes walls, isolation and the human desire to find meaningful connections in a fragmented world. The work reflects the poet's sensitivity towards the barriers created by circumstances, social structures and human ego, while retaining an enduring search for compassion and understanding.

Asman Veth' Payalsn Manz opens another dimension of his creative imagination. It suggests a movement beyond immediate suffering towards a wider philosophical and imaginative horizon. Here, the poet appears to explore the relationship between the individual and the universe, between earthly limitations and the limitless possibilities of thought.

Shahnaz Tchu Yaaran Manz brings us closer to the human side of the poet. Friendship, companionship and emotional belonging emerge as central elements of this literary expression. Beyond the celebrated writer and intellectual, one encounters a person who values relationships, shared experiences and the warmth of human association.

Together, these four books represent different seasons of one creative personality: pain, isolation, philosophical elevation and friendship. They provide a valuable window into the literary world of Shahnaz Rasheed and demonstrate the range of his poetic imagination.

A Legacy Beyond Awards and Institutions

The true stature of a literary personality is not always established during his lifetime through awards, titles or institutional positions. Some writers become important because they occupy influential positions; others become indispensable because their work gradually becomes part of the collective consciousness of a language and its people.

Shahnaz Rasheed belongs to the latter category. His greatest contribution may well lie in the confidence he has instilled in young writers to experiment, question, feel deeply and express themselves honestly in Kashmiri. He has helped nurture a literary sensibility that values originality over imitation and substance over appearance.

Kashmiri literature needs personalities like him, whose commitment to the language is not confined to speeches, seminars and ceremonial gatherings but is reflected in sustained creative work, intellectual engagement and personal mentorship. His journey also reminds us that literary institutions have a responsibility to recognise genuine merit and preserve the contributions of those who enrich a language through their work.

History may remember many award winners and institutional office-bearers, but the enduring history of a language is ultimately written by those who give it new life, new expression and new possibilities.

Shahnaz Rasheed is one such literary personality — a contemporary legend whose greatest award is the affection of his readers, the respect of his peers and the gratitude of those who proudly consider themselves his disciples.

Chhath Mahaparva 2026 Salutations to the setting sun, salutes to the rising sun!



Dr. Priyanka Saurabh

Chhath Mahaparva is a unique festival of Indian culture, folk faith, and nature worship, where a wonderful confluence of devotion, penance, discipline, cleanliness, and social harmony is witnessed. This festival is not merely a religious ritual, but also conveys the message of expressing gratitude to nature and embracing the values of life. Dedicated to Lord Surya and Chhathi Maiya, this grand festival symbolizes the rich tradition and unwavering faith of Indian folk culture.

In the year 2026, Chhath Mahaparva is being celebrated from November 13th to November 16th. This four-day festival begins with Nahay-Khaay. On this day, devotees bathe and pay special attention to the cleanliness of the house and surrounding environment and consume sattvik food. On the second day, the ritual of Kharna is performed. On this day, devotees fast the entire day and after the evening puja, they consume prasad of jaggery kheer and roti. After this, a difficult 36-hour Nirjala fast begins, in which devotees worship Suryadev and Chhathi Maiya with complete devotion and faith.

The third day of the Chhath festival holds special significance. On this day, evening offerings are made. Devotees, accompanied by their families, gather at the banks of rivers, ponds, and other water bodies. Fruits, coconuts, sugarcane, thekua, and other traditional offerings are decorated in bamboo baskets and dauras. By offering arghya to the setting sun, wishes are made for the family's well-being, prosperity, and the long life and good health of their children. The burning lamps on the ghats, the echoing Chhath songs, and the vast crowds of devotees add to the spiritual beauty of this festival. On the fourth and final day, arghya is offered to the rising sun in the morning. This concludes the fast, and the four-day festival concludes.

The most unique feature of Chhath Puja is that it worships both the setting and rising suns. This tradition gives us a profound life message: we should not only honor success and achievements, but also give equal importance to struggles, experiences, and every stage of life. Offering Arghya to the setting sun symbolizes that every individual has their own importance in society. Worshiping the rising sun conveys the message of new energy, new hope, and a positive beginning. In fact, this festival teaches us that humility and gratitude are the true beauty of life.

Chhath Mahaparva is also deeply connected to nature conservation. This festival expresses gratitude to the sun, water, air, earth, and plants. The use of bamboo spoons, earthen lamps, seasonal fruits, and natural materials in worship inspires us to adopt an environmentally friendly lifestyle. The tradition of worshipping on the banks of rivers and ponds underscores the importance of water sources. Today, when the entire world is facing serious challenges like climate change, water pollution, and environmental crisis, the nature-friendly message of Chhath Mahaparva has become even more relevant. This festival reminds us that nature is not just an object of our use, but the foundation of our existence. Therefore, it is our moral duty to protect it.

Chhath Mahaparva is also a unique example of social harmony and brotherhood. On this occasion, discriminations based on caste, class, language, and economic status are left behind. People from all walks of life come together to clean the ghats, decorate the paths, and assist the fasting people. Traditional Chhath folk songs are the soul of this festival. These songs beautifully express a mother's love for her family, her children's well-being, and her unwavering devotion to the Sun God. This festival, once particularly associated with Bihar, Jharkhand, and eastern Uttar Pradesh, is now celebrated with great enthusiasm in many states across the country and abroad. Its popularity is steadily growing in many regions, including Haryana, Punjab, Delhi, and Maharashtra. This is a testament to the deep and widespread roots of Indian folk culture.

Amidst the hustle and bustle of modern life, Chhath Mahaparva teaches us the importance of restraint, patience, discipline, and family unity. This festival inspires us to be mindful of our duties, help those in need, and maintain cleanliness around us. However, given the strictness of the fast, it is essential to take health precautions, as a waterless fast is not safe for everyone.

Div Com reviews developmental scenario in Doda District

Stresses timely execution of road infrastructure projects, effective implementation of Govt schemes

■ HT News Network



DODA, NOVEMBER 13: Divisional Commissioner Jammu, Vikas Kundal today chaired a comprehensive review meeting here in the Conference Hall of DC Office Complex Doda to assess the progress of developmental projects and ground impact of government schemes in this mountainous District.

The Div Com inquired about the ongoing and completed infrastructure projects and other government initiatives being implemented in the district.

The meeting was attended by Deputy Commissioner Krishan Lal, Additional Deputy Commissioner (ADC) Anil Kumar Thakur; ADC Bhaderwah Sunil Kumar Butyal; Chief Planning Officer Manesh Kumar Manhas; ASP Headquarters Mohammad Aslam; DPO Akhtar Hussain Qazi; ACR Ashraf Pervez; ACD Din Mohammad Afaqi; CEO BDA Sanjeev Verma; SE Jal Shakti; SE PWD (R&B); GM NHIDCL; DFOs; district heads of line departments and representatives from the executing agencies.

At the outset, the Deputy Commissioner presented a comprehensive overview of the district's developmental profile, ongoing projects, physical and financial achievements and implementation status of the government schemes through a detailed PowerPoint presentation. He highlighted key infrastructure projects, sector-wise progress, achievements and challenges requiring focused intervention.

The Divisional Commissioner reviewed the progress of major infrastructure projects, with emphasis on the completion of the Multi-Storey Car Parking Project, which has been flagged as the important public utility project for Doda town. The alignment of NH-244, road upgradation works and progress of ongoing projects along the highway were also discussed.

The Divisional Commissioner directed the General Manager NHIDCL to expedite the execution of ongoing works, remove bottlenecks and ensure timely completion while maintaining prescribed quality standards. The status of ongoing heritage projects was also reviewed.The review also covered SASCI projects, NABARD-funded works and the road infrastructure projects.The Divisional Commissioner inquired about the ongoing and completed projects taken up under PMGSY-I and PMGSY-II, road development works being executed by PWD, BRO and PMGSY, besides the macadamisation of roads across the district were discussed.

The Divisional Commissioner stressed the need to accelerate road macadamisation and upgradation works, directing the concerned departments to ensure timeline completion of the projects. He also emphasised proper road maintenance, improved connectivity and exploration of all available schemes for strengthening road infrastructure, particularly in remote and far-flung areas. Issues related to land compensation and forest clearances were also reviewed, with directions to resolve pending matters within a stipulated timeframe to avoid delays in project execution.Reviewing the Jal Shakti sector, the Divisional Commissioner assessed the physical and financial progress of the Jal Jeevan Mission (JJM), including progress made in providing Functional Household Tap Connection (FHTC), the status of ongoing water supply schemes and implementation challenges.

DC Udhampur assess working of Revenue Department

■ HT News Network

UDHAMPUR, NOVEMBER 13: Deputy Commissioner Udhampur Ananth Dwivedi today chaired a meeting of Revenue Department officers to review the progress of digitization of Jamabandis, generation of Farmer IDs under Agristack, status of relief cases, disposal of backlog mutations and action against encroachments on State land in the district.Additional Deputy Commissioner Prem Singh; Assistant Commissioner Revenue Dr Umesh Shan, all Sub-Divisional Magistrates, Tehsildars and other field functionaries attended the meeting.The DC undertook a detailed Tehsil-wise review of the progress achieved in the generation of Farmer IDs under Agristack, digitization of Jamabandis, pendency of mutations, relief cases, encroachments on State land and other important revenue-related matters.The DC directed all Tehsildars to ensure the timely completion of pending Jamabandis and clear the backlog of mutations at the earliest. He also stressed expediting the quality-checking of revenue records in accordance with the prescribed targets.Emphasising the importance of comprehensive coverage under Agristack, the DC instructed the Tehsildars to ensure that all eligible farmers are covered and their Farmer IDs generated.

Poonch admin finalizes arrangements for JKSSB Exam

■ HT News Network

POONCH, NOVEMBER 13: The District administration Poonch today finalized the arrangements for the smooth, transparent and fair conduct of the OMR-based written examination for the post of Accounts Assistant (Finance Department), scheduled to be held on November 15, 2026 (Sunday).

The arrangements were reviewed and finalized at a meeting chaired by Deputy Commissioner Ashok Kumar Sharma and attended by Senior Superintendent of Police (SSP) Vaibhav Meena, ADDC Amarjeet Singh, Additional Deputy Commissioner, Tahir Mustafa Malik, District Coordinator Exam, Sudhir Bali and other senior officers and concerned officials.

The meeting was also attended by Zonal Magistrates, Observers, Duty Magistrates, Centre Superintendents, Deputy Centre Superintendents and other officials assigned examination-related duties.

The Deputy Commissioner reviewed the arrangements in detail and directed the officers and examination staff to strictly adhere to the guidelines and ensure foolproof arrangements at all designated examination centres.

The meeting stressed on strict restrictions on carrying Mobile Phone or any unauthorized electronic devices in the exam hall by examinees, Centre Superintendents, supervisory staff or other examination personnel.

All designated officers were directed to maintain the highest standards of transparency, impartiality and accountability to ensure that every candidate gets a fair and equal opportunity. Adequate security, vigilance and monitoring mechanisms shall be ensured at all examination centres to prevent any possibility of malpractice or irregularities.

DC Samba reviews functioning of FCS & CA Department

■ HT News Network



SAMBA, NOVEMBER 13: Deputy Commissioner Samba Dr. Rupesh Kumar today reviewed the functioning of Food, Civil Supplies & Consumer Affairs Department here at a meeting with the concerned officers. The meeting assessed the progress of the departmental initiatives and status of public service delivery in the district. Assistant Director FCS & CA Rahul Gupta delivered a detailed PowerPoint presentation highlighting the department's performance, key achievements, ongoing initiatives and future priorities. The presentation provided a comprehensive overview of the Public Distribution System (PDS), implementation of food security schemes, digitisation of departmental services, Aadhaar seeding, e-KYC, ration distribution, supply chain management, consumer grievance redressal and enforcement activities undertaken by the department.

The Deputy Commissioner also reviewed the measures being undertaken to strengthen transparency, accountability and efficiency in the distribution of essential commodities, besides assessing the department's efforts towards ensuring that the benefits of various welfare schemes reach eligible beneficiaries in a timely and effective manner.

During the deliberations, emphasis was laid on strengthening field-level monitoring, improving service delivery, enhancing interdepartmental coordination and adopting a proactive approach towards addressing public grievances. The importance of technology-driven reforms and effective implementation of government initiatives was also highlighted.

The DC expressed satisfaction over the performance of the Department, acknowledging the collective contribution of its officers and field functionaries in strengthening departmental operations and improving public service delivery.

The meeting also provided an opportunity to deliberate upon key departmental priorities and explore measures for further improving administrative efficiency, field-level coordination and citizen-centric service delivery.

NCORD meeting held at Udhampur

DC calls for coordinated action against drug menace

■ HT News Network



UDHAMPUR, NOVEMBER 13: Deputy Commissioner Udhampur Ananth Dwivedi today chaired a meeting of the District-Level Narco Coordination Centre to review measures for drug prevention and control and discuss the restructuring of the NCORD mechanism to strengthen anti-narcotics efforts in the district.

The meeting was attended by Additional Deputy Commissioner Prem Singh and officers from the line departments.

The review focused on drug prevention and control, including dismantling of identified drug cartels, preventive detention of habitual offenders, effective prosecution of NDPS cases, action against the diversion of pharmaceutical drugs, detection of illicit cultivation and disposal of seized narcotic substances.

The meeting also reviewed the status of awareness programmes, drug-free campuses, drug de-addiction centres and addiction treatment facilities, year-wise details of under-investigation NDPS cases, PIT-NDPS cases, financial seizures, hotspot surveillance, preventive enforcement, inspection of de-addiction centres and block-wise details of drug abusers.

The DC directed the enforcement agencies to intensify inspection of pharmacies to check the unauthorised sale and diversion of pharmaceutical drugs. He also instructed district-level officers to organise coordinated activities under the Nasha Mukt Bharat Abhiyan on a weekly basis to strengthen public awareness and community participation.

Emphasising the need for robust inter-departmental coordination, the DC directed the enforcement agencies to strengthen efforts to identify and apprehend individuals involved in drug trafficking, closely monitor drug-prone areas and promote community-based rehabilitation and awareness initiatives.

He further instructed all departments to intensify counselling services and strengthen Information, Education and Communication activities to sensitise the public, particularly the youth about the harmful effects of drug abuse.

Director Agriculture stresses systematic promotion of Makhana Cultivation in J&K

■ HT News Network



JAMMU, NOVEMBER 13: The two-day seminar on Makhana Cultivation concluded today here at Kisan Kendra, Talab Tillo. Director Agriculture Anil Gupta and Nodal Officer for Makhana Cultivation in Jammu and Kashmir attended the valedictory session.

Addressing the participants, Anil Gupta described the seminar as a significant initiative towards introducing Makhana as a high-value crop in Jammu and Kashmir. He appreciated the resource persons and experts for sharing their valuable technical expertise on scientific cultivation practices, production technologies, processing and value addition. He expressed confidence that based on the technical knowledge and experience gained during the seminar, Makhana cultivation would soon be initiated in suitable areas of Jammu Division.

He informed that the Government of India has approved a Central Sector Scheme for the Development of Makhana, reflecting the growing national focus on promoting this high-value crop. He observed that Jammu and Kashmir, particularly the Jammu Division, holds considerable potential for Makhana cultivation and expressed hope that farmers would adopt it as a profitable crop diversification option. He urged the participating officers to effectively utilise the knowledge gained during the seminar to develop successful Makhana production clusters and create sustainable livelihood opportunities for farmers.

Emphasising the need for practical exposure, Anil Gupta stated that organising seminars alone would not be sufficient for the promotion of Makhana cultivation. "The Department will soon organise exposure visits for farmers and departmental officers to established Makhana-growing regions to gain first-hand knowledge of scientific cultivation practices, processing technologies and modern production techniques, which could subsequently be replicated in Jammu Division," he announced.

He also assured that the Agriculture Department would extend all possible assistance to promote innovation, agri-based start-ups and entrepreneurship related to Makhana cultivation in the Union Territory.

DTC reviews status of telecom infrastructure in Poonch

DC stresses effective implementation of Amended BharatNet Project

■ HT News Network



POONCH, NOVEMBER 13: The District Telecom Committee (DTC) met today in the Conference Hall, DC Office Poonch to review the status of telecommunication services and discuss measures for strengthening network connectivity in the district, with emphasis on the implementation of the Amended BharatNet Project. Deputy Commissioner Ashok Kumar Sharma chaired the meeting.

Detailed deliberations were held on the progress and implementation of the Amended BharatNet Project to strengthen digital connectivity and extending reliable broadband services to rural and far-flung areas of the District.

The Deputy Commissioner sought effective coordination among BSNL and other concerned departments for effective implementation of the project and addressing issues affecting its execution. He emphasized that improved digital connectivity is essential for facilitating access to online government services, education, healthcare and other essential facilities, particularly in remote, hilly and border areas.

The committee also discussed issues relating to inadequate mobile network coverage, identification of uncovered and poorly connected areas, installation of new mobile towers and removal of bottlenecks hindering the expansion of telecommunication infrastructure. The Deputy Commissioner directed the concerned officers and telecom representatives to work in close coordination, identify pending issues and take necessary measures for their timely resolution. He further emphasized the need to ensure that the benefits of improved digital infrastructure reach the residents of even the most remote habitations of the district. The meeting concluded with a focus on expediting the Amended BharatNet Project and strengthening overall telecommunication infrastructure to ensure reliable and improved connectivity across District Poonch.

JMC organises PM SVANidhi Mahotsav at Gandhi Nagar Rehri Zone

■ HT News Network



JAMMU, NOVEMBER 13: Reaffirming its commitment to the economic empowerment and social security of urban street vendors, the Jammu Municipal Corporation (JMC) today organised a special outreach, awareness and felicitation programme under the nationwide 'PM SVANidhi Mahotsav' here at the Gandhi Nagar Rehri Zone.

The Mahotsav, being celebrated from October 15 to November 15, 2026, under the aegis of the Ministry of Housing and Urban Affairs (MoHUA), Government of India, in coordination with the Mission Directorate DAY-NULM, Housing and Urban Development Department (H&UDD), J&K, aims to recognise the contribution of street vendors to the urban economy and strengthen their access to financial and social security benefits. JMC is among the 76 select cities across the country identified for the celebrations.

A large number of street vendors (rehri-patri operators) from Gandhi Nagar and adjoining areas participated in the programme, which provided a platform for direct interaction with JMC officials, representatives of partner banks and digital payment aggregators.

The event was attended by Commissioner, Jammu Municipal Corporation Ayushi Sudan, who presented mementos to outstanding street vendors, including women and Divyang vendors, in recognition of their entrepreneurial spirit, timely repayment of loans and efforts towards maintaining cleanliness and hygiene in the vending zone. Interacting with the vendors, she urged them to keep their surroundings clean and hygienic and ensure that only safe, fresh and hygienically prepared products are supplied to the public. She emphasised that street vendors play an important role in the urban economy and that maintaining proper hygiene is essential for public health and consumer confidence.

The participants were sensitised about the benefits of the PM SVANidhi scheme, particularly the provision of collateral-free working capital loans in three progressive tranches of ₹ 10,000, ₹ 20,000 and ₹ 50,000. They were also informed about the interest subsidy benefits available on timely repayment. On-the-spot assistance was extended to eligible vendors for applying for fresh loans and availing higher loan tranches.

Emphasis was also laid on promoting digital financial transactions among street vendors. Representatives of banking institutions and digital payment aggregators demonstrated the use of UPI QR codes and soundboxes and explained the cashback incentives available for adopting digital payment facilities.

Under the 'SVANidhi Se Samriddhi' initiative, dedicated helpdesks facilitated the socio-economic profiling of street vendors and their family members to identify and connect eligible beneficiaries with eight Central Government welfare and social security schemes. These included PM Jeevan Jyoti Bima Yojana (PMJJBY), PM Suraksha Bima Yojana (PMSBY), PM Jan Dhan Yojana (PMJDY), PM Shram Yogi Maandhan Yojana.

Activities for Janjatiya Gaurav Diwas 2026 reviewed in Kishtwar

■ HT News Network

KISHTWAR, NOVEMBER 13: Additional Deputy Commissioner Pawan Kotwal today chaired a meeting to review arrangements for the celebration of Janjatiya Gaurav Diwas (JJGD) 2026.

During the meeting, detailed discussions were held regarding arrangements for the main programme scheduled on November 15, 2026.

It was informed in the meeting that the main programme shall be held in the Conference Hall, Mini Secretariat, New DC Office Complex. Similar programmes would be organised across 19 identified Tribal Villages.

The meeting was told that prominent members of the Tribal Community, including tribal leaders, social workers, community representatives and intellectuals would be invited to participate in the programme.

PUBLIC NOTICE

I, Nazreena Yousf, D/O MOHD YOUSF MIR R/o Buchoo, Tehsil Pattan, District Baramulla, hereby notify the general public that my name has been wrongly mentioned in my Aadhaar Card as NAZRA NA BANO, whereas my correct name is NAZREENA YOUSF.
That I intend to rectify the said mistake in my Aadhaar Card bearing Aadhaar No. 5429 5523 8985.
Any person having any objection regarding the proposed correction may submit the same before the concerned Aadhaar Authority within the prescribed period.

Applicant:
Nazreena Yousf
R/o Buchoo, Tehsil Pattan,
District Baramulla.

PUBLIC NOTICE

I, the father of my minor child, hereby give the following declaration for the correction of his name in the Aadhaar records:That I am the father and legal guardian of my minor child, UMAID AHMAD BHAT.
That the Aadhaar Number of my child is 336242210172.
That due to an inadvertent error, my child's name has been incorrectly recorded as MOHAMMAD UMAID BHAT in his Aadhaar Card instead of his correct name, UMAID AHMAD BHAT.That the correct name of my child is UMAID AHMAD BHAT, which should be reflected in all official records, including the Aadhaar database.
That I am issuing this Public Notice to declare the correct name of my minor child and to request the concerned Aadhaar Authority to make the necessary correction in the Aadhaar records.Any person having any objection to the above-mentioned name correction may raise the same before the concerned authority within the prescribed period.

PLACE NADBAL BARAMULLA

PUBLIC NOTICE

My name has been wrongly written as REFITA BANO D/O ABDUL MAJEED RATHER on my Adhaar card bearing Adhaar No ..2044 7640 8844 while my correct name is RIFAT MAJEED RATHER D/O ABDUL MAJEED RATHER 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 publicationofthis notice after that no objection will be entertained
Name....RIFAT MAJEED RATHER
D/O....ABDUL MAJEED RATHER
R/O.. DANDMOOHA SULTANPORA WAGOORA BARAMULLA

PUBLIC NOTICE

It is notified that the applicant namely Manzoor Ahmad Parra S/o Gh Ahmad Parra R/o Check kawoosa Tehsil NARBAL District BUDGAM applied for the issuance of BIRTH certificate of his own namely as Manzoor Ahmad Parra S/o Gh Ahmad Parra
The applicant intends to register the Date of birth of his own as per records 01 / 03/ 1980
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 .

13/11/2026

PUBLIC NOTICE

My name has been wrongly written as MUBEENA AKHTAR on my Adhaar card bearing Adhaar No ..9973 1727 7935 while my correct name is MUBEENA QADIR D/O GH QADIR KUMAR 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 publicationofthis notice after that no objection will be entertained

Name...MUBEENA QADIR
D/O....GH QADIR KUMAR
R/O.. WATERGAM WAGOORA BARAMULLA

PUBLIC NOTICE

My son's DOB is wrongly mentioned in school record as 10/3/2015 instead of 10/3/2017 and his mother's name is written as Shagufta Fayaz instead of Shagufta Shaheen .Now I am applying for its correction.if anybody has any objection in this regard he/she can contact the concern authority within seven days from the publication of this notice after that no objection will be entertained.
Fayaz Ahmad Mir F/O Faarid Fayaz Mir

PUBLIC NOTICE

I want to correct my name and D.O.B in my passport from Najima Nighat to Nikhat Ashraf and my D.O.B 13/06/1966 to 13/03/1966. Anybody having any objection in this regard may contact concerned Passport Office Srinagar within a week at the most after that no objection will be entertained.

PUBLIC NOTICE

My name has been wrongly written as MUBEENA AKHTAR on my Adhaar card bearing Adhaar No ..9973 1727 7935 while my correct name is MUBEENA QADIR D/O GH QADIR KUMAR 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 publicationofthis notice after that no objection will be entertained
Name...MUBEENA QADIR
D/O....GH QADIR KUMAR
R/O.. WATERGAM WAGOORA BARAMULLA

OFFICE OF THE JUDICIAL MAGISTRATE 1ST CLASS, QAZIGUND

CORAM: HINA PARVEEN GONEY
JOCODE: JK00338
In the Case of:
Nazir Ahmad Rather
Father of: Noor-us-Sehar
R/O: Vessu Qazigund, Tehsil Qazigund, District Anantnag.
(Applicant)
VERSUS
Union Territory of Jammu & Kashmir
Through Block Development Officer, Block Vessu.
(Non-Applicant)

PUBLIC NOTICE

Whereas, the applicant, namely Nazir Ahmad Rather, has sought a direction against the non-applicant for registration of the birth particulars of his daughter, namely Noor-us-Sehar, who was born on 07-12-2021
Through the medium of this notice, the general public is hereby informed that if any person has any objection regarding the registration of the birth particulars of the applicant's daughter, as mentioned above, he/she/they shall submit the same on or before 16-11-2026, when the matter is listed for further proceedings.
Given under my hand and seal of this Court today on 07-11-2026.

Sd/
Judicial Magistrate 1st Class
Qazigund.

OFFICE OF THE JUDICIAL MAGISTRATE 1ST CLASS, QAZIGUND

In the Case of:
Mohammad Anwar Bhat
S/o: Father of Sahiba Anwar
R/o: Drinen Dalatabad, Tehsil Qazigund, District Anantnag.
(Applicant)
Versus
1. Union Territory of Jammu & Kashmir through Block Development Officer, Block Qazigund.
2. Station House Officer, Police Station Qazigund.
(Non-Applicants)

PUBLIC NOTICE

Whereas, the applicant, namely Mohammad Anwar Bhat, has sought directions against the non-applicants for registration of the birth particulars of his daughter, namely Sahiba Anwar, who was born on 06-08-2013.
Through the medium of this notice, the general public is hereby informed that if any person has any objection regarding the registration of the birth particulars of the applicant's daughter, as mentioned above, he/she may file the same on or before 18-11-2026, the date fixed for further proceedings in the matter.
Given under my hand and seal of this Court on 12-11-2026.

By Order
Office of the Judicial Magistrate 1st Class
Qazigund

PUBLIC NOTICE

My name has been wrongly written as LALI JAN D/O ALI MOHAMMAD GANAIE on my Adhaar card bearing Adhaar No ..2785 1388 2190 while my correct name is ALIYA JAN D/O ALI MOHAMMAD GANAIE which needs to be corrected if anybody having any objection in this regard he/she may file his/ her objection in the office of concerned Adhaar authority of India within seven days from the publicationofthis notice after that no objection will be entertained
Name....ALIYA JAN
D/O....ALI MOHAMMAD GANAIE
R/O.. MANAGAM WAGOORA BARAMULLAAadhar number 416624114129

PUBLIC NOTICE

This is for information of general public that the (Electric bill) power connection is registered on my Father in Laws name WALI MOHAMMAD TALI R/O WATERGAM WAGOORA Now this Connection bearing Consumer ID NO 0212040000958 wants to be registered on my name GHULAM HASSAN TALI S/L Late WALI MOHAMMAD TALI If anybody have any objection in this regard He/She may file his/her objection in the concerned PDD office within seven days from the date of publication ofthis notice after that no objection will be entertained

Name....GHULAM HASSAN TALI
S/L..... Late WALI MOHAMMAD TALI
R/O ..WATERGAM

31 crore Sewage Treatment, sanitation Project approved for Rajouri Township; Work to commence soon

■ HT News Network

RAJOURI, NOVEMBER 13: In a major step towards strengthening urban sanitation infrastructure, a project worth 31 crore for the construction of a Sewage Treatment Plant (STP) and diversion of nallahs draining into the Tawi River has been approved for Rajouri town under the Swachh Bharat Mission (Urban) 2.0. The work on the project is expected to commence soon.

The project will be executed by the Urban Environmental Engineering Department (UEED) to ensure scientific treatment of wastewater and prevent the direct discharge of untreated sewage into the Tawi River.

The initiative is expected to address the issue of wastewater management in Rajouri town through an organised mechanism for sewage collection, diversion and treatment. By channelising the nallahs towards the treatment facility, the project will help reduce the flow of untreated wastewater into the river and contribute towards improving its water quality.

Besides safeguarding the Tawi River, the project will strengthen the town's sanitation infrastructure and promote sustainable wastewater management practices. It will also support broader efforts towards environmental protection, public health and maintaining cleaner surroundings for the residents.

The project is in line with the objectives of Swachh Bharat Mission (Urban) 2.0, which emphasises scientific waste management, improved sanitation facilities and sustainable urban development. Its implementation will mark an important step towards addressing environmental concerns associated with the discharge of untreated wastewater.

DC Poonch reviews functioning of ULBs

Pushes for improving sanitation, revenue recovery

■ HT News Network



POONCH, NOVEMBER 13: Deputy Commissioner Poonch Ashok Kumar Sharma today chaired a review meeting to assess the functioning of Urban Local Bodies (ULBs) in the district, with focus on the performance of Municipal Council Poonch and Municipal Committee Surankote.

The meeting was attended by ADDC Amarjeet Singh, Chief Planning Officer (CPO), CEO Khalil A. Banday, Tehsildar Surankote, who is also holding the additional charge of Executive Officer (EO), Municipal Committee Surankote and other concerned officers and officials.

During the meeting, the CEO made a detailed PowerPoint presentation, highlighting the overall functioning and performance of the Urban Local Bodies, particularly MC Poonch and MC Surankote. The presentation covered key areas including sanitation, solid waste management, cleanliness, revenue generation and recovery of outstanding dues, besides other civic services and municipal activities.

Tehsildar Surankote, who is also holding the additional charge of EO MC Surankote, presented detailed data regarding the functioning of Municipal Committee Surankote, highlighting the status of sanitation arrangements, revenue collection, pending recoveries and other municipal activities.

Reviewing the functioning of both urban local bodies, the Deputy Commissioner issued strict directions to the concerned officers to ensure proper sanitation and cleanliness across all wards and public places. He stressed that regular monitoring of sanitation activities must be ensured and directed the municipal authorities to maintain cleanliness in markets, public spaces and other important locations.

The DC laid special emphasis on improving revenue generation and directed both municipal bodies to intensify efforts for recovery of outstanding dues. He instructed the officers to ensure timely collection of municipal taxes, fees and other charges and take necessary measures to plug revenue leakages.

The Deputy Commissioner further directed the officers to ensure accountability, improve the delivery of civic amenities and address public grievances promptly. He also stressed the need for coordinated efforts and effective implementation of various municipal initiatives.

Emphasising the importance of clean and well-managed urban areas, the DC directed the concerned officers to work

Government of Jammu & Kashmir

Office of the Floriculture Officer Anantnag Department of Floriculture

Email:-anantnag-flori@jk.gov.in
Short Term Tender Notice No: 13 of 2026-27 Dated: |3 -11-2026

For and on behalf of Lt. Governor, Union Territory of J&K, sealed tenders affixed with Rs.6/-(Rupees six only) revenue stamps are invited in person or through Registered/speed post/ Courier from Contractors/Supplier on the prescribed tenderform for the supply of Mule dung Manure (Decomposed).
The Tender must accompany with CDR for an amount of Rs.2000/- from any recognized bank pledged to Floriculture Officer, Anantnag, along with the copy of Registration (contractor/supplier), PAN card, ADHAR card, GST Registration in a sealed envelope should reach to the office of the Floriculture Officer, Anantnag through speed post/ Courier or in person upto 21th of November 2026 (4.00 PM). Thetender documents along with terms and conditions can be obtained from the Office of the undersigned against cash payment of Rs.100/- (Non-refundable) as per the schedule given below:

S.No	Particulars	Date & Timing
1	Date of issue of tender document	17-11-2026
2	Last Date of issue of tender document	19-11-2026 upto 3.00 PM
3	Last date and timing of tender submission	21-11-2026 upto 4.00 PM
4	Date and timing of opening of short tender	23-11-2026 upto 11.30 AM

The tenders shall be opened on 23th of November 2026 at 11:30 AM. in the office of undersigned by the committee constituted for the purpose in front of tenderers who may wish to remain present. In case of any eventuality/ Government Ho iday, the tender opening date will be considered on other convenient working day.
Terms and conditions: -
1) The tenderer should quote rate for Mule Dung Manure (Decomposed) per cft in Indian rupee including all taxes, service charges what so ever applicable at the time of supply with FOR site.
2) The Mule Dung Manure (Decomposed) to be procured shall be shortlisted among the tendered items depending upon the actual requirement.
3) The quoted rate should be legible. Erosion, overwriting, cuttings if any should be properly attested. The Illegible quoted rates, if any, shall be out rightly rejected by the committee and the tenderer shall have no claim over it.
4) Only the experienced contractors/suppliers in the job are eligible for tendering.
5) The successful tenderer shall have to supply the ordered material within the stipulated time mentioned in the Supply order.
6) In case the successful bidder fails to supply the material as per the terms and conditions of the supply order, the Department of Floriculture will not allow him to participate in tendering process in future and the material shall be arranged from any
other source on the cost, risk and responsibility of the defaulter.
7) The tenders received after the expiry of the due date and time shall not be acceptable /entertained. The department would not be responsible for any postal delay.
8) The payment shall be only made after successful completion of ordered material within the stipulated time period.
9) Supplies not conforming to the specifications shall be out rightly rejected at the cost, risk and responsibility of the Supplier.
10) The conditional tenders shall be out rightly rejected.
11) The tenders opening committee reserves the right to accept or reject any tender without assigning any reason thereof.
12) In case of dispute, if any, arising during the currency of contract, the decision of the Local Purchase Committee constituted by the Directorate of Floriculture Kashmir vide order No: B31 of 2023 Dated: 10-06-2023 shall be final and binding.

DIPK-7667/26
Send Date: Nov 13 2026

Sd/-
(Mazhar Mustafa Ansari)
Distriet Floriculture Officer,
Department of Floriculhure,
Anantnag /Kulgam

Mission Director NHM reviews implementation of NHM Programmes at SMGS Hospital Jammu

■ HT News Network/UNI



JAMMU, NOVEMBER 13: Reinforcing its steadfast and commitment to strengthening specialized healthcare infrastructure across the Union Territory, the Mission Director National Health Mission (NHM), J&K Athar Aamir Ul Shafi Khan today conducted a comprehensive on-site monitoring and review visit at the Government SMGS Hospital, Jammu.

The visit was aimed at rigorously evaluating the on-ground execution of core NHM initiatives, ensuring that life-saving maternal and child health interventions translate seamlessly into accessible, high-quality care for every family in Jammu and Kashmir.

Accompanied by Dr. Ashutosh Gupta, Principal of Government Medical College (GMC) Jammu; Medical Superintendent of Government SMGS Hospital Jammu; Head of Departments; Chief Medical Officer Jammu and NHM Programme Managers, the Mission Director undertook a detailed inspection of the hospital. The review covered pivotal units dedicated to vulnerable populations, including the Neonatal Intensive Care Unit (NICU), Paediatric Intensive Care Unit (PICU), High Dependency Unit (HDU), District Early Intervention Centre (DEIC), Nutrition Rehabilitation Centre (NRC), Oncology, Thalassemia & Radio Diagnosis Unit etc.

During deliberations with hospital administration and medical faculty, the Mission Director underscored NHM's overarching pledge to bridge critical infrastructure and operational gaps. He emphasized that the Mission is fully dedicated to accelerating the expansion and technological enhancement of NICU facilities to handle critical neonatal emergencies with precision.

Concluding the visit, the Mission Director commended the unwavering dedication, resilience and round-the-clock service of the doctors, nurses and paramedical staff. He reiterated that NHM J&K remains resolute in its mission to modernize emergency transport services, eliminate preventable maternal and child mortalities, and set a new benchmark for pediatric healthcare standards across the region.

MSME offers training in Eco-Friendly Bag making

Plans 5 Week Skill dev Program at Hamirpur from Nov16, 2026

■ HT News Network

JAMMU, NOVEMBER 13: MSME-Development & Facilitation Office, (Ministry of Micro Small & Medium Enterprises, Government of India) is going to organise 5 week Entrepreneurship-cum-Skill Development Programmes from November 16, 2026 at Panchayat Ghar Hamirpur Kathua.

The programme would cover a wide range of skill orientation. starting with the Introduction to Entrepreneurship and Skill Development, Design and making of Eco-Friendly Bags, Baskets and Jute Bags, Use of Sustainable and Eco-Friendly Materials, Product Finishing, Branding and Packaging, Marketing and Sales Strategies (Online & Offline), Government Schemes and Support for MSMEs and Hands-on Practice and Business Plan Development.

Maximum number of 30 candidates above 18 years will be enrolled for the training. Attendance and certificate provisions will be as per the programme guidelines of the organsing office.

Mission Shakti Jammu organises Legal Awareness camp at Village Powal-Arnia

■ HT News Network



JAMMU, NOVEMBER 13: Mission Shakti, District Hub for Empowerment of Women (DHEW) Jammu, Department of Social Welfare J&K , in collaboration with Jammu and Kashmir Rural Livelihood Mission (JKRLM), today organised a Legal Awareness Session here at Village Powal, Block Arnia, with the objective of sensitising women about their legal rights, constitutional safeguards and mechanisms available for seeking justice.

Resource Person Advocate Meenu Padha delivered an informative session highlighting various legal provisions aimed at protecting women against discrimination, exploitation and violence. She elaborated on the constitutional rights of women, important legal safeguards and available avenues for legal assistance and redressal of grievances.

The session emphasised the importance of legal literacy in strengthening women's confidence, promoting informed decision-making and enabling them to assert their rights. Participants were encouraged to overcome hesitation, seek legal support when required and actively contribute towards creating a safe, inclusive and gender-just society. The initiative reflects Mission Shakti's continued commitment towards grassroots-level awareness, ensuring that women, particularly those in rural areas, are informed about their entitlements and empowered to access justice.

Community outreach, plantation & awareness activities mark Janjatiya Gaurav Pakhwara across Kathua

■ HT News Network



KATHUA, NOVEMBER 13: A series of community outreach and participation activities were organised today across Kathua district as part of the ongoing 15-day Janjatiya Gaurav Pakhwara celebrations, highlighting the rich cultural heritage, traditions and contributions of tribal communities while promoting environmental conservation and grassroots participation.

Educational institutions, Panchayati Raj Institutions and the Rural Development Department actively participated through plantation drives, awareness sessions, cultural programmes and interactive activities. Students, teachers and community members joined hands to promote environmental responsibility and community engagement.

Plantation drives were conducted at various locations to encourage forest conservation and sustainable practices. Awareness sessions and interactions with tribal elders and local knowledge holders provided students and community members insights into indigenous knowledge, traditional customs and cultural heritage, strengthening intergenerational connections.

Educational institutions also organised drawing and painting competitions, speeches, poetry recitations, quizzes, folk dances and cultural performances. Special activities highlighted the life and contributions of Bhagwan Birsa Munda and the role of tribal communities in India's freedom struggle.

The celebrations witnessed active participation across Billawar, Basohli, Marheen, Barnoti, Sallan, Hiranagar, Mahanpur, Dinga Amb and other areas of the district.

DC reviews implementation of solid waste management rules in Udhampur District

■ HT News Network



UDHAMPUR, NOVEMBER 13: Deputy Commissioner Udhampur, Ananth Dwivedi, today chaired a review meeting to assess the implementation of the solid waste management rules, 2026, across urban and rural areas of the district.

The meeting was attended by Additional District Development Commissioner Jugal Kishore, Chief Planning Officer Uttam Singh, Assistant Commissioner Development Om Parkash, ACP, Dr Ashwani Hansa and other concerned officers.

During the meeting, detailed deliberations were held on various aspects of solid waste management, including mandatory segregation of waste at source, scientific collection and disposal, prevention of open dumping, accountability of bulk waste generators, user charges and enforcement mechanisms.

The DC stressed the need to ensure four-way segregation of waste at source and directed the ADDC to closely monitor its implementation on the ground. He directed the CEO Municipal Council to launch a mass awareness campaign across Udhampur town to sensitise the public about proper waste management practices, with special emphasis on four-way segregation and door-to-door waste collection.

The Assistant Commissioner Panchayats (ACP) was directed to expedite distribution of Information, Education and Communication material in rural areas, while BDOs were instructed to closely monitor compliance and strengthen awareness at the grassroots level.

The DC further directed all concerned departments to intensify Information, Education and Communication activities to educate the public about proper waste segregation, responsible disposal practices and adherence to the prescribed norms.

JKSSB Exam: 729 Invigilators imparted Training at Doda, Bhaderwah

■ HT News Network

DODA, NOVEMBER 13: Meeting-cum-training sessions were held today at Town Hall Doda and Community Hall Bhaderwah to orient duty staff on smooth, fair and transparent conduct of OMR-based Written Examination for the post of Accounts Assistant in the Finance Department.

The exam, being conducted by the Jammu and Kashmir Services Selection Board (JKSSB), is scheduled to be held on November 15, 2026.

Additional Deputy Commissioner (Chief Inspector, JKSSB Exam), Anil Kumar Thakur chaired the training session at Town Hall Doda. The session focused on sensitising the invigilators regarding examination guidelines, their assigned duties and responsibilities, prescribed procedures and other essential arrangements for the orderly conduct of the examination.

DC Udhampur reviews functioning of Mining Department, Calls for strict action against illegal mining

■ HT News Network



UDHAMPUR, NOVEMBER 13: Deputy Commissioner Udhampur, Ananth Dwivedi, today chaired a meeting to review the functioning of the Mining Department and assess the activities of the Multi-Departmental District-Level Task Force Cell in the district.

The meeting was attended by Assistant Commissioner Revenue, Dr. Umesh Shan, Additional SP, District Mineral Officer and other concerned district officers.

At the outset, the DMO gave a detailed PowerPoint presentation on the functioning of the Mining Department, highlighting the status of existing and newly identified mineral blocks

The DC conducted a detailed review of the status of mineral blocks. He further instructed the DMO to identify new mineral blocks and ensure the operationalisation of all eligible existing mineral blocks and stone crushers in accordance with the prescribed rules and regulations.

Emphasising the need for effective enforcement, the DC directed all concerned departments to adopt a strict, coordinated and proactive approach to curb illegal mining activities across the district. He stressed the importance of regular monitoring, inter-departmental coordination and stringent action against violators to ensure compliance with mining regulations. Deputy Commissioner Udhampur, Ananth Dwivedi, today chaired a meeting to review the functioning of the Mining Department and assess the activities of the Multi-Departmental District-Level Task Force Cell in the district.

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30,000 domestic and 3,500 international hotels and homestays, 35 airlines and 8 banks join MakeMyTrip to offer deals for year-end holidays

■ HT News Network



MakeMyTrip today announced that the second edition of 'Travel Ka Muhurat Sale' goes live from November 14, 2026 for travellers planning their year-end holidays. Participating partners comprise 30,000+ domestic and 3500+ international accommodation properties, including hotel chains, resorts, independent hotels, homestays and villas, 35 domestic and international airlines and 8 banks (as on November 11, 2026).

Year-end travel often comes with price anxiety, as travellers worry about rising prices and limited availability in December. 'Travel Ka Muhurat Sale' gives them a dedicated booking window to plan ahead and book with confidence, with deals across flights, hotels, homestays, holiday packages, buses, cabs, trains, tours and attractions, forex and visa services.

The offers cover short and long-haul trips, ranging from domestic favourites such as Pondicherry, Coorg, the Andamans, Lakshadweep, Jammu & Kashmir, Kerala, Rajasthan, the North-east and Goa, to international destinations including Japan, Dubai, Malaysia, Singapore, Thailand, Vietnam, Sri Lanka, the UK and the rest of Europe. Popular attractions across the world, such as Ferrari World (UAE), Universal Studios (Singapore), Madame Tussauds (Singapore), Mandai Wildlife Group – Night Safari and Singapore Zoo (Singapore), and Sun World Ba Na Hills (Vietnam), have also joined forces for this campaign.

Raj Rishi Singh, Chief Operating Officer, Corporate, Flights, GCC and Marketing, MakeMyTrip, said, "Shoppers in India look forward to festive sales, and we believe that travel deserves a planning season of its own. With the second edition, our focus is to go beyond just another sale and give India's travellers the confidence to move from considering a holiday to booking one. We want 'Travel Ka Muhurat Sale' to become a fixed date in the calendar, when travellers know that they can plan their year-end break with a range of savings, and our partners see peak season demand early enough to prepare for it."

To announce the sale, MakeMyTrip has unveiled a new campaign of six films starring brand ambassadors Alia Bhatt and Ranveer Singh. The campaign highlights different parts of the sale, covering domestic and international flights, domestic and international hotels, villas and apartments, holiday packages and outstation cabs. It has been conceptualized by the creative agency, Talented.

Members of MMTBLACK, MakeMyTrip's loyalty programme, get early access to the sale on November 13. Every Friday, the campaign brings Black Friday Deals as well exclusively for MMTBLACK members, and daily Lightning Drops release limited inventory deals between 6 PM and 9 PM for all users.OneCircle, the global rewards programme for hotels and homestays that MakeMyTrip introduced earlier this year, gives members additional value on their bookings during the sale. Some of the partner brands include:• Airlines: Domestic and international airlines such as Air France, Air India, Air India Express, Akasa Air, British Airways, Etihad Airways, IndiGo, Lufthansa, Qatar Airways, Singapore Airlines.

Ginger packet with immense health benefits



Sahil Manzoor Bhatti



Today we are experiencing the cold days of winter, so it is common to get involved in a number of health-related issues like cold, throat infections, cough and many more.

So, try ginger every day in your food items and take a sufficient quantity of ginger for better health.

Our body needs an adequate amount of food and all the basic components of food. These include minerals, vitamins, fiber, fats, etc. Humans are the most beautiful creatures of the Almighty in this universe. The Almighty has bestowed upon us infinite blessings in various forms, whether it's food items, natural objects or the whole environment that covers us like a blanket.

Today I am going to highlight the health benefits of ginger (adrak). Ginger has immense health benefits such as: it helps to detox our body, it has antibiotic properties, and it can help with the prevention of cancer.

(Note: Some lines mentioned "garlic," but your title is about ginger. If you want, I can correct that fully.)

We are exposed to a wide range of chemicals and compounds daily while living in the world. Many of these compounds are not healthy and may even be harmful to the body. The environment, water and food include: personal care products containing chemicals, household cleaners, radiation from nuclear plants, pesticides and chemicals used in agriculture.

Garlic is a powerful detox food that promotes glutathione production by liver enzymes. It provides important detoxifying components, including multiple bioactive selenium and sulphur compounds.

Garlic has antibiotic properties. Garlic contains allicin. Allicin is a bioactive antibiotic that can fight infections and bacteria in sliced, crushed or diced cloves. Garlic extracts have been shown to suppress the growth of protozoa, viral infections, and numerous bacteria like Salmonella, as well as fungal elements. Allicin is believed to be a possible antibiotic replacement. It also helps when used along with prescribed antibiotics.

Garlic helps prevent one of the lethal diseases nowadays called cancer (CA). According to research, consuming fresh garlic can help reduce the risk of colon cancer. According to the IOWA Women's Health Study, women who ate garlic regularly along with vegetables and fruits were 35% less likely to get cancer.

arlic also helps reduce cholesterol levels. Cholesterol is a fatty component in the blood. There are two kinds of cholesterol: bad LDL cholesterol and good HDL cholesterol. Too much LDL and not enough HDL can cause serious health issues. Garlic has been shown to lower total cholesterol and LDL levels by 10 to 15 percent. Eating garlic does not affect good HDL cholesterol. If you have a family history of heart disease or suffer from heart problems, you should consider adding garlic to your diet.

Garlic helps reduce blood pressure among patients. It is a special spice to include in your diet if you suffer from high blood pressure or hypertension. Even if you do not like the taste of garlic, taking garlic supplements will still give you benefits such as lowering high blood pressure, treating fever and many more. Keep in mind that the amount of supplement you take should equal four cloves of garlic each day.

Dear champs, I care a lot about your health. For God's sake, take fresh and healthy food items. One more thing: exercise is very important for you if you want to stay fit, smart, attractive and healthy.

SAHIL MANZOOR BHATTI
sahilmanzoor411990@gmail.com

Tired of ankle twists, turns, sprains and strains?

Here's how to protect yours

They are the body's primary shock absorber, vital for balance, standing, walking and running, but most of us rarely think about our ankles - until we hurt them.

These painful incidents are very common, says Genevieve Tawiah, a performance physiotherapist who has worked on shows like Strictly Come Dancing.

Ankle injuries account for 5% of visits to A&E in the UK, according to NICE.

But Tawiah tells What's Up Docs? they can be avoided "if you are strong and aware of your foot and ankle and the chain that affects it". Here are three ways to strengthen your ankles:

1. Build your mind-body connection

he foundation to building strong ankles and reducing the risk of injuries is being "brain to body aware", says Tawiah - meaning you can sense what movements your ankles are making without relying on looking down at them.

"It's about sending information from the brain down to our foot and ankle to ground us and build a good foundation for any exercise training that follows," she says.

To build brain body awareness Tawiah has some examples of exercises that require you to watch your foot while you do them.

She suggests starting with smaller movements of the toes as this can affect how we "load [weight] through the ankles". Two examples are:

Pressing the tip of your big toe into the floor, holding it and watching how the arch of your foot engages. "This will feel like something pulling through the arch of your foot," she says.

Putting a pen on the floor next to, and parallel with, your big toe. Then try to move the big toe towards the pen, which is called toe "abduction".

2. Build strength, control and balance

Tawiah says the function of the ankle is to help us balance, weight bear and transmit force.

Strength exercises might include:

Heel raises - Stand next to a sturdy surface and lift your heels off the floor and roll onto your toes, making sure your ankles don't wobble or stick outwards.

Balance - Walk with one foot in front of the other, like a gymnast along a beam, and maintain your foot control.

Control - Moving from a sitting to a standing position on one or two legs and going up or down stairs are also examples of exercises used to improve ankle balance and control.

"If you go up the stairs and you find that you lead with one leg, practice leading with the other side."

Those recovering from ankle sprains might want try to balancing on one leg while throwing and catching a ball. Or work on their landing control by stepping to either side and balancing on the landing leg.

And for those with tendinopathy, chronic pain in the tendon, a slow and heavy load is important. Try calf raises with weight - for instance on a leg press.



'You're triggering me': How to understand your therapy-speak teen



With claims of gaslighting, triggering and disrespecting boundaries, some parents are struggling to understand their teenagers' so-called therapy speak. When Carla Hoskins asks her 15 and 18-year-old sons to revise or do chores at their Hertfordshire home, she says she is sometimes met with: "You're triggering me!"

Over in the US, Shannon Salvatoriello says her 14 and 17-year-old sons use similar words, which she says leaves her "feeling very confused".

Mental health experts in the UK and US tell the BBC why young people are using terms often heard during therapy sessions in everyday conversation - and give parents tips on how to better understand their teenagers.

Mum-of-six Carla says she is sometimes accused of gaslighting by her teen sons - particularly when she asks about friends or schoolwork.

"I feel like any time you challenge them or request something is when you come up against this new language," says the 39-year-old.

"Rather than just saying, 'Mum, I'm stressed about my exams' or 'I've got a lot on my plate', it's I'm triggering them." She adds: "You can't really ever get to the bottom of anything."

Carla says she had never heard the words triggering or gaslighting before her sons started using them and assumes they learned them on social media.

New York psychiatrist Dr Suzanne Garfinkle-Crowell agrees this is one of the ways therapy speak has spread to everyday language. Social media is one of the places teenagers look to as they try to make sense of themselves and the world, she says.

She has observed a shift in the way young people talk about their problems - from describing their feelings to giving them labels, she tells BBC Radio 4's Woman's Hour.

"They would say, 'I'm not getting along with my mum'... 'School has gotten really challenging and I'm feeling kind of bad about myself', and then suddenly it was, 'I have attachment issues, ADHD, and depression'."

Garfinkle-Crowell says parents shouldn't be afraid to consult a mental health professional if their child is describing symptoms of a medical condition, like anxiety disorder or depression.

She understands that some parents feel the use of therapy speak by teens is "almost like they are speaking a new language", but says it is important they consider the backdrop to why they might be using it.

Many young people, and girls in particular, often feel they aren't taken seriously by their parents and society more generally, she says.

"The only way to feel heard is to reach for this elevated medical language."

The head of an independent review into youth mental health told BBC News in September it was "harder to be young" now. Prof Peter Fonagy said there had been a real rise in mental distress among young people given the economic and employment uncertainty their generation faces. However, Julia Samuel, a psychotherapist from London, warns young people using medical terms such as anxiety disorder to describe "normal feelings like mild distress" can create a pattern of behaviour and emotions that result in them developing a disorder.

"It can give them the very thing they don't want," she explains. "It's the lack of knowledge and the overuse of the terms that can actually harm young people." Samuel says for parents struggling to understand therapy speak, "listening is your biggest tool to bridge the divide".

Gambhir concerned over India's batting collapse ahead of World Cup

United News Of india

NEW DELHI, NOV 13 :India's batting collapse for 89 against New Zealand has raised concerns for head coach Gautam Gambhir, particularly with the team set to encounter similar conditions at next year's ODI World Cup in South Africa.

Following Friday's 244-run defeat in the penultimate game of the five-match ODI series, Gambhir said the manner in which India lost their wickets was a bigger worry than the modest total itself.



The visitors were bowled out in just 26.4 overs while chasing New Zealand's 334-run target, with Matt Henry claiming six wickets after the hosts had posted 333 in their 50 overs.

"You're always concerned when you get bundled out for 90-odd. Why won't I be concerned? These are conditions which are going to be closest to what we might get during the World Cup," Gambhir said at the post-match press conference.

"The bigger concern is not the runs. It's how quickly we got bundled out, around 26 or 27 overs. That is something which is always a concern," he added.

The defeat also highlighted a recurring problem for India, who had struggled in the previous match as well. They slipped to 111 for seven while chasing 135 in a rain-reduced game, raising questions about their ability to cope with movement and bounce.

Gambhir stressed that the team needed to improve both technically and mentally when facing the new ball in such conditions.

He pointed out that the opening 10 overs in New Zealand present a particularly difficult challenge for batters, unlike in India, where the initial phase is generally considered more favourable for scoring.

"If you get 35 or 40 in the first 10 overs without losing a wicket, that is also good enough. Here, it's probably the most difficult time," he said.

The former India opener also felt that the batters needed to make clearer decisions when facing the lengths delivered by New Zealand pacers Matt Henry and Kyle Jamieson. Their ability to hit challenging areas and generate movement often left the Indian batters uncertain about whether to play on the front foot or go back.

Following Friday's 244-run defeat in the penultimate game of the five-match ODI series, Gambhir said the manner in which India lost their wickets was a bigger worry than the modest total itself.

The visitors were bowled out in just 26.4 overs while chasing New Zealand's 334-run target, with Matt Henry claiming six wickets after the hosts had posted 333 in their 50 overs.

"You're always concerned when you get bundled out for 90-odd. Why won't I be concerned? These are conditions which are going to be closest to what we might get during the World Cup," Gambhir said at the post-match press conference."The bigger concern is not the runs. It's how quickly we got bundled out, around 26 or 27 overs. That is something which is always a concern," he added.The defeat also highlighted a recurring problem for India, who had struggled in the previous match as well. They slipped to 111 for seven while chasing 135 in a rain-reduced game, raising questions about their ability to cope with movement and bounce.

Important to forget about this one: Iyer after batting disaster in fourth ODI

United News Of india

NEW DELHI, NOV 13 :India's stand-in captain Shreyas Iyer believes the team must quickly regroup from the morale-crushing 244-run defeat to New Zealand in the fourth ODI and draw confidence from the two wins that put them ahead 2-1 in the series.

With the decider scheduled at the same venue in Mount Maunganui on Sunday, Iyer wants the team to put Friday's batting collapse behind them and approach the final game with a fresh mindset.

"It's important to forget about this one, obviously, analyze what went wrong in terms of bowling and batting. But at the back of the mind it's important that we have also won two games. So a lot of inspiration from that one and see to it that we come with a fresh set of mind," Iyer said after the match.

India were bowled out for just 89 while chasing 334 at Bay Oval, suffering their second-heaviest defeat in ODIs. The loss reduced their series lead to 2-1 after Matt Henry ripped through the top order with a career-best 6-27.

Iyer acknowledged that Henry's accuracy with the new ball made the difference,



particularly after the New Zealand pacer removed Rohit Sharma and Virat Kohli before trapping him lbw in the opening over. India had not scored a run when they lost their three most experienced batters."We saw it; there was a huge difference in the first innings and the second innings in terms of wicket, but also credit where it's due, the way Henry bowled in the right areas right from ball one. I think that was sensationa.

India's mixed trap teams finish outside top 20 at Worlds

United News Of india

NEW DELHI, NOV 13 :India's campaign in the mixed trap event ended without a medal at the ISSF World Championships on Friday, with both teams finishing outside the top 20 in the qualification round of the Olympic quota competition for the 2028 Los Angeles Games.



Vivaan Kapoor and Manisha Keer were the better-placed Indian pair, finishing 21st with a combined score of 134 across three rounds. The other combination of Zoravar Singh Sandhu and Neeru Dhanda managed 132 points to end 32nd among 48 competing teams.

Vivaan, who had secured silver and an Olympic quota in the men's trap event on Thursday, shot 71 out of a possible 75. However, his effort was not enough to lift the team as Manisha struggled to find consistency, finishing with 63.

The second Indian pair also had a difficult outing. Neeru, a double Asian Games gold medallist at the recent edition in Japan, returned a score of 64, while experienced shooter Zoravar managed 68. The two were competing together as a pair at the international level for the first time.

Only the top four teams from the qualification round progressed to the final, where they will compete for the medals. With neither Indian combination managing to make the cut, the country's campaign at the championships came to an end on Friday.

India signed off with 13 medals -- two gold, seven silver and four bronze. Vivaan Kapoor and Manisha Keer were the better-placed Indian pair, finishing 21st with a combined score of 134 across three rounds. The other combination of Zoravar Singh Sandhu and Neeru Dhanda managed 132 points to end 32nd among 48 competing teams.Vivaan, who had secured silver and an Olympic quota in the men's trap event on Thursday, shot 71 out of a possible 75. However, his effort was not enough to lift the team as Manisha struggled to find consistency, finishing with 63.

President Murmu confers Arjuna Awards; no Khel Ratna selected this year

United News Of india

NEW DELHI, NOV 13 : President Droupadi Murmu presented the National Sports Awards at Rashtrapati Bhavan on Friday, with decathlete Tejaswin Shankar and chess Grandmasters Divya Deshmukh and Vidit Gujrathi among the prominent Arjuna Award recipients.

For the first time since 2014, no sportsperson was selected for the Major Dhyan Chand Khel Ratna.A total of 17 sportspersons received the Arjuna Award following an unprecedented re-evaluation of recommendations made by a selection committee headed by former Supreme Court judge Arun Kumar Mishra. The ceremony, which lasted a little over 36 minutes, was attended by union Sports Minister Mansukh Mandaviya and Sports Secretary Hari Ranjan Rao, among others.

The awards were announced after a prolonged delay caused by the Sports Ministry's review process, which was initiated to ensure

that only deserving candidates were recognised and to "preserve the integrity of the awards". The last time the country did not have a Khel Ratna recipient was in 2014.

South Africa coach Shukri Conrad gives Nortje update ahead of Bangladesh Tests

United News Of india

JOHANNESBURG, NOV 13 :South Africa coach Shukri Conrad has provided an update on injured fast bowler Anrich Nortje ahead of the upcoming ICC World Test Championship series against Bangladesh.Nortje injured his groin during the second Test of the recently completed three-game series at home against Australia, with the right-armer recently returning to training ahead of the opening match of the Bangladesh series that commences in Johannesburg on Sunday.

While Conrad admitted that first Test probably comes too soon for Nortje to feature in, the South Africa coach expects to have the tall 32-year-old available for the second contest with Bangladesh at Centurion from November 23.

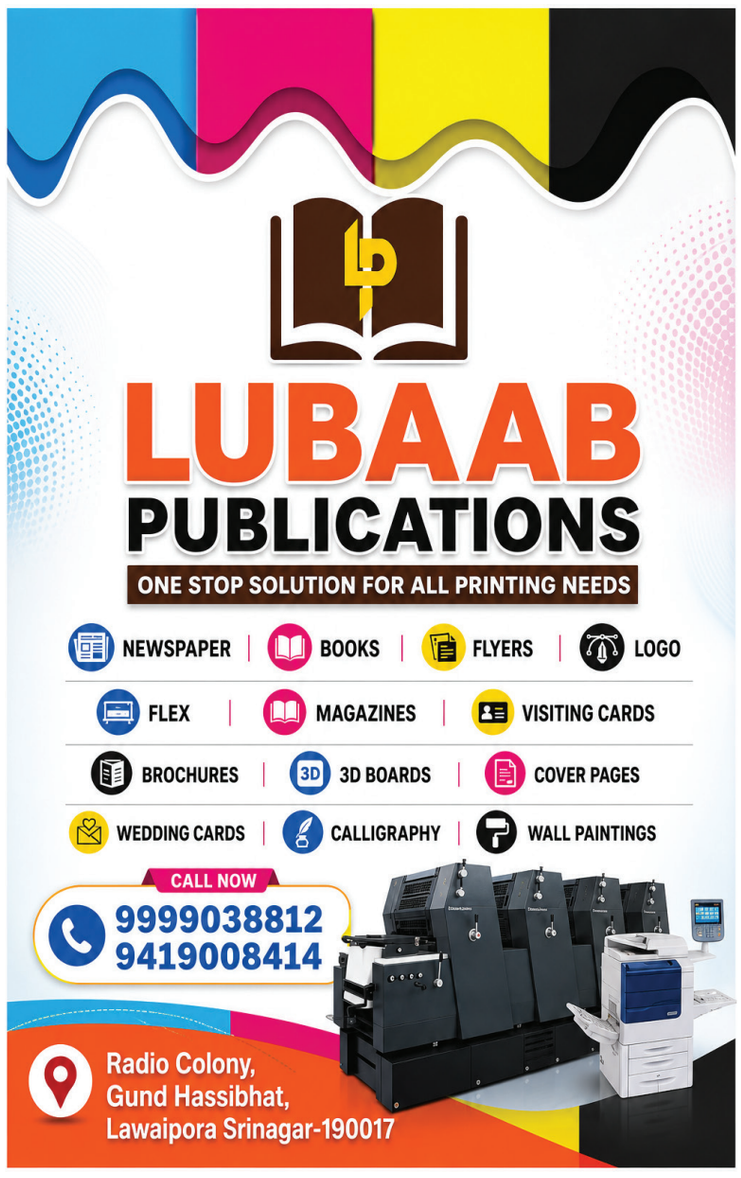
"He went for the scan at St George's during the Test match, and it revealed nothing sinister. It wasn't as bad as initially anticipated and didn't require anything out of the ordinary either, just a little bit of rest and then some rehab," Conrad said.

"He'll definitely be in the frame for one of the Test matches here, possibly the second one. From a medical point of view, there was nothing



wrong, and he's recovered well. He's started training early enough. He's building up his loads as we speak and he should be good to go by the second Test."South Africa have a strong pace attack to consider with Kagiso Rabada, Marco Jansen, Dane Paterson, Wiaan Mulder and Corbin Bosch all in the 15-player squad for the Bangladesh series.







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