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Voice To The Voiceless



P:12 New Zealand star Rachin Ravindra provides update on fitness for India Tests

Winter Watch: Regulator Bars Shutdown on J&K's 400kV Network Till March

HT NEWS DESK / AGENCIES

SRINAGAR, NOV 23 : With peak winter approaching, the regulator has imposed a strict 'no-shutdown' rule on Jammu & Kashmir's 400kV transmission network from December to March, asking POWERGRID and Indigrid to finish maintenance by November end and ensure backup equipment is in place to avoid last year's restoration delays.

According to the official documents available with the news agency—Kashmir News Observer (KNO), The regulator has said, "During last winter, while charging Kashmir valley after partial blackout, it was observed that power could not be extended due to non-availability of synchronising trolley at Amargarh end."

Accordingly, the authorities advised all transmission licenses in Kashmir valley to ensure availability of synchronising

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"India and Nepal Share Unbreakable Trust": Modi Announces $1.62 Billion Development Package

Ayodhya-Janakpur passenger train inaugurated; New Delhi and Kathmandu expand cooperation in energy, infrastructure, technology, education and post-flood reconstruction

HT NEWS DESK / AGENCIES



NEW DELHI, NOVEMBER 23: India on Monday announced a massive $1.62 billion development cooperation package for Nepal as Prime Minister Narendra Modi and his Nepalese counterpart Balendra Shah held wide-ranging bilateral talks in New Delhi, agreeing to deepen cooperation in infrastructure, connectivity, energy security, education, technology and economic development. The package, equivalent to 24,000 crore Nepali rupees, will support Nepal's reconstruction following devastating floods in August besides advancing its long-term development priorities. Describing the relationship as one rooted in shared history, civilisational bonds and mutual trust, Modi said India and Nepal were partners in each other's progress and stood together during difficult times. A major highlight of the visit was the inauguration of the Saryu-Kamala Express, a new weekly passenger train connecting Ayodhya Cantt with Janakpur Dham, aimed at promoting religious tourism and people-to-people exchanges. The two leaders also inaugurated cross-border connectivity and energy projects, reviewed railway cooperation and discussed uninterrupted supplies of petroleum products, fertilisers and other essential commodities. India additionally announced plans for a start-up incubator, an innovation hub and an offshore IIT campus in Nepal, besides expanding scholarships and supporting an agro-industrial park. Several agreements covering trade, transport, healthcare, agriculture, sports, technology

>>> MORE ON P 02

"Every Child Must Get an Opportunity to Realise Their Potential": Omar Abdullah Approves Land for Special School

Five kanals transferred to Social Welfare Department at Hadipora in Baramulla; institution to provide specialised education, therapy and skill development

HT NEWS NETWORK



JAMMU, NOVEMBER 23: In a significant step towards strengthening inclusive education and social welfare infrastructure, the Jammu and Kashmir Government has approved the transfer of five kanals of land at Estate Hadipora in Tehsil Watergam, Baramulla, to the Social Welfare Department for establishing a dedicated school for children with special needs. The proposed institution will provide specialised educational facilities, therapeutic support and skill development opportunities to children requiring additional care and assistance, enabling them to pursue education in an inclusive and supportive environment. The initiative is aimed at promoting their independence, confidence and empowerment while facilitating meaningful participation in society. The approval reflects the Omar Abdullah-led Government's stated focus on extending institutional support and essential services to vulnerable sections of society, particularly

>>> MORE ON P 02

"I Am Very Impressed With the Management": Rijiju Praises Nursing College in Srinagar

Union Minister inaugurates new building, appreciates infrastructure and hails J&K Waqf Board's performance



HT NEWS DESK / AGENCIES

SRINAGAR, NOVEMBER 23: Union Minister for Parliamentary Affairs and Minority Affairs Kiren Rijiju on Monday inaugurated a building at Haleema Bibi Nursing College in Srinagar, expressing satisfaction over its infrastructure and management and describing such initiatives as important for strengthening healthcare education in Jammu and

>>> MORE ON P 02

"No Pregnant Woman Should Be Left Without Timely Medical Assistance": Sakeena Itoo

Health authorities directed to identify expectant mothers in snowbound areas and shift high-risk cases closer to hospitals ahead of winter

HT NEWS NETWORK



SRINAGAR, NOVEMBER 23: With snowfall and road closures threatening to disrupt access to healthcare facilities in remote areas of Kashmir, Health and Medical Education Minister Sakeena Itoo on Monday directed health authorities to identify pregnant women nearing delivery in snowbound villages and arrange their advance relocation closer to hospitals wherever medically necessary. Reviewing winter preparedness at Government Medical Colleges and associated hospitals across Kashmir, the Minister ordered district-wise surveys to identify expectant mothers, particularly those requiring specialised medical attention or facing high-risk pregnancies. She stressed that no woman should be deprived of timely maternity care because of weather-related disruptions. Itoo also directed hospitals to streamline patient referral procedures, ensure clinical assessment and stabilisation before transferring critically ill patients, and make it mandatory for an experienced medical professional to accompany such patients. Health

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LG Sinha, CM Omar Abdullah, Speaker Rather and Minister Javid Dar extend greetings on 557th Prakash Purab; leaders call for peace and communal harmony



HT NEWS NETWORK

SRINAGAR/JAMMU, NOVEMBER 23: Lieutenant Governor Manoj Sinha, Chief Minister Omar Abdullah, Speaker of the Jammu and Kashmir Legislative Assembly Abdul Rahim Rather and Minister Javid Ahmad Dar on Monday extended warm greetings to the people of Jammu and Kashmir, particularly the Sikh community, on the eve of the 557th Prakash Purab of Sri Guru Nanak Dev Ji, being celebrated on November 24. In their felicitation messages, the leaders highlighted Guru Nanak Dev Ji's universal teachings of equality, truth, compassion, humility, brotherhood and selfless service, describing them as an enduring source of inspiration for humanity. The Lieutenant Governor and Chief Minister said his teachings transcend religious

>>> MORE ON P 02

SSP Srinagar reviews crime, security scenario, calls for crackdown on drug networks, OGWs

HT NEWS DESK / AGENCIES

SRINAGAR, NOV 23 :Senior Superintendent of Police (SSP) Srinagar, Dr G.V. Sundeep Chakravarthy, on Monday reviewed the district's crime and security situation, directing officers to intensify preventive policing, expedite pending investigations and maintain round-the-clock operational preparedness.

Chairing a Crime and Security Review Meeting at Police Control Room (PCR) Kashmir, the SSP, as per the news agency—Kashmir News Observer (KNO), took stock of the crime scenario, progress of investigations and overall security preparedness across Srinagar district.

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"Jammu Suffered the Most After Article 370 Abrogation": Tariq Karra

Congress seeks comprehensive assessment of post-2019 impact; reiterates demand for restoration of statehood and constitutional safeguards

HT NEWS DESK / AGENCIES



JAMMU, NOVEMBER 23: Jammu and Kashmir Pradesh Congress Committee president Tariq Hameed Karra on Monday claimed that the Jammu region had suffered the most following the abrogation of Article 370 in August 2019, calling for a comprehensive assessment of its political, economic and social consequences over the past seven years. Addressing a Congress Vichar Vibhag gathering at Ramgarh in Vijaypur, Karra asked the party's Vichar Vibhag to prepare a detailed report examining the benefits and losses arising from the constitutional changes, saying the findings would help shape the party's future political course. He claimed that many people in Jammu who had initially celebrated the abrogation were now expressing regret over its consequences.

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HT BOTTOM NEWS

"Providing Better Facilities to Students, Especially Girls, Is Our Priority": Shamim Firdous

Education Minister inaugurates renovated hostel, announces state-of-the-art girls' hostel in traditional heritage architectural style

HT NEWS NETWORK



SRINAGAR, NOVEMBER 23: Education Minister Shamim Firdous on Monday inaugurated the renovated hostel block at Amar Singh College Srinagar and announced the construction of a state-of-the-art Girls' Hostel at the historic institution, combining modern accommodation facilities with traditional heritage architecture. The announcement was made during the college's Annual Day celebrations, held under the theme "Dream, Discover, Create: Celebrating the Spirit of Amar Singh College." Addressing students, faculty members, alumni and parents, the Minister said providing safe, modern and comfortable accommodation, particularly to girl students, remained a priority of the Government. Accompanied by MLA Lal Chowk Sheikh Ahsan Pardesi, she appreciated the institution's contribution to higher education and its academic achievements. The Minister also felicitated meritorious students Aayat, Mir Muhtar Ahmad, Arbeen Nazir Dar and Saif Ullah Bhat for their achievements in academics, arts and sports, besides honouring faculty members and non-teaching employees for their dedicated service. She released the college newsletter and magazine and unveiled books authored by faculty members. The celebrations also featured cultural performances highlighting Jammu and Kashmir's artistic traditions, including a skit, movie screening and a collective rendition of

>>> MORE ON P 02

Chill tightens grip across Kashmir, Pahalgam coldest at minus 3.8 degrees

HT NEWS DESK / AGENCIES

SRINAGAR, NOV 23 :Cold conditions intensified across Kashmir on Monday, with several places recording sub-zero minimum temperatures. Pahalgam was the coldest place in Jammu and Kashmir at minus 3.8 degrees Celsius, according to the Meteorological Department.

Srinagar recorded a minimum temperature of minus 0.4 degrees Celsius, while Qazigund registered minus 1.6 degrees Celsius. Kupwara recorded minus 1.4 degrees Celsius and the ski resort of Gulmarg minus 2 degrees Celsius.

According to details available with the news agency—Kashmir News Observer (KNO), Kokernag was comparatively warmer at 1.5 degrees Celsius. In the Jammu region, night temperatures remained

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IGP Kashmir chairs high-level security review meeting

Participants stress on maintaining operational readiness in vulnerable areas, inter-agency coordination

HT NEWS DESK / AGENCIES



SRINAGAR, NOV 23 : Senior Police, security and intelligence officials on Monday called for strengthening coordination between agencies and maintaining operational readiness in vulnerable areas across Kashmir.

According to the news agency—Kashmir News Observer (KNO), Inspector General of Police, Kashmir Zone, Sujit Kumar, chaired a high-level security review meeting at the Police Control Room (PCR), Kashmir, here and discussed key issues with the representatives of various security and intelligence agencies. "The meeting discussed overall security situation and existing security grid across the Valley were assessed," said an official.

"The discussions covered security arrangements in the plains as well as mountainous and higher-altitude areas, with officials stressing the need for effective coordination and preparedness across different terrains," he added. "Particular attention was given

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Winter Watch: Regulator

trolley facility at substations in Jammu and Kashmir for early restoration.

"J&K SLDC should take up the matter with Baglihar HEP to provide flexible ramping support by providing high generation during morning and evening hours and minimal generation during solar hours," it reads.

The regulatory authority also urged J&K SLDC to present its winter preparedness plan to the forum. "The plan should cover the status of capacitor banks and other reactive compensation in the valley."

It also should cover measures to reduce Megavolt Ampere reactive (MVAr) drawl from the Inter-State Transmission System (ISTS). "The plan should cover expected hydro generation for the winter including peaking support from Baglihar HEP."

"POWERGRID and Indigrid may confirm that no shutdown is planned during the next 3 months and that synchronising trolley facility is available at all substations in the valley," it reads.

POWERGRID is a state-owned utility that transmits bulk electricity across India, while IndiGrid is a privately sponsored Infrastructure Investment Trust (InvIT) listed on Indian stock exchanges that owns and operates power transmission lines and renewable energy assets.

As already reported by KNO that even as Jammu and Kashmir recorded a peak power demand of around 3.3 GW last year, authorities have projected a peak of just 2.8 GW for the upcoming period, prompting the electricity regulatory authority to seek an urgent review amid warnings of a 665 MW non-solar power deficit.

The official documents in this regard said that J&K has been requested to review its submitted demand forecast stating that the projected peak demand of 2.8 GW is lower than the previous year's peak of around 3.3 GW.

"Further, a peak deficit of approximately 665 MW is projected during non-solar hours from 5pm to 8am, widening after mid-month," the documents read.

It also said that in view of the absence of advance bilateral procurement, advance Round-the-Clock (RTC) and peak hour bilateral tie-ups are recommended to address the deficit and minimise dependence on the short-term market—(KNO)

"India and

and disaster management were also exchanged during Shah's maiden official overseas visit since assuming office in March 2026.

India on Monday unveiled a Rs 24,000-crore Nepali rupee ($1.62 billion) development cooperation package for Nepal, combining post-flood reconstruction assistance with a broader push in connectivity, energy security, infrastructure, education, technology and economic development, as Prime Minister Narendra Modi and his Nepalese counterpart Balendra Shah held extensive bilateral talks in New Delhi to strengthen the longstanding relationship between the two neighbours.

The announcement, made during Shah's maiden official overseas state visit since taking office in March 2026, underscores New Delhi's renewed emphasis on its Neighbourhood First policy and Kathmandu's efforts to accelerate reconstruction, economic growth and technological development. The package, equivalent to $1.62 billion, is expected to support Nepal's recovery from devastating floods in August as well as its longer-term development priorities.

Addressing a joint press conference at Hyderabad House after bilateral and delegation-level discussions, Modi described the relationship as one extending far beyond geographical proximity, rooted in shared history, civilisational bonds, mutual trust and a sense of belonging. "India and Nepal share not merely a relationship of neighbouring countries, but one of belongingness and unbreakable trust. Our joys are shared, and so are our challenges. We are partners in each other's progress and support each other in difficult times," he said.

Modi conveyed India's condolences over the loss of lives in the August floods in Nepal, stressing that New Delhi stood firmly with Kathmandu in its efforts to rebuild damaged infrastructure, restore affected communities and strengthen resilience against future disasters. The development package is expected to provide support for reconstruction and rehabilitation while creating a foundation for sustainable economic growth.

The visit also sought to establish a fresh political and developmental momentum under Shah's leadership, with Modi welcoming the Nepalese Prime Minister's vision for bilateral relations and observing that his electoral mandate reflected the aspirations of Nepal's younger generation. The two leaders discussed ways to translate the traditional warmth between the countries into more tangible economic opportunities, improved infrastructure and greater cooperation in emerging sectors.

The historical and spiritual dimensions of the relationship featured prominently in the discussions, with Modi invoking the shared civilisational heritage of the two countries and referring to Lord Ram and Mata Sita as enduring symbols of their cultural and religious connections. The bonds between Ayodhya and Janakpur, in particular, were highlighted as an important bridge between the peoples of India and Nepal.

A major highlight of the visit was the inauguration of the Saryu-Kamala Express, a new weekly passenger train service connecting Ayodhya Cantt with Janakpur Dham in Nepal. The cross-border rail link is expected to facilitate religious pilgrimage, tourism, cultural exchanges and people-to-people contact, while strengthening connectivity between two destinations deeply associated with the Ramayana tradition.

The leaders also jointly inaugurated completed cross-border connectivity and energy projects, laid the foundation stones for new infrastructure initiatives and reviewed cooperation in railway technology, including India's GatiShakti railway technology portal. Rail connectivity, energy integration and infrastructure expansion are increasingly emerging as key pillars of the bilateral partnership.

Energy security and the uninterrupted availability of essential commodities were another major focus, particularly amid volatility in international markets and disruptions in global supply chains. Modi said India had continued to ensure supplies of petroleum products, fertilisers and other essentials to Nepal despite challenges affecting oil supplies this year.

"Guided by the spirit of our Neighbourhood First Policy, despite serious challenges related to oil supplies this year, we have maintained the supply of fuel, fertilisers and other essential commodities to Nepal," he said, reaffirming India's commitment to being a dependable partner in times of regional and global uncertainty.

The two governments also agreed to expand cooperation in education, technology, innovation, agriculture and employment generation, with particular emphasis on creating opportunities for Nepal's youth. Modi announced initiatives to establish a start-up incubator, an innovation hub and an offshore campus of the Indian Institute of Technology in Nepal, aimed at strengthening the country's innovation ecosystem, encouraging entrepreneurship and developing technical expertise.

"Every Child

persons with disabilities and economically weaker families. The proposed school is expected to strengthen facilities for the education, rehabilitation and social integration of children with special needs in Baramulla district.

The Jammu and Kashmir Government, led by Chief Minister Omar Abdullah, has approved the transfer of five kanals of land at Estate Hadipora, Tehsil Watergam, Baramulla, to the Social Welfare Department for establishing a dedicated school for children with special needs.

The proposed institution will provide specialised educational facilities, therapeutic support and skill development opportunities to children with special needs, enabling them to access education in an inclusive and supportive environment. The initiative is aimed at promoting their independence, confidence, empowerment and meaningful participation in society.

The initiative reflects the Government's focus on extending the benefits of development and social welfare to all sections of society, particularly those who require additional care, support and institutional assistance.

Under the leadership of Chief Minister Omar Abdullah, the Government has continued to emphasise the welfare and social security of senior citizens, persons with disabilities and economically weaker sections. Particular attention is being given to strengthening social welfare infrastructure, improving access to essential services and ensuring that eligible beneficiaries receive the assistance and support they are entitled to.

The Chief Minister has consistently stressed the need for a more inclusive and compassionate society in which every citizen, irrespective of economic or physical limitations, has the opportunity to live with dignity, access essential services and realise their potential.

The establishment of the proposed school in Baramulla is another step towards strengthening the support system for children with special needs and expanding opportunities for their education, rehabilitation and social integration.

"I Am Very

Kashmir. Speaking to reporters after the inauguration, Rijiju said he was particularly impressed by the facilities and the manner in which the institution had been developed. "I am very impressed with the management of the nursing college. The way the rooms and facilities have been arranged is very good," he said. The Union Minister observed that the institution would benefit people across Jammu and Kashmir, particularly by contributing to the healthcare sector through nursing education and training. He congratulated J&K Waqf Board Chairperson Darakhshan Andrabi and her team, describing the Union Territory's Waqf Board as the best-performing Waqf Board in the country. Rijiju also thanked the authorities for providing him an opportunity to visit the region and participate in the inauguration, adding that several development projects had been inaugurated during his visit.

Union Minister for Parliamentary Affairs and Minority Affairs Kiren Rijiju on Monday inaugurated a building at Haleema Bibi Nursing College here and praised the institution's infrastructure and management, saying such initiatives would strengthen the healthcare and education sectors in Jammu and Kashmir.

Speaking to Kashmir News Service (KNS), Rijiju said several development works had been undertaken in the Union Territory and expressed satisfaction over the facilities available at the nursing college.

"I am very impressed with the management of the nursing college. The way the rooms and facilities have been arranged is very good," he said.

The minister said the institution would benefit people in Jammu and Kashmir, particularly in the healthcare sector, while emphasising the importance of health and education.

Rijiju congratulated Waqf Board Chairperson Darakhshan Andrabi and her team, describing the Jammu and Kashmir Waqf Board as the best-performing Waqf Board in the country.

He also thanked the government for providing him an opportunity to visit the region and participate in the inauguration, saying several projects had been inaugurated during his visit. (KNS)

"No Pregnant

institutions have been asked to coordinate with district administrations, SDRF and traffic authorities to facilitate emergency transportation during snowfall. The Minister further reviewed the availability of medicines, oxygen, blood components, ambulances, heating facilities and backup electricity, directing hospitals to keep emergency departments, operation theatres, ICUs and maternity and neonatal units fully functional throughout winter. In a series of patient-friendly directions, she also ordered hospitals to prominently display diagnostic charges, distinguish between free and paid services, publish doctors' duty rosters and contact numbers, and strengthen complaint-redressal mechanisms.

With snowfall threatening to cut off remote areas of Kashmir from healthcare facilities, the government on Monday directed health authorities to identify pregnant women nearing delivery in snowbound villages and arrange their relocation closer to hospitals wherever medically necessary.

The directions were issued by Health and Medical Education Minister Sakeena Itoo during a review of winter preparedness at Government Medical Colleges (GMCs) and hospitals across Kashmir division.

The move is aimed at preventing medical emergencies in areas where heavy snowfall and road closures frequently delay access to hospitals, particularly for pregnant women requiring urgent care.

Itoo directed health authorities to conduct advance surveys and prepare district-wise records of pregnant women, identifying those nearing delivery or requiring specialised medical attention.

She said high-risk cases must be assessed in advance and shifted closer to healthcare institutions with maternity and emergency facilities wherever medically required.

"No pregnant woman from a snowbound or remote area should be left without timely medical assistance because of weather-related disruptions," the Minister said.

The government also directed hospitals to tighten referral procedures following concerns over delays and unnecessary movement of patients between healthcare institutions.

Under the directions, critically ill patients referred from District and Sub-District Hospitals to tertiary care institutions must be clinically assessed and stabilised before transfer, while the receiving hospital must be informed in advance.

An experienced medical professional must accompany every critically ill patient during referral to ensure medical supervision throughout the journey.

The Minister asked hospital administrations to coordinate with district authorities, SDRF, traffic officials and peripheral health institutions to arrange patient transportation during snowfall and other weather emergencies.

Teams will also be constituted to monitor weather advisories and facilitate timely intervention when road connectivity is disrupted.

During the review, Itoo sought details of medicine stocks, oxygen supplies, blood components, ambulances, heating facilities and backup electricity arrangements at GMCs and associated hospitals.

She directed that emergency departments, operation theatres, intensive care units and maternity and neonatal facilities remain operational throughout winter, with adequate deployment of medical and paramedical staff.

In another direction affecting patients, the Minister ordered hospitals to display charges for diagnostic tests and clearly distinguish between paid and free services.

District hospitals have also been asked to publicly display OPD schedules, names of consultants and doctors on day and night duty, along with their contact numbers.

Hospital authorities were further directed to maintain complaint registers and strengthen grievance redressal arrangements.

The review meeting was attended by Commissioner Secretary Health and Medical Education Saugat Biswas, principals of GMCs Srinagar, Anantnag, Baramulla and Handwara, Director Health Services Kashmir and senior officials from district and sub-district hospitals.

The directions come as hospitals across Kashmir prepare for winter conditions that can disrupt road connectivity and complicate the movement of patients from remote areas to major healthcare institutions. (KNS)

SSP Srinagar

The meeting was attended by Zonal SPs, SP Headquarters, SDPOs, SHOs and other supervisory officers of District Police Srinagar.

During the meeting, a detailed review of cases registered under UAPA, NDPS, POCSO, crimes against women, murder, theft, burglary and other offences was conducted. Stress was laid on the quality of investigations, timely disposal of cases, prosecution outcomes and effective implementation of the new criminal laws.

The SSP directed officers to expedite pending investigations, strengthen scientific evidence collection and address shortcomings that lead to acquittals, while improving conviction rates.

He also stressed dismantling drug trafficking networks by investigating their financial and criminal linkages and attaching proceeds of crime in accordance with law.

On the security front, officers were directed to sustain day-and-night area domination, conduct dynamic nakas and surprise checking, maintain heightened vigilance around sensitive locations and intensify action against overground worker (OGW) networks.

The SSP also called for better coordination with Central Armed Police Forces (CAPFs) and other security agencies to ensure operational readiness.

All SHOs were instructed to regularly review investigations, adhere to statutory timelines and strengthen preventive policing and public grievance redressal.

Reiterating the importance of accountability, the SSP said performance and measurable results would be closely monitored, warning that any laxity or negligence would invite strict action.

He urged officers to maintain professionalism, vigilance and proactive policing to ensure a safe and peaceful Srinagar—(KNO)

LG Sinha

and social boundaries and continue to promote communal harmony, mutual respect and peaceful coexistence. Speaker Abdul Rahim Rather emphasised the importance of choosing humility over pride and service over self, expressing hope that the sacred occasion would strengthen unity and brotherhood in Jammu and Kashmir. Minister Javid Dar highlighted Guru Nanak Dev Ji's three cardinal principles of Naam Japna, Kirat Karni and Vand Chakna — remembering the Almighty, earning an honest livelihood and sharing one's resources with the needy. Referring to Guru Nanak's life at Kartarpur, he also underlined his respect for honest labour, agriculture and the dignity of the farming community. The leaders expressed hope that the sacred occasion would bring peace, prosperity and happiness to the region and inspire people to strengthen the bonds of unity and mutual respect.

Lieutenant Governor Manoj Sinha and Chief Minister Omar Abdullah on Monday extended greetings to the people, particularly the Sikh community, on the eve of Guru Nanak Dev Ji's Prakash Parv. In their messages, both leaders highlighted the timeless teachings of Guru Nanak Dev Ji, stressing the values of love, compassion, truth, equality, brotherhood and selfless service. They said his teachings continue to inspire humanity and promote peace, communal harmony and mutual respect, while calling upon people to follow his path for the welfare and upliftment of society.(KINS)

"Jammu Suffered

Reiterating the Congress demand for restoration of full statehood to Jammu and Kashmir, Karra also called for constitutional safeguards to protect land, employment and natural resources, arguing that similar protections were available in several other states. AICC Vichar Vibhag chairman Captain Praveen Davar, JKPCC working president Raman Bhalla and other Congress leaders also addressed the gathering, raising issues concerning constitutional rights, electoral processes, unemployment and inflation. Karra announced that the party would organise a programme in Jammu on November 26 as part of its nationwide campaign concerning electoral rights and democracy. During the event, Anita Thakur and Gurcharan Singh joined the Congress.

): Jammu and Kashmir Pradesh Congress Committee (JKPCC) president Tariq Hameed Karra on Monday claimed that the Jammu region had suffered the most following the abrogation of Article 370 in August 2019 and called for a detailed assessment of its impact on the region.

Addressing a Congress Vichar Vibhag gathering at Ramgarh in Vijaypur, Karra said the party would examine the benefits and losses arising from the removal of constitutional safeguards over the past seven years.

He asked the party's Vichar Vibhag to prepare a report on the impact of the August 2019 decisions to help determine its future political course.

Karra claimed that several people in Jammu who had initially celebrated the abrogation were now expressing regret over its consequences.

"Those who celebrated the abrogation of Article 370 in Jammu are now repenting and admitting that Jammu suffered the most," he said.

The Congress leader reiterated the party's demand for restoration of full statehood to Jammu and Kashmir, along with constitutional safeguards for land, employment and natural resources.

He said similar protections were available in several other states and maintained that the people of Jammu and Kashmir should not be denied such rights.

Karra also announced that Congress would organise a programme in Jammu on November 26 as part of its nationwide campaign concerning electoral rights and democracy.

Speaking at the event, All India Congress Committee (AICC) Vichar Vibhag chairman Captain Praveen Davar highlighted the historical role of Jawaharlal Nehru, Maharaja Hari Singh and Sheikh Mohammad Abdullah in Jammu and Kashmir's accession to India.

He argued that Nehru's political engagement with Sheikh Abdullah helped counter the two-nation theory in Kashmir and contributed to the region's accession to India.

Davar also referred to the safeguards introduced during Maharaja Hari Singh's rule concerning land and employment rights, saying such protections reflected the need to preserve the interests of local residents.

He accused the BJP and RSS of pursuing divisive politics and urged Congress workers to defend constitutional values and democratic institutions.

JKPCC working president Raman Bhalla alleged that electoral processes were being manipulated under the BJP-led central government and referred to allegations of irregularities raised by Leader of Opposition Rahul Gandhi.

Bhalla claimed that more than 13 crore people had been deprived of voting rights, an allegation made by the Congress leader without supporting evidence presented at the event.

He said restoration of statehood remained a central political demand of the Congress in Jammu and Kashmir.

JKPCC chief spokesperson Ravinder Sharma also criticised the BJP over unemployment, rising prices and what he described as the erosion of democratic rights.

The programme was organised by former minister and J&K Vichar Vibhag chairman Yash Pal Kundal and attended by several Congress leaders, including former MLC Balbir Singh and DCC president Sanjeev Sharma.

During the event, Anita Thakur and Gurcharan Singh joined the Congress. (KNS)

"Providing Better

Mahjoor's famous poem "Waloo Haa Bhagwano."

Minister for Education, Shamim Firdous, today inaugurated the renovated Hostel Block at Amar Singh College Srinagar and announced construction of a state-of-the-art Girls' Hostel at the College, designed in traditional heritage architectural style.

The Minister was the chief guest at the annual day 2026 celebration of the College, held under the theme "Dream, Discover, Create: Celebrating the Spirit of Amar Singh College." She was accompanied by Sheikh Ahsan Pardesi, MLA, Lal Chowk Constituency.

Addressing a large gathering of students, faculty, alumni and parents at the College auditorium, Shamim Firdous appreciated the students for their talent and achievements. She lauded Amar Singh College for its academic excellence and contribution to higher education in Jammu and Kashmir.

Highlighting the Government's commitment towards strengthening the educational infrastructure, the Minister said providing better facilities and opportunities to students, especially girls, remains a top priority. She said the new Girls' Hostel will provide safe, modern and comfortable accommodation to girl students while preserving the heritage character of the historic institution.

On the occasion, the Minister felicitated meritorious students Aayat, Mir Muhtar Ahmad, Arbeen Nazir Dar and Saif Ullah Bhat for their achievements in academics, arts and sports. She also felicitated faculty members and non-teaching staff for their dedicated service, including Prof. Nusrat Sayed from teaching faculty, Prof. Momina Nazir as best researcher, Rehana Nazir from non-teaching staff, Dr. Javid Darzi and Gardener Abdul Aziz for his 28 years of dedicated service to the College.

Shamim Firdous also released the College Newsletter and Magazine and unveiled the books authored by various faculty members.

Earlier, Principal, Amar Singh College, Prof. Tehmina Yousuf, reaffirmed the College's commitment to academic excellence, innovation and holistic student development. She highlighted its academic achievements and developmental initiatives.

Dr. Shahnawaz Muntazir presented the comprehensive College Report.

The programme was attended by Nargis Suriya, Special Secretary, Higher Education Department, Nodal Principal, Kashmir Division Colleges, Registrar, Cluster University Srinagar, Controller of Examinations, Cluster University Srinagar, Principals of city Colleges, officers from JK SICOP and JK Bank, distinguished alumni and parents.

The Annual Day celebrations featured a rich cultural programme showcasing Jammu and Kashmir's diverse artistic traditions, followed by student performances, screening of a movie, a skit and a collective rendition of Mahjoor's famous poem "Waloo Haa Bhagwano".

Chill tightens

significantly higher. Jammu recorded a minimum of 10.2 degrees Celsius, followed by Katra at 10.4 degrees Celsius, Banihal at 9.1 degrees Celsius, Batote at 8.3 degrees Celsius and Bhaderwah at 1.9 degrees Celsius.

The maximum temperature in Srinagar settled at 16.6 degrees Celsius, 2.7 degrees above the seasonal normal of 13.9 degrees Celsius.

The Meteorological Department has forecast mainly dry weather across Jammu and Kashmir until November 30. Shallow to moderate fog is likely at several places, particularly during morning and night hours.

The department has advised commuters to exercise caution while travelling, especially on highways and other major roads during foggy conditions—(KNO)

IGP Kashmir

to intelligence sharing, area domination and operational preparedness to ensure a coordinated response to emerging security challenges," the official said.

IGP Kumar stressed the importance of maintaining close coordination among all agencies and strengthening the existing security arrangements, the official said, adding that the meeting also reviewed measures to ensure a robust and proactive security grid across the Valley, particularly in areas where difficult terrain and seasonal conditions pose operational challenges.

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DC Srinagar visits Makhdoom Sahib (RA) Shrine, Sharika Devi Temple

Reviews progress of upgradation & developmental works at both sites under heritage schemes

■ HT News Network

SRINAGAR, NOVEMBER 23: Deputy Commissioner (DC) Srinagar, Akshay Labroo today undertook a visit to the shrine of Hazrat Sheikh Hamza Makhoom (RA) and Sharika Devi Temple atop Hari Parbat to take on-the-spot stock of the progress of ongoing developmental, restoration and beautification projects at both historical religious sites.

During the visit, the DC was accompanied by Additional Deputy Commissioner, Mir Imtiyaz Ul Aziz, SP North, Showkat Ahmad, Chief Planning Officer, Fayaz Ahmad Dar, Superintending Engineer North, Shabir Ahmad, Tehsildar Khanyar, Syed Shahid, Executive Engineer R&B, Arif Hazari, Executive Engineer KPDCL, Nasir Ahmad, District Health Officer, Dr Rubeena and other Officers were also present on the occasion.

At Makhdoom Sahib Shrine, the DC reviewed the progress of the Rs 4.44 crore project aimed at strengthening and restoring retaining walls, upgrading steps and paving them with traditional Devri stone, developing a viewing deck, improving lighting and installing CCTV surveillance, besides other allied beautification works aimed at enhancing public amenities and improving facilities for devotees visiting the Shrine..



On the occasion, the Deputy Commissioner directed the concerned Departments to expedite the pace of work and ensure its timely completion, emphasizing close inter-Departmental coordination for effective and seamless execution of the project.

Later, the DC visited Sharika Devi Temple atop Hari Parbat and reviewed the progress of various ongoing Developmental works, including construction of the boundary wall, toilet block and renovation of stairs at the Temple. He also took stock of the progress of the Rs 3.75 crore project for construction of a Dharamshala, comprising a prayer room, dining hall, kitchen, dormitory, bedrooms and other allied facilities.

On the occasion, the DC directed the concerned Officers to expedite the pace of construction of the boundary wall and ensure its completion within the stipulated timeframe. He further instructed them to undertake necessary repair and renovation works in the Hawan Hall of the temple, stressing that quality standards must be strictly maintained in view of the religious and cultural significance of the shrine for devotees and visitors.

The DC underscored the importance of protecting and conserving sites of historical, cultural and religious significance, stating that these heritage landmarks embody the region's rich legacy of communal harmony, mutual respect and shared cultural traditions.

The DC said that the District Administration is taking all measures to facilitate devotees and ensuring the conservation, restoration and development of important heritage sites across Srinagar Dsitrict. The DC said that the District Administration is taking all measures to facilitate devotees and ensuring the conservation, restoration and development of important heritage sites across Srinagar Dsitrict.

Haj Training Programme: District Admin Bandipora announces Change in Venue

■ HT News Network

BANDIPORA, NOVEMBER 23: The District Administration Bandipora has informed all selected Haj pilgrims of the district that the venue for the first phase of Haj training, scheduled for November 26, 2026 (Thursday), has been changed from Masjid Peer to Noor Masjid, Nowpora, Bandipora.

The training programme will be held from 11:00 AM to 3:00 PM as per the original schedule.

All selected pilgrims have been advised to take note of the change in venue and attend the training session on time to receive necessary guidance and instructions regarding the Haj pilgrimage.

4th National Lok-Adalat to be held on December 12 at Ganderbal

■ HT News Network

GANDERBAL, NOVEMBER 23: The District Legal Services Authority, Ganderbal, has informed that the 4th National Lok-Adalat, is scheduled to be held on December 12, 2026 (Saturday) at the District Court Complex Ganderbal and Munsiff Court Complex, Kangan, from 10:30 A.M. onwards.

This initiative aims to provide a platform for the amicable settlement of all types of civil and criminal compoundable cases and the appeals arising out of such cases.The primary objective of the Lok-Adalat is to ensure speedy disposal of pending cases, and provide an opportunity for parties to settle their disputes amicably. The Lok-Adalat provides a platform for litigants to negotiate and settle their disputes through the assistance of judges, advocates, and experts. The Lok-Adalat offers numerous benefits, including, speedy disposal of cases, Amicable settlement of disputes, Refund of court fees paid, Final and binding award, with no appeal to any court, Reduction in litigation costs, Preservation of relationships and win-win situation to both the parties.

During the Lok-Adalat, various types of Pre-litigation cases as well as all types of Civil and Criminal Compoundable cases, as may be permissible under the Act/Regulations and pending Cases before courts including civil and criminal compoundable cases, NI Act cases under Section 138, Money Recovery cases, Motor Accident Claim cases, Labour dispute cases, Disputes related to Public Utility services (excluding non-compoundable), Matrimonial disputes (except divorce), Family disputes, including execution petitions, Land Acquisition cases, Service matters including pension cases, Revenue and other ancillary matters, IPR matters, Consumer rights matters especially insurance claims and also other matters pending before any other quasi-judicial authority and other cases before revenue authorities.

The District Legal Services Authority, Ganderbal, invites all litigants, advocates, and the general public to avail this opportunity and settle their disputes amicably and urge everyone to participate in this initiative and contribute in promoting a culture of peace, harmony, and reconciliation.

All the public in general and litigants in particular who are desirous of settling their matters through the process of the National Lok-Adalat are informed to approach District Legal Services Authority Ganderbal, Tehsil Legal Services Committee Ganderbal/Kangan or concerned court, by or before 5th December 2026 for referring their pending or Pre-Litigation cases to the National Lok-Adalat for settlement.

For more information, interested parties can contact office of District Legal Services Authority, Ganderbal, 2nd Floor, District Court Complex, Ganderbal or on Ph. No. +91 1942950922, Email— dlsaganderbal@gmail.com, Toll Free Helpline Number—15100.

DC Kulgam reviews solid waste management, assesses waste collection, billing system

■ Farooq Rather

KULGAM, NOVEMBER 23: Deputy Commissioner (DC) Kulgam, Shahzad Alam, today chaired a meeting at Mini-Secretariat, Kulgam, to review the status and implementation of Solid Waste Management measures in urban and rural areas of the district.

During the meeting, the DC took a detailed review of household and commercial establishment coverage, door-to-door waste collection, manpower deployment, operational zones, vehicle deployment and billing arrangements.

The meeting was informed that out of 70,177 households in the district, 37,451 have been covered under door-to-door waste collection. Similarly, out of 4,942 commercial units, 3,431 have been brought under the coverage. A total of 42 operational zones have been established, with 18 vehicles presently in use.



He directed the concerned officers to prepare and maintain year-wise consumer registers for households and commercial establishments, ensuring proper documentation of bills issued and receipts collected.

He further directed that offline copies of all relevant data be maintained for every Panchayat, ensuring proper record-keeping and easy availability of information whenever required.

The DC called for strengthening door-to-door waste collection, improving coverage of uncovered households and commercial units, and ensuring effective coordination between urban and rural functionaries for proper implementation of Solid Waste Management measures.

DC Ganderbal reviews progress of Srinagar Ring Road Phase-II, Phase-IIA Projects

■ HT News Network

GANDERBAL, NOVEMBER 23: Deputy Commissioner (DC) Ganderbal, Shreya Singhal, today chaired a meeting at the VC Room, Mini Secretariat Complex, Ganderbal, to review the progress of the ongoing Srinagar Ring Road Phase-II and Phase-IIA projects and address issues related to their execution.

During the meeting, the DC took a detailed review of the overall status of both projects, including the progress of highway and structural works, land acquisition, disbursement of compensation and various bottlenecks affecting the timely execution of works along the project alignments.

The meeting also deliberated on the traffic management plan proposed by the National Highways Authority of India (NHAI) during the construction period. The DC directed the Traffic Police, Civil Police, Revenue authorities and NHAI to formulate a comprehensive and effective traffic management plan to address potential challenges and ensure smooth vehicular movement during the construction period.

Emphasizing the need for close coordination among all concerned departments and executing agencies, the DC directed them to adhere strictly to the timelines fixed during the meeting. She further stressed that all identified issues must be resolved on priority to ensure timely completion of the projects while minimizing inconvenience to the general public.



The meeting was attended by the Additional Deputy Commissioner, Ganderbal; Assistant Commissioner Revenue, Ganderbal; Superintending Engineers of PW(R&B), KPDCL and NHAI; Executive Engineers of I&FC and PHE; Tehsildars of Lar and Wakura; and other concerned officials. The meeting was attended by the Additional Deputy Commissioner, Ganderbal; Assistant Commissioner Revenue, Ganderbal; Superintending Engineers of PW(R&B), KPDCL and NHAI; Executive Engineers of I&FC and PHE; Tehsildars of Lar and Wakura; and other concerned officials.

Pulwama Admin Mandates Priority Services, Barrier-Free Access for Senior Citizens, Persons with Disabilities

DC Directs Government Offices to Ensure Dignity, Accessibility and Hassle-Free Service Delivery

■ HT News Network

PULWAMA, NOVEMBER 23: Deputy Commissioner Pulwama, Kuldeep Krishan Sidha, has issued directions to all Heads of Departments and District Officers to ensure priority treatment, dignity, accessibility and facilitation for senior citizens and persons with disabilities (Divyangjan) in Government offices.

The instructions aim to ensure an inclusive, accessible and citizen-centric administrative framework, recognising the difficulties faced by elderly persons and persons with disabilities in navigating administrative procedures, accessing public offices and availing Government services.

As per the circular, senior citizens and persons with disabilities shall be accorded preferential treatment at public dealing counters, with priority processing of applications, grievances, pension-related cases, revenue matters and other service-related requests within prescribed timelines. An official shall be designated in every office to assist them with application forms, documentation and online submissions, while unnecessary movement between sections and offices shall be avoided.



The circular also directs Government offices to ensure adequate barrier-free access, including ramps, handrails, accessible toilet facilities, suitable seating arrangements and appropriate signages. Offices with substantial public interaction shall establish priority seating arrangements and designated facilitation/help desks. Appropriate assistance and reasonable accommodation shall also be provided to persons with visual, hearing, locomotor and other disabilities. Where physical attendance is difficult or impracticable, alternative arrangements for service delivery shall be explored wherever permissible under applicable rules.

Emphasising courteous and sensitive conduct, the Deputy Commissioner has directed all officers and officials to maintain the highest standards of patience, respect and courtesy while dealing with such applicants. Discriminatory, humiliating, intimidating or discourteous treatment shall not be tolerated, and applicants must be provided clear explanations and appropriate guidance regarding procedures and documentation.

All Heads of Offices have been directed to designate Nodal Officers to oversee implementation, prominently display information regarding priority-service arrangements and conduct periodic inspections to assess accessibility facilities and compliance. Complaints relating to denial of assistance, discrimination or discourteous behaviour shall be addressed promptly, with responsibility fixed wherever lapses are established.

The circular further directs all Heads of Departments and District Officers to ensure immediate implementation of the instructions and submit an Action Taken Report to the Deputy Commissioner's office within 10 days, detailing the arrangements made, accessibility facilities available, sensitisation measures undertaken and mechanisms established for grievance redressal.

The Deputy Commissioner has stressed that age or disability shall not constitute a barrier to accessing Government services or availing legitimate entitlements, and that strict compliance with the instructions shall be ensured. The circular further directs all Heads of Departments and District Officers to ensure immediate implementation of the instructions and submit an Action Taken Report to the Deputy Commissioner's office within 10 days, detailing the arrangements made, accessibility facilities available, sensitisation measures undertaken and mechanisms established for grievance redressal.

DC Bandipora reviews Forest Rights Act Implementation, calls for faster disposal of Cases

■ HT News Network

BANDIPORA, NOVEMBER 23: Deputy Commissioner (DC) Bandipora, Indu Kanwal Chib, today chaired a meeting to review the implementation of the Forest Rights Act (FRA), 2006, and the status of forest clearance cases in the district.



During the meeting, Divisional Forest Officer (DFO) Bandipora, Waseem Farooq Mir gave a detailed presentation on various provisions of the Act, covering eligibility for individual and community forest rights, settlement of rights, community resource management, the role of Gram Sabhas and Forest Rights Committees, field verification and mapping, and the responsibilities of field forest officers and Sub-Divisional Level Committees (SDLCs).Reviewing the road clearance cases, the Deputy Commissioner directed the concerned Executive Engineer, PMGSY, Revenue, Rural Development and Forest officers to re-examine the Jawdara road case and jointly hold a Gram Sabha at the road's take-off point. She directed that the Gram Sabha notice be served at least 15 days in advance, and urged the District Information Officer Bandipora to ensure wide publicity.On the occasion, the Deputy Commissioner also directed the concerned officers to conduct a survey at Kilshay next week and asked the Executive Engineer, PMGSY, to meet the Divisional Forest Officer to discuss and resolve pending issues.The DC stressed that all departments must work in close coordination, maintain proper documentation and ensure timely action so that pending cases are processed without unnecessary delays.

The DFO stressed the need to maintain proper records, noting and indexing of files for smooth processing of cases. He assured the officers of the Forest Department's full support and asked them to approach the department whenever they faced any difficulty. BDOs were also asked to work closely with Block Forest Officers to improve the processing of FRA cases.

DC Shopian launches 'Swachh Shopian Janbhagidari Abhiyan' from his Official Residence

Declares Premises Single-Use Plastic-Free, calls for collective Commitment to Keep Shopian Clean

■ HT News Network



SHOPIAN, NOVEMBER 23: District Administration Shopian today launched the 'Swachh Shopian Janbhagidari Abhiyan' from the official residence of Deputy Commissioner (DC) Shopian, Charandeep Singh, calling for active public participation in promoting scientific waste management and making cleanliness a shared responsibility.

The Deputy Commissioner also led by example by adopting sustainable waste management practices at his official residence.

Launched under the Swachh Bharat Mission (Urban) 2.0, the campaign aims to promote responsible waste disposal, source segregation, home composting and the elimination of single-use plastics, with a focus on ensuring a cleaner and healthier Shopian.

The launch programme was attended by ADDC Shopian, Dr. Nasir Ahmad Lone; Suhail Ahmad Malik, Executive Officer, Municipal Council Shopian; members of civil society, Traders Association and sanitation workers.

During the programme, a live demonstration of the four-bin source segregation system was conducted, explaining the separation of household waste into wet waste, dry waste, sanitary waste and special-care waste, including domestic hazardous items such as batteries, expired medicines and chemical containers.

Safai Mitras demonstrated the door-to-door waste collection process, showcasing the collection and transportation of segregated waste in designated compartments of the municipal collection vehicle. The demonstration highlighted the importance of proper waste segregation and the vital role of sanitation workers in maintaining cleanliness across the town.

Reinforcing the importance of decentralised waste management, the Deputy Commissioner deposited wet waste into the compost pit at his official residence, demonstrating how kitchen and garden waste can be converted into organic manure through home composting.

In another significant initiative, the Deputy Commissioner unveiled SUP-Free signage and declared his official residence a Single-Use Plastic-Free Premises, setting an example for government offices, institutions, commercial establishments and households to adopt environmentally responsible practices.

A collective pledge was also administered to the participants, who resolved to uphold the commitment "Shopian Ko Saaf Rakhna Hai" and work collectively towards maintaining cleanliness, practising waste segregation, ensuring responsible waste disposal and reducing the use of single-use plastics.

The Deputy Commissioner also signed awareness and appeal letters addressed to prominent citizens and key stakeholders, urging them to adopt sustainable waste management practices and become ambassadors of cleanliness by motivating others in their respective neighbourhoods. Speaking on the occasion, the Deputy Commissioner emphasised that cleanliness must become a daily habit and a shared responsibility of every citizen. He stressed that effective solid waste management begins at the household level and requires active participation from all sections of society.

He issued strict directions to the concerned officers and stakeholders to ensure effective implementation of waste segregation practices, strengthen door-to-door collection of segregated waste and intensify awareness regarding home composting and the elimination of single-use plastics.

DC Anantnag flags off 120-boy contingent for five-day adventure trekking expedition to Pahalgam

■ HT News Network



ANANTNAG, NOVEMBER 23: Deputy Commissioner (DC) Anantnag, Dr. Bilal Mohi-Ud-Din Bhat, today flagged off a contingent of 120 boys from Sports Stadium Anantnag for a trekking expedition to the world-famous tourist destination of Pahalgam.

The flag-off ceremony was held in the presence of District Youth Services and Sports Officer (DYSSO) Anantnag, along with field staff and other officials of the department.

The trekking expedition, organised by the District Youth Services and Sports Office Anantnag, will be conducted from November 23 to November 27, 2026.

Adressing on the occasion, the DC encouraged the participants to actively engage in the expedition and make the most of this enriching experience.

DYSSO added that the department has put in place the necessary arrangements for the smooth and safe conduct of the expedition, with field staff and officials accompanying the contingent throughout the programme

The initiative aims to promote adventure sports, physical fitness, discipline, teamwork, leadership qualities and a spirit of exploration among young boys.

It will also provide participants with an opportunity to experience the breathtaking natural beauty of Pahalgam while developing confidence, resilience and environmental awareness.

Wildlife Awareness Programmes Reach Over 15,000 Students, Community Members Across J&K: Wildlife SOS

■ HT News Network



Srinagar, Nov 23, KNT: More than 15,000 students and community members across Jammu and Kashmir have been reached through wildlife awareness, education and community engagement programmes conducted by Wildlife SOS over the past two years, as the organisation steps up efforts to promote safer coexistence between people and wildlife. The programmes, undertaken in collaboration with the J&K Wildlife Protection Department and other stakeholders, include capacity-building initiatives, village-level awareness sessions, educational activities and nature-based learning, with particular focus on human-wildlife encounters involving leopards and Himalayan black bears. According to Wildlife SOS, its initiatives have reached over 10,000 students and 5,000 community members during the period. The organisation is implementing community outreach under its 'Bridging the Gap' programme and educational activities guided by the theme 'Educate, Engage and Coexist'.

The capacity-building programmes focus on wildlife monitoring, conflict management and mitigation, helping stakeholders understand scientific tools and how field information can support conservation decisions. Geeta Seshamani, Co-founder and Secretary of Wildlife SOS, thanked the J&K Wildlife Protection Department for its continued collaboration, saying that engagement with local communities was essential to improving understanding of leopards and Himalayan black bears and encouraging responsible responses to human-wildlife conflict.

Aaliya Mir, Programme Head, Jammu and Kashmir, Wildlife SOS, said conservation efforts must go beyond animal rescue and monitoring to help people understand the wildlife sharing their surroundings. Wildlife SOS said the initiatives aim to strengthen communication with communities, promote informed responses to wildlife encounters and reduce risks for both people and animals. [KNT]

ADDC Bandipora inspects ongoing Road Restoration, Jhelum Embankment Works at Check-i-Chandergeer

■ HT News Network



BANDIPORA, NOVEMBER 23: Additional District Development Commissioner (ADDC) Bandipora, Nazir Ahmad Mir, today visited Check-i-Chandergeer to inspect and review the ongoing road restoration and River Jhelum embankment repair works. During the visit, the ADDC inspected the ongoing restoration activities and took stock of the progress achieved on the ground. He reviewed the repair works being undertaken at the site and directed the concerned officers to ensure that the restoration process is carried out in a timely and systematic manner without causing unnecessary inconvenience to the general public. He particularly stressed that adequate care must be taken to facilitate the smooth and safe movement of commuters, pedestrians and local residents during the execution of the works. He further instructed the concerned departments to maintain close coordination and ensure that necessary arrangements are in place to minimise public inconvenience. The ADDC emphasised that the restoration of road connectivity and strengthening of the vulnerable embankment stretch are important from the standpoint of public safety and the convenience of the local population. He directed the executing agencies to maintain quality standards and expedite the ongoing works. The ADDC was accompanied by officers from the Roads and Buildings Department and the Irrigation & Flood Control Department.

SWD Budgam organises Awareness Programme on Maintenance Rights, Inheritance Rights, Free Legal Aid

■ HT News Network

BUDGAM, NOVEMBER 23: Social Welfare Department (SWD), Budgam, through SANKALP – Hub for Empowerment of Women (HEW), under Mission Shakti, organised an awareness programme on "Maintenance Rights, Inheritance Rights and Free Legal Aid" at Government Degree College (GDC), Beerwah.

The programme aimed at creating awareness about the legal rights of women, particularly their rights to maintenance and inheritance, besides familiarising participants with the provisions and procedures for accessing free legal aid and available legal support mechanisms.

The programme witnessed participation from Anganwadi Workers (AWWs), Accredited Social Health Activists (ASHAs) and representatives of the National Rural Livelihoods Mission (NRLM), along with other participants. Their participation provided an opportunity to strengthen awareness and disseminate information about women's legal rights at the grassroots level. Afroza Ahad, District Mission Coordinator, SANKALP-HEW, in her welcome address, highlighted the importance of legal awareness and collective efforts towards promoting women's empowerment and ensuring that women are aware of their legal entitlements. During the technical session, Asiya Farooq, Assistant Public Prosecutor, ASMM Court, Beerwah, deliberated on various aspects of maintenance rights, inheritance rights and free legal aid. She sensitised the participants about the legal entitlements of women and the importance of seeking appropriate legal remedies to safeguard their rights. A representative from the Police Department also spoke on the role of police in protecting women's rights, addressing grievances.

DC Kupwara chairs District Road Safety Committee Meeting

■ HT News Network



KUPWARA, NOVEMBER 23: Deputy Commissioner (DC) Kupwara, Abhishek Sharma, today chaired a meeting of the District Road Safety Committee (DRSC) to review road safety measures, traffic management and winter preparedness across the district. At the outset, the DC reviewed the status of cases under the PM-RAHAT scheme. Taking serious note of delays in certain cases, he sought explanations from the concerned officers and directed the ARTO Kupwara to conduct a detailed inquiry into the reasons for pendency and submit a report at the earliest.

Reviewing road safety interventions, the DC directed R&B, PMGSY and BRO to take up immediate corrective measures at all identified accident-prone locations and road safety hotspots. He stressed the need for installing crash barriers along vulnerable stretches, particularly on PMGSY and other roads, to minimise the risk of accidents.

Emphasising winter preparedness, the DC directed intensified enforcement and preventive measures across the district. BRO was asked to install adequate warning and reflective signages along frost-prone and slippery stretches, with special attention to vulnerable high-altitude areas, particularly the Tangdhar axis.

The meeting also reviewed traffic congestion and traffic management in major towns.

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DC Budgam reviews District Capex Progress; Stresses Timely Completion of Works

Directs Departments to expedite Execution, ensure Quality and achieve Targets within Stipulated Timelines

■ HT News Network

BUDGAM, NOVEMBER 23: Deputy Commissioner (DC) Budgam, Jatin Kishore, today chaired a review meeting to assess the physical and financial progress under the District Capex Budget 2026–27 across various departments of the district.

During the meeting, the Deputy Commissioner undertook a detailed department-wise review, focusing on the physical status of ongoing works, financial expenditure, utilisation of allocated funds and achievement of prescribed targets.

He stressed the timely submission of pending estimates, completion of tendering formalities and allotment of works to ensure expeditious execution and timely completion of projects within the stipulated timelines.

The review covered works and activities of the Roads and Buildings (R&B) Department, Hydraulic Circle and all its divisions, Public Health Engineering (PHE), Minor Irrigation, Groundwater, Education, Power Development Department (PDD), Youth Services and Sports (YSS), Health Department and Jammu and Kashmir Energy Development Agency (JAKEDA).

The Deputy Commissioner took stock of the progress of individual works and assessed the pace of execution of all targets set for the current financial year.

He stressed the need to maintain a close balance between physical achievements and financial progress to ensure optimal utilisation of allocated resources.

He directed all concerned officers to expedite the execution of ongoing works, address bottlenecks proactively and ensure timely completion of projects within the stipulated timelines.

He also emphasised adherence to prescribed quality standards and regular field-level monitoring to ensure that developmental works translate into tangible benefits for the public.



The Deputy Commissioner further instructed the departments to identify pending issues, take timely corrective measures and strengthen inter-departmental coordination for smooth implementation of the District Capex programme.

He reiterated that all departments must work with a coordinated approach to ensure effective and time-bound implementation of developmental works across the district.

The meeting, among others, was attended by the Joint Director Planning, Chief Education Officer (CEO), Chief Medical Officer (CMO), Assistant Commissioner Development (ACD), Superintending Engineers (SEs), Executive Engineers from various engineering wings, Block Development Officers (BDOs) and other concerned officers. He also emphasised adherence to prescribed quality standards and regular field-level monitoring to ensure that developmental works translate into tangible benefits for the public. The Deputy Commissioner further instructed the departments to identify pending issues, take timely corrective measures and strengthen inter-departmental coordination for smooth implementation of the District Capex programme.

He reiterated that all departments must work with a coordinated approach to ensure effective and time-bound implementation of developmental works across the district. The meeting, among others, was attended by the Joint Director Planning, Chief Education Officer (CEO), Chief Medical Officer (CMO), Assistant Commissioner Development (ACD), Superintending Engineers.

ALI MOHAMMAD SHAHBAZ's Revolutionary Poetry Finds New Voice in English and Urdu

LORE OF FALCON and 'RAHOO RASMAI SHABAZI' unveiled in Srinagar; speakers hail Hafeez Masoodi's pioneering effort to take the celebrated poet's legacy beyond linguistic boundaries



■ **HT NEWS DESK / AGENCIES**

Srinagar November 23: In a significant contribution to the literary and cultural heritage of Kashmir, two translated works of celebrated revolutionary poet Ali Mohammad Shahbaz were unveiled at a literary conference in Srinagar, marking an important milestone in bringing his powerful poetic legacy to a wider readership.

The books, 'Lore of Falcon', translated into English, and 'Rahoo Rasmai Shabazi', translated into Urdu, were formally unveiled in the presence of hundreds of literary enthusiasts, intellectuals, scholars and people from different walks of life. Minister for Sports and Culture and MLA Trehgam, Mir Saifullah, attended the function as the Chief Guest, while Justice Bashir Kirmani presided over the proceedings.

Speakers at the conference warmly appreciated the painstaking efforts of Hafeez Masoodi in translating the poetry of Ali Mohammad Shahbaz, describing the initiative as a pioneering literary intervention that would help introduce the poet's revolutionary thought, literary depth and distinctive poetic expression to readers beyond the Kashmiri-speaking world. They observed that the significance of the two publications goes far beyond the conventional exercise of translating literary works. Rather, these books represent a maiden and meaningful effort to disseminate the poetry, ideas and revolutionary spirit of Shahbaz across linguistic and geographical boundaries. By making his poetry accessible in English and Urdu, the translations are expected to open new avenues for literary engagement, research and appreciation of his contribution to Kashmiri literature.

The speakers emphasised that revolutionary poets like Ali Mohammad Shahbaz occupy a distinctive place in the literary history of Kashmir, as their writings reflect not only artistic excellence but also the social consciousness, resistance, aspirations and collective experiences of their times. Making such poetry available in other languages, they said, was essential for preserving its relevance and ensuring that future generations could engage with the poet's intellectual and literary legacy. The conference was attended by a large gathering, reflecting the continuing interest in Kashmir's literary traditions and the importance attached to efforts aimed at preserving, translating and promoting its rich poetic heritage.

The unveiling of the two books was widely viewed as a noteworthy step towards taking Ali Mohammad Shahbaz's revolutionary poetry to a broader literary audience and securing greater recognition for his contribution beyond the boundaries of the Kashmiri language.

Guru Nanak Dev Ji's message of equality, brotherhood, selfless service continues to inspire humanity: Javid Dar

■ **HT News Network**

JAMMU, NOVEMBER 23: Minister for Agriculture Production, Finance, Mining and Cooperative Departments, Javid Ahmad Dar, has extended warm greetings to the people of Jammu and Kashmir, particularly the Sikh community, on the auspicious occasion of 557th Parkash Purab (birth anniversary) of Sri Guru Nanak Dev Ji, being celebrated on November 24, 2026.

In his felicitation message, the Minister said that the life and teachings of Sri Guru Nanak Dev Ji represent an eternal source of wisdom, spiritual enlightenment and guidance for humanity. He said that Guru Ji's universal message of 'Ik Onkar' (oneness of the Supreme Being) promotes the ideals of equality, compassion, humility, tolerance and universal brotherhood, transcending



all barriers of caste, creed and religion.

Emphasising the relevance of Guru Nanak Dev Ji's three cardinal principle of remembering and meditating on the Almighty, earning an honest livelihood through sincere hard work and sharing one's earnings and resources with the needy, the Minister called upon the people to follow these timeless teachings in their daily lives and contribute towards building a just, compassionate and harmonious society.

The Minister highlighted Guru Nanak Dev Ji's profound respect for honest labour, agriculture and the dignity of the farming community.

Referring to Guru Ji's life at Kartarpur, where he practised and promoted the values of hard work, self-reliance and sharing, Javid Dar said that his teachings accord immense importance to farmers and those engaged in agricultural pursuits.

Javid Dar said that Guru Nanak Dev Ji's teachings remain equally relevant in contemporary times and provide a strong foundation for strengthening the bonds of peace, mutual respect and brotherhood in society.

The Minister prayed that the sacred occasion brings peace, prosperity and happiness to Jammu and Kashmir and inspires people to strengthen the spirit of unity, compassion and brotherhood across all communities.

DJMC IUST organises special lecture on future of broadcasting in AI era

■ **HT News Network**

Awantipora, Nov 23: Department of Journalism and Mass Communication (DJMC), Islamic University of Science and Technology (IUST), organised a Special Lecture on 'Future of Broadcasting in the Era of Artificial Intelligence' on Monday.



The lecture was delivered by Mr. Qazi Mohammad Salman (IIS), Director, Press Information Bureau (PIB), Srinagar, and Director News, Doordarshan Kendra (DDK), Srinagar, at the Conference Hall of Rumi Library, IUST. The lecture focused on the rapidly changing landscape of broadcasting in the age of AI.

The session began with a formal welcome address by Dr. Rabia Noor, Head, DJMC. "Artificial Intelligence is transforming the media landscape in unprecedented ways, and broadcasting is no exception. From news gathering and production to content dissemination and audience engagement, AI is redefining the very nature of broadcasting," she said, adding that these developments raise important questions concerning the role of media persons in future.

Delivering the lecture, Mr. Salman highlighted how AI is transforming every stage of broadcasting, from news gathering to content creation and audience engagement. He said, the challenge for future journalists is to embrace this technology while upholding the values of accuracy, credibility and ethics. "The tools of AI that we use today are only a glimpse of what is to come. The future impact of AI on media will be far bigger and transformative," he said.

Mr. Salman further added that broadcasting has always had the power to change the course of history, and that the willingness of the people to follow is what gives media its power. "With the change in the landscape of media and technology, AI will have a twofold impact, that is it will impact society, and it will transform society at the same time," he said.

"Media professionals should keep a check for consistency, values and standards, while producing the content to bridge the gaps of past experiences keeping in consideration the ethical side of it," he added. AI, he stressed, is a good tool but would become a master if left unchecked.

Dean Outreach, IUST, Dr. Ruheela Hassan, in her special remarks, said, there are definitely certain challenges and problems concerning AI. "But we as media professionals must use AI and our own abilities to find a solution to these problems," she said. "The focus should be on generating authentic content." The lecture was followed by a lively interaction, in which students engaged with the guest speaker, raising questions on AI, media ethics, credibility of journalism, and evolving role of media in the society.

Jammu and Kashmir Emerging as a Promising Destination for Cinema: Film Policy, Incentives and Opportunities Highlighted at 57th IFFI Goa

■ **HT News Network**

GOA, NOVEMBER 23: Highlighting Jammu and Kashmir's growing potential as a preferred destination for film production, a panel discussion titled "Jammu and Kashmir: An Emerging Destination for Cinema" was organised at the 57th International Film Festival of India (IFFI), Goa, as part of the participation of the Department of Information and Public Relations (DIPR), Jammu and Kashmir, at the prestigious international film festival.

The discussion witnessed the participation of Director, DIPR, Jammu and Kashmir, Mamta Yadav, alongside noted actor Mir Sarwar and filmmakers Rahat Kazmi and Kapil Mattu, who shared their perspectives on the region's evolving film ecosystem, its cinematic potential and the opportunities available for promoting Jammu and Kashmir as a prominent filmmaking destination. Speaking on the occasion, Mamta Yadav provided a comprehensive overview of the Jammu and Kashmir Film Policy, outlining the Government's vision, policy framework and various initiatives aimed at facilitating film production, encouraging investment in the film sector and strengthening the region's overall cinematic ecosystem.

She highlighted the proactive measures being undertaken by the Government to create a filmmaker-friendly environment, facilitate shooting permissions, promote film tourism and encourage filmmakers from across the country and abroad to explore the diverse locations of Jammu and Kashmir.

Emphasising the region's immense natural and cultural wealth, she noted that Jammu and Kashmir offers an exceptional range of filming locations, from picturesque valleys, snow-clad mountains and pristine lakes to historic monuments, heritage sites and



culturally vibrant landscapes. These varied locations provide filmmakers with diverse cinematic settings and considerable creative possibilities. Mamta Yadav also underscored the importance of developing a sustainable film ecosystem by strengthening coordination among various government departments, local stakeholders, production houses, artists and technical professionals. She highlighted the need to generate greater employment opportunities for local talent and create avenues for the participation of local artists, technicians and service providers in film production activities.

Actor Mir Sarwar and filmmakers Rahat Kazmi and Kapil Mattu shared their experiences and observations regarding filmmaking in Jammu and Kashmir. They highlighted the region's cinematic appeal, availability of talented local artists and the opportunities for expanding film production activities. They also discussed the importance of continued institutional support, improved facilitation and greater collaboration between the film industry and the Government. The interaction also provided an opportunity to deliberate on the challenges and emerging opportunities within the regional film industry, particularly in terms of attracting larger productions, nurturing local filmmaking talent and connecting Jammu and Kashmir's creative fraternity with the national and international film industry.

The panel discussion formed part of DIPR's broader participation at the 57th IFFI, aimed at showcasing Jammu and Kashmir's film policy, cinematic locations, creative talent and government initiatives before filmmakers, producers, investors and other stakeholders from across the country and abroad. Through such engagements, the Department is seeking to strengthen Jammu and Kashmir's visibility on the national and international film map, promote film tourism and establish the region .

HT EDITORIAL

Recruitment Scandals : Selection Agencies Cannot Escape Accountability

Repeated paper leak allegations and examination irregularities have turned the dreams of unemployed youth into uncertainty. The government must fix responsibility, punish the guilty

For thousands of educated young people in Jammu and Kashmir, competitive examinations are a battle fought with years of hard work, sleepless nights and enormous financial sacrifices. Their parents invest their savings, often compromising their own needs, in the hope that their children will secure a government job through merit. But what happens when the very institutions entrusted with protecting merit become questionable? What happens when allegations of paper leaks and examination irregularities repeatedly surface, leaving honest candidates wondering whether hard work still matters?

The concerns expressed by Member of Parliament Mian Altaf Ahmad Larvi over the lack of transparency in examinations reflect a deep public anxiety that the government can no longer afford to ignore. The allegations surrounding the Forest Department's examination are yet another reminder that the credibility of recruitment agencies is under serious strain. Such incidents are not minor administrative lapses. They strike at the foundation of a fair recruitment system and undermine the future of thousands of deserving candidates.

The biggest failure of selection agencies is that they appear more concerned with managing controversies after they erupt than preventing them in the first place. Every time allegations surface, the standard response is an inquiry, an assurance and a promise of strict action. But how many inquiries are required before these institutions learn to conduct examinations without inviting suspicion? How long will candidates be expected to suffer because of the incompetence, negligence or possible complicity of those responsible for safeguarding the process?

Selection agencies must be reminded that they are not doing unemployed youth a favour by conducting examinations. They are performing a public responsibility for which they are paid from public funds. Their primary obligation is to ensure that every candidate gets an equal and secure opportunity. If they cannot guarantee the confidentiality of question papers, the integrity of examination centres and the credibility of evaluation, their functioning deserves serious scrutiny.

More importantly, accountability must extend beyond the cancellation of examinations and the suspension of a few officials. Whenever a paper leak or serious irregularity is established, the entire chain of responsibility must be examined. Those who failed to prevent the breach, those who ignored warnings and anyone found involved in manipulation must face exemplary punishment. Senior officials cannot continue to enjoy immunity while ordinary candidates pay the price for institutional failures.

The government, too, must stop treating every controversy as an isolated incident. Repeated allegations indicate systemic weaknesses that demand structural reforms, not temporary damage control. An independent mechanism should periodically audit selection agencies, examine their security arrangements and assess their performance. Modern safeguards, including encrypted question papers, secure digital transmission, biometric verification, CCTV monitoring and independent supervision, must become standard practice rather than occasional measures introduced after a scandal.

There is another injustice that deserves attention. When an examination is cancelled or recruitment is delayed because of irregularities, it is the innocent candidates who suffer. They lose precious years, cross age limits and face uncertainty about their future. In a region already struggling with unemployment, such delays can be devastating. Why should a deserving candidate lose an opportunity because a selection agency failed to perform its basic duty? The government must ensure time-bound investigations and protect candidates from being penalised for the failures of the system.

The national controversy surrounding NEET and the recurring allegations in recruitment examinations in Jammu and Kashmir should serve as a warning. No selection agency should be considered beyond scrutiny, and no official should be allowed to hide behind the institutional reputation of an organisation. Public trust cannot be restored through press statements and official assurances. It requires transparency, credible investigations and visible punishment wherever wrongdoing is established.

Jammu and Kashmir's unemployed youth have already endured years of uncertainty. They do not need another assurance that everything is under control. They need a recruitment system in which question papers remain secure, examinations are conducted fairly, results are declared without unnecessary delays and merit is never compromised.

The government must make it clear to every selection agency that failure is not without consequences. If an agency repeatedly fails to protect the sanctity of examinations, its leadership must be held answerable. Those entrusted with selecting candidates cannot be allowed to escape responsibility when the selection process itself comes under a cloud.

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Bibhuti Bhushan Bandyopadhyay and Satyajit Ray: Looking Back to Pather Panchali



Dr. Ratan Bhattacharjee

Few literary and cinematic collaborations in India have achieved the enduring emotional resonance of the relationship between Bibhuti Bhushan Bandyopadhyay and Satyajit Ray. One was a novelist who discovered poetry in the everyday life of rural Bengal; the other was a filmmaker who transformed that poetic sensibility into one of the most unforgettable cinematic experiences of world cinema. Pather Panchali, born in the literary imagination of Bibhuti Bhushan and recreated on screen by Ray, is not merely a novel adapted into a film. It is a meeting of two artistic sensibilities, two creative visions and two ways of discovering the extraordinary within the ordinary.Looking back at Pather Panchali is to revisit a Bengal that exists simultaneously in memory, literature and cinema. It is to rediscover the fragile world of childhood, poverty, family relationships, nature, aspiration and loss. The novel and the film are independent artistic achievements, yet their emotional and philosophical connection remains inseparable. Their shared universe continues to speak to readers and audiences across generations and geographical boundaries.

Bibhuti Bhushan Bandyopadhyay's Pather Panchali is a novel of astonishing sensitivity. Published in the early twentieth century, it captures the rhythms of rural Bengali life through the experiences of a family struggling against poverty and uncertainty. The village of Nishchindipur is not simply a geographical location; it is an emotional landscape. Its ponds, bamboo groves, narrow paths, orchards, fields, monsoon clouds and changing seasons become integral to the psychological



and spiritual experience of the characters. The novelist's genius lies in his ability to discover beauty in the seemingly insignificant. A child's curiosity about the world, the excitement of discovering a distant railway, the sight of fruit in a garden, the sound of insects, the movement of clouds or the quiet melancholy of an evening can become moments of profound literary significance. Nature in Bibhuti Bhushan is never merely decorative. It is a living presence, a companion to human suffering and joy, and sometimes a silent witness to the passage of time.Durga and Apu embody the spirit of discovery. Their childhood is not defined exclusively by poverty, although poverty constantly shapes their lives. Their imagination frequently transcends material deprivation. They wander, observe, explore and dream. The world beyond their immediate surroundings is a mysterious territory of possibilities. Their curiosity makes the village appear larger than its physical boundaries.

The novel also offers a deeply humane portrait of Sarbajaya, whose frustrations and anxieties are inseparable from her struggle to maintain the household. Harihar, with his dreams and uncertainties, represents a different dimension of poverty: the precarious existence of a man whose aspirations are constantly challenged by economic realities. Indir Thakrun, the elderly relative, evokes the vulnerability of age, abandonment and the dignity of a life that society often neglects. Bibhuti Bhushan's literary achievement lies in refusing to simplify these characters into moral symbols. They are imperfect, emotional and human. The novel's tenderness does not eliminate suffering; rather, it makes suffering more intimate. The reader gradually discovers that the tragedy of poverty is not simply the absence of money but the continuous erosion of opportunities, security and dignity.When Satyajit Ray decided to adapt Pather Panchali, he faced the challenge of translating a literary world into the language of cinema.

A novel possesses the freedom to explore thought, memory, inner conflict and descriptive detail through narration. Cinema, however, must discover its own vocabulary through images, sounds, performances, movement, editing and rhythm.Ray understood that the film could not simply illustrate the novel. It had to recreate the spirit of Bibhuti Bhushan through a distinct artistic language. His approach to filmmaking was rooted in observation, restraint and an extraordinary sensitivity to human behaviour. Rather than relying on melodramatic conventions, he sought to capture the emotional truth of everyday life.The production itself was an adventure in artistic determination. Ray's early filmmaking experience was limited, and the project encountered financial difficulties. Shooting extended over approximately two and a half years, with interruptions caused by funding constraints. Ray's recollections of the making of the film reveal how the production team learned filmmaking through experimentation, observation and practical challenges. He described how the natural surroundings, village atmosphere and the rhythm of rural Bengal became essential sources of inspiration.

The decision to shoot on location was particularly important. The village landscape was not recreated as an artificial studio environment. The natural setting became a central character in the film. Muddy paths, trees, ponds, rain, wind, fields and the changing light of the countryside were incorporated into the cinematic experience. Ray's film is often associated with realism, but its realism is not merely documentary recording. It is an artistic construction. The camera selects, frames and organises reality to reveal emotional and aesthetic significance. Ray's cinematic realism allows ordinary objects, gestures, landscapes and silences to acquire extraordinary expressive power.

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Circadian Rhythm The Body's Natural Clock

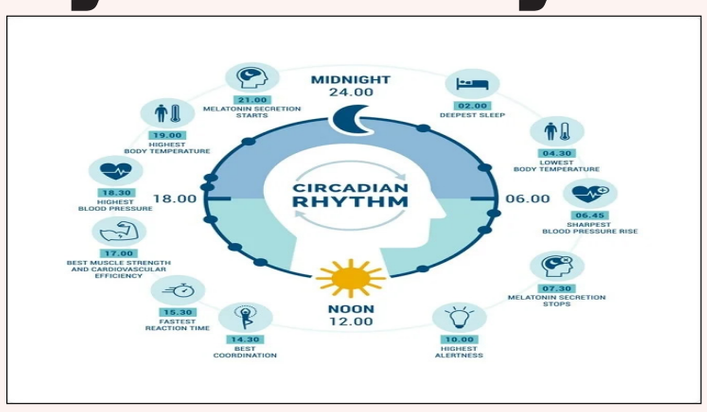


Surinderpal Singh

Mother Nature always follows a strict timetable. The sun rises in the morning, sets in the evening and seasons changes according to a natural cycle. Interestingly, the human body also follows a similar timetable. This internal timing system is known as the circadian rhythm, commonly called the body's biological clock. It plays an important role in controlling our sleep, waking hours, body temperature, hormone production, digestion and many other essential activities. Although we may not notice it, this natural clock works continuously to keep our body functioning properly.

The word circadian comes from two Latin words: circa, meaning around

and diem, meaning day. Therefore, circadian rhythm refers to the natural cycle of changes that takes place in our body over approximately 24 hours.This biological clock tells our body when to wake up, when to feel sleepy, when to release certain hormones and when to prepare for rest. It is mainly controlled by a small group of nerve cells in the brain called the suprachiasmatic nucleus (SCN), located in the hypothalamus. This part of the brain



receives information about light and darkness through our eyes and adjusts the body's internal clock accordingly.

Light is the most powerful natural signal that controls the circadian rhythm. When morning sunlight enters our eyes, it sends a message to the brain that it is time to wake up. The brain reduces the production of melatonin, a hormone responsible for making us feel sleepy and increases alertness. As evening approaches and darkness increases, the brain signals the body to produce more melatonin. This prepares us for sleep and helps maintain a healthy sleeping pattern.

Our body also follows a daily pattern of changes in temperature, blood pressure, digestion and hormone levels. For example, body temperature generally rises during the day and falls during the night. These changes help the body remain active during daytime and recover during sleep.

A healthy circadian rhythm is essential for physical, mental and emotional well-being. It supports several important functions of the human body.

Better Sleep:

A properly functioning biological clock helps us fall asleep at the right time and wake up feeling refreshed. It improves both the quality and regularity of sleep.

Brain Function and Memory:

Adequate sleep supports concentration, learning, memory and decision-making. A disturbed biological clock can make a person feel tired, confused and less productive.

Hormonal Balance:

Our body releases different hormones according to a daily schedule. Melatonin supports sleep, while cortisol helps regulate alertness and the body's response to stress.

Digestion and Metabolism:

Circadian rhythm influences hunger, digestion and the way our body processes food. Eating at irregular times, especially late at night, may disturb normal metabolic functions.

Mental Health:

A regular sleep-wake cycle supports emotional stability. Continuous disruption of the biological clock may contribute to mood changes, irritability, anxiety and other mental health difficulties.

Unfortunately, modern lifestyles are increasingly disturbing our natural biological clock. Excessive mobile phone use, late-night television watching, irregular working hours, night shifts and insufficient exposure to natural sunlight are some major reasons behind this problem. The blue light emitted by mobile phones, computers and television screens can interfere with the body's natural production of melatonin, particularly when these devices are used late at night. As a result, people may find it difficult to fall asleep at the proper time.

Similarly, staying awake until midnight, sleeping late in the morning and eating meals at irregular hours can confuse the body's internal timing system. Students, office workers and people working night shifts are particularly likely to experience irregular sleep patterns. This condition is sometimes described as social jet lag, in which a person's biological clock does not match their daily social and professional routine.

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Ladhoo Prepares for Three-Day Urs of Sheikh-ul-Alam (RA) from November 25 to 27, 2026.



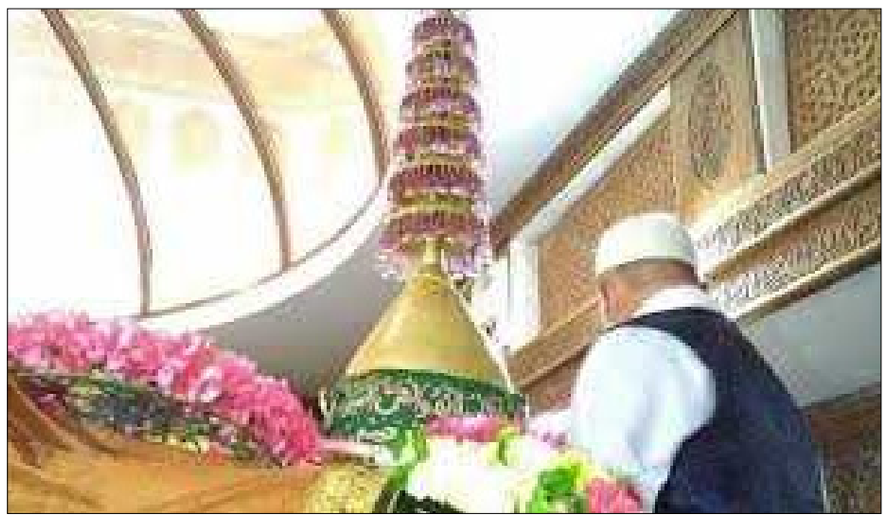
Er Aausyf Ibn Farooq

The village Ladhoo in district Pampore, South Kashmir's Pulwama district, is getting ready to welcome devotees for the annual Urs of Kashmir's revered Sufi saint and poet, Sheikh-ul-Alam (RA), from November 25 to 27, 2026.

The three-day religious gathering is expected to attract devotees from different parts of Kashmir, who will visit the shrine to remember the saint's life, teachings and spiritual legacy. The Urs is an important occasion that brings people together through faith, devotion and Kashmir's rich Sufi traditions.

The shrine is situated at the foothills of the beautiful Wasturwan mountains. The place holds great religious and historical importance. According to local belief, Sheikh-ul-Alam (RA) spent nearly 12 years in a cave near the shrine. A stone inside the cave bears an engraved handprint, which devotees consider sacred and associate with the saint.

During the Urs, the Astaan will come alive



with religious activities and prayers. Special gatherings, including Khatmat, Naat Khawani and Manqabat, will be held in the evenings. Devotees will take part in prayers and recitations in praise of the Prophet Muhammad (PBUH) and the great Sufi saints.

One of the special features of this Urs is its timing with the saffron harvesting season. During this period, the fields around Ladhoo take on beautiful shades of purple and gold, creating a unique atmosphere where spirituality and natural beauty come together.

The shrine covers a large area and is maintained by the local organisation responsible for its management. Special arrangements have been made for visitors, including separate routes for entering and leaving the shrine. These arrangements are aimed at managing the expected rush and making the visit easier and more comfortable for devotees.

A temporary market will also be set up along the roads leading to the Astaan throughout the three days. Visitors will be able to enjoy traditional Kashmiri snacks, sweets and freshly prepared Monje&Pakoras. Small recreational activities will also be arranged for children, making the occasion enjoyable for families.

The Shrine Administration Committee has extended a warm invitation to devotees from across Kashmir and beyond to attend the Urs and seek blessings at the sacred Astaan.

With preparations underway, Ladhoo is ready to welcome thousands of visitors for three days of prayer, remembrance and togetherness. The annual Urs is not only a religious gathering but also a celebration of Kashmir's spiritual heritage, traditional values and shared cultural identity.

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The Indian Army's Tiger Division regularly hosts major Ex-Servicemen Rallies in Miran Sahib Jammu



By M S Nazki

Miran Sahib in Jammu (located in the R.S. Pura belt) is strategically important primarily because of its proximity to the International Border (IB) with Pakistan, its role in regional security and defense coordination, and major infrastructure and development projects.

-Key Reasons for Strategic Importance

• Border Security & Defense Grid:

• Miran Sahib sits in a sensitive border-adjacent zone near R.S. Pura, Bishnah, and Arnia.

• It regularly serves as a base for joint security conferences, area domination exercises, and anti-tunnel or anti-infiltration operations conducted by the Indian Army (such as the Tiger Division), BSF, J&K Police, and CRPF.

• Connectivity & Corridor Hub:

• It lies along the vital Satwari–R.S. Pura / Suchetgarh Road corridor, which connects Jammu city down toward border tourism and checkpoint areas like Suchetgarh.

• Historically, it was also a key stop on the pre-1947 Sialkot–Jammu railway line.

• Economic & Institutional Repurposing (Medi-City Project):

• The government has earmarked 100 kanals of land from an abandoned factory site in Miran Sahib to be repurposed for a Medi-city project, boosting healthcare infrastructure in the Jammu division to manage regional and seasonal patient loads.

• Counter-Narcotics & Anti-Crime Operations:

• Local law enforcement frequently targets Miran Sahib for major anti-drug and anti-smuggling crackdowns to maintain stability in the border periphery.

-Before 1947:

-Before 1947, Miran Sahib was a vital frontier township in the Jammu province of the Jammu and Kashmir princely state. Situated close to the plains of Punjab, its pre-independence history is marked by strategic military conflicts, a revolutionary transportation network, and rapid industrial growth.

-Early Military Significance: The Battle of Miran Sahib:

-During the 18th century, the region around Miran Sahib served as a strategic battlefield. During the reign of Raja Ranjit Dev of Jammu's Dev/Jamwal Dynasty, the Lahore-based Mughal governors attempted to subjugate Jammu.

-A fierce engagement known locally as the Battle of Miran Sahib took place here.

• Led by Rajput warriors like Mian Ghansar Dev Jamwal, a highly outnumbered faction of Jammu defenders famously defeated the large Mughal military contingent.

• This historic clash secured the release of captured local rulers and established Miran Sahib as a prominent military and territorial checkpoint.....

-The Jammu–Sialkot Railway Link (1890):

-Miran Sahib transitioned from a rural zone into a busy colonial hub following the establishment of the Jammu–Sialkot Railway line.

• The Project: Proposed by Maharaja Ranbir Singh and completed under Maharaja Pratap Singh, the project was overseen by British engineers and opened on March 15, 1890.

• The Station: Miran Sahib was designed as a crucial flag station on this line. The station



connected Jammu Cantt (Satwari) and Suchetgarh/Ranbir Singh Pora (R.S. Pura) to Sialkot (now in Pakistan).

• Impact: The railway enabled local residents to travel to Sialkot or Jammu in under 90 minutes. It opened direct trade paths to undivided Punjab, transforming the small settlement into a bustling merchant transit point.

-Pre-Independence Industrialization (1940s)

-During the early 1940s, under the reign of the final Dogra monarch, Maharaja Hari Singh, the government aggressively pushed to industrialize the outer districts of Jammu. Miran Sahib emerged as one of the region's top industrial towns.

• Key Factories: In 1941, large-scale factories were established here, most notably a premium cricket bat manufacturing unit and a massive Resin and Turpentine Factory.

• Economic Ripple Effect: The extraction and processing of forest resin encouraged secondary local industries. Small-scale factories producing soaps, phenyle, paints, and polishes popped up across the township.

• Agricultural Processing: Alongside a neighboring facility in R.S. Pura, a major sugar mill was set up at Miran Sahib to process sugarcane crops grown across the fertile plains of Jammu.

-By the eve of the 1947 partition, Miran Sahib had evolved from an old battlefield into a vibrant, economically self-sustaining town defined by its railway connectivity, manufacturing sector, and diverse agrarian workforce.

-The Indian Army conducts an ex-serviceman rally at Miran Sahib Jammu:

-Tiger Division conducted a large-scale Ex-Servicemen (ESM) Rally at Miran Sahib on 30 October 2026, reaffirming its enduring commitment towards the welfare and wellbeing of veterans and their families.

-Lt Gen Akaash Johar, AVSM, GOC Rising Star Corps, attended the event as the Chief Guest.

-The rally witnessed enthusiastic participation of over 1300 Ex-Servicemen and their family members, including Veer Naris, Veer Matas, Gallantry Awardees and Battle Casualty cases.

-The event provided a platform for veterans to reconnect with the Indian Army and interact with representatives of various agencies involved in addressing veterans' welfare and service related issues.

-As part of the event, 45 Veer Naris, Veer Matas and Gallantry Awardees were felicitated in recognition of their sacrifices, courage and distinguished service to the Nation. The felicitation served as a reaffirmation of the Indian Army's deep respect and gratitude towards those who have made significant contributions to the defence of the country.

-A number of dedicated stalls and facilities were set up for Ex-Servicemen (ESMs) and their families to provide assistance, information and welfare services under one roof.

-These included stalls of Army Welfare Placement Organisation, Directorate of Indian Army Veterans, Naman Centre, PCDA Jammu, Directorate General Resettlement North, Records, Army Recruiting Office, Ex-servicemen Contributory Health Schemes, Veteran Sahayta Kendra, Banks, Unit Run Canteen, Souvenir Shop and J&K (UT) departments stalls including Social Welfare, Industries, SKUAST, National Career Service, Mission Shakti & Yuva. Cultural programmes, weapon display and Pipe Band performance were also organised as part of the rally.

-Directorate of Indian Army Veterans (DIAV), War Wounded Foundation (WWF), Framjee Cawasjee Institute, Self Less Service Society & Rotary Club Mumbai paid tribute to veterans for their selfless service by providing them with nine modified scooties, six motorised wheelchairs, ten wheelchairs, five hearing aids, five walking sticks & financial assistance to beneficiary.

-A medical camp was also organised to provide immediate medical support to veterans.

-The event further strengthened the bond between serving personnel, veterans and their families, while providing an avenue for addressing their concerns in a coordinated and responsive manner. The successful conduct of the rally at Miran Sahib underscored the timeless ethos of the Indian Army - "Once a Soldier, Always a Soldier" and reaffirmed that the service and sacrifices of its veterans remain an integral part of the Army's legacy and institutional identity.

-We decided to include a bit of romance to the story:

-The air in Miran Sahib, Jammu, always carries a distinct blend of two worlds: the rhythmic, disciplined sounds of the nearby border posts and the gentle rustle of basmati rice fields dancing in the breeze. It was here, against the backdrop of old brick kilns and the long, straight roads leading toward R.S. Pura, that the story of Kabir and Mehar unfolded.

-The Encounter at the Railway Line

-Captain Kabir was stationed at a forward post near the border. Intense, quiet, and deeply committed to his uniform, he rarely found time for life outside the barracks. That changed on a rainy afternoon when his Gypsy broke down near the old, abandoned railway track of Miran Sahib—a relic of the pre-partition era.

-Seeking shelter under a massive banyan tree, he found Mehar. She was a local girl, a postgraduate student who spent her free time teaching children at a nearby community center. She was trying to shield a stray puppy from the downpour with her brightly colored dupatta.

The Water Does Not Ask: Bidul And The Limits Of Our Confidence

The Persian mystic's reflections on human pride and impermanence offer a timely lesson for a modern civilisation increasingly convinced that technology can place nature under its command.



By Mauzam Bakshi

Water has a way of reminding human beings that they are not as powerful as they imagine. It flows through mountains, crosses valleys, nourishes fields and sustains entire civilisations. Yet when its natural pathways are obstructed, when rivers are confined within artificial boundaries or when floodplains are converted into settlements, it can return with a force that exposes the limits of human planning. It does not recognise property boundaries, administrative orders or the confidence of engineering calculations. For centuries, societies have tried to regulate water. They have built dams, raised embankments, straightened rivers and developed sophisticated forecasting systems. These achievements have saved lives, supported agriculture and made settlements possible in difficult terrain. But somewhere along the journey of progress the ability to manage certain natural processes was mistaken for the ability to command nature itself. It is this misplaced confidence that makes the poetry of Mī rzī ī Abd al-Qī dir B dul (1644–1720), the celebrated Persian-language Sufi poet of Mughal India, unexpectedly relevant today. Bī dul was not an environmental thinker in the contemporary sense. He wrote nothing about climate change or extreme rainfall. His poetry explored the mysteries of existence, the instability of worldly appearances and the limits of the human ego. At its centre was a profound awareness of impermanence. Human pride, possessions, power and achievements were all subject to change. The individual, despite an extraordinary capacity for thought and action, remained a small participant in a much larger movement of existence. This carries an ecological lesson. The environmental crisis is not only a story of damaged forests, polluted rivers or rising temperatures. It is also a story of human beings losing their sense of proportion. We have developed extraordinary powers to transform the natural world but not an equally strong understanding of the limits within which those powers should be exercised. Modern civilisation has grown accustomed to managing nature through technology. Rivers are channelled, mountains cut, wetlands drained and floodplains turned into construction sites. There is no reason to dismiss the achievements of science. Flood forecasting, drainage infrastructure, carefully designed embankments, watershed restoration and effective disaster preparedness can substantially reduce vulnerability. The problem begins when their success creates an illusion of complete control. A river may be confined within an embankment but its catchment keeps receiving rainfall. A wetland may be filled for construction but the water storage it once provided does not vanish from the hydrological system. This matters particularly for Kashmir. The Valley is surrounded by mountains and shaped by a network of rivers, streams, wetlands and floodplains. The Jhelum and its tributaries form the backbone of its drainage. For generations wetlands and floodplains received, stored and gradually released water. They were not empty spaces awaiting development but essential parts of a larger hydrological system. The devastating floods of September 2014 exposed the cost of underestimating this relationship. Exceptionally heavy rainfall inundated settlements, damaged infrastructure and disrupted livelihoods. The disaster revealed weaknesses in urban drainage, river management, floodplain occupation and disaster preparedness. Yet once the floodwaters receded attention shifted to rebuilding. Larger questions about land-use planning, wetland conservation and the protection of natural flood pathways lost urgency. This is where and wider roads create an impression of decisive action. But infrastructure that ignores ecological realities may deepen vulnerability. A flood-control structure cannot compensate indefinitely for destroyed wetlands. An engineered slope is not safe simply because it has survived several seasons. The answer is not to abandon engineering but to place it within a framework of ecological understanding. Rivers need scientifically determined space. Floodplains must be protected through responsible land-use planning. Wetlands should be restored as functional parts of the hydrological system. Urban development must respect natural drainage. Mountain roads require rigorous geological assessment. Disaster management must prepare communities for events that exceed historical experience. There is also an ethical question about who bears the consequences of misplaced confidence. When wetlands are reclaimed or fragile slopes disturbed the risks are rarely shared equally. Poorer communities in vulnerable locations suffer disproportionately and have fewer chances to relocate or recover. Environmental mismanagement is therefore also a question of social justice. Governments must ensure that development does not expose communities to avoidable dangers. Citizens must recognise that individual gains from encroachment can impose wider costs. Ultimately the lesson of Bī dul is not that human beings are powerless before nature but that power must be accompanied by humility. Scientific knowledge should make us more conscious of the complexity of natural systems rather than more arrogant about dominating them. Genuine progress recognises uncertainty and respects ecological limits. For Kashmir the difference could determine the safety of future generations. The Valley needs better infrastructure and stronger institutions but also a renewed understanding of its rivers, wetlands, forests and mountains as interconnected systems that cannot be permanently subordinated to human convenience. Water does not ask whether a floodplain has been declared a residential zone. The challenge is not to defeat nature but to understand our place within it. We must build with restraint and innovate with responsibility. For in the end the water does not ask permission to follow its course. It is human beings who must learn to understand the course they have chosen to obstruct.



Bī dul's suspicion of human pride becomes relevant. What appears stable may be temporary. What appears powerful may be vulnerable to forces beyond its control. We build as though natural processes can be permanently excluded. Floodplains become residential colonies because the river has stayed within its banks for a few years. Hillsides are excavated because structures are expected to hold them indefinitely. Drainage channels are narrowed because the land seems more valuable for construction. But rivers are dynamic systems. They respond to rainfall across entire catchments and to soil, vegetation, sediment and the space available to them. When that space is occupied the water does not cease to exist. The risk is transferred, concentrated or intensified elsewhere. Poorly planned excavation, construction and deforestation likewise increase susceptibility to landslides and erosion on fragile mountain slopes. Climate change adds another dimension. Shifting precipitation, rising temperatures and more frequent extreme weather place additional pressure on the Himalayan region where glaciers, snow cover and water resources are closely interconnected. Planning therefore demands continuous scientific assessment and adaptive infrastructure along with an acceptance that uncertainty is unavoidable. The temptation is to answer uncertainty with ever more ambitious promises of control. Bigger embankments, more concrete

Prostitution under the guise of hotels

(The law is sleeping, business is flourishing!)



Dr. Satyawan Saurabh

If the business of exploitation begins to flourish amidst the glittering streets, luxurious hotels, and modern lifestyles of cities, it is natural to question the claims of development. Hotels are meant to facilitate travel, tourism, business, and family travel, but if prostitution, human trafficking, and the exploitation of women are taking place under their guise, it is not just an illegal activity but a serious failure of law and order and administrative accountability. The question is, how do the conditions for such businesses flourish in cities arise, and why do the responsible systems not take timely action?

The hotel business is a vital part of the city's economy. It provides employment, boosts tourism, and stimulates business activity. However, establishments that harbor illegal activities under the guise of business tarnish the reputation of the entire hotel industry. If a hotel is operating an organized sex trade or exploitation business, action against it should be decisive, not merely cosmetic. Conducting raids for a short time and then returning to normal is not administrative success.

The biggest question is the efficiency of the police and local administration. If suspicious activities are consistently reported in an area, complaints are filed, yet business continues, it's natural to question the functioning of the system. Are inspections regular? Are complaints investigated impartially? Are hotel operators held accountable? Does action reach the brokers and organized networks behind the crime? The public should see lasting control over crime, not just images of raids.

It is a grave mistake to view prostitution cases solely through the lens of morality. Many women are trapped in exploitative situations due to financial constraints, fraud, coercion, violence, and human trafficking.

It is unjust to humiliate or criminalize such women. Action must be taken against those who exploit their compulsion, control, threaten, and profit from their exploitation. Strict legal action and immediate protection are essential in cases of sexual exploitation of minors.

It's a societal irony that in such cases, the woman's identity, character, and personal life often become the focus of discussion, while those who run businesses, earn money, and potentially provide protection remain behind the scenes. It's easy to defame the victim, but difficult to reach the criminal network. This mindset fuels exploitation. When society questions the victim and remains silent on the perpetrator's machinations, its silence itself becomes a force for injustice.

The responsibilities of hotel operators must also be clear. The right to operate a business is linked to compliance with the law. Negligence regarding identification requirements, records, security, and legal operations cannot be considered normal. Repeated complaints against an establishment should prompt a serious investigation. Licenses and operating regulations should be regularly inspected, and strict action should be taken in accordance with the law if found guilty. Influence, financial influence, or political connections do not make any business above the law.

However, unnecessary interference in the private lives of innocent citizens in the name of action is also unacceptable. The law cannot aim to treat every hotel guest with suspicion, make unsubstantiated accusations, or engage in moral policing. Action must be evidence-based, impartial, and sensitive. The administration's goal should be to prevent crime, protect victims of exploitation, and bring the perpetrators to justice.

In cases of human trafficking and sexual exploitation, coordination between police, women and child protection units, social organizations, health services, and rehabilitation centers is essential. Victims should be provided with safe shelter, legal aid, psychological counseling, and rehabilitation. Success isn't simply about increasing the number of arrests; success lies in breaking the exploitation network, protecting victims, and preventing recurrence of crimes.

Urban development cannot be measured solely by tall buildings, glittering markets, and booming hotel businesses. In a city where women's safety is poor, laws are ineffective, and criminals are vulnerable to protection, the luster of development is hollow. The administration must ensure regular inspections, timely action on complaints, transparency, and accountability. The public must be confident that the law serves as a deterrent for criminals and a source of protection for victims.

The hotel business should be a vehicle for tourism and employment, not a cover for crime. Exploitation, human trafficking, and the forced exploitation of women under the guise of prostitution are unacceptable to any civilized society. If crime flourishes openly and the administration limits itself to formal action, questions will inevitably arise.

The law's slumber creates opportunities for criminals, and the administration's silence undermines public trust. City hotels should become havens for safe accommodation, not havens for exploitation—this is the test of civilized society and accountable governance.

(Dr. Satyawan Saurabh, PhD (Political Science), is a poet and social thinker.)

Sajad Gani Lone Inspects Key Development Projects in Handwara, Calls for Winding Up of JKSSB

■ DR. AB QAYOOM

Handwara, Nov 23: Jammu and Kashmir Peoples Conference Chairman and MLA Handwara, Sajad Gani Lone, on Sunday conducted an extensive tour of Handwara to inspect the progress of several major developmental projects currently under construction.During his visit, Lone inspected the under-construction five-storey building of Government Boys Model Higher Secondary School, Handwara, which is being constructed to strengthen educational infrastructure and provide improved facilities for students.He also visited the under-construction Associated Hospital of Government Medical College (GMC) Handwara and reviewed the progress of the ongoing work. Later, he inspected the North Kashmir's largest bus stand at Handwara and took stock of its developmental status.Speaking to media persons during the visit, Lone strongly criticised the functioning of the Jammu and Kashmir Services Selection Board (JKSSB) and called for its immediate winding up.He alleged that the Board had repeatedly failed to ensure transparency and fairness in the recruitment process, claiming that its functioning had been marred



by allegations of malpractice, paper leaks and irregularities.Lone further pointed out delays in examinations, late conduct of recruitment tests and shortcomings in the assessment process, stating that such practices had adversely affected the aspirations of unemployed youth. He demanded that the JKSSB be wound up at the earliest, arguing that an alternative transparent and accountable recruitment mechanism was necessary to prevent alleged irregularities and address the concerns of job aspirants.The visit provided an opportunity to review the progress of important infrastructure projects aimed at strengthening education, healthcare and public transport facilities in Handwara.

Javed Rana inaugurates driving test facility at Mendhar, flags off first batch of LMV applicants

■ HT News Network

MENDHAR, NOVEMBER 23: Minister for Tribal Affairs, Food, Civil Supplies & Consumer Affairs and Transport, Javed Ahmed Rana, today inaugurated a driving test facility in Mendhar and flagged off the first batch of applicants.He also fagged off the first batch of applicants for the driving tests, formally marking the commencement of operations at the facility. A total of 23 candidates appeared for Light Motor Vehicle (LMV) driving tests on the occasion.Driving tests will be conducted regularly at the facility, enabling residents of border Sub-Division Mendhar to access the service locally without travelling to the district headquarters, saving time and expenses.

"Access to essential public services should not be determined by geographical distance," Rana said, highlighting the initiative's benefits for youth seeking employment and livelihood opportunities.The Minister directed officials to ensure transparent and efficient testing, strict adherence to prescribed norms and due emphasis on driving competence and road safety. Vehicle inspection and fitness certification services.

Cleanliness drive conducted at Bahu Fort to mark World Heritage Week-2026 Celebration

■ HT News Network

JAMMU, NOVEMBER 23: As part of the ongoing celebrations of World Heritage Week 2026, the Department of Archives, Archaeology and Museums, J&K organised a cleanliness drive today at Bahu Fort to promote awareness about the importance of preserving and protecting the region's rich cultural and historical heritage.

The cleanliness drive witnessed enthusiastic participation from local people, students and police personnel, along with officers and officials of the Department. Participants joined hands in cleaning the premises of the historic fort and spreading the message of collective responsibility towards heritage conservation.

Speaking on the occasion, Director, Archives, Archaeology and Museums, Dr. Pranjal J. Hazarlka emphasised that heritage conservation is not merely the responsibility of the government or a particular department but a collective responsibility of every citizen. He highlighted the importance of involving local communities, students and the younger generation in protecting historical monuments and keeping heritage sites clean and well-maintained.

The Director further stated that such initiatives are aimed at developing a sense of ownership and pride among people towards their cultural legacy. He appealed to the public, particularly the youth, to actively participate in safeguarding the historical monuments of Jammu and Kashmir and to refrain from littering or damaging these valuable heritage assets.The Department reiterated its commitment to the preservation, protection and promotion of the rich cultural heritage of Jammu and Kashmir through such public participation and awareness programmes.

DC reviews progress of under-construction roads, bridges in Udhampur District

Conducts on- the- site inspection of various projects

■ HT News Network



UDHAMPUR, NOVEMBER 23: Deputy Commissioner Udhampur, Ananth Dwivedi, today chaired a meeting to review the progress of ongoing works under UT sector roads and bridges, city and town, SASCI, permanent restoration and PNDA.

The meeting was attended by Chief Planning Officer Uttam Singh and other concerned officers. The DC undertook a detailed review of the physical and financial progress of the works, work-wise expenditure, pending works, existing bottlenecks, reasons for delays and proposed timelines for completion.

The DC directed the concerned officers and executing agencies to expedite the pace of execution, ensure adequate deployment of field staff and take all necessary measures to achieve the targets within the stipulated timelines.

Later, the DC conducted an on- site inspection to assess the progress of construction work on bridges at Toldi, Ossu Nallah and Salmay.

Chief Planning Officer, Uttam Singh; Assistant Commissioner Revenue, Dr Umesh Shan and other officers concerned were accompanying the DC.

The DC directed the executing agencies to accelerate the pace of construction and complete the projects within stipulated time frame so that the intended benefits are delivered to the public without delay. He stressed the importance of regular monitoring and close coordination among the concerned departments. Chief Planning Officer, Uttam Singh; Assistant Commissioner Revenue, Dr Umesh Shan and other officers concerned were accompanying the DC.The DC directed the executing agencies to accelerate the pace of construction and complete the projects within stipulated time frame so that the intended benefits are delivered to the public without delay. He stressed the importance.

DC Kathua releases key Statistical publications

■ HT News Network



KATHUA, NOVEMBER 23: Deputy Commissioner Kathua Rajesh Sharma today released three key statistical publications of the district- District at a Glance, District Statistical Handbook and Village Amenity Directory, compiled and published by the District Statistics and Evaluation Office (DSEO).

The publications provide comprehensive statistical information on the district's demographic, socio-economic and developmental profile, besides detailing the availability of basic amenities at the village level.

The Deputy Commissioner appreciated the efforts of the District Statistics and Evaluation Office in compiling and updating the publications, observing that these serve as valuable reference documents for government departments, researchers, planners and policymakers. He emphasised that reliable statistical data plays a vital role in informed decision-making, research and effective developmental planning.

CPO Ranjeet Thakur; District Statistics and Evaluation Officer, Sidharth Anand; Statistical Officers Suresh Singh, Amit Singh and Narinder Singh and other officers were present on the occasion.

RDSS, PM Surya Ghar Muft Bijli Yojana implementation reviewed in Udhampur

■ HT News Network

UDHAMPUR, NOVEMBER 23: Deputy Commissioner Udhampur Ananth Dwivedi today chaired a review meeting with officers and representatives from agencies associated with the Revamped Distribution Sector Scheme and PM Surya Ghar Muft Bijli Yojana to assess the progress of implementation of the twin schemes in the district.The DC sought detailed feedback from the stakeholders regarding the challenges and bottlenecks affecting the effective implementation of the schemes. He stressed the need for an extensive door-to-door awareness campaign to educate the public about the benefits of PM Surya Ghar Muft Bijli Yojana and encourage more eligible households to avail themselves of the scheme.The DC also emphasised the need to expedite the installation of smart meters, highlighting their importance.

Birth Waiting Home set up for expectant mothers of snowbound areas at Thathri

CMO takes stock of amenities available at the facility

■ HT News Network



DODA, NOVEMBER 23: To save expecting mothers of snowbound areas from prenatal emergencies caused by blocked roads and harsh winters, a Birth Waiting Home has been set up for them near Community Health Centre Thathri.

The Pregnant women from cut-off villages would be shifted to the facility named Red Cross Bhawan, before their due dates, receiving free accommodation, meals and round-the-clock medical monitoring.

As per the Health Department Doda, a medical team headed by Chief Medical Officer Dr Vinod Sharma visited the Prenatal Care Home after a late-night surprise inspection of the local CHC, the other day. "The Red Cross Bhawan has the provision of beds and other necessary facilities for the comfortable stay of the pregnant women to be brought from snowbound and far-flung areas. The facility aims to enable expectant mothers to stay near the healthcare institution ahead of their expected delivery dates, ensuring timely medical attention and safe institutional delivery," the CMO said during the inspection.Earlier, the Chief Medical Officer conducted a surprise night inspection of CHC. He inspected the important sections of the hospital, including the wards, IPD block, laboratory and availability of medicines. He also interacted with patients and their attendants to obtain firsthand feedback regarding the quality of healthcare services and facilities being provided to them.

DLSA Udhampur holds awareness programme, medical camp at Panchayat Chulna

■ HT News Network



UDHAMPUR, NOVEMBER 23: The District Legal Services Authority (DLSA) Udhampur today organised an awareness programme on the NALSA Scheme on Human-Wildlife Conflict, 2025 at RDD Hall, Panchayat Chulna, Tehsil Panchari.

The programme was conducted by Secretary (Sub-Judge) DLSA Sumati Sharma to inform local residents about their rights and the legal help available to people affected by human-wildlife conflict.

Resource Person Palvi Rani explained the main objectives and provisions of the scheme in simple terms. She spoke about the rights of affected persons, the availability of legal assistance and the role of legal services institutions in helping victims access justice and support.Range Officer Surinder Chib from the Human-Wildlife Department also addressed the participants. He shared useful information about the department's role, preventive measures to reduce conflict and the assistance available to those affected by wildlife-related incidents. He encouraged residents to stay alert, follow safety measures and approach the concerned authorities whenever needed.

Along with the awareness programme, a medical camp was also organised for the benefit of the local community. ENT Specialist Dr. Saksham Kailoo, along with officers and instructors from the AYUSH Department, provided medical services during the camp. Dr. Anju Gupta, Medical Officer, supervised the camp as its overall In-charge. Medicines were distributed to patients as per their needs.

MD NHM chairs 3rd Task Force Meeting on Anaemia Mukt Bharat Directs Districts to conduct Two-Week Intensive Screening of Pregnant Women

■ HT News Network

SRINAGAR, NOVEMBER 23: Mission Director, National Health Mission (NHM) Jammu & Kashmir, Athar Aamir Ul Shafi Khan, today chaired the 3rd Task Force Committee meeting of the Anaemia Mukt Bharat (AMB) programme at the Conference Hall of the State Health Society, NHM, Old Secretariat, Srinagar.

The meeting was attended by the Directors of Health Services of Jammu, Kashmir; Director of Family Welfare, MCH & Immunization, all Chief Medical Officers (CMOs), Programme Managers of NHM J&K, and nominated representatives from the School Education, ICDS, Rural Development, and Social Welfare departments.

Reviewing the status and implementation of the AMB programme across the Union Territory, the Mission Director issued strict directions to all districts to launch a two-week intensive screening drive covering registered pregnant women for Haemoglobin (Hb) testing, Hypertension (HTN), and Diabetes Mellitus (DM) to ensure the early detection and timely management of high-risk pregnancies.

Highlighting NFHS-5 data, the Mission Director emphasized shifting the programme's focus from mere prophylactic Iron-Folic Acid (IFA) distribution to a beneficiary-centred, outcome-oriented framework. He directed that every Ayushman



Arogya Mandir (AAM) and Public Health Centre must anchor grassroots implementation through a structured continuum of screening, identification, treatment, referral, follow-up, and reassessment. Mid-Level Health Providers (MLHPs) and Auxiliary Nurse Midwives (ANMs) supported by ASHAs, Anganwadi Workers (AWWs), and Rashtriya Bal Swasthya Karyakram (RBSK) teams will lead beneficiary mobilization, Hb screening, classification of anaemia, and complete line-listing of anaemic beneficiaries, he added.

Districts were instructed to ensure the optimal utilization of digital invasive Hb meters procured across health facilities and RBSK Mobile Health Teams, alongside proper line-listing and real-time data entry across dedicated portals, including AMB Abhiyaan, JANANI, and RBSK.Stressing the 7×7×7 strategy, the Mission Director called for close coordination among stakeholder departments and programme divisions. This includes weekly IFA supplementation (WIFS), school-based deworming, and mid-day meal monitoring through School Health Ambassadors; biannual deworming, supplementary nutrition, and Poshan Vatikas through ICDS; community mobilization via Rural Development Self-Help Groups (SHGs) and Panchayati Raj Institution (PRI) members; and Water, Sanitation, and Hygiene (WASH) promotion.

While concluding the meeting, the Mission Director urged all CMOs to address gaps in IFA compliance, data uploading, and underperforming districts through regular mentoring and review meetings.

DC Shopian inspects ongoing construction of approach road from District Hospital Shopian to NH-444

Directs removal of encroachments and speedy execution

■ HT News Network



SHOPIAN, NOVEMBER 23: Deputy Commissioner (DC) Shopian, Charandeep Singh, today conducted an on-site inspection of the ongoing construction and upgradation work of the 1.73 kilometre approach road connecting District Hospital Shopian with National Highway-444.

The project is being executed at an estimated cost of Rs 5.79 crore, with a stipulated completion period of 18 months.

During the field visit, the Deputy Commissioner inspected the ongoing works, assessed the pace of execution and took first-hand feedback from the concerned officers regarding the progress of the project.

He directed the concerned authorities to remove encroachments along the road stretch, particularly near District Hospital Shopian, and ensure that all impediments affecting the execution of the project are addressed promptly.

Emphasising the importance of the road in strengthening connectivity to the District Hospital, the DC directed the executing agency to expedite the work and maintain strict adherence to prescribed quality standards and timelines.

He further stressed the need for regular field-level monitoring and effective coordination among the concerned departments to ensure timely completion of the project.

The Deputy Commissioner was accompanied by Additional District Development Commissioner Shopian, Dr. Nasir Ahmad Lone, Executive Engineer R&B and other concerned officers. During the field visit, the Deputy Commissioner inspected the ongoing works, assessed the pace of execution and took first-hand feedback from the concerned officers regarding the progress of the project.

He directed the concerned authorities to remove encroachments along the road stretch, particularly near District Hospital Shopian, and ensure that all impediments affecting the execution of the project are addressed promptly.

Emphasising the importance of the road in strengthening connectivity to the District Hospital, the DC directed the executing agency to expedite the work and maintain strict adherence to prescribed quality standards and timelines.

DM Kupwara reviews District Anti-Drug Roadmap under Nasha Mukt Bharat 2029 Action Plan

■ HT News Network



KUPWARA, NOVEMBER 23: District Magistrate (DM) Kupwara, Abhishek Sharma, along with SSP Kupwara Sudhanshu Dhama and SSP Handwara Sajad Khaliq , today chaired a meeting of the District Level Committee of the Narco Coordination Centre (NCORD) to review the District Anti-Drug Roadmap in alignment with the Ministry of Home Affairs' (MHA) three-year Nasha Mukt Bharat 2029 Action Plan aimed at making India drug-free.

During the meeting, the DM reviewed progress across the key pillars of the roadmap, including supply disruption, regulation of precursor chemicals and pharmaceuticals, demand reduction, and rehabilitation.

Emphasising the role of educational institutions in preventing drug abuse, the DM sought detailed reports from the Chief Education Officer (CEO) and Principals of Government Degree Colleges (GDCs) on measures undertaken to ensure drug-free campuses across the district.

To strengthen community participation and transform the anti-drug campaign into a mass movement, the DM directed Additional Deputy Commissioners (ADCs) and Sub-Divisional Magistrates (SDMs) to prepare comprehensive sub-divisional action plans and organise five major anti-drug awareness events across the district.

Reviewing healthcare and de-addiction interventions, the DM directed the Chief Medical Officer (CMO) to ensure regular Urine Drug Screening (UDS) tests at identified locations across the district. He also reviewed the functioning of the DDAC and Addiction Treatment Facility (ATF), stressing the need for comprehensive clinical supervision, regular follow-up and effective rehabilitation of patients undergoing treatment.

On the enforcement and regulatory front, the DM directed the Assistant Drug Controller to intensify surprise inspections of medical establishments and ensure strict compliance with prescribed norms, particularly to prevent unauthorised or unqualified persons from operating pharmacy shops.

The DM also reviewed the status of NDPS cases, including trial progress and conviction rates, with the Deputy Director Prosecution, and stressed the need for effective and time-bound legal follow-up to ensure that cases are pursued diligently.

The meeting also reviewed measures being undertaken by the Police and Revenue Departments to identify and take appropriate action, as per law, against properties linked to illicit drug-related activities. The DM stressed close coordination between the concerned departments and timely completion of all requisite legal and procedural formalities.

The meeting was attended by ADC Kupwara, ADC Handwara, Assistant Commissioner Revenue (ACR), SDM Lolab, Additional SP, CMO, CEO and other concerned officers.

PUBLIC NOTICE

I, hereby notify the general public that my name and date of birth have been incorrectly recorded in my Aadhaar Card No.853285365617 as AHSAN AHMAD MIR and 01-02-2015, respectively, whereas my correct name and date of birth are AHSAN NISSAR and 08-06-2015, respectively.
Therefore, I intend tot rectify the aforesaid discrepancies in my Aadhaar records.
If anybody has any objection regarding the above-mentioned corrections, they may contact the concerned Aadhaar Authority. AHSAN NISSAR R/O,BANGDARA RESHIPORA BARAMULLA, PH.7005213128

PUBLIC NOTICE

I, Asif Mohd Badoo, resident of Kreeri, District Baramulla, hereby notify the general public that my name has been incorrectly recorded in my Aadhaar Card as ASIF MOHD BUDOO, whereas my correct name is ASIF MOHD BADOO.
That my Aadhaar Number is 4686 6861 9860.
Now, I intend to correct my name in the Aadhaar records from ASIF MOHD BUDOO to ASIF MOHD BADOO.
Any person having any objection regarding the above-mentioned correction may contact the concerned Aadhaar Authority within the prescribed period.

PUBLIC NOTICE

Loss of motorcycle number plate bearing Registered No. JK05F2230 in between kalntra payeen to wagoora on dated 08-11-2026 Namely Shakeel Ahmad Najar son of Fayaz Ahmad Najar R/o kalantra bala ,Now I want apply for duplicate number plate if anybody has any objection they contact ARTO Sopore with in seven days after that no objection will be entertained.

PUBLIC NOTICE

This is certify that namely Shamim Ahmad Bhat S/o Ab Rehman bhat R/o Narbal Tehsil Budgam has Date of birth wrongly mentioned in driving license (15_05_1985). With license number Jk_0420080004143 Actually the correct date of birth is 03_05_ 1982 mentioned in addhar card with number 914138646384. If anybody has any objection in this regard. Convince Rto office budgam within the period of seven days. After completion of said period. No objection will be entertained.

Shamim Ahmad Bhat
S/o Abdul Rehman Bhat
R/o Narbal Budgam

PUBLIC NOTICE

My name has been wrongly written as MOHAMMAD SALEEM AHANGER S /O ABDUL AHMAD AHANGER on my Adhaar card bearing Adhaar No ..5676 7462 4546 while my correct name is MOHAMAD SALEEM AHANGER S/O ABDUL AHAD AHANGER 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....MOHAMAD SALEEM AHANGER
S/O....ABDUL AHAD AHANGER
R/O..KREERI BARAMULLA
BLOCK... WAGOORA

PUBLIC NOTICE

I, Shafat Ahmad Khan R/o Dawood Colony, Soura, Srinagar, hereby notify the general public that my son's name, presently recorded as Hifzul Amaan, studying in Class 7th at R.P. School, Alamdaar Colony, Lal Bazar, has been changed to Muhammad Amaan Khan.
I further declare that my wife's name, presently recorded as Rehana in school records has been changed to Rehana Parveen.
Henceforth, my son shall be known as Muhammad Amaan Khan and my wife as Rehana Parveen in all school records.

Shafat Ahmad Khan
(Father)
R/o Dawood Colony, Soura, Srinagar
Contact: 9419030224

PUBLIC NOTICE

I, Hilal Ahmad Lone S/o Khazir Mohammad Lone R/o Lawaypora, do hereby declare that the Electricity Connection / Consumer ID 0206050013735 is presently recorded in the name of:Abdul Rashid Rather
S/o Nazir Ahmad Rather
R/o LawayporaI have applied for change / transfer of the said Electricity Bill / Connection in my name, as per record:
Hilal Ahmad Lone
S/o Khazir Mohammad Lone
R/o LawayporaHenceforth, the Electricity Bill of the above mentioned Consumer ID should be issued in my name - Iftilal Ahmad Lone.If any person has any objection regarding this change / transfer, he/she may file objection in the office of the concerned Executive Engineer, KPDCL / PDD within 7 days from publication of this notice, failing which no objection shall be entertained.Applicant:

Hilal Ahmad Lone
S/o Khazir Mohammad Lone
R/o Lawaypora

PUBLIC NOTICE

I, Mohd Shafi Bhat, S/o Ghulam Rasool Bhat, R/o Ganishbal, Pahalgam, District Anantnag, hereby state that my Date of Birth is 04/10/2026
I intend to obtain a Date of Birth Certificate from the Municipal Committee, Pahalgam. Any person having any objection regarding the issuance of the said Date of Birth Certificate may submit the same before the concerned authority within the prescribed period.
After expiry of the prescribed period, no objection shall be entertained.
Name: Mohd Shafi Bhat
S/o: Ghulam Rasool Bhat
R/o: Ganishbal, Pahalgam Date of Birth: 04/10/2026

GOVERNMENT OF JAMMU & KASHMIR
OFFICE OF THE TEHSILDAR KALANTRA / KREER

Subject: Application of SUMAIRA HASSAN ,SAIMA HASSAN D/O GH HASSAN MOCHI for the issuance of ST (SCHEDULE TRIBE Gujjar and Bakerwal)in favour of self

PUBLIC NOTICE

Regarding the subject cited above, the applicant has submitted the file in the office of the undersigned for the issuance of ST . in this connection a report of patwari halqa concerned has been sought which reveals that the applicant is currently residing in village KALANTARA PAYEEN and belongs to the ST caste and MUCHI community, having annual income is 48000 the details of the family of the applicant are as follows
1..GH HASSAN MOCHI Father 52 years Labour
2.... RAJA BEGUM Mother 48 years H/W
3....SAIMA BANO applicant 24 years student
4....SUMAIRA HASSAN applicant 20 years student
5....MUZAMIL HASSAN Brother 13 years student
.The applicant has applied for Issuance of ST (SCHEDULE TRIBE Gujar & Bakerwal) certificate in favour of Self
if anyone have any objection to the issuance of delay order of said certificate certificate shall present his/her claim this office within 07 days, after that no objection shall be entertained

NAIB TEHSILDAR KREERI

PUBLIC NOTICE

It is notified that the applicant namely ABdul Rahim Sheikh S/o Ghulam Ahmad Sheikh R/o Kawoosa Khalisa NARBAL District BUDGAM applied for the issuance of birth certificate of his own son and daughters namely Sheikh Aadil Rahim , Minhat Rahim , Kulsuma Rahim , son and daughters of Abdul Rahim Sheikh
The applicant intends to register the Date of birth of his son as per school record is ; 28_02_2002 and Daughter namely ; minhat Rahim , 05_03/1998 Daughter namely; Kulsuma Rahim, 05_03_1993
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 .

24/11/2026

PUBLIC NOTICE

It is notified that Syed Anwara W/o Syed Nassir _ ud_ Din Shah R/o Syed Mohallah Narbal Tehsil Narbal District Budgam has applied for the transfer of power agreement under ID No ; 02060500000636 which was functional in the name of Syed Nassir _ ud _ Din Shah S/o Late Syed Rasool Shah R/o Narbal
The applicant intends to register the power agreement in the name of her own
If anybody has any objection in that regard. He/She may contact concerned PDD authorities Narbal within the period of seven days. After completion of said period. No objection will be entertained

24/11/2026

PUBLIC NOTICE

It is informed to general public that I am applying for DEE Class Contractor Card at OFFICE OF THE ASSISTANT Commissioner Development Baramulla (ACD if anybody is having any objection in this regard he/she may file his/her objection in the office of ACD Baramullla within the period of 7days from the date of publication of this notice . After that no objection shall be entertained.

Name....AASIF RASHID WANI
S/O...ABDUL RASHID WANI
R/O .....KACHWA MUQAM BLOCK WAGOORA
CONTACT NO....6006631611

PUBLIC NOTICE

This is certify that incorrect name mentioned in addhar card is FURKAN AHMAD BHAT S/O IMTIYAZ AHMAD BHAT actually the correct name is FURKAN IMTIYAZ S/o. Imtiyaz ahmad bhat R/O. PETHPORA NARBAL distt. Budgam. under addhar no. 5463 6295 1440 if anybody has objection in that regard. He/She convince concerned authority, After publication of said notification, No objection will be entertained.

Furkan imtiyaz
S/o. Imtiyaz Ahmad Bhat
R/o. Peth pora Narbal addhar no. 5463 6295 1440

Union Territory of Jammu & Kashmir,
Office of the Executive Engineer R&B Division Kralpora

E tendering NIT No 61/RnB/Kralpora of 2026-27 Dated: 23-11-2026

For & on behalf of the Lt. Governor Jammu & Kashmir (UT), e-tenders are being invited on **Percentage basis** from approved and eligible Contractors registered with the J&K UT Government, CPWD, Railways, and other State/Central Governments for the following works

S.No	Name of Work	Adv. Cost (In Lacs)	Cost of T/Doc. (In Rupees)	Earnest Money Deposit	Time of completion	Class of Contractor	Major Head
1.	Upgradation of Road at Magraypora and Bhagat Colony Hurdoona Pyt Kenyal Block Tarathpora	1.45	200	2900	8 days	Dee	CDF 2026-27

Position of AAA/ TS: Accorded
Position of funds: - Available as per the Budgetary Allocation of CFY 2026-27.
No: Div-KRLP/4488-4502
Date: 23-11-2026

1. The bidding documents, which would include qualifying information, eligibility criteria, specifications/drawings, a bill of quantities (B.O.Q), a set of contract terms and conditions, and other details, can be viewed/downloaded from the departmental website www.jktenders.gov.in on the dates tabulated below:

1	**Date of Issue of Tender Notice**	**23-11-2026**
2	**Period of downloading of bidding documents**	**23-11-2026 (5:00 PM) to 30.11.2026 (6:00PM)**
3	**Bid submission Start Date**	**23-11-2026 (5:00 PM)**
4	**Bid Submission End Date**	**30.11.2026 (6:00PM)**
5	**Date & time of opening of Bids (Online)**	**01.12.2026 (12:00 AM) In the Office of Executive Engineer R&B Division Kralpora.**

Upload/Disclose the bank account number which is linked with the GSTIN and Mapped with JKPWDOMS along with proof. No payments shall be released by the department to any other bank account except the one linked with the GST registered number of the successful bidder.

2. Bids must be accompanied with Cost of Tender Document in the shape of **Treasury Challan (dated between the bid start date and the Bid Submission End date) deposited in M.H. 0059** in favour of **Executive Engineer R&B Division Kralpora** (tender inviting authority). Treasury Challan must be written boldly and clearly with Name of Work, Name of the Contractor along with Contact No, NIT No and Serial No of Work on NIT (if any).
3. **At the time of tendering, all bidders must upload earnest money/bid security equal to 2% of the Advertised Cost in the form of CDR/FDR pledged to the tender receiving authority, i.e. Executive Engineer R&B Division Kralpora. Besides that, the successful bidder will have to provide Performance Security @ 5% of the allotted Cost in the form of CDR/FDR at the time of contract award, strictly in accordance with the Government's circular instructions from time to time. The earnest money/bid security of 2% will be released to the successful bidder only after the submission of a Performance Security of 5% of the alloted cost, which will be released after successful completion of the DLP/Maintenance Period.**
4. In case of abnormally low bid price the Circular instructions issued by the Finance Department vide No FD-Code/441/2021-02-158 dated 08-08-2025 regarding seeking of additional performance security from the selected bidder for quoting ALB are as
   a. **Where the bid price is below 10% but not below 20% of the project cost put to bid, the additional performance guarantee/Security percentage shall be incremented by 0.1% for every percentage of bid price below 10% of the project cost put to bid starting at 11% with the additional bid performance guarantee being 0.1% and this additional performance guarantee percentage shall be applied on bid price.**
   b. **Where the bid price is below 20% or more below of the project cost put to bid, the additional performance guarantee percentage shall be incremented by 0.2% for every percentage of bid price below 20% of the project cost put to bid in addition to 1% of the bid price and this additional performance guarantee percentage shall be applied on bid price.**
   c. **The additional performance guarantee percentage shall be rounded off to the next lower percentage based on whether the decimal point of the percentage of the bid price is below 0.5% or next higher percentage based on whether the decimal point of the percentage of the bid price is 0.5% or more.**
   d. **The additional performance security shall be treated as part of the performance security and shall be released after successful completion of DLP.**
5. **a. All other Conditions shall remain same as per the DETAILED TENDER NOTICE No 01/RnB/Kralpora of 2025-26 E-tendering Dated:- 16-04-2025 issued under No. Div-KRLP/123-37 dated 16-04-2025 and PWD Form 25 (Double agreement Form)**
11 **Bidders should be fully cognizant that if the documents uploaded/submitted on the basis of which the contract was awarded are later discovered to be fake/not genuine, the contract will be cancelled and the Contractor/bidder will be blacklisted from participating in this Division/ Department for a period of three years, in addition to the performance security deposited for the said work being forfeited.**

DIPK-7926/26
Send Date: Nov 23 2026

Sd-
Executive Engineer
R&B Division Kralpora

MLA Zainapora reviews Agriculture Sector Functioning, Progress under Various Schemes in Shopian

■ HT News Network

SHOPIAN, NOVEMBER 23: Member of Legislative Assembly (MLA) Zainapora, Showkat Hussain Ganie today convened a review meeting with the Agriculture Department, Shopian, to assess the overall functioning of the department and the progress achieved under various agricultural schemes and initiatives.

During the meeting, the MLA took stock of the implementation of different schemes, ongoing activities, field-level interventions and the progress made in extending benefits to farmers. He stressed the need for effective follow-up, regular field monitoring and result-oriented implementation of all agriculture-related initiatives to ensure that the intended benefits reach the farming community.

Emphasising the need to make agriculture a viable and attractive livelihood option for the younger generation, the MLA underscored the importance of identifying, documenting and replicating successful initiatives and farmer success stories across the district. He observed that showcasing successful farmers



and innovative agricultural practices would inspire local youth to take up agriculture and allied activities as entrepreneurial ventures.

He further stressed the adoption of modern farming technologies, innovative practices, scientific cultivation methods and diversified agricultural activities to enhance productivity, profitability and employment opportunities in the agriculture sector.

The officers briefed the MLA about the progress of various schemes, achievements at the field level, farmer-centric interventions and the initiatives being undertaken to strengthen the agriculture sector in the district.

The meeting concluded with an emphasis on coordinated efforts, timely follow-up and strengthening field-level extension services to ensure effective implementation of government schemes and promote technology-driven, sustainable and youth-oriented agriculture in District Shopian.

The meeting was attended by Shahnawaz Ahmad Shah, Chief Agriculture Officer, Shopian, Gh Nabi Reshi, District Agriculture Officer; Sub-Divisional Agriculture Officer, Shopian, Agriculture Extension Officers and other field functionaries of the Agriculture Department.

MLA Anantnag, Director Agriculture Kashmir inspects site for establishment of Centre of Excellence at Anantnag

■ HT News Network



SRINAGAR, NOVEMBER 23: MLA Anantnag West, Abdul Majid Larmi and Director Agriculture Kashmir, Sartaj Ahmad Shah, today inspected the site for the establishment of centre of Excellence at Gund, Fatehpora Anantnag.

The centre of Excellence for district Anantnag is being established under NABARD.

The Centres of Excellence (CoE) are being established under the schemes, RKVY-DPR, SASCI and NABARD and these specialized hubs will bridge agricultural research and farming by demonstration of modern technologies, training farmers, and production of high-quality planting material.

These centres will also showcase precision farming, protected cultivation and sustainable crop management practices, so that farmers adopt the same technologies at their farms.

Besides providing skilling and extension support to farmers, rural youth, entrepreneurs, and field officers to raise productivity and lower costs, one of the objectives of such centres is to supply disease-resistant, genetically superior seeds, seedlings, and propagation material under standardized quality controls.

Langate Traders Union Stages Peaceful Protest Against Unscheduled Power Cuts, Seeks Immediate Redressal

■ DR.AB QAYOOM



Langate, Nov,23: The Langate Traders Union on Monday staged a peaceful protest against frequent and unscheduled power cuts in the Langate area, raising concerns over the difficulties being faced by traders, shopkeepers and the general public due to irregular electricity supply. More than 50 traders participated in the protest march, which started from Langate Main Chowk and culminated outside the PDD Sub-Division office at Langate. During the protest, the traders expressed strong resentment over the unscheduled power cuts and urged the administration, particularly the Additional Deputy Commissioner and the Power Development Department, to intervene and ensure a regular electricity supply. The Union warned that if the issue is not resolved promptly, traders may be compelled to block the Baramulla-Handwara highway. They also cautioned that a market shutdown call could be announced in the coming days. Meanwhile, the concerned PDD authorities informed the protesting traders that the proposed 24×7 electricity supply system had not yet been fully implemented due to certain pending technical and infrastructural works. The department stated that more than 150 electricity meters were yet to be installed and an additional transformer was also required at the local level. The officials assured the traders that necessary steps would be taken to address their grievances and improve the power supply. They further invited the public to approach the department with their concerns, assuring that their office doors would remain open round the clock. Following the assurance given by the authorities, the protesting traders peacefully called off their demonstration after submitting a memorandum to the concerned department. The Langate Traders Union appealed to the administration and PDD authorities to fulfil their assurances at the earliest in the larger interest of the trading community and the general public.

DC Kathua reviews arrangements at Lakhanpur for smooth transit of Yatris ahead of Jhiri Mela

■ HT News Network



KATHUA, NOVEMBER 23: Deputy Commissioner Kathua Rajesh Sharma today visited Lakhanpur to review arrangements for smooth transit and facilitation of devotees entering Jammu and Kashmir through the gateway at Lakhanpur, particularly in view of the expected increase in pilgrim influx during the Jhiri Mela.

The DC inspected the Main Bazaar area of Lakhanpur, which witnesses significant halting of yatris even during normal days. He directed the Executive Officer local MC to maintain round-the-clock cleanliness and sanitation, particularly in view of the anticipated rush over the next ten days.

He also directed traffic authorities to take measures for effective traffic regulation round the clock to manage the expected increase in vehicular movement and prevent congestion along the corridor.

During his visit to the Toll Plaza, the DC called upon the authorities to operationalise maximum toll gates to minimise waiting time and ensure smooth passage of incoming yatris.

The DC also interacted with members of the Beopar Mandal and urged them to extend cooperation in maintaining cleanliness, hygiene and sanitation at their stalls and in the surrounding areas, ensuring a welcoming environment for visiting devotees.

Executive Officer Lakhanpur Shallu Devi, Dy SP Traffic, DTI, representative of NHAI also accompanied the DC during the visit.

Medical-cum-eye check-up camp held for Transport operators at Udhampur

■ HT News Network

DHAMPUR, NOVEMBER 23: On the directions of Deputy Commissioner Ananth Dwivedi, the Motor Vehicles Department, Udhampur, under the supervision of ARTO, on Monday organised a medical-cum-Eye check-up camp for commercial transport operators here at Old Bus Stand. The medical and eye examination of transport personnel were conducted by a medical team.

DC Ramban flags off exposure visit for Children with Special Needs

■ HT News Network

RAMBAN, NOVEMBER 23: Deputy Commissioner Mohammad Alyas Khan today flagged off an exposure visit for Children with Special Needs (CWSN) of district Ramban, organised by the Education Department under Samagra Shiksha, Inclusive Education Wing of the department. Additional Deputy Commissioner Varunjeet Singh Charak; Assistant Commissioner Revenue Shokat Hayat Mattoo; Assistant Director Planning, Education Department, Farooq Rahi; Zonal Education Officer and other concerned officers and officials were present on the occasion.

The initiative aims to provide children with special needs an opportunity for experiential learning, exposure to new environments and enhanced social interaction, while promoting inclusive education and their overall development.

DC Ramban reviews performance of banks, Implementation of self-employment schemes Seeks focus on priority sector lending, youth entrepreneurship

■ HT News Network

RAMBAN, NOVEMBER 23: Deputy Commissioner Ramban Mohammad Alyas Khan today chaired a joint meeting of the District Level Review Committee (DLRC), District Level Consultative Committee (DLCC) and District Level RSETI Advisory Committee (DLRAC) to review the performance of banks and assess the progress of the government-sponsored financial inclusion, credit and social security schemes in the district, with emphasis on Priority Sector Lending.

The meeting was attended by CPO Dr. Shakeeb Ahmed Rather; ACD Mohammad Imran Naik; GM DIC Ravinder Anand; AGM RBI Amandeep Singh; LDM Davinder Singh; Director RSETI S. Harvinder Singh; Cluster Head J&K Bank Nirdesh Sharma; AGM NABARD Nikhil Sharma, besides functionaries from the District Administration, line departments and bankers.

The meeting was informed that the district's Credit-Deposit (CD) ratio stood at 70.94% as on September 30, 2026, registering a marginal decline of 0.74% compared to the previous quarter ended June 30, 2026. The banks had extended credit of 287.95 crore under the Priority Sector, achieving 29% of the Annual Credit Plan (ACP) target of 1,003.54 crore for 2026-27. An additional



credit outlay of 272.47 crore was reported under the Non-Priority Sector.

Reviewing the sector-wise performance, the Deputy Commissioner stressed the need for banks to accelerate lending under priority sectors, particularly education, housing and social infrastructure. He directed the Bank officers to ensure the setup of Banking Revenue Centres in the district as per UT J&K action Plan.

The DC directed the bankers to organise regular financial literacy and awareness camps, particularly in uncovered and remote areas, to educate people about financial inclusion, social security initiatives and various self-employment and livelihood-oriented schemes.

Emphasising the need for timely disposal of loan applications, the Deputy Commissioner directed the AD Employment and other sponsoring departments to closely monitor pending cases, facilitate applicants through proper handholding and ensure timely disbursement of loans in all sanctioned cases.

The DC directed the concerned departments and bankers to intensify efforts towards achieving the targets under PMEGP, Mission YUVA and other credit-linked self-employment schemes to promote entrepreneurship and generate sustainable livelihood opportunities for local youth.

He also stressed the need for saturation of key financial inclusion and social security schemes, including Pradhan Mantri Mudra Yojana (PMMY), Pradhan Mantri Suraksha Bima Yojana (PMSBY), Pradhan Mantri Jeevan Jyoti Bima Yojana (PMJJBY) and Atal Pension Yojana (APY). He called upon all concerned officers and banking institutions to adopt a coordinated and result-oriented approach to ensure maximum coverage and achieve 100% performance under government-sponsored schemes, with special focus.

968.5 litres of Non-Standard Bio-Stimulant seized at Drussu Pulwama

■ HT News Network

SRINAGAR, NOVEMBER 23: In a major enforcement action against the sale and distribution of non-standard agricultural inputs, the Fertilizer Inspector, Pulwama, along with the concerned team, seized 968.5 litres of non-standard bio-stimulant from the premises of M/s Saraswati Agro at Drussu, Pulwama.

During the inspection, the team seized the bio-stimulant product Ascophyllum Nodosum 22% for contravention of Clause 19(a) of the relevant provisions. The seized stock comprised 610 litres bearing Batch No. SAGBL26003 and another 358.5 litres bearing Batch No. SAGBL26002. The enforcement action was aimed at curbing the sale and distribution of substandard agricultural inputs and safeguarding farmers' interests. The Agriculture Department reiterated its commitment to ensuring the availability of quality agricultural inputs and maintaining strict regulatory oversight to protect farmers from the adverse effects of non-standard products.

The department also urged farmers to remain vigilant and purchase agricultural inputs only from authorised dealers, while reporting any suspected sale of substandard products to the concerned authorities.

KVIB holds District-Level Bankers' Meeting to expedite Employment Generation Schemes

PMEGP, JKREGP generate Employment for over 9,400 Persons in four Kashmir Districts

■ HT News Network/UNI

SRINAGAR, NOVEMBER 23: The Jammu & Kashmir Khadi & Village Industries Board (KVIB) organised a District Level Bankers' Meeting at Sanat Ghar, Bemina, under the chairmanship of the Secretary/Chief Executive Officer, J&K KVIB along with Deputy Chief Executive Officer KVIB Kashmir, to review the progress, identify bottlenecks and assess the implementation of the Prime Minister's Employment Generation Programme (PMEGP) and Jammu & Kashmir Rural Employment Generation Programme (JKREGP) in respect of Districts Srinagar, Ganderbal, Budgam and Pulwama.

The meeting was attended by the Lead District Managers (LDMs), Cluster Heads, Director RSETI, District Coordinators of SBI, PNB, JKGMB, JKSCB and representative of State Office KVIC besides other concerned representatives of the banking sector and the Board.

During the deliberations, a comprehensive review of pending PMEGP and JKREGP cases pertaining to these districts was undertaken. It was informed that during the current financial year 2026-27, Margin Money to the tune of Rs 1866.29 lakh to 914 cases stand released/disbursed creating employment among 5595 person in respect of District Srinagar, Ganderbal, Pulwama and Budgam. Also under JKREGP during the current financial year 2026-27, J&K KVIB, Kashmir Division has sponsored 637



number of cases involving Margin Money of Rs 1996.53 lakh creating employment opportunities to 3822 unemployed educated youth and Margin Money (subsidy) to tune of Rs 1079.20 lakh stand disbursed in favour of 342 educated youth.

The Chair stressed the importance of effective institutional coordination between J&K KVIB, KVIC and participating banking institutions, besides timely disposal of applications and accountability at every stage of the processing cycle. The banks were urged to accord priority to employment-generation cases and ensure that avoidable procedural bottlenecks do not deprive eligible aspiring entrepreneurs of the intended benefits.

The deliberations reaffirmed the commitment of J&K KVIB towards promoting entrepreneurship, facilitating self-employment and generating sustainable livelihood opportunities through the effective implementation of various employment-generation initiatives. The Chair stressed the importance of effective institutional coordination between J&K KVIB, KVIC and participating banking institutions, besides timely disposal of applications and accountability at every stage of the processing cycle. The banks were urged to accord priority to employment-generation cases and ensure that avoidable procedural bottlenecks do not deprive eligible aspiring entrepreneurs of the intended benefits.

Home Gym: A Small Step Towards a Healthy Life



Sahil Manzoor Bhatti



Healthy People, Healthy Nation

Health is one of the greatest blessings in our lives. We often spend a lot of time earning money, building houses and achieving success, but sometimes we forget to take care of our own health. The truth is that without good health, we cannot enjoy the achievements of life.

Today, our lifestyle has changed considerably. People spend most of their time sitting, using mobile phones, watching television and working indoors. Due to a lack of physical activity and unhealthy eating habits, many people are facing health problems such as obesity, high cholesterol, fatty liver and heart-related diseases. These problems can affect people of different age groups.

The best way to protect ourselves is to develop healthy habits. A balanced diet, regular exercise, proper sleep and routine medical check-ups can help us maintain a healthy lifestyle.

Why Is Exercise Important?

Exercise is not only about building muscles or improving physical appearance. It is about keeping our bodies active and our minds fresh. Regular physical activity improves fitness, supports heart health, strengthens muscles and helps us feel energetic.

It also teaches us discipline, patience and self-confidence. A person who follows a regular exercise routine gradually develops a positive attitude towards life.

Unfortunately, many people complain that they do not have enough time to visit a gym. Work responsibilities, family commitments and long distances often become obstacles. For such people, a home gym can be a useful solution.

What Is a Home Gym?

A home gym is a small fitness space arranged inside our homes. It does not require a large room or expensive machines. Even a small corner can be used for basic exercises.

People can start with simple equipment such as a yoga mat, skipping rope, resistance bands, dumbbells and other basic fitness items. Equipment can be added gradually according to one's needs and financial condition.

The biggest advantage of a home gym is convenience. We can exercise according to our available time without travelling to another place. Family members can also participate and encourage one another.

My Personal Experience with Exercise

My interest in physical fitness started when I was studying in Class 8. In Kashmir, gym exercise is popularly known as the iron game. During this journey, I met many kind and supportive people, including teachers, businessmen, sports personalities and government employees.

Their encouragement motivated me to continue my interest in fitness. I gradually understood that exercise is not just a physical activity; it is also a way of developing discipline and confidence.

Regular exercise made me feel more active and energetic. It also helped me develop a positive approach towards life. Based on my experience, I believe that every young person should develop an interest in sports or some form of physical activity.

Home Gyms Can Change the Lives of Young People

In many villages, young people have energy, talent and the ability to achieve great things. However, they do not always have proper facilities to use their free time productively.

Some youngsters are becoming attracted to smoking, drugs and other harmful habits. This is a matter of concern for parents, teachers and society.

We should provide young people with better opportunities, including sports grounds, gym facilities, libraries and other recreational activities. A small gym in a village can become a positive step towards encouraging fitness and a healthy lifestyle.

Physical activity can also help young people manage everyday stress and improve their general well-being. Instead of spending hours on mobile phones, they can devote some time to sports and exercise.

Schools and Colleges Should Promote Fitness

Educational institutions have an important role in building a healthy generation. Education should not be limited to textbooks, examinations and classroom activities. Students also need opportunities to develop their physical abilities.

Schools can introduce small fitness centres with basic equipment and organise regular sports activities. Students should be encouraged to participate in games, yoga and age-appropriate exercises under proper supervision.

Similarly, colleges should make their existing sports and gym facilities accessible to interested students. Keeping fitness equipment locked for long periods defeats the purpose of establishing such facilities.

Teachers, parents and educational administrators should work together to create awareness about the importance of physical fitness.

A Healthy Society Is a Strong Society

We often talk about the development of our villages, towns and cities. However, real development also means having healthy and active citizens.

Government departments, local representatives and social organisations should encourage the establishment of affordable fitness centres, sports clubs and playgrounds, particularly in rural areas.

People should also understand that fitness does not always require expensive equipment or membership fees. Walking, cycling, running, stretching and playing outdoor games are simple ways to remain active.

Before starting a new exercise routine, beginners should seek guidance from a qualified trainer, especially when using gym equipment. Exercise should always be suitable for a person's age and physical condition.

Conclusion

A home gym may look like a small investment, but it can bring a positive change to our daily lives. We do not need to wait for special occasions or perfect circumstances to start taking care of our health.

Let us make exercise a part of our daily routine and encourage our children, friends and family members to participate in healthy activities.

We should remember that a healthy person can contribute more effectively to family, society and the nation. Our aim should not be limited to earning wealth and achieving fame; we must also learn to protect the greatest blessing of life good health.

Healthy People, Healthy Families and a Healthy Nation should be our common mission.

Editorial suggestion: This version is more suitable for a local newspaper. It keeps your personal experience but gives greater importance to home gyms, rural youth, schools, colleges and community development. It also avoids unnecessary scientific information that was distracting from the main topic.



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We probably got away with one: Latham reflects on New Zealand's escape against India

United News Of India



NEW DELHI, NOV 23 :New Zealand captain Tom Latham admitted his side had been fortunate to escape with a draw against India in the first Test at the Basin Reserve, after Daryl Mitchell and Glenn Phillips resisted for 43 overs to keep the visitors from completing a victory on the final day.

With New Zealand still trailing by a considerable margin at the start of the final day's play, the task was less about scoring runs and more about surviving the remaining overs.

Latham acknowledged that his team had rarely been in such a situation in recent years, with Test matches increasingly ending within four days.

New Zealand resumed at 119 for 2, well behind India's first-innings total of 720 for 9 declared. The hosts lost Devon Conway, Rachin Ravindra and Tom Blundell during the day, but Mitchell and Phillips stood firm to take the game out of India's reach. Shubman Gill eventually called off the contest with an hour remaining, with New Zealand at 239 for 5. Mitchell finished unbeaten on 49off 186 balls, while Phillips made 26 not out from 126 deliveries.

"It's slightly different when you're not necessarily worried about runs. It's more about time," Latham said. "But the way those guys were able to apply themselves and stick to their plans for a long period of time and ultimately get the draw... I guess that's one that we've probably got away with. They looked really clear, looked really calm, and it was a situation that we haven't necessarily been faced with for a period of time, to play in a slightly different way and adapt to what was required."

Latham singled out Mitchell for his composure under pressure, saying the batter had repeatedly delivered for New Zealand in challenging circumstances across formats.

"He loves playing for this group, whatever format it may be, and I know he loves playing Test cricket. I think it's his favourite format, and he certainly showed that today," he said.

"He's played some really important innings for us all around the world in different situations, whether it be attacking or defending. He's a guy for a bit of a crisis, and again he put his hand up today."

The New Zealand captain also felt the pitch did not offer the usual assistance associated with the Basin Reserve. India's fast bowlers had bowled close to 50 overs each, but the surface became increasingly unresponsive, with only 24 wickets falling across the five days.

Latham agreed that the conditions were different from what New Zealand had come to expect at the venue.

"It's probably not your traditional Basin surface that we've been presented with over the last few years," he said. "A traditional Basin wicket is where it keeps its pace and bounce, and we probably didn't see that from day two onwards. It's a little bit [of a] cliché, but it's about trying to adapt to conditions as best we can."

He also shared Gill's concerns about the ball losing its hardness too quickly, which reduced the bowlers' ability to sustain pressure after the initial overs with the new ball.

"I think he's spot on in terms of the ball," Latham said. "Apart from day one, where the wicket probably had a little bit more in it, the ball tended to get soft. You get through those first ten overs with a new ball and things look slightly different, whereas the usual characteristic of grounds in New Zealand is that the ball stays a bit harder and probably swings for a little bit longer."On Gill's suggestion that teams should be allowed to use saliva to shine the ball again, Latham said the decision was beyond his control and expressed doubt that the existing regulations would change.

Njinmah double powers Bremen to northern derby victory

United News Of India

BERLIN, NOV 23 : Justin Njinmah scored twice in four minutes as Werder Bremen thrashed Hamburger SV 4-0 in the 111th Bundesliga northern derby to remain within touching distance of the top five.

Bremen coach Daniel Thioune, who signed a new contract on Saturday, made two changes following his side's defeat at Stuttgart, bringing in Chuki and Njinmah, with the latter making his first start since late August.

Hamburg made the brighter start on Sunday, with Patson Daka firing wide from 17 meters before Niclas Fullkrug headed straight at goalkeeper Daniel Heuer Fernandes at the other end.

The visitors suffered an early setback when Miro Muheim was forced off injured in the 19th minute, with Kofi Amoako replacing him.

Bremen gradually took control and almost broke the deadlock when Njinmah capitalized ona defensive error to race clear, only to be denied by Heuer Fernandes.

Fullkrug then squandered another chance



shortly before halftime, firing over the crossbar after

being picked out by Arthur. Hamburg emerged with renewed attacking intent after the break but

fell behind in the 55th minute when Bremen captain Marco Friedl met Chuki's corner with a header.

India's WTC final hopes suffer setback after Wellington draw

United News Of India

NEW DELHI, NOV 23 :India's hopes of reaching the World Test Championship final have suffered a massive hit following their drawn first Test against New Zealand in Wellington, with the result leaving them at 50 per cent in the standings and making



their path to a top-two finish increasingly complicated.

New Zealand's resistance on the final day at the Basin Reserve on Monday not only denied India a chance to improve their position but also saw the hosts slip from second to third in the table. Australia, led by Pat Cummins, moved up to second with their win percentage unchanged at 69.23, while New Zealand dropped to 66.67.

India, meanwhile, have fallen to a 50 per cent win percentage after the draw, leaving them with plenty of work to do in their remaining six Tests. They will have an opportunity to improve their position when they take on New Zealand in the second Test in Christchurch from Friday, before hosting Australia in a five-match series early next year.

However, even a clean sweep of their remaining six matches would not guarantee India a place in the final. Winning all six Tests would take their percentage to 66.67, but they would still need either New Zealand or South Africa to finish outside the top two.

One possible route for India would be to beat New Zealand in the second Test in Christchurch before going on to win the Border-Gavaskar Trophy 5-0 against Australia. If New Zealand then lose all four Tests in their series against Australia, India would be assured of finishing ahead of both teams.

A 4-0 or 4-1 series victory over Australia, however, would leave India dependent on other results, while anything less could end their hopes of reaching the final.

Liverpool routs Manchester United as Pochettino endures disastrous debut

United News Of India

LONDON, NOV 23 :Mauricio Pochettino had a nightmare debut as Manchester United coach as his side was beaten 4-0 away to Liverpool in the Premier League match here.

The Argentine only arrived in Manchester on Wednesday and had little time to work with his new side, but he could never have expected to see the game all but over by the 13th minute on Sunday afternoon.

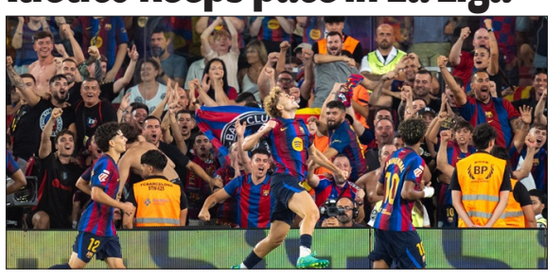
United was down to 10 men after eight minutes after Leny Yoro was sent off for fouling Alexander Isak as the Liverpool forward ran

through on goal, and the punishment was doubled when Dominik Szoboszlai scored from the resulting free kick.

Florian Wirtz made it 2-0 in the 13th minute with a volley from Rio Ngumoha's cross, and Ngumoha added his side's third after 66 minutes following Bradley Barcola's surging run and cross.United had goalkeeper Senne Lammens to thank for keeping the score down, but he could do nothing to deny Victor Munoz Liverpool's fourth of the game.

Barcelona fights back to beat Villarreal as Atletico keeps pace in La Liga

United News Of India



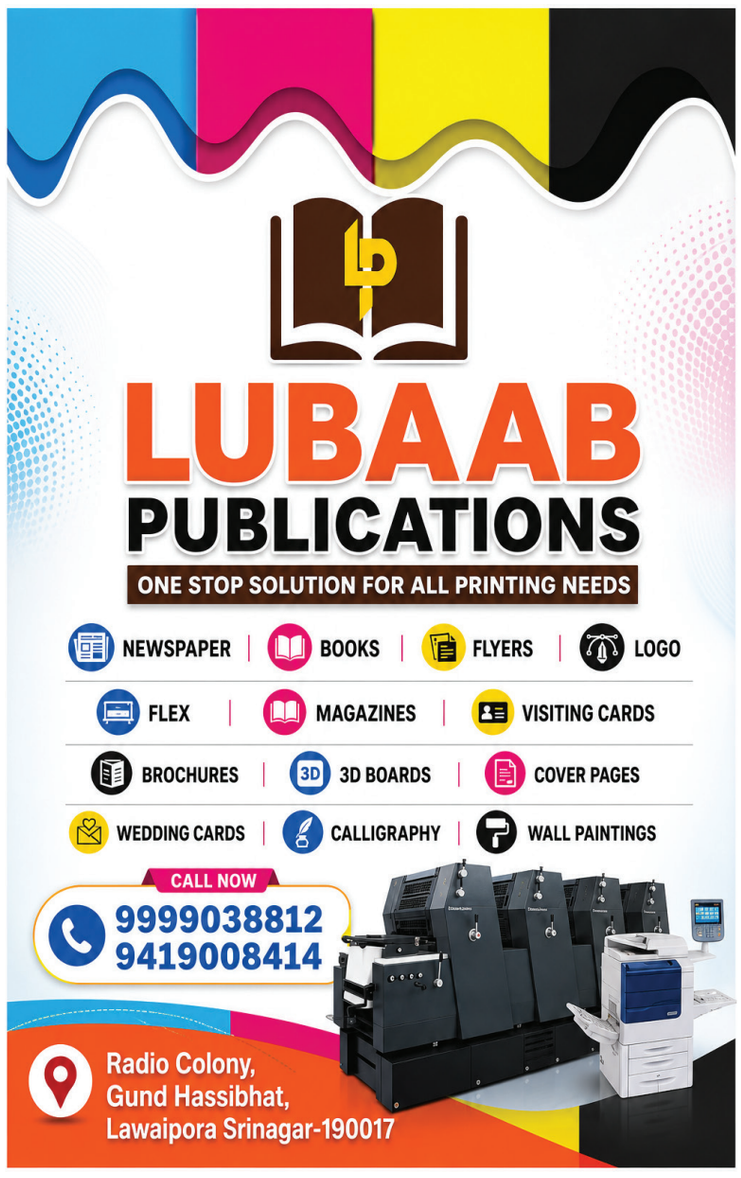
MADRID, NOV 23 :Barcelona fought back from two goals down to beat Villarreal 3-2 at home, preserving its three-point lead at the top of La Liga.

Villarreal stunned the hosts with two goals inside the opening seven minutes on Sunday. Tajon Buchanan opened the scoring with a powerful strike before Tani Oluwaseyi raced onto a throughball and fired into the roof of the net to double the visitors' advantage.

Barcelona had a chance to reduce the deficit in the 23rd minute, but Lamine Yamal failed to convert a penalty, leaving the hosts with a mountain to climb.The comeback finally began in the 57th minute when Gerard Martin headed home Pedri's cross,and Fermin Lopez drew Barcelona level just four minutes later.Villarreal's collapse was complete in the 67th minute when defender Pau Navarro turned Eric Garcia's cross into his own net while attempting to make a clearance.

Navarro's miserable afternoon ended with a second yellow card in stoppage time, reducing Villarreal to 10 men. Atletico Madrid remained third after cruising to a 3-0 victory away toGetafe.Alex Baena opened the scoring in the 10th minute before Johnny Cardoso doubled Atletico's leadon the half-hour mark, with Julian Alvarez providing the assists for both goals.Atletico controlled proceedings thereafter, and Alejandro Grimaldo completed the scoring fromthe penalty spot in stoppage time after Getafe defender Djene Dakonam was sent off for fouling Alexander Sorloth.







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