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Voice To The Voiceless



P:12 Bumrah, Bavuma edge towards top spot on latest Test rankings

DGP Prabhat moves to attach 29 Kanals of land belonging to five Pak-based terrorists in Reasi

HT NEWS DESK / AGENCIES

JAMMU, NOV 25: Jammu and Kashmir Director General of Police (DGP) Nalin Prabhat has accorded prior approval for attachment of 28 kanals and 14.5 marlas of land belonging to five Pakistan-based terrorists from Reasi district, after an investigation revealed that they were attempting to sell the properties to generate funds for terrorist activities.

A copy of the order, accessed by the news agency—Kashmir News Observer (KNO), states that the approval has been granted under Section 25 of the Unlawful Activities (Prevention) Act (UAPA) in connection with FIR No. 70/2024 registered at Police Station Mahore.

According to the order, the five accused have been identified as Mohd Qayoom alias Abdul Qayoom, son of Ghulam Mohammad, resident of Shadole (Tehsil Mahore); Bashir Ahmad alias Masoom, son of Qamer Din, resident of Badder; Shokat Ali, son of Roshan Din, resident of Hunder (Tehsil Arnas); Manzoor Ahmad alias Manzoor Hussain,

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"India's Future Is in Safe Hands": LG Sinha Inaugurates Indoor Sports Arena at Sainik School Nagrota

Says sports nurture discipline, resilience and leadership; urges cadets to dream big, work hard and dedicate themselves to national service

HT NEWS NETWORK



JAMMU, NOV 25: Lieutenant Governor Manoj Sinha on Wednesday inaugurated the newly constructed Multi-Utility Indoor Sports Arena at Sainik School Nagrota, expressing confidence that India's future was in safe hands and urging young cadets to uphold the legacy of service, discipline and sacrifice associated with the Armed Forces. Addressing cadets, faculty members and distinguished guests, the LG said the youth would shape the country's future as soldiers, civil servants, scientists, sportspersons and nation-builders, and that success in every field required character, commitment and hard work. Describing the new facility as an investment in the aspirations of young people, he said it would provide year-round training opportunities in badminton, basketball and table tennis, irrespective of weather conditions, and could help nurture future Olympic aspirants and military leaders. He congratulated ICICI Foundation for establishing the arena through its Corporate Social Responsibility initiative, observing that nation-building required collective participation from the government, educational institutions, industry and society. Emphasising the importance of sports in developing teamwork, resilience, humility and leadership, Sinha said physical training helped individuals remain composed under pressure, take

>>> MORE ON P 02

"Cultural Heritage, Social Security and Reforms Key to Viksit Bharat : Narendra Modi

PM Highlights India's growing cultural diplomacy, wider workforce protection and government-industry partnership in development journey towards 2047

HT NEWS DESK / AGENCIES

NEW DELHI, NOV 25: Prime Minister Narendra Modi on Wednesday highlighted cultural diplomacy, expansion of social security coverage for workers and sustained economic reforms as three important pillars of India's journey towards becoming a developed nation by 2047. In a series of social media posts, the Prime Minister drew attention to articles by Union Culture and Tourism Minister Gajendra Singh Shekhawat, NITI Aayog Vice Chairman Ashok Kumar Lahiri and CII President R. Mukundan, outlining their perspectives on India's development priorities. Referring to Shekhawat's article on cultural engagement among civilisations, Modi highlighted the significance of the first Shanghai Cooperation Organisation Civilisational Dialogue Forum and the



Indraprastha Communiqué in promoting international cultural cooperation, mutual respect and meaningful exchanges. He emphasised the potential of India's rich civilisational

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"Renewable Energy Mix Must Be Diversified": Omar Reviews Science & Technology Department

CM Directs time-bound completion of projects, faster solarisation of government buildings and exploration of wind, hydro and emerging energy sources

HT NEWS NETWORK

JAMMU, NOV 25: Chief Minister Omar Abdullah on Wednesday called for accelerating Jammu and Kashmir's transition towards clean energy, diversifying its renewable energy portfolio and ensuring that ongoing projects translate into tangible benefits for the people. Chairing a review meeting of the Science and Technology Department at the Civil Secretariat, the Chief Minister stressed strict adherence to project timelines, removal of implementation bottlenecks and greater emphasis on research, innovation and scientific outreach. Reviewing the progress under the PM Surya Ghar: Muft Bijli Yojana, he was informed that 9,025 government buildings had been solarised under the CAPEX mode, with an installed capacity of 96.10 MW. He directed officials to expedite the solarisation of remaining buildings and resolve issues relating to unified billing, virtual net metering and electricity connections. Emphasising the need to move beyond solar power, Omar called for exploring



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"Any Deviation From Approved Sheshnag Plan Will Invite Action": NC

Tanvir Sadiq says CM seeks immediate report from Forest and Environment Minister; maintains project was approved before Omar Abdullah government assumed office

HT NEWS DESK / AGENCIES



SRINAGAR, NOV 25: National Conference chief spokesperson and Zadibal MLA Tanvir Sadiq on Wednesday said Chief Minister Omar Abdullah had directed the Forest and Environment Minister to submit an immediate report on the ongoing Sheshnag project, asserting that any deviation from the approved plan would invite appropriate action. Speaking to reporters in Srinagar, Sadiq said the government was conscious of the environmental concerns surrounding the project and would not permit any activity that endangered Kashmir's fragile ecology. He maintained that the project had been conceived in 2022, followed by the signing of an MoU in 2023 and approval in 2024, before the present National Conference-led government assumed office. Questioning the timing of objections raised by PDP president Mehbooba Mufti, who visited the site on Tuesday, Sadiq asked why concerns had not been raised during the period when the project was being conceptualised and approved. He accused the PDP and BJP of politicising environmental concerns and attempting to give the controversy a communal colour, asserting that ecological

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"Recruitment Must Be Fair, Transparent and Credible": Karra Seeks Postponement of Police Exams

Congress chief demands independent probe into alleged FAA examination irregularities; urges CM to intervene to protect interests of aspirants

HT NEWS DESK / AGENCIES



JAMMU, NOV 25: Jammu and Kashmir Pradesh Congress Committee president Tariq Hameed Karra on Wednesday urged Chief Minister Omar Abdullah to intervene in the concerns raised by recruitment aspirants and seek postponement of the upcoming Police Sub-Inspector and Constable examinations until apprehensions regarding the fairness of the selection process are addressed. In a statement, Karra asked the Chief Minister to direct the Jammu and Kashmir Services Selection Board to defer the Sub-Inspector examination scheduled for November 29 and temporarily postpone the Constable examinations until adequate safeguards are put in place to ensure transparency and credibility. He also demanded an independent and impartial investigation into alleged irregularities in the Finance Accounts Assistant examination, maintaining that a fresh examination should be conducted if wrongdoing or procedural lapses were established. The Congress leader called for fixing accountability against officials or individuals

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PG Doctors meet Sakina Itoo amid strike over stipend, pay parity

HT NEWS DESK / AGENCIES

JAMMU, NOV 26 :A delegation of postgraduate (PG) resident doctors, accompanied by members of Resident Doctors' Associations (RDAs), on Wednesday met Health and Medical Education Minister Sakina Itoo at the Civil Secretariat here to discuss their long-pending demands, particularly enhancement of stipends and revision of the existing remuneration structure.

Sources told the news agency—Kashmir News Observer (KNO) that during the meeting, the minister asked the delegation to meet her again around December 15 to review the progress made on their demands.

The meeting comes amid an ongoing strike by PG doctors and senior residents across Jammu and Kashmir, which began on November 19. The doctors are seeking a substantial hike in stipends, pay parity with counterparts in other states and premier medical institutions, and revision of the existing payment structure.

During the meeting, the delegation highlighted the financial challenges and disparity in remuneration faced by resident doctors, urging the government to bring their stipends in line with the recommendations of the 7th Central Pay Commission. The doctors are also demanding enhanced remuneration for senior residents,

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HT BOTTOM NEWS

"Governance Must Reach People's Doorsteps": Chief Secretary Reviews Development Priorities at Border Village

Residents flag road connectivity, healthcare, education and tourism concerns at Bhawani; fresh proposal for additional bunkers at advanced stage

HT NEWS NETWORK



RAJOURI, NOV 25: Chief Secretary Dr. Sajjan Singh Yadav on Tuesday chaired a Block Diwas-cum-Public Grievances Redressal Camp at Vibrant Village Bhawani in Nowshera block of Rajouri district, providing residents and public representatives an opportunity to raise issues concerning infrastructure, healthcare, education, connectivity and livelihood opportunities in the border region. During the interaction, residents sought shrine status for Maa Mangla Mata Temple, a Border Tourism Mela, promotion of agriculture-linked ecotourism, double-laning of the Nowshera-Jhangar road, additional border bunkers, improved staffing in educational institutions, a sports stadium at Kalsian and a dispensary and ambulance facility at Bhawani. Demands relating to agricultural seed rates, storage facilities and better market opportunities for farmers were also raised. Highlighting the objectives of the Vibrant Villages Programme, the Chief Secretary said border villages must receive improved infrastructure, connectivity, livelihood opportunities and essential public services. He observed that Block Diwas had emerged as an important mechanism for taking governance to people's doorsteps and ensuring direct engagement between the administration and citizens. Responding to the demand for additional border bunkers, he said a fresh proposal had recently been submitted to the Ministry of Home Affairs and was at an advanced stage of consideration. Taking note of the concerns surrounding Maa Mangla Mata Shrine, he directed the Deputy Commissioner to prepare a comprehensive development plan to promote its religious and ecotourism potential. He also directed identification of suitable land for the proposed sports stadium and assured that healthcare and educational deficiencies would be taken up with the concerned departments. The Chief Secretary urged local youth to explore entrepreneurship, startups and skill-development opportunities, while directing officials to sensitise residents about collateral-free loans and government support schemes. He also distributed sanction letters to beneficiaries under the Holistic Agriculture Development Programme and Sheep Husbandry schemes, besides handing over engagement orders to newly engaged Anganwadi Workers.

Chief Secretary, Dr. Sajjan Singh Yadav, Tuesday chaired a Block Diwas-cum-Public Grievances Redressal Camp

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Kashmir shivers as mercury dips further, Shopian freezes at -4.2°C

Dense morning haze, fog affect visibility in Valley parts; dry weather forecast for next six days

HT NEWS DESK / AGENCIES

SRINAGAR, NOV 25 : Kashmir continued to reel under intense cold conditions on Wednesday as temperatures dipped further across the Valley, with Shopian recording the season's lowest minimum so far at minus 4.2 degrees Celsius. Several parts of the Valley also witnessed fog and hazy conditions during the early morning hours, prompting commuters to drive cautiously amid reduced visibility.

According to the news agency—Kashmir News Observer (KNO), Srinagar recorded a minimum temperature of minus 1.9 degrees Celsius, while the Meteorological Department forecast largely dry weather across Jammu and Kashmir over the next six days, offering little respite from the prevailing cold conditions.

According to data shared by the Meteorological Department and accessed by the news agency Kashmir News Observer (KNO), Srinagar's minimum temperature was 2.0 degrees below the seasonal normal.



Srinagar Airport recorded a low of minus 2.2 degrees Celsius. In south Kashmir, Pahalgam recorded minus 3.6 degrees Celsius, followed by Pulwama at

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Continue from Front Page.....

DGP Prabhat

son of Mohd Din, resident of Khanti (Tehsil Thuroo); and Imtyaz Ahmad, son of Mohd Maqbool, resident of Thuroo (Tehsil Thuroo).

The order states that the five accused had exfiltrated to Pakistan for arms and ammunition training and were involved in efforts to revive terrorist activities in the region from across the border.

The investigation revealed that the accused were attempting to sell their landed properties, with the proceeds intended to be used for furtherance of terrorist activities.

The properties identified for attachment comprise 2 kanals and 7.5 marlas belonging to Mohd Qayoom in Shadole, 3 kanals and 8 marlas belonging to Bashir Ahmad in Badder, 3 kanals and 10 marlas belonging to Shokat Ali in Hunder, 15 kanals and 19 marlas belonging to Manzoor Ahmad in Khanti, and 3 kanals and 10 marlas belonging to Imtyaz Ahmad in Thuroo.

The DGP, invoking powers under Section 25 of the UAPA, accorded prior approval for attachment of the properties, which the order categorises as proceeds of terrorism under Section 2(1)(g)(ii) of the Act.

"India's Future

quick decisions and stand by their colleagues in difficult circumstances. He urged the cadets to dream big, work honestly, embrace sportsmanship, maintain physical and mental well-being and regard the military uniform as a symbol of responsibility and sacrifice rather than personal prestige. Earlier, the Lieutenant Governor laid a wreath at the Shaurya Samarak and paid homage to the brave personnel who laid down their lives for the nation's unity and integrity.

The Lieutenant Governor, Shri Manoj Sinha today inaugurated the newly constructed Multi-Utility Indoor Sports Arena at Sainik School Nagrota. Addressing the cadets, faculty members, and distinguished guests on the occasion, the Lieutenant Governor expressed confidence in the younger generation, stating that India's future is in safe hands.

The Lieutenant Governor said that the nation looks to its youth as future soldiers, civil servants, scientists, sportspersons, healthcare professionals, and nation-builders. He emphasized that irrespective of the field they choose, success rests on the values of character, discipline, hard work, and commitment to national service. He also paid tribute to the brave personnel of the Armed Forces who made the supreme sacrifice for the unity, sovereignty, and integrity of the nation.

Highlighting the significance of the new facility, the Lieutenant Governor said that the Indoor Sports Arena represents the nation's faith in the aspirations of youth. The arena will provide uninterrupted training opportunities throughout the year and enable cadets to pursue sporting excellence in disciplines such as badminton, basketball, and table tennis, regardless of weather conditions. He urged the school administration and coaching staff to ensure optimal utilization of the facility.

The Lieutenant Governor congratulated the ICICI Foundation for establishing the arena through Corporate Social Responsibility (CSR) support. He observed that nation-building is a collective responsibility involving government, educational institutions, industry, society, and citizens. He said that similar partnerships would benefit educational institutions, especially in remote areas of Jammu Kashmir.

Recalling the vision behind the establishment of Sainik Schools, the Lieutenant Governor said that these institutions have played a vital role in nurturing leadership, discipline, national unity, and commitment to the Armed Forces. He urged cadets to uphold this legacy through their conduct, hard work, and achievements.

Emphasizing the role of sports in character building, the Lieutenant Governor noted that sports foster teamwork, resilience, discipline, humility, and leadership. He encouraged cadets to focus not merely on winning medals but on continuous self-improvement. Referring to India's growing achievements in international sports and initiatives such as Khelo India, the Lieutenant Governor expressed confidence that some of the cadets present could one day represent the nation on the Olympic stage.

"In our military tradition, sports and physical training have always been given special importance. The reason is clear. From a soldier, physical strength alone is not expected. He is also expected to remain calm in adverse circumstances, make quick decisions, trust his comrades, and stand firm in the face of difficulties. And I believe all these qualities are developed on the sports field," he said.

The Lieutenant Governor called upon the cadets to adopt five guiding principles- dream big, work hard with honesty, embrace teamwork and sportsmanship, maintain physical and mental well-being, and always regard the military uniform as a symbol of service and sacrifice.

"There is no greater righteousness than the welfare of others, and no greater unrighteousness than causing suffering to others. This sentiment should be the guiding principle of a true soldier's life, because the uniform is not merely a symbol of authority and honour; it is a symbol of service, responsibility, and sacrifice.

Always remember the true meaning of the military uniform: it is not a means of personal prestige, but a commitment to serving the nation. Always remember that your success lies within India's success," the Lieutenant Governor said.

Earlier, the Lieutenant Governor laid wreath at the Shaurya Samarak and paid homage to the brave sons of Maa Bharati.

"Cultural Heritage

heritage to strengthen its global cultural influence through heritage conservation, research, innovation and creative enterprise. In another post, the Prime Minister highlighted Lahiri's analysis of a proposed increase in the Employees' Provident Fund wage ceiling, which could bring a larger section of workers within the ambit of provident fund, pension and insurance benefits. The proposal assumes significance as rising wages have increasingly placed employees outside the existing eligibility threshold, leaving gaps in institutional social security coverage. Modi also referred to CII President R. Mukundan's assessment of India's economic transformation, highlighting infrastructure investment, GST, digital public infrastructure, corporate tax reforms, Production Linked Incentive schemes and trade agreements as important drivers of growth. Stressing the importance of government-industry cooperation, the Prime Minister described the collective endeavour as Team Bharat, underlining the role of public and private sector partnerships in advancing investment, manufacturing and employment. Together, the three interventions highlighted the interconnected priorities of projecting India's cultural strengths globally, extending financial protection to workers and sustaining structural economic reforms on the road to Viksit Bharat 2047.

Prime Minister Narendra Modi on Wednesday highlighted three key dimensions of India's development journey- its expanding cultural influence on the global stage, efforts to widen social security coverage for workers and the economic reforms underpinning the ambition of building a developed nation by 2047.

In a series of social media posts, Modi drew attention to separate write-ups by union Minister for Culture and Tourism Gajendra Singh Shekhawat, NITI Aayog Vice Chairman Ashok Kumar Lahiri and Confederation of Indian Industry (CII) President R Mukundan, highlighting their perspectives on cultural diplomacy, workforce protection and India's economic transformation.

Highlighting Shekhawat's opinion article, titled "Let's create spaces where civilisations engage with dignity", published in a national daily, the Prime Minister referred to the first Shanghai Cooperation Organisation (SCO) Civilisational Dialogue Forum and the significance of the Indraprastha Communiqué in providing a framework for stronger international cultural cooperation.

Modi said the Culture and Tourism Minister had elaborated on the forum and the communiqué, which seeks to strengthen cultural partnerships and encourage meaningful engagement among different civilisations. He also highlighted Shekhawat's argument that India's rich civilisational traditions and timeless wisdom could reach a wider global audience through heritage conservation, cultural research, innovation and creative enterprise.

The first SCO Civilisational Dialogue Forum, inaugurated by Modi, seeks to create an international platform for civilisations to engage through dialogue, mutual respect and a deeper appreciation of their shared as well as diverse cultural traditions. In his article, Shekhawat described the Indraprastha Communiqué as an important blueprint for advancing cultural cooperation and fostering meaningful exchanges between societies. The minister has argued that India's civilisational heritage should not be regarded merely as a legacy to be preserved but as a living tradition capable of contributing to the world's cultural future. He has called for creating spaces where civilisations can interact with dignity, understanding and mutual respect, rather than viewing cultural differences through the prism of competition or confrontation.

In another post, the Prime Minister highlighted an article by NITI Aayog Vice Chairman Ashok Kumar Lahiri on expanding social security protection for India's workforce through a proposed increase in the Employees' Provident Fund (EPF) wage ceiling.

Modi said Lahiri had examined how raising the existing wage threshold could bring a larger section of employees within the ambit of provident fund, pension and insurance benefits. He also drew attention to the wider economic implications of expanding social security coverage, including better employee retention, greater workforce stability and the formalisation of employment. Lahiri has pointed out that the existing EPF wage ceiling has increasingly excluded workers as earnings have risen over the years, creating a widening mismatch between prevailing wage levels and the eligibility threshold. Raising the limit could enable millions of additional employees to access institutionalised social security protection and address gaps in the existing framework. The EPF system provides workers with retirement savings and, through associated provisions, access to pension and insurance benefits. Expanding its coverage is therefore an important part of strengthening India's social security architecture, particularly as more workers move towards organised employment and seek greater financial protection.

The Prime Minister's third post focused on the country's economic transformation and its ambition of becoming a developed nation by 2047. Referring to a write-up by CII President R Mukundan, Modi said India's journey towards Viksit Bharat was being shaped by sustained reforms, infrastructure development and investments across critical sectors. According to Modi, Mukundan had outlined the foundations of this transformation, including infrastructure investment, the Goods and Services Tax (GST), digital public infrastructure, corporate tax reforms, Production Linked Incentive (PLI) schemes and trade agreements.

The Prime Minister also underscored the importance of closer cooperation between the government and industry, describing their collective endeavour as "Team Bharat". He stressed that a strong partnership between the public and private sectors would be essential to translate India's economic potential into sustained growth and lasting prosperity. Mukundan's assessment places infrastructure creation, policy reforms, digital transformation and manufacturing incentives among the principal drivers of India's economic expansion. It also highlights the increasingly important role of private investment, innovation and enterprise in advancing the country's long-term development objectives. Taken together, the three interventions underline interconnected aspects of India's development agenda: projecting its civilisational heritage and cultural influence internationally, extending institutional social security protection to a larger workforce and sustaining economic transformation through structural reforms, investment and government-industry cooperation. They also reflect the broader vision of positioning India as a country that combines its historical and cultural strengths with inclusive economic growth and modern institutional development as it moves towards the centenary of Independence in 2047.

"Recruitment Must

found responsible for negligence or misconduct. He said thousands of educated young people across Jammu and Kashmir had invested years of preparation, time and considerable financial resources in the hope of securing government employment, and any doubts over the credibility of recruitment examinations could further erode their confidence in the system. Maintaining that aspirants were not seeking preferential treatment but their legitimate right to equal opportunity, transparency and justice, Karra urged the Chief Minister to personally examine the matter and issue necessary directions to JKSSB and the departments concerned. He said the issue extended beyond individual examinations and concerned the future of thousands of unemployed youth who depend on a fair, merit-based and accountable recruitment system.

Jammu and Kashmir Pradesh Congress Committee (JKPCC) President Tariq Hameed Karra on Wednesday sought the immediate intervention of Chief Minister Omar Abdullah in the concerns raised by recruitment aspirants, demanding postponement of the upcoming J&K Police Sub-Inspector and Constable examinations and an independent probe into alleged irregularities in the Finance Accounts Assistant (FAA) examination.

In a statement issued to KNS, Karra urged the Chief Minister to direct the Jammu and Kashmir Services Selection Board (JKSSB) to postpone the Police Sub-Inspector examination scheduled for November 29 until the apprehensions raised by aspirants regarding fairness and transparency are examined.

He also demanded temporary postponement of the upcoming Police Constable examinations until adequate safeguards are put in place to ensure a fair and credible recruitment process.

Referring to the FAA examination, the Congress leader called for an independent and impartial investigation into the alleged irregularities, saying a fresh examination should be conducted if any wrongdoing or procedural lapses are established.

He also sought accountability against those found responsible for any negligence or misconduct in the recruitment process.

Karra said thousands of educated youth across Jammu and Kashmir have invested years of preparation and considerable financial resources in government recruitment examinations, adding that any apprehensions regarding the credibility of the selection process must be addressed without delay.

He said the issue goes beyond a few recruitment examinations and concerns the future of thousands of unemployed youth who depend on a transparent and merit-based recruitment system.

The JKPCC president maintained that aspirants were not seeking preferential treatment but their legitimate right to transparency, accountability, justice and equal opportunity.

Karra urged Omar Abdullah to personally examine the matter and issue necessary directions to JKSSB and the departments concerned to safeguard the interests of aspirants and restore public confidence in the recruitment process. (KNS)

"Any Deviation

protection should not become a political or religious confrontation. However, acknowledging public apprehensions over visuals emerging from Sheshnag, he said the government would determine its next course of action after examining the report. Sadiq maintained that work would be stopped wherever violations or deviations from the approved plan were established and that those responsible would not be spared. He also said individuals genuinely concerned about environmental violations were free to approach the National Green Tribunal or the High Court. On developmental works in his Zadibal constituency, he said efforts were underway to decongest and beautify major junctions, including Alamgari Bazar Chowk, to ease traffic movement and facilitate Muharram processions.

National Conference (NC) chief spokesperson and Zadibal MLA Tanvir Sadiq on Wednesday said Chief Minister Omar Abdullah has directed the Forest and Environment Minister to submit an immediate report on the ongoing project in Sheshnag, asserting that the government would take action if any deviation from the approved plan is established.

Speaking to reporters in Srinagar, Sadiq said the government was conscious of the environmental concerns raised over the project and would not allow any activity detrimental to Kashmir's fragile ecology.

"We will not allow anyone to play with the environment. The Chief Minister has directed the Forest and Environment Minister to submit a report immediately. If there has been any deviation from the approved plan, it will be investigated and necessary action will follow," he said.

Sadiq maintained that the project was conceived in 2022, followed by the signing of a Memorandum of Understanding (MoU) in 2023 and subsequent approval in 2024, before the National Conference-led government assumed office.

"This project was conceived much before our government came into power. The plan was prepared in 2022, the MoU was signed in 2023 and approval was granted in 2024, following which the work commenced," he said.

Taking exception to PDP president Mehbooba Mufti's visit to Sheshnag on Tuesday, Sadiq questioned why the issue had not been raised during the preceding three years when the project was being conceived and approved.

"Where was Mehbooba Mufti in 2022, 2023 and 2024? Why were these concerns not raised when the project was being approved?" he asked.

The NC chief spokesperson accused the PDP and BJP of attempting to give the issue a communal colour, alleging that environmental concerns were being exploited for political and electoral gains.

He alleged that the controversy was being used to portray Kashmir's Muslims as being opposed to the project, a narrative which, he claimed, could be exploited by the BJP in Jammu and Uttar Pradesh.

"We will neither allow anyone to damage our environment nor permit the issue to be turned into a Hindu-Muslim confrontation," Sadiq said, emphasising the importance of religious coexistence.

He said those genuinely concerned about environmental violations could approach the National Green Tribunal (NGT) or the High Court.

Acknowledging concerns among sections of the population over visuals emerging from Sheshnag, Sadiq said the government would determine its subsequent course of action based on the findings of the report.

"Many people in Kashmir believe there has been a deviation. The report will establish the facts. Wherever deviations are established, we will stop such work," he said.

Referring to the ongoing investigation, Sadiq declined to comment on its findings before its completion but maintained that those found responsible for any wrongdoing would not be spared.

Meanwhile, speaking about developmental works in his Zadibal constituency, Sadiq said efforts were underway to beautify and decongest major junctions in downtown Srinagar, including the historic Alamgari Bazar Chowk.

He said the redevelopment would ease traffic congestion and facilitate the movement of Muharram processions, which have traditionally faced difficulties due to limited road space.

Sadiq said similar works had been undertaken at Mirza Kamil Chowk, while Nalbal in Nowshera would be taken up next as part of a broader initiative to improve traffic movement and public infrastructure across the constituency. (KNS)

"Renewable Energy

viable wind energy opportunities alongside small hydropower, hydrogen, biomass and battery storage systems. The department's 2030 vision envisages 500 MW of solar capacity, 100 MW of small hydro capacity and another 5 MW across emerging renewable energy technologies. He also reviewed 62 small hydropower projects with a cumulative capacity of 135.15 MW and directed coordinated efforts to secure the requisite clearances. The Chief Minister called for expediting the Industrial Biotechnology Park at Handwara, operationalising the completed facility at Ghatti in Kathua, and completing the Sub-Regional Science Centre and Science Innovation Dissemination Centre at Rajbagh, Srinagar. He also stressed the need to strengthen scientific temper among young people through interactive exhibitions, planetariums and outreach initiatives. The meeting was informed that 4,891 solar agricultural pumps had been installed under PM-KUSUM against a target of 5,000, while the Jammu and Kashmir Compressed Bio-Gas Policy 2026 had also been notified. Omar directed the department to ensure that scientific research, renewable energy interventions and technological initiatives generate employment, entrepreneurship and sustainable economic opportunities.

Chief Minister Omar Abdullah today called for Jammu and Kashmir's transition towards clean energy, ensure time-bound completion of key projects and to optimise the utilisation of renewable energy infrastructure to deliver tangible benefits to the people.

Chairing a review meeting of the department at the Civil Secretariat here, the Chief Minister, who also holds the portfolio of Science and Technology, took stock of the progress of major initiatives, institutional activities and ongoing projects, while emphasising the need to remove implementation bottlenecks and strengthen research, innovation and scientific outreach.

The meeting was attended by Advisor to the Chief Minister Nasir Aslam Wani, Chief Secretary Dr. Sajjan Singh Yadav, Additional Chief Secretary to the Chief Minister Dheeraj Gupta, Additional Chief Secretary Finance Shailendra Kumar, Administrative Secretary Science & Technology Babila Rakwal and other senior officers.

At the outset, Administrative Secretary Babila Rakwal gave a detailed presentation on the mandate, achievements, ongoing projects and future roadmap of the Jammu and Kashmir Science, Technology and Innovation Council (JKSTIC) and the Jammu and Kashmir Energy Development Agency (JAKEDA).

Reviewing progress under the PM Surya Ghar: Muft Bijli Yojana, the Chief Minister was informed that 9,025 government buildings had been solarised under the CAPEX mode, with a cumulative capacity of 96.10 MW. He directed the department to expedite the solarisation of remaining government buildings and resolve inter-departmental issues relating to unified billing, adoption of Virtual Net Metering (VNM) benefits by DISCOMs and conversion of single-phase connections into three-phase connections for solar plants of 10 kW and above.

"Governance Must

at Vibrant Village Bhawani in Block Nowshera, Rajouri, providing a direct platform to local residents and public representatives to highlight their concerns and seek timely resolution of developmental and public welfare issues.

Deputy Commissioner Rajouri, Dr. Devansh Yadav; DIG, Rajouri-Poonch Range, Sandeep Wazir; SSP Naresh Singh; ADDC, Malik Zada Sheraz Ul Haq; ; ADC Rajouri Ravi Sihag; ADC Nowshera Pritam Lal Thapa; district and sectoral officers besides a large number of local residents and public representatives attended the programme.

The programme witnessed participation of a large number of people who apprised the Chief Secretary of various demands concerning infrastructure development, religious and border tourism, education, healthcare, sports facilities, agriculture, connectivity and livelihood opportunities in the border areas.

On his arrival, the Chief Secretary inspected stalls established by various departments, including School Education, Skill Development, Animal Husbandry, Sheep Husbandry, Mission Poshan and Social Welfare, showcasing government schemes, departmental initiatives and public welfare interventions.

During the interaction, the public representatives and local residents raised several issues, including granting shrine status to Maa Mangla Mata Temple, organising a Border Tourism Mela, promoting agriculture-linked ecotourism, double-laning of the Nowshera-Jhangar road, construction of additional border bunkers, addressing staff shortages in educational institutions, construction of a sports stadium at Kalsian, establishment of a dispensary and ambulance facility at Bhawani, fixation of rates for maize and wheat seeds and provision of storage facilities for agricultural produce besides other demands related to the development of villages and towns of this region.

PG Doctors

a 20 per cent Non-Practising Allowance (NPA), and a uniform pay structure across all Government Medical Colleges and their associated hospitals in J&K.

Resident doctors said their demands have remained unresolved despite repeated representations to the authorities. They argued that their demanding clinical responsibilities, long working hours and round-the-clock patient care warrant a revision of the existing remuneration structure and correction of disparities with other states.

The delegation sought the minister's intervention for an early resolution of the issues. The follow-up meeting on December 15 is expected to provide an update on the government's response to their demands.

Meanwhile, resident doctors continue to await concrete assurance from the government, with the future course of their agitation likely to depend on the outcome of further discussions—(KNO)

Kashmir shivers

minus 3.5 degrees, Anantnag at minus 2.8 degrees, and Qazigund and Konibal at minus 2.4 degrees each. Kokernag and Kulgam recorded minimum temperatures of 0.2 and 0.4 degrees Celsius, respectively.

In north and central Kashmir, Kupwara recorded minus 2.0 degrees Celsius, Bandipora minus 1.5 degrees, Ganderbal minus 0.5 degrees and Baramulla minus 0.1 degrees. Budgam and Awantipora recorded minus 2.4 degrees each, while Gulmarg settled at 0.0 degrees and Sonamarg at 0.3 degrees Celsius.

In the Jammu division, Bhaderwah was the coldest at 3.2 degrees Celsius. Udhampur recorded 6.0 degrees, Poonch 6.1 degrees, Samba 7.4 degrees, Reasi 7.5 degrees and Ramban 7.7 degrees. Kishtwar settled at 8.5 degrees, Banihal at 8.9 degrees, Jammu city at 9.8 degrees, Katra at 10.2 degrees, Kathua at 10.4 degrees and Batote at 10.6 degrees Celsius.

Meanwhile, independent weather forecaster Faizan Arif Keng said dry weather conditions were likely to continue across the region for about a week, with mostly sunny to partly cloudy skies.

The Meteorological Department has also forecast generally dry weather across Jammu and Kashmir until November 30 and December 1, with shallow to moderate fog likely in several areas.

Daytime temperatures are expected to gradually decline from around 15-16 degrees Celsius to nearly 12 degrees Celsius by early next week. Night temperatures are likely to remain low, with minimums dropping below freezing at several colder locations and higher reaches.

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DC Srinagar, SSP review anti-narcotics measures at District NCORD meeting, emphasise sustained enforcement, proactive inter-departmental coordination

251 FIRs registered, 359 accused arrested; properties worth Rs 138 crore attached, 200 bank accounts frozen

■ HT News Network



SRINAGAR, NOVEMBER 25: Deputy Commissioner (DC) Srinagar, Akshay Labroo, on Wednesday chaired a meeting of the District-Level Narco Coordination Centre (NCORD) Committee at the Meeting Hall of the DC Office Complex to review ongoing anti-narcotics measures and and assess the progress of the District's efforts to combat drug abuse and trafficking.

Senior Superintendent of Police (SSP) Srinagar, Dr. G.V. Sundeep Chakravarthy was present in the meeting.

The meeting held detailed deliberations on strengthening the District's anti-narcotics strategy through stringent enforcement, effective surveillance of drug supply networks, regulatory measures, preventive interventions and improved rehabilitation facilities for drug victims. The Committee also reviewed the implementation of the Common Standard Operating Procedure (SOP) for dealing with accused persons, action against illicit cannabis cultivation and measures to prevent the misuse of pharmaceutical drugs.

On the occasion, the Deputy Commissioner stressed the need to maintain sustained momentum in the fight against the drug menace through proactive coordination and collective efforts of all concerned departments. He underscored the importance of safeguarding the younger generation from substance abuse and strengthening rehabilitation mechanisms to ensure proper care, treatment and reintegration of affected individuals into society.

The Deputy Commissioner called upon all Departments and enforcement agencies to work in close coordination, intensify preventive and enforcement measures and ensure a sustained, comprehensive and result-oriented approach to eradicate the drug menace from the District. He directed the Excise and other line Departments to take effective measures for eradication of cannabis across the District. He also reiterated the zero-tolerance policy towards Government employees found involved in NDPS cases.

The DC laid emphasis on cases involving commercial quantities of narcotic substances, which shall be monitored periodically by the concerned agencies, including Police, Transport, NCB and Prosecution. The investigating agencies were also directed to focus on establishing forward and backward linkages in all NDPS cases to identify the main suppliers, financiers and kingpins operating behind the drug trafficking networks.

The Drug Controller in coordination with District Police and NCB, was directed to ensure proper regulations and strict monitoring of pharmaceutical shops across the District.

The meeting also reviewed preparations for the effective implementation of the nationwide 100 Weeks Nasha Mukt Bharat Abhiyan announced by the Prime Minister of India, with emphasis on awareness generation, community participation, preventive interventions and coordinated efforts towards building a drug-free society.

SSP Srinagar emphasised the need for sustained and coordinated surveillance of drug trafficking networks, effective investigation of NDPS cases and strict action against those involved in the illicit trade. He stressed strengthening intelligence-sharing among enforcement agencies, identifying vulnerable areas and drug distribution channels, and ensuring that investigations comprehensively establish forward and backward linkages to dismantle the entire supply chain. During the meeting, the NCORD Committee was apprised of the sustained crackdown against narcotics in the district, which has resulted in the registration of 251 FIRs and the arrest of 359 alleged drug peddlers. The Committee was further informed that 21 movable and 110 immovable properties, collectively valued at over Rs 138 crore, linked to drug traffickers have been attached as part of the intensified enforcement action. In addition, 200 bank accounts have been frozen following financial investigations.

The Committee was also informed that the Transport Department has taken strict action against violations linked to narcotics-related activities, resulting in the suspension/cancellation of 108 driving licences. Further, the Registration Certificates (RCs) of 64 vehicles have been suspended as part of the enforcement measures aimed at curbing drug-related offences.

DC Shopian conducts surprise inspection of Government Offices at Mini Secretariat Shopian

■ HT News Network



SHOPIAN, NOVEMBER 25: Deputy Commissioner (DC) Shopian, Charandeep Singh, today conducted a surprise inspection of various government offices functioning at the Mini Secretariat, Shopian, to assess their functioning and ensure punctuality, accountability and strict adherence to prescribed office timings.

The Deputy Commissioner, accompanied by ADC Shopian, Dr. Zakir Hussain Faaz, inspected different departments and sections of the Mini Secretariat, reviewed their functioning and thoroughly checked attendance registers to verify the presence of officials and employees during duty hours.

During the inspection, the Deputy Commissioner took serious note of employees found absent and those reporting late. He expressed strong displeasure over instances of unauthorised absence and habitual latecoming, making it clear that such conduct would not be tolerated under any circumstances.

Issuing strict directions, the Deputy Commissioner instructed ADC Shopian to initiate stringent action, as per applicable rules, against all employees found absent without valid justification and those habitually arriving late.

He further directed that attendance records be scrutinised carefully and that any violation of prescribed duty hours be dealt with firmly, without leniency.

MLA Baramulla calls for collective efforts to ensure effective Solid Waste Management

■ HT News Network



BARAMULLA, NOVEMBER 25: Member Legislative Assembly (MLA) Baramulla, Javed Hassan Baig, today attended a Capacity Building Session on Solid Waste Management Rules, 2026, organised by the Municipal Council Baramulla at the auditorium of St. Joseph's Higher Secondary School, Baramulla.

The session was presented by Swaaha Resource Management Pvt. Ltd., with support from St. Joseph's Higher Secondary School. Addressing the gathering, MLA Javed Hassan Baig emphasised that maintaining cleanliness and protecting the environment is a collective responsibility. He urged the general public to refrain from polluting water bodies, particularly the River Jhelum, and appealed to people not to dump garbage into rivers and other water resources.

Executive Officer, Municipal Council Baramulla, civil Society members, officials and students were present on the occasion.

On the occasion, the MLA briefed about the initiatives being undertaken to address sewage management issues in the area. He informed that a Sewage Treatment Plant (STP) worth 40 crore has been approved, with the tendering process expected to begin shortly. He further informed that another treatment plant costing 4 crore, along with a separate treatment facility for Government Medical College (GMC) Baramulla at an estimated cost of 16 crore, is also planned.

He expressed hope that these projects would be completed over the next five to six years, helping address sewage management challenges and protect local water bodies.

The session also highlighted modern waste management techniques, including electrical organic waste composting, Aerobin-based wet waste processing and home composting. Participants were sensitised about waste segregation at source, scientific disposal of waste.

DC Kupwara, SSP Chair Block & Thana Diwas at Vibrant Village Trehgam

■ HT News Network



KUPWARA, NOVEMBER 25: Deputy Commissioner (DC) Kupwara, Abhishek Sharma, accompanied by Senior Superintendent of Police (SSP) Kupwara, Sudhanshu Dhama, today chaired a Joint Block and Thana Diwas at Vibrant Village Trehgam to strengthen public outreach and ensure prompt redressal of public grievances at the grassroots level.

During the interactive programme, public delegations and local residents projected various demands and developmental issues concerning Health, Public Health Engineering (PHE), Power Development Department (PDD), Rural Development Department (RDD) and road connectivity. The delegations also highlighted drinking water shortages affecting certain pockets of the area.

Taking serious note of the issues raised, the Deputy Commissioner sought on-the-spot explanations from the concerned sectoral officers and issued directions for their timely resolution. Expressing concern over healthcare service delivery, the DC sought an Action Taken Report (ATR) on the functioning of Primary Health Centre (PHC) Trehgam from the concerned Block Medical Officer (BMO), directing him to submit a detailed report to his office at the earliest. Similarly, the Child Development Project Officer (CDPO) was directed to ensure regular inspections of all Anganwadi Centres across the block and submit the inspection schedule along with daily monitoring reports to the DC office. Reviewing road infrastructure, the Deputy Commissioner directed the Executive Engineer, R&B, to conduct detailed field inspections and submit a factual report on the quality of works executed in the area, particularly wherever concerns.

DDC Bandipora Kick-Starts ECCE, Nutrition and School Readiness Programme at Sumbal

■ HT News Network

BANDIPORA, NOVEMBER 25: District Development Commissioner (DDC) Bandipora, Indu Kanwal Chib, today kick-started a programme aimed at strengthening Early Childhood Care and Education (ECCE), nutrition services and school readiness in the district.

The inaugural programme was held at the Meeting Hall of POSHAN Project Sumbal, where the DDC interacted with the District Level Master Trainees.

The programme is being implemented in partnership with CRY Child Rights Delhi as the financial partner and JKASW as the implementing organisation, with a focus on strengthening ECCE and nutrition services at Anganwadi Centres.

Speaking on the occasion, the DDC emphasised that early childhood is the foundation of a child's development. She highlighted the importance of proper nutrition, quality early learning and school readiness for children in the age group of 3 to 6 years.

The District Development Commissioner urged the Master Trainees to work with dedication and ensure that the benefits of the programme reach every Anganwadi Centre, child and mother, particularly in far-flung and vulnerable areas.

The Master Trainees assured that the training would be taken to the field level, with a focus on activity-based learning, improved nutrition practices and joyful learning for children.

DC Anantnag reviews Traffic Management, emphasises smooth, hassle-free Traffic Movement

Directs strict enforcement of Traffic Regulations and Penal Action against violators

■ HT News Network



ANANTNAG, NOVEMBER 25: Deputy Commissioner (DC) Anantnag, Dr. Bilal Mohi-Ud-Din Bhat, today chaired a meeting to review traffic management across the district and assess measures being undertaken to ensure smooth and hassle-free movement of vehicular and pedestrian traffic.

During the meeting, the Deputy Commissioner directed the ARTO, Traffic Police and other concerned departments to work in close coordination and adopt a comprehensive approach towards streamlining traffic management across the district. He stressed the need to ensure smooth traffic flow and minimise inconvenience to commuters and the general public.

Emphasising the need for sustainable and long-term solutions to recurring traffic congestion, particularly in the interior areas of Anantnag town, the DC directed the concerned officers to identify major traffic bottlenecks and take effective measures to address them.

He stressed that temporary interventions would not suffice and called for a well-planned strategy to ensure lasting improvements in traffic regulation.

The Deputy Commissioner also laid special emphasis on effective traffic management along the route leading to Government Medical College (GMC), Anantnag.

He directed the Traffic Police and Motor Vehicles Department (MVD) to ensure uninterrupted vehicular movement along the route and prevent unnecessary congestion, keeping in view the importance of facilitating access to essential healthcare services. He laid stress on traffic decongestion and ensuring smooth traffic flow in Anantnag and Bijbehara towns.

He further instructed the concerned departments to ensure strict enforcement of traffic regulations and take appropriate action, including imposition of penalties against violators, to ensure adherence to prescribed traffic norms.

The DC emphasizes the importance of coordinated efforts among all stakeholders, stating that efficient traffic management is essential for public convenience, road safety and the uninterrupted functioning of essential services.

The meeting was attended by the Additional Deputy Commissioner, Assistant Commissioner Revenue, SDM Bijbehara, ARTO, DySP Traffic, representatives of Police and other concerned officers.

DDC Kulgam reviews status of aspirational upcoming Developmental Projects

■ Farooq Rather



KULGAM, NOVEMBER 25: District Development Commissioner (DDC) Kulgam, Shahzad Alam, today chaired a review meeting at the Mini Secretariat, Kulgam, to assess the status of various aspirational upcoming developmental projects proposed in Kulgam.

During the meeting, a detailed review was held of the proposed projects, covering the status of Detailed Project Reports (DPRs), land requirements and land transfer, cost estimation and other related issues. The DC took stock of the preparation of DPRs, land identification and transfer process, administrative formalities and commencement of work of projects.

These projects include New Fruit Mandi, Khel Bhawan, GDC Kulgam Campus, Nursing College, Press Club, Centre of Excellence, G&B Hostels for Boys and Girls, Health Centre, Writers Residency and Sanskriti Bhawan, Rural Self Emplyment Training Institute and other vital projects.

The concerned departments were directed to furnish updated information on all projects and ensure close coordination for resolving pending issues, particularly those related to land transfer and preparation of DPRs, so that developmental works are taken forward in a time-bound manner.

The meeting was attended by ADDC Kulgam, Altaf Ahmad Khan; CPO Kulgam, Malik Suhail; SE PWD Circle Kulgam, Tehsildar Kulgam, Executive Engineers of PWD (R&B), PDD and Jal Shakti, CHO, DSWO, DYSSO, CEO MC, and other concerned officers.

DC Pulwama presides over Mega Public Outreach-Cum-Grievance Redressal Camp at Awantipora

■ HT News Network



PULWAMA, NOVEMBER 25: Deputy Commissioner (DC) Pulwama, Kuldeep Krishan Sidha, today presided over a Mega Public Outreach-Cum-Grievance Redressal Camp at Mini-Secretariat, Awantipora, aimed at providing a direct platform to the public for projecting their grievances, seeking on-the-spot redressal of issues and accessing information about various government schemes and initiatives.

The camp witnessed enthusiastic participation from local residents, youth, senior citizens, members of the Town Welfare Committee Awantipora, Auqaf Committees, Village Welfare Committee Chandrigam and other civil society representatives, who raised a range of developmental and public welfare-related issues before the Deputy Commissioner.

The major issues projected during the interaction included transport connectivity, healthcare facilities, road construction and upgradation, drinking water supply, town decongestion, land compensation for acquired land, solid waste management, town beautification, irrigation facilities in Karewas, playground construction, upgradation of Government High School Awantipora and mitigation of waterlogging problems. The participants also highlighted the need for expediting the formulation of an employment policy for local unemployed educated youth in AIIMS Awantipora and operationalisation of its OPD services. The Deputy Commissioner gave a patient hearing to the public and sought on-the-spot responses from the concerned officers. He directed the Additional Deputy Commissioner, Awantipora, to convene a meeting with town representatives and concerned departmental officers to deliberate on a comprehensive town beautification and development plan. He stressed that the plan should be formulated after a proper assessment of local requirements, incorporating essential components such as improved drainage and sewerage networks, adequate parking facilities, road and footpath development, street lighting, sanitation, landscaping and other civic amenities. Calling the solid waste management a major challenge, he said that the administration is working in consultation with experts to address the issue but stressed that meaningful waste management begins at the household level. He urged residents to practise segregation of waste at source, reduce the use of plastic and adopt environmentally sustainable practices, including kitchen gardening and responsible disposal of household waste. On the occasion, the Deputy Commissioner distributed EWS Certificates, Legal Heir Certificates, OBC Certificates and Domicile Certificates among eligible beneficiaries. He also distributed SVAMITVA Property Cards among more than 50 landowners, besides extending other eligible entitlements to beneficiaries. A major focus of the camp was the district's SSS Campaign (Skill Development, Self-Employment, Sports and Studies), under which household-level skill mapping and registration of individuals in the age group of 18–59 years is being undertaken. The DC urged residents to ensure registration of all eligible household members, particularly unemployed youth and women, to facilitate their access to skill development programmes, entrepreneurship support, sports coaching and educational opportunities. The DC also urged farmers to generate their Farmer IDs through the concerned offices to facilitate their access to various government schemes, agricultural services and other associated benefits. Among others, the programme was attended by SSP Awantipora, Irshad Hussain Rather; Additional District Development Commissioner, Pulwama, Gulzar Ahmad Bhat; Additional Deputy Commissioner, Awantipora, Mushtaq Ahmad Lone; Chief Planning Officer, Pulwama, Aashiq Hussain Khanday; Programme Officer, ICDS: Assistant Commissioner Development, Pulwama; Executive Engineers of R&B and PHE; Assistant Commissioner Panchayat, Pulwama; Chief Education Officer, Pulwama; Chief Medical Officer, Pulwama; Chief Agriculture Officer, Pulwama; Chief Horticulture Officer, Pulwama; Block Development Officers of Awantipora and Dadsara; Tehsildars of Awantipora and Pampore; District Mineral Officer, Pulwama; LDM Pulwama, besides officers from various line departments.

DC Kulgam chairs Quarterly DLRC, DCC Meeting
Banks and departments asked to achieve credit disbursal targets and strengthen financial inclusion

■ Farooq Rather



KULGAM, NOVEMBER 25: Deputy Commissioner (DC) Kulgam, Shahzad Alam, today chaired the Quarterly District Level Review Committee (DLRC) and District Consultative Committee (DCC) meeting for Q2 of FY 2026–27 at the Mini Secretariat, Kulgam, to review the performance of banks and line departments under various Government-sponsored schemes and the Annual Credit Plan. The meeting reviewed the status of Priority Sector Lending, credit flow, financial inclusion and implementation of key Government schemes, including Mission YUVA, Agriculture Infrastructure Fund (AIF), PM Surya Ghar Muft Bijli Yojana and others.

During the meeting, it was informed that the district's deposits registered a year-on-year growth of 17.24%, increasing from 2,747.05 crore to 3,220.79 crore. Advances also recorded a growth of 11.37%, rising from 2,560.94 crore to 2,852.32 crore.

Against the District Credit Plan target of 3,030.11 crore for FY 2026–27, banks had achieved credit disbursement of 1,177.49 crore as on September 30, 2026, accounting for 39% of the annual target.

The DC emphasized the need for timely achievement of lending targets, enhanced coordination between banks and sponsoring departments, and effective handholding of beneficiaries to ensure the successful implementation of Government-sponsored schemes.

The DC further called for ensuring that the benefits of various financial and Government-sponsored schemes reach the intended sections of society and stressed for more improved performance under self employment and livelihood generation schemes for youth and unemployed.

The meeting was attended by concerned district officers of line departments and financial and banking institutions officers and representatives.

CIPMC Srinagar holds "Khet Bachao Abhiyan" programme at Kupwara

■ HT News Network



KUPWARA, NOVEMBER 25: The Central Integrated Pest Management Centre (CIPMC), Srinagar, in collaboration with the State Agriculture Department, Kupwara, organised a "Khet Bachao Abhiyan" at Panchayat Ghar, Tarich, Natnussa, Kupwara, today.

During the programme, Dr. Haroon Rashid Hakla, APPO (PP), sensitised farmers about the "National Pest Surveillance System (NPSS) and various Integrated Pest Management (IPM) practices" for the effective identification and management of crop pests and diseases. He emphasised the importance of using pesticides strictly as per the recommendations of the CIB&RC and highlighted essential safety precautions to be followed during pesticide application to prevent adverse health effects. He also elaborated on the use of neem oil and other natural oils for crop protection and demonstrated the installation and use of Yellow Sticky Traps and Delta Traps for pest monitoring and management. Manzoor Ahmad Ganaie, SMS (SDL) and Nodal Officer, NPSS, delivered an informative lecture on "Safe and Judicious Use of Pesticides." He stressed the importance of responsible pesticide use and encouraged farmers and field functionaries to make effective and regular use of the NPSS Mobile Application for timely pest surveillance and reporting. Abir Shankhari, APPO (WS), highlighted the importance of biopesticides in sustainable crop protection and emphasised the conservation of beneficial insects and natural enemies in agricultural ecosystems. Bashir Ahmad Ganaie, AEO, sensitised farmers about the principles, practices and benefits of Natural Farming and Organic Farming, highlighting their role in promoting environmentally sustainable agriculture.

The programme also featured an interactive session in which farmers actively engaged with the resource persons, shared their field-level concerns and sought technical guidance. Their queries were addressed in a practical, simple and farmer-friendly manner.

DC Bandipora chairs Block Diwas at Nowgam, reviews Public Issues, Developmental Needs

■ HT News Network



BANDIPORA, NOVEMBER 25: Deputy Commissioner (DC) Bandipora, Indu Kanwal Chib, today chaired a Block Diwas programme at Government Higher Secondary School Nowgam, Sumbal, where she listened to public grievances and concerns.

During the interaction, people raised issues related to road widening and macadamisation, banking facilities, education, healthcare, sports infrastructure, employment and other basic amenities.

The DC directed the concerned departments to look into the issues, including the widening of Nowgam Junction-Milstop road, and reviewed the status of other road projects. She assured that pending IDDS applications under the Animal Husbandry Department would be taken up for early disposal.

On healthcare, the DC directed the Health department to intensify screening for Hepatitis B, ensure the availability of medicines and directed PHE department to take steps to improve water quality. She also discussed staff shortages in educational institutions, demand for an ITI and sports facilities in the area. Officers were asked to guide interested youth towards available skill development opportunities.

Reviewing various government initiatives, the DC directed ACD Bandipora to organise awareness camps under VB-GRAM G to encourage greater participation. She also reviewed solid waste management arrangements, under which around 44,000 households have been covered in the district, and urged people to cooperate in waste segregation and pay the prescribed user fee.

On the occasion, Property cards were also distributed among beneficiaries, while farmers were urged to complete their Farmer ID registration to avail maximum benefits under different government schemes.

GMC Srinagar mourns Demise of Prof Mohan Singh Shant

■ HT News Network

SRINAGAR, NOVEMBER 25: Government Medical College (GMC) Srinagar has expressed profound grief and sorrow over the sad demise of nationally renowned surgeon Prof. (Dr.) Mohan Singh Shant, former Professor of Surgery Government Medical College Srinagar who passed away early this morning.

Prof. Shant was a distinguished surgeon an inspiring teacher and an accomplished academician whose remarkable contributions to patient care, medical education and the field of surgery have left an enduring legacy. Throughout his illustrious career, he earned immense respect for his clinical excellence, unwavering dedication to the medical profession and compassionate care for patients. His mentorship shaped generations of doctors who continue to serve society with the values and knowledge he imparted. His passing is an irreparable loss not only to the medical fraternity but also to Government Medical College Srinagar. He will always be remembered for his humility, integrity, commitment to excellence and lifelong service.

DC Anantnag reviews arrangements for JKSSB Sub-Inspector Examination

■ HT News Network



ANANTNAG, NOVEMBER 25: Deputy Commissioner (DC) Anantnag, Dr Bilal Mohi-Ud-Din Bhat, today chaired a meeting with designated Examination Superintendents, Observers, Magistrates, Invigilators and other concerned stakeholders to review the arrangements for the smooth and transparent conduct of the Jammu and Kashmir Services Selection Board (JKSSB) Sub-Inspector recruitment examination, scheduled to be held on November 29, 2026, at various designated examination centres across the district.

During the meeting, the Deputy Commissioner emphasised the importance of ensuring a free, fair, transparent and hassle-free examination process. He called for close coordination, effective communication and collective efforts among all departments and officials associated with the examination to ensure that candidates face no inconvenience.

Highlighting the significance of the examination in shaping the career prospects of thousands of aspiring candidates, the DC stressed that every possible measure must be taken to maintain fairness, transparency and strict adherence to the prescribed guidelines and Standard Operating Procedures (SOPs).

He directed all designated examination staff to discharge their assigned duties with utmost responsibility, sincerity and professionalism. He also stressed strict compliance with the examination guidelines and instructed the concerned officers to remain vigilant to prevent any malpractice or procedural irregularity.

Officers from key departments, including KPDCL, the Motor Vehicles Department, Traffic Police and other concerned agencies, were directed to extend all necessary logistical and infrastructural support for the smooth conduct of the examination.

Special emphasis was laid on uninterrupted power supply, traffic regulation, transportation arrangements and effective coordination among the departments.

Srinagar observes International Day for Elimination of Violence Against Women at Mission POSHAN Zone Nowpora

■ HT News Network

SRINAGAR, NOVEMBER 25: Social Welfare Department (SWD), Srinagar, through SANKALP – Hub for Empowerment of Women (HEW), in collaboration with Mission POSHAN, Zone Nowpora, organized a Community Awareness Programme to observe the International Day for the Elimination of Violence Against Women.

On the occasion, a resource person from the District Legal Services Authority (DLSA), Srinagar, sensitized the participants about various forms of violence against women, their legal rights and the mechanisms available for seeking justice and support.

The speaker highlighted the importance of creating awareness about domestic violence, gender-based discrimination, harassment and other forms of violence faced by women. Detailed information was also shared regarding the legal safeguards available to women, free legal aid services, the role of DLSA and the support mechanisms accessible to women facing violence or abuse.

The participants, particularly women beneficiaries of Mission POSHAN, were encouraged to speak up against violence, seek timely assistance and create awareness within their families and communities about women's rights, dignity and safety.

The programme aimed at empowering women through legal awareness, promoting gender equality and fostering a safe, supportive and violence-free environment for women in society.

Inter-Ministerial Central Team reviews damage caused by heavy rains and floods in Jammu Division

■ HT News Network

JAMMU, NOVEMBER 25: An Inter-Ministerial Central Team, led by Union Joint Secretary Ministry of Home Affairs, Gaya Parsad, today reviewed the extent of damages caused by heavy rains, flash floods, cloudbursts and landslides across Jammu Division.

The meeting was chaired by Joint Secretary Gaya Parsad along with Commissioner Secretary, Department of Disaster Management, Relief, Rehabilitation and Reconstruction, M. Raju and Divisional Commissioner Jammu, Vikas Kundal, at the Conference Hall of the Divisional Commissioner's Office.

The Government of India has deputed the Inter-Ministerial Central Team to undertake an on-the-spot assessment of the damages caused by the natural calamities. The team comprises officials from the Ministries of Road Transport and Highways, Power, Rural Development, Jal Shakti and Finance, and will visit the affected areas to assess the ground situation.

The meeting was attended by Chief Engineer, JPDCL; Director General, School Education, Jammu; Director, Rural Development; Director, Agriculture; Director, Animal Husbandry; Chief Engineer, PWD (R&B), Jammu, and other concerned officers. Deputy Commissioners of all districts of Jammu Division participated in the meeting virtually.

During the meeting, a detailed PowerPoint presentation was made, highlighting the extent of damage to public infrastructure and private property, besides the loss of human lives caused by the recent natural calamities.

The Divisional Commissioner apprised the Central Team of the affected areas and the magnitude of damages to critical infrastructure, including roads,



power infrastructure and water supply schemes. He also briefed the team about the restoration measures undertaken by various departments to ensure the early restoration of essential services.

A detailed deliberation was held on the challenges arising from incessant rains, flash floods and landslides, which had disrupted normal life across the region. Officers from various departments shared sector-wise details of the damages and apprised the team of the measures initiated for restoration and rehabilitation.

Joint Secretary Gaya Parsad emphasised the need for accurate and comprehensive damage assessment based on ground-level verification. He directed the concerned departments to prepare sector-wise damage reports, submit realistic estimates in accordance with the prescribed norms and furnish complete supporting documentation.

He further stressed the importance of accounting for expenditure already incurred and ensuring that there was no duplication while preparing damage estimates and proposals.

Over the next few days, the Inter-Ministerial Central Team will undertake detailed field visits to various affected areas across Jammu Division to assess the actual extent of losses and damages.

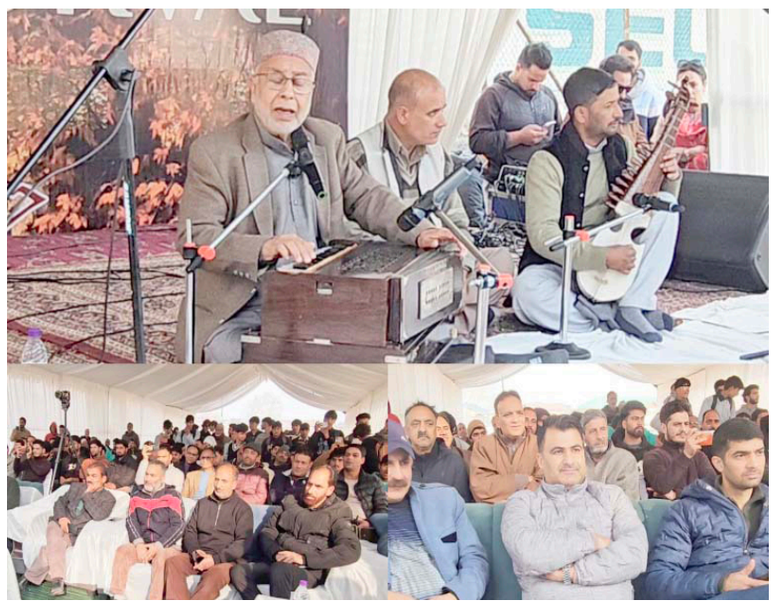
Chinar Festival brings Kashmir's Cultural Soul Alive in Bijbehara through Sufi Music, Melodies

■ HT News Network

ANANTNAG, NOVEMBER 25: As part of the ongoing Chinar Festival, the Department of Tourism, today organised a vibrant cultural programme at Government M.L. Higher Secondary School (Boys), Bijbehara, celebrating the Valley's rich Sufi traditions and cultural heritage.

The programme was attended by Deputy Director Information, Dr. Mohammad Zubair Lattoo; Assistant Director Tourism, Srinagar, Basharat Mahmood; Assistant Director Tourism, Pahalgam, Bilal Ahmad, and Assistant Director Tourism, Publicity, Srinagar, Jahid Azad.

The event witnessed an impressive gathering comprising members of the Sufi and cultural fraternity, besides teachers, students and other participants, reflecting the community's enthusiasm towards preserving and promoting Kashmir's traditional art forms.



A major highlight of the programme was the soulful performances by renowned Kashmiri singers Abdul Rashid Hafiz and Shafi Sopori, who enthralled the audience with their captivating renditions of Sufi and traditional Kashmiri music. Their performances brought alive the timeless melodies and spiritual essence of Kashmir's musical heritage, creating an atmosphere of cultural celebration and appreciation.

The participation of eminent artists and members of the cultural fraternity added significance to the occasion, while the presence of students provided an opportunity for the younger generation to experience and connect with the region's rich artistic and spiritual traditions. The programme formed part of the Tourism Department's broader initiative under the Chinar Festival to showcase Jammu and Kashmir's diverse cultural heritage and strengthen its potential as a destination for cultural and experiential tourism. Such initiatives also provide a platform for established and emerging artists to showcase their talent while encouraging the preservation and promotion of traditional music and indigenous art forms.

DIPR's Cultural Unit Kashmir organises Drug Abuse Awareness-cum-Cultural Programme at Hygam Wetland

■ HT News Network

BARAMULLA, NOVEMBER 25: The Cultural Unit Kashmir, Department of Information and Public Relations (DIPR), in collaboration with the Wildlife Department and Valley Public School, Sopore, organised a Drug Abuse Awareness-cum-Cultural Programme at Hygam Wetland, Sopore, to sensitise students and the public about the harmful effects of drug addiction.



Students delivered awareness speeches highlighting the adverse impact of substance abuse on individuals, families and society, while a thematic skit conveyed a strong message against drug addiction and encouraged young people to adopt a healthy lifestyle and resist peer pressure.

Range Officer, Wildlife Protection Range Hygam, Mohammad Iqbal Wani, also addressed the gathering and stressed the importance of collective efforts by educational institutions, government departments and civil society in combating drug abuse.

The programme highlighted the role of art and culture, particularly theatre and other creative activities, as effective tools for social awareness and positive change.

Certificates and mementoes were distributed among participating students in recognition of their contribution. The programme concluded with a collective pledge to promote awareness and work towards a healthy and drug-free society.

DLSA Budgam organizes Awareness Programme under "Surakshit Bachpan Abhiyan" at GBHSS Khansahib

■ HT News Network



BUDGAM, NOVEMBER 25: District Legal Services Authority (DLSA) Budgam, in collaboration with the Education Department Budgam today organized an awareness programme at Government Boys Higher Secondary School (GBHSS), Khansahib, under "Surakshit Bachpan Abhiyan", a Pan-India School Awareness Campaign on the Protection of Children from Sexual Offences (POCSO) Act, 2012.

The programme was organized under the directions of Secretary, DLSA Budgam, Tabassum Qadir Parray, with the objective of creating awareness among students and teaching faculty regarding child rights, child protection, personal safety and the legal safeguards available to children under the POCSO Act, 2012.

The awareness programme was attended by students and focused on the theme "Mera Bachpan, Mera Adhikar (My Childhood, My Rights)."

The session aimed at educating students about their fundamental rights, the importance of personal safety, prevention of child abuse and exploitation, and the mechanisms available for reporting and addressing instances of abuse. Special emphasis was laid on encouraging children to speak up against any form of inappropriate behaviour or abuse, seek assistance without hesitation and approach trusted adults and appropriate authorities whenever required.

During the programme, resource persons Adv. Showkat Majeed and Nisar Ahmad Mir (PLV DLSA) Budgam delivered informative and interactive sessions on various aspects.

Mission Vatsalya Bandipora organises Awareness Programme on Child Rights & Protection at GHSS Plan

■ HT News Network



BANDIPORA, NOVEMBER 25: Mission Vatsalya Bandipora organised an awareness programme at Government Girls Higher Secondary School (GHSS), Plan, Bandipora, to sensitise students about child rights, safety and protection.

During the programme, students were made aware of important child protection laws, including the POCSO Act, 2012, Juvenile Justice Act, 2015, Adoption Regulations, and COTPA.

On the occasion, Mission Vatsalya team briefed the students about various schemes and services under Mission Vatsalya, including Sponsorship, Foster Care, Aftercare and Child Helpline (1098).

The programme emphasised the importance of preventing child abuse, exploitation, child labour and substance abuse, while encouraging students to report violations of child rights without fear.

The initiative aimed at promoting awareness about child protection mechanisms and ensuring the safety, dignity and holistic development of children.

SWD Srinagar concludes series of Career Counselling Programmes in Government High Schools under BBBP

■ HT News Network

SRINAGAR, NOVEMBER 25: Social Welfare Department (SWD), Srinagar, through SANKALP – Hub for Empowerment of Women (HEW), successfully concluded a series of Career Counselling Programmes under the Beti Bachao Beti Padhao (BBBP) initiative across various Government High Schools in District Srinagar.

The concluding series of programmes covered Government High School Malla Bagh, Government High School Nowhatta, Government High School Reiteng and Government High School Drugjan, witnessing active participation from students and teaching staff.

The sessions were aimed at guiding students, particularly girl students, in exploring diverse career opportunities and making informed decisions regarding their academic and professional futures. Students were sensitized about various higher education opportunities, professional courses, vocational training, skill development programmes and emerging career avenues.

Special emphasis was laid on encouraging girls to pursue their aspirations, overcome societal barriers, build self-confidence and explore opportunities in diverse fields. The importance of education, career planning, skill enhancement and financial independence was also highlighted.

CUKashmir, PARAS Hospital and Dr Lal PathLabs hold 'wellness camp'

■ HT News Network



Ganderbal, Nov 25: Health Centre and Directorate of Students Welfare (DSW), Central University of Kashmir (CUKashmir) in collaboration with PARAS Hospital and Dr Lal PathLabs, Srinagar, organised an 'Endo Diabetes Wellness Camp' at Tulmulla Campus here on Wednesday.

The camp was inaugurated by Registrar, Dr. Nisar Ahmad Mir.

Dean Students Welfare, Dr. Jehirul Islam, Medical Officers, Dr. Sheeba Nazir and Dr. Abid Ahmad, Nursing Officer, Javeed Ahmad, and Medical Attendant, Javid Ali, team from PARAS Hospital including Dr Rouf Hussain, Principal Consultant, Dr Tasaduk, Sr Consultant, and Mr Rameez and team from Dr Lal PathLabs, led by Mr Suhail were present.

Speaking on the occasion, Registrar, Dr. Nisar Ahmad Mir emphasised the importance of proactive healthcare and preventive health awareness within the university community. He observed that such initiatives play a significant role in identifying silent metabolic risks at an early stage, promoting overall physical and mental well-being, and encouraging individuals to adopt healthier lifestyles. He further stressed the need to bridge classroom learning with real-world clinical care by providing faculty, staff and students access to professional healthcare consultations and diagnostic facilities on campus.

The camp witnessed participation from faculty members, staff and students. Around 60 persons availed specialist consultation facilities, while approximately 60 clinical blood tests were conducted as part of the diagnostic screening process.

Speaking on the occasion, Dr. Sheeba Nazir said the Health Centre remains committed to improve the overall health status of the university community through sustained health awareness initiatives and timely medical interventions.

DC Ganderbal felicitates Top Performers at District-Level Electoral Literacy Competitions

■ HT News Network



GANDERBAL, NOVEMBER 25: Deputy Commissioner (DC) Ganderbal, Shreya Singhal, who also serves as the District Election Officer, today underscored the pivotal role of informed young voters in strengthening democratic institutions during a district-level electoral awareness programme at the College of Physical Education, Gadoora, Ganderbal.

Deputy Chief Electoral Officer, Deputy District Election Officer Ganderbal, Assistant Commissioner Revenue Ganderbal, Deputy Chief Education Officer Ganderbal, Principal Government College of Physical Education, Gadoora, along with election officials, host college faculty, ELC nodal officers, and students were also present on the occasion.

Attending the event as Chief Guest, the Deputy Commissioner distributed prizes to the top ten students who excelled in the Essay Writing and Quiz competitions organized by the Electoral Literacy Club (ELC), District Ganderbal. Commending the club's outreach efforts, she urged students to build a sound understanding of the electoral process and act as ambassadors of ethical voting within their families and communities.

"Informed and responsible voters form the bedrock of a vibrant democracy, and every young citizen must recognize the power and responsibility of exercising their franchise," the Deputy Commissioner remarked while interacting with the participants.

The event saw enthusiastic participation from students representing two constituencies, competing across two categories. Essay Writing Competition which focused on democratic values, the significance of voting, and civic responsibilities and the Quiz Competition, which tested participants' knowledge of electoral procedures, constitutional provisions, voting rights, and democratic institutions. Held under the overall supervision of the District Election Officer, the initiative is part of the district administration's ongoing Systematic Voters' Education and Electoral Participation (SVEEP) efforts to foster active citizenship and ethical voting among first-time and future voters.

SKUAST-K Pushes Millet Mission in Kashmir, Trains 40 Farmers at ICAR-CITH KVK Baramulla

Scientific cultivation, value addition and millet-based entrepreneurship highlighted under HADP-08

■ DR.AB QAYOOM

Baramulla,Nov,25: Sher-e-Kashmir University of Agricultural Sciences and Technology of Kashmir (SKUAST-K) organised a one-day training programme on scientific cultivation and value addition of millets at ICAR-CITH Krishi Vigyan Kendra (KVK), Baramulla, with the participation of 40 farmers. The programme was organised by the Division of Agronomy, Faculty of Agriculture, Wadura, under the Holistic Agriculture Development Programme (HADP-08), titled "Promotion of Nutri-Cereals (Millets) in UT of Jammu and Kashmir." The training aimed at creating awareness among farmers about scientific millet cultivation, improved production techniques and the economic potential of millet-based value-added products. The programme commenced with a welcome address by Dr. Raies Ahmad Bhat, Senior Scientist and Head, KVK Baramulla, who welcomed the dignitaries, resource persons and participating farmers. He highlighted the objectives of the training and stressed the importance of promoting scientific millet cultivation among farming communities. Dr. Khursheed Ahmad Dar, who attended the programme as Guest of Honour, highlighted the nutritional, environmental and economic importance of millets. He said nutri-cereals have significant potential to address challenges related to food and nutritional security, climate change and agricultural diversification. He encouraged farmers to explore millet-based enterprises and value-addition opportunities to enhance their income and strengthen their livelihood security. The inaugural address was delivered by Dr. Lal Singh, Principal Investigator (PI), HADP-08, who elaborated on the vision and objectives of the project. He emphasised the need to promote nutri-cereals through improved production technologies, scientific cultivation practices and effective dissemination of agricultural knowledge. Dr. Singh stressed that farmer-oriented training programmes and capacity-building initiatives are essential for encouraging the adoption of modern millet cultivation practices and strengthening the millet value chain across the Kashmir Valley. During the technical sessions, farmers were imparted knowledge about various aspects of millet cultivation, including suitable varieties, seed treatment, sowing techniques, nutrient management, weed management, plant protection, harvesting and post-harvest practices. Special emphasis was laid on millet processing, preparation of value-added products, nutritional benefits, market potential and entrepreneurship opportunities, enabling farmers to explore additional sources of agricultural income. The interactive sessions provided farmers an opportunity to share their field experiences, discuss cultivation-related challenges and seek technical guidance from experts. Participants were encouraged to adopt improved production technologies and explore millet-based enterprises for enhancing farm productivity and profitability. Meanwhile, farmers appreciated the progress of ICAR-KVK Baramulla under the leadership of Dr. Raies Ahmad Bhat, stating that regular awareness programmes, scientific guidance, quality seeds and agricultural tools were helping them improve farming practices. They expressed hope that such farmer-friendly initiatives would continue, adding that sustained support from agricultural institutions could play a significant role in increasing farm income and strengthening the rural economy. The programme concluded with a renewed emphasis on expanding millet cultivation across the Kashmir Valley, strengthening farmers' technical capacities and promoting nutri-cereals as an important component of sustainable agriculture, nutritional security and livelihood enhancement. The initiative reflects SKUAST-K's continued commitment under HADP-08 to promote millet cultivation and strengthen the agricultural economy of Jammu and Kashmir.



HT EDITORIAL

Recruitment Under Suspicion : Youth Deserve Justice, Not Uncertainty

Nothing undermines the confidence of unemployed youth more than a recruitment system clouded by allegations of irregularities and a lack of transparency. In Jammu and Kashmir, where thousands of educated candidates spend years preparing for government jobs, the credibility of recruitment examinations is too important to be compromised by administrative negligence or institutional complacency. The controversy surrounding the Finance Accounts Assistant (FAA) examination, coupled with apprehensions over forthcoming Police Sub-Inspector and Constable examinations, demands an immediate and credible response from the government.

The concerns raised by aspirants, opposition parties and political representatives, particularly former parliamentarian and National Conference dissident leader Aga Ruhullah, cannot be dismissed as political rhetoric. They warrant serious consideration by the government and the Jammu and Kashmir Services Selection Board (JKSSB). When the integrity of a recruitment process is questioned, official assurances are not enough. What is required is an independent, impartial and transparent investigation.

The FAA examination controversy must be thoroughly examined, with responsibility fixed wherever irregularities or procedural lapses are established. If the inquiry confirms that the selection process was compromised, conducting a fresh examination should not be ruled out. Protecting the credibility of the recruitment system must take precedence over institutional embarrassment or administrative convenience.

Equally important are the apprehensions surrounding the Police Sub-Inspector examination scheduled for November 29 and the forthcoming Constable examinations. The authorities must address genuine concerns and establish that adequate safeguards are in place before proceeding. If serious doubts remain unresolved, postponement would be a more responsible course than conducting examinations under a cloud of suspicion.

The recruitment authorities must also undertake an honest assessment of their functioning. Transparency cannot be confined to notifications, examination schedules and published selection lists. It demands foolproof arrangements, impartial supervision, clear procedures and an effective mechanism to address grievances. An agency entrusted with determining the professional future of thousands cannot afford administrative complacency or a credibility deficit. Its decisions must withstand public scrutiny.

Chief Minister Omar Abdullah must personally intervene to ensure an independent examination of the FAA allegations and restore confidence in the recruitment process. The concerns raised by political leaders, including Aga Ruhullah, should serve as an opportunity for corrective action rather than another occasion for political confrontation. The issue is far bigger than any political party or individual; it concerns the future of Jammu and Kashmir's educated youth.

Thousands of candidates invest years of their lives and considerable resources preparing for government examinations. They seek neither preferential treatment nor political patronage, but an equal opportunity to compete on merit. The least the system owes them is a fair examination and a selection process beyond suspicion.

Recruitment authorities must understand that public trust is earned through transparency and sustained through accountability. The future of deserving candidates cannot be sacrificed at the altar of administrative negligence. Jammu and Kashmir's youth deserve a recruitment system in which merit determines selection, not uncertainty, influence or irregularity.

Mulk Raj Anand's Journey of Self-Discovery in His Fiction



Dr Ratan Bhattacharjee



The history of Indian English fiction cannot be written without acknowledging the immense contribution of Mulk Raj Anand (1905-2004), one of the founding figures of the Indian novel in English. Along with R.K. Narayan and Raja Rao, Anand gave Indian English literature a distinctive voice during the colonial period. Yet Anand's fiction is more than a portrayal of social injustices, poverty and caste oppression. Beneath the surface of his novels lies a profound journey of self-discovery. His literary career reflects an ongoing search for personal identity, moral purpose and human dignity. Through his protagonists, Anand examines not only the suffering of the oppressed but also his own intellectual, emotional and spiritual development. His fiction, therefore, can be read as a record of self-exploration that mirrors the larger quest of modern India for freedom and self-realisation.

Mulk Raj Anand's journey of self-discovery began in his personal life. Born in Peshawar and brought up in Punjab during British rule, he experienced the contradictions of colonial society. His early years exposed him to the rigid caste system, economic inequality and social discrimination prevalent in Indian society. These experiences profoundly influenced his sensibility. Later, his education in England introduced him to Western philosophy, Marxism, humanism and modernist literature. As a result, Anand found himself situated between two worlds: the traditional culture of India and the intellectual movements of the West. His fiction became a means of reconciling these conflicting influences and understanding his own place within them.

Anand's first major novel, Untouchable (1935), marks an important stage in this process of self-discovery. The novel narrates a single day in the life of Bakha, a young sweeper boy belonging to the so-called untouchable caste. On the surface, the work is a social protest against caste discrimination. However, it also reveals Anand's search for moral clarity. Through Bakha's experiences, Anand confronts the cruelty of social hierarchies and questions inherited traditions. Bakha's longing for human dignity reflects the author's own desire to discover values that transcend caste and prejudice.

Bakha is not merely a victim of oppression; he is also an individual struggling to understand himself. He admires aspects of Western culture, especially the British soldiers, while simultaneously remaining rooted in Indian reality. This tension mirrors Anand's own predicament as an Indian intellectual educated in the West. Thus, Bakha's quest for identity may be interpreted as the author's symbolic journey towards self-understanding.

In Coolie (1936), Anand expands his exploration of identity through the character of Munoo, a poor orphan who moves from one place to another in search of survival. Munoo's journey takes him through villages, towns, factories and cities, exposing the harsh realities of colonial India. Although the novel presents a powerful social critique, it also reflects Anand's growing awareness of the complex relationship between individual aspiration and social circumstances.

Munoo constantly seeks belonging, dignity and purpose, yet he is repeatedly crushed by economic and social forces beyond his control. Through Munoo's tragic experiences, Anand discovers the limitations imposed upon human freedom by structural inequality. At the same time, he deepens his understanding of human resilience and compassion. The novel demonstrates Anand's movement from personal indignation towards a broader humanitarian vision.

Perhaps the most explicit reflection of Anand's self-discovery appears in The Village Trilogy, consisting of The Village (1939), Across the Black Waters (1940) and The Sword and the Sickle (1942). The protagonist, Lal Singh, undergoes a transformation that closely parallels Anand's own intellectual evolution.

In The Village, Lal Singh emerges as a rebellious individual resisting traditional authority and social injustice. His dissatisfaction with village life reflects Anand's early questioning of conventional norms. As the narrative progresses, Lal Singh leaves his village and encounters wider social and political realities.

In Across the Black Waters, Lal Singh participates in the First World War and experiences the complexities of colonial power. Exposure to foreign lands broadens his perspective, much as Anand's own experiences abroad expanded his intellectual horizons. The protagonist begins to recognise the interconnectedness of personal and political struggles.

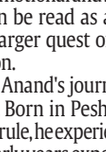
Finally, in The Sword and the Sickle, Lal Singh returns to India transformed by his experiences. Influenced by socialist ideas, he seeks collective solutions to social problems. This ideological development parallels Anand's own engagement with Marxist thought and progressive politics. Through Lal Singh's journey, Anand charts his movement from personal rebellion to social commitment.

A significant aspect of Anand's self-discovery is his embrace of humanism. While he was deeply influenced by Marxism, he never became a rigid ideologue. Instead, he consistently emphasised the value of human dignity, compassion and individual worth. His novels reveal a writer searching for a moral philosophy capable of addressing human suffering without sacrificing personal freedom.

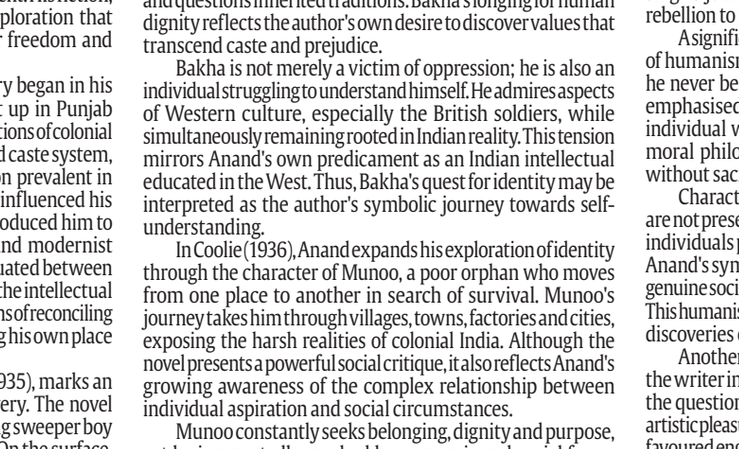
Characters such as Bakha, Munoo, Lal Singh and Gangu are not presented as abstract political symbols. They are living individuals possessing emotions, dreams and vulnerabilities. Anand's sympathy for these characters reflects his belief that genuine social change must be rooted in human understanding. This humanistic perspective represents one of the most important discoveries of his literary journey.

Another dimension of Anand's quest concerns the role of the writer in society. Throughout his career, he grappled with the question of whether literature should exist primarily for artistic pleasure or social transformation. His answer increasingly favoured engagement with reality. He believed that the novelist had a responsibility to expose injustice and promote human welfare.

Rotten Meat Is Engulfing the Hotel Industry



Sahil Manzoor



The business sector largely depends on the trust of its customers. There is nothing more important than trust in any business. A significant percentage of employment is generated through different industries, including the hotel industry. All these sectors are interconnected. The hotel industry plays an important and pivotal role in the nation's economy. It has immense potential, and our country is home to reputed hotels ranging from three star to seven-star establishments. The hotel industry not only enjoys people's trust but also shares a deep emotional and traditional bond with different cultures.

This is highly unfortunate and deserves strong condemnation. What is happening in the Valley is deeply concerning. People enjoy various dishes prepared in hotels and contribute to promoting and uplifting the hotel industry. However, some hoteliers are allegedly serving rotten and unhygienic meat to their customers. This is a cheap, unacceptable and irresponsible practice that may ruin the industry's reputation and create a serious trust deficit among hotel customers. Personally, I have not had lunch at any hotel since the rotten meat incident in 2025.

The government should establish task forces to supervise the entire process, from beginning to end. Preserving our ancient culture and hospitality traditions is equally important. We need to keep our Valley free from unethical practices in every sector. Every business sector must be protected and strengthened for future generations, and no negligence should be tolerated.

In today's era of elegant dining and polished customer service, being served unhygienic and potentially life threatening food in a luxurious hotel setting is a tragic irony. When a tie wearing waiter presents rotten ristas, kebabs, or gushtabas, it signals a deep crisis in the hotelier industry of the Kashmir Valley.

Such incidents not only endanger public health but also damage the credibility built by honest, dedicated professionals who have nurtured this industry with sweat and integrity. If left unchecked, these practices will erode public trust and tarnish the legacy set by the pioneers of Kashmiri hospitality. Those responsible must be blacklisted and penalized under the law. This is more than a business failure; it is a betrayal of public trust.

A Bigger Concern: Youth and the Employment Mindset

I carry a deep concern for the youth of Kashmir. While complaints about unemployment are valid, the root problem often lies not in the absence of jobs, but in a mindset that waits for opportunities instead of creating them.

A truly skilled individual does not plead for a job they create opportunities for themselves and others. In our society, professions such as kandur (bread maker), pujj (butcher), and goor (milk seller) have been part of our culture for generations. Sadly, these vital trades are often undervalued—not because they lack importance, but due to stigma and a lack of modernization.

Imagine a butcher running a spotless, modern shop, dressed professionally, using hygienic tools, and offering friendly service. This level of professionalism would inspire customer trust and restore pride in the profession. The same applies to our kandurs and other small business owners cleaner workspaces and better service could attract unemployed youth and turn them into proud business owners.

The Dangers of Adulteration and Price Gouging Another growing threat to consumer trust is the sale of adulterated goods and price exploitation, especially during festivals. These unethical practices destroy community trust and harm honest traders. Strict enforcement of laws and public awareness are essential to eradicate such behaviour.

Every Profession Has Dignity

It is time to end the glorification of only white-collar jobs. Whether one is a doctor, teacher, bureaucrat, or baker, dignity lies in honest work and service to the community. Small businesses must be uplifted through innovation, hygiene, and customer care. These values will bring both pride and prosperity.

Sahil Manzoor Bhatti
hails from Raiyar-Ich, Budgam and
he can be reached at
sahilmanzoor9419@gmail.com

The Threat Of Carbon Emissions



Surinderpal Singh

The Carbon emissions has become one of the greatest environmental challenges of the modern world. Rapid rate of industrialisation, population explosion, ever increasing transportation needs and excessive use of fossil fuels have disturbed the natural balance of our environment. Every day millions tonnes of carbon dioxide and other greenhouse gases are released into the atmosphere by the combined effects of technology and human activities. These emissions are gradually increasing the Earth's temperature and creating serious problems for human beings, animals and the natural world. Carbon dioxide is a natural gas that plays an important role in maintaining the Earth's temperature. However, the excessive release of this gas due to human activities has become a major cause of global warming. The burning of coal, petrol, diesel and natural gas in factories, power plants and vehicles is amongst the main sources of carbon emissions. Deforestation, construction activities, air travel and the burning of agricultural waste also contribute to this growing problem.

One of the most serious effects of carbon emissions is climate change. The Earth's average temperature is rising, resulting in unusual weather conditions across the world. Heatwaves are becoming more frequent and intense, while rainfall patterns are becoming unpredictable. Some regions are facing severe droughts, whereas others are experiencing floods and heavy rainfall. Melting glaciers and rising sea levels are also threatening coastal areas and the lives of millions of people. The impact of carbon emissions is not limited to changes in weather. It also affects human health. Increasing temperatures and air pollution can lead to breathing problems, heart diseases and heat-related illnesses. Climate changes can reduce agricultural production, damage crops and create shortages of food and water. Farmers are the most affected because their livelihoods depend heavily on favourable weather conditions. India is also facing the serious consequences of rising carbon emissions. Increasing temperatures, irregular monsoon rainfall, floods, droughts and extreme heat are becoming major concerns. Punjab which is known as one of the important agricultural regions of the country, is particularly vulnerable to changing weather patterns. Farmers depend on suitable temperatures and timely rainfall for successful crop production. Uncontrolled burning of crop residue, excessive use of fossil fuels and the loss of green cover further increase environmental pressure.



Another major concern is the destruction of forests. Trees absorb carbon dioxide and release oxygen thereby helping in maintaining the natural balance of the atmosphere. Unfortunately, forests are being cleared for roads, industries, buildings and agricultural expansion. When trees are cut down, the environment loses one of its most effective natural methods of controlling carbon dioxide. Therefore, protecting forests and increasing tree plantation are essential steps towards reducing carbon emissions. The solution to this problem requires collective efforts from governments, industries and ordinary citizens. Governments should promote renewable sources of energy such as solar, wind and hydropower. Industries must adopt cleaner technologies and reduce their dependence on coal and other fossil fuels. Public transportation, electric vehicles, energy-efficient buildings and scientific waste management should be encouraged. Strict environmental laws must also be implemented to control unnecessary pollution.

Individual responsibility is equally important. People can contribute by using public transport, cycling or walking for short distances, switching off electrical appliances when not in use and reducing unnecessary consumption of energy. Planting trees, protecting green spaces, avoiding the burning of waste and adopting environmentally friendly habits can make a meaningful difference. Schools and educational institutions should also organise awareness programmes to educate students about climate change and environmental protection. Modern technology provides several opportunities to reduce carbon emissions. Solar panels, wind turbines, electric vehicles, energy-efficient machines and carbon capture technologies can help industries and communities move towards a cleaner future. However, technology alone cannot solve the problem unless people are willing to change their habits and governments take strong decisions.

Surinderpal Singh
Faculty In Science
Department
Sri Amritsar Sahib
Punjab.

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Email:
dailyheadlinestoday@gmail.com
headlinestoday2024@gmail.com

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PART 2

From high-altitude frontiers to plains



By M S Nazki

-Indo-Pakistani War of 1971

The corps handled the sensitive Indo-Tibetan border and was responsible for the defence of the McMahon Line. The corps under Lieutenant General Mohan L. Thapan controlled the 6th and 20th Mountain Divisions and the 71st Mountain Brigade. While fighting the war in the south, however, the corps also had to look north and retained command of the 17th and 27th Mountain Divisions on the Tibetan frontier. Furthermore, Thapan could not commit the 6th Mountain Division without permission from New Delhi, as it was to be held ready to move to the Bhutanese border in case China intervened in the war.

As elsewhere along the border, Indian forces in support of the Mukti Bahini made significant inroads into East Pakistan before 3 December. Most notable was Brigadier Pran Nath Kathpalia's 71st Mountain Brigade, which had pushed to the outskirts of Thakurgaon by the eve of war. Efforts to capture the heavily fortified border village of Hilli, however, failed repeatedly in a struggle that raged off and on from 24 November to 11 December. Resolutely defended by Pakistani 4 Frontier Force, Hilli blocked the proposed advance of the 20th Division across the narrow "waist" of this sector.

After heavy losses in front of Hilli, the 20th Division solved this problem by swinging around to the north and unleashing the 340th Brigade under Brigadier Joginder Singh Bakshi. Bakshi moved swiftly to control the main north-south road, unhinging the defence of Hilli, splitting the Pakistani 16th Division, and opening the way to Bogra, which town he effectively controlled by war's end. The Pakistani division, despite continued resistance by isolated units, had ceased to exist as a coherent combat formation. Indicative of the chaotic situation, General Shah and the commander of the 205th Brigade, Brigadier Tajammul Hussain Malik, were almost captured when Indian forces ambushed their convoy on 7 December. On the other hand, a last-minute Indian move north by the 66th and 202nd Brigades to capture Rangpur proved unsuccessful.

In secondary actions, the 9th Mountain Brigade secured most of the area north of the Tista River and an ad hoc command of Indian BSF and Mukti Bahini under Brigadier Prem Singh pushed out of Malda to capture Nawabganj in the extreme southeastern corner of the sector. Despite Bakshi's performance and the generally successful advance of 71st Brigade, much of XXXIII Corps' offensive power was allowed to lie idle far too long and Pakistani troops still held the major towns of the sector (Rangpur, Saidpur, Dinajpur, Nator, Rajshahi) when the cease-fire was announced. Likewise, the cease-fire intervened before the Indians could implement a hastily conceived plan to transfer the 340th Brigade, a tank squadron, and an artillery battery across the Jamuna via the Phulchari ferry to take part in the advance on Dacca. Except for this squadron, all the armour was preparing to transfer to the west by the end of the war

The last few lines:

-Core Pillars of Combat Effectiveness

•Human and Personnel Factors: Training, discipline, physical and mental readiness, unit cohesion, and leadership quality.

•Material and Equipment: Quantity and quality of weapons, logistics, maintenance, and technological integration.

• Warfighting Functions: Intelligence (situational awareness), Command and Control (C2), Movement and Manoeuvre, Lethal and Non-Lethal Fires, Logistics (sustainment), and Force Protection.

-Modern Operational Focus



• Technology Absorption: Integrating emerging tools such as drones, AI, cyber capabilities, and automated surveillance into unit loops.

•Agility and Integration: Shifting toward future-ready, networked forces capable of rapid multi-domain response (such as recent reviews by the Indian Army's Trishakti Corps under the JAI se VIJAY vision).

• Platform Modernization: Upgrading legacy assets—such as re-powering and refitting naval warships like the INS Betwa with modern weapon suites and diesel propulsion.

-The Indian Army's approach to innovation and technology absorption is centered on transitioning from a legacy, platform-centric force into a networked, multi-domain, and self-reliant fighting entity under the framework of Atmanirbhar Bharat (Self-Reliant India).

Strategic Context and Focus Areas

• Year of Technology Absorption: The Indian Army designated focus periods (such as the Year of Technology Absorption) to institutionalize next-generation systems and counter grey-zone aggression along northern and western borders.

•Disruptive Technologies (EDTs): Priorities include artificial intelligence (AI), machine learning, autonomous unmanned aerial and ground systems (drones, robotic mules), loitering munitions (e.g., Nagastra-1R), quantum computing, and cyber-electromagnetic tools.

•System-of-Systems Integration: Moving past isolated hardware purchases toward integrated real-time networks linking space assets, ground sensors, and precision strike units to compress the sensor-to-shooter loop.

-Key Enablers and Institutional Pathways

• Procurement and Policy Reforms: The Defence Acquisition Procedure (DAP 2020) and amendments mandate high indigenous content thresholds, fast-tracked emergency procurements, and lifecycle support.

• Innovation Ecosystems: Leveraging frameworks like iDEX (Innovation for Defence Excellence), the ADITI scheme, and academic-military partnerships (such as collaborative hubs with various IITs) to bridge civilian tech startups with tactical requirements.

• Human Capital and Unit-Level Empowerment: Pushing technological familiarity down to the tactical unit level rather than keeping it centralized, alongside specialized career tracks for officers in cyber, AI, and robotics. Human resource models like the Agnipath/Agniveer pipeline are also calibrated to build a more tech-literate cadre.

-Core Challenges

• R&D and Budget Constraints: India's overall R&D expenditure hovers at a low percentage of GDP (~0.8%), limiting deep-tech foundational research compared to global competitors.

• Integration and Legacy Bridging: Balancing the phased retirement of massive legacy equipment fleets while simultaneously absorbing high-tech digital layers without breaking supply chains or maintenance protocols.

•Cybersecurity and Data Vulnerabilities: Protecting networked battlefield management systems against electronic warfare, data spoofing, and cyber-attacks.

-VIhe context of the Indian Army, the directive to "remain vigilant, agile, and mission-focused" is a core operational motto emphasized by Chief of the Army Staff (COAS) General Dhiraj Seth during forward-area inspections and combat readiness reviews. It encapsulates the force's doctrinal shift toward rapid, technology-driven, and proactive defense across complex terrains.

In the context of the Indian Army, striving for excellence while maintaining the highest standards of operational preparedness centers on building a future-ready, agile, and technologically empowered force.

Key pillars of this ethos include:

• Technology Absorption & Innovation: Adopting modern systems, indigenous defense equipment, drone swarms, and AI-driven tools to align with strategic visions like VIJAY.

• Realistic & Battle-Oriented Training: Continuously refining Techniques, Tactics, and Procedures (TTPs) to match the evolving nature of hybrid, cyber, and multi-domain warfare.

• Jointness & Integration: Enhancing synergy across the Indian Army, Navy, and Air Force, alongside close military-civil coordination for rapid response and Humanitarian Assistance and Disaster Relief (HADR).

• Vigilance in Challenging Terrain: Maintaining peak combat readiness and high morale across diverse and hostile environments—from high-altitude frontiers to plains.

The Constitution Must Be Practised, Not Just Celebrated

Constitution Day, 26 November 2026



By Adv. Saika Rashid

A nation is not defined merely by its geographical boundaries, political institutions or governing authorities; it is defined by the principles upon which its society stands. In India, these principles find their strongest expression in the Constitution—a document that guarantees rights, establishes responsibilities and upholds the ideals of justice, liberty, equality and fraternity.

Every year, 26 November is observed as Constitution Day, or Samvidhan Diwas, commemorating the adoption of the Constitution of India by the Constituent Assembly on 26 November 1949. It came into effect on 26 January 1950, marking the beginning of a new constitutional era in independent India. This historic occasion provides an opportunity not only to remember the vision of our constitutional framers but also to reflect upon our collective responsibility towards preserving and strengthening democratic values.

The making of the Indian Constitution was a remarkable exercise in nation-building. At a time when India was emerging from colonial rule, the Constituent Assembly undertook the challenging task of establishing a democratic framework for a country characterised by extraordinary social, cultural, linguistic and religious diversity. Dr. B. R. Ambedkar, as Chairman of the Drafting Committee, made an exceptional contribution to this historic endeavour. His emphasis on equality, social justice and constitutional morality remains deeply relevant to contemporary India.

The Preamble, often described as the soul of the Constitution, expresses the fundamental aspirations of the nation through four enduring ideals: Justice, Liberty, Equality and Fraternity. These principles are not merely words written in a constitutional document; they represent the foundation upon which a just and inclusive society must be built.

The Constitution and the Protection of Individual Rights

The strength of a democracy is reflected in the extent to which it protects the dignity and freedoms of its citizens. Part III of the Indian Constitution guarantees Fundamental Rights, providing essential safeguards against discrimination, arbitrary action and violations of individual liberty.

Article 14 guarantees equality before the law and equal protection of the laws. Article 19 protects specified freedoms necessary for democratic participation, while Article 21 safeguards life and personal liberty. Article 32 provides the right to approach the Supreme Court for the enforcement of Fundamental Rights, a provision Dr. Ambedkar famously described as the heart and soul of the Constitution.

Over the decades, the judiciary has played a significant role in interpreting these provisions and strengthening constitutional protections. The expansion of the understanding of human dignity, privacy and personal liberty demonstrates that the Constitution is a living document capable of responding to changing social realities.

However, constitutional rights acquire their true meaning only when people are aware of them and can effectively exercise them. A right unknown to its beneficiary, or inaccessible because of poverty, illiteracy or social disadvantage, cannot fully achieve its intended purpose. Therefore, legal awareness and access to justice must remain central to our democratic priorities.

Equality and Social Justice: The Unfinished Agenda

Despite significant constitutional and legislative progress, several social challenges continue to test our commitment to equality. Gender discrimination, violence against women, child exploitation, social exclusion and unequal access to education and justice remain matters of serious concern.



The constitutional promise of equality must extend beyond legal recognition and become a lived reality. Women must enjoy equal opportunities, children must receive protection and every individual, irrespective of caste, religion, gender or economic circumstances, must be treated with dignity.

The Constitution provides a framework for advancing social justice through Fundamental Rights, Directive Principles of State Policy and affirmative measures for disadvantaged sections. Yet, the success of these provisions ultimately depends upon their sincere implementation.

A society cannot claim to have achieved genuine equality when a person's opportunities are determined by their social background, gender or financial position. The real test of constitutional democracy lies in how effectively it protects those who are most vulnerable.

Constitutional Morality and the Rule of Law

One of the most important principles underlying constitutional democracy is constitutional morality. It requires individuals and institutions to uphold constitutional values even when doing so challenges personal interests, established practices or prevailing social attitudes.

Democracy is not simply the rule of the majority; it also requires the protection of minority rights, respect for individual freedoms and accountability of public institutions. The rule of law demands that no person or authority stands above the Constitution.

The freedom to express opinions, question decisions and engage in peaceful disagreement is essential to a healthy democracy. Respecting differences and protecting the rights of others are not signs of weakness; they are expressions of constitutional maturity.

Constitutional morality must therefore guide not only the functioning of government institutions but also our conduct as citizens.

Jammu and Kashmir: The Importance of Constitutional and Legal Awareness

In Jammu and Kashmir, constitutional awareness and legal literacy have particular importance in strengthening informed citizenship and access to justice. The region's social and economic realities make it essential that people understand their legal rights, available remedies and the functioning of democratic institutions.

Legal awareness must reach beyond universities, courtrooms and urban centres. Rural communities, women, young people and economically disadvantaged sections must also have opportunities to understand the laws and constitutional protections applicable to them.

An informed citizen is better equipped to recognise injustice, seek appropriate legal remedies and participate meaningfully in democratic processes. Constitutional literacy, therefore, should not remain an academic exercise; it must become an instrument of social empowerment.

Fundamental Duties and the Responsibility of Citizens

While the Constitution guarantees Fundamental Rights, it also identifies Fundamental Duties under Article 51A. These duties remind citizens of their responsibility to respect the Constitution, promote harmony, protect public property, develop scientific temper and preserve the rich heritage of our country.

Rights and duties are complementary aspects of responsible citizenship. A strong democracy requires citizens who are conscious of their freedoms as well as their responsibilities.

Respect for constitutional institutions, tolerance of differing opinions, rejection of discrimination and commitment to peaceful democratic participation must become integral to our public and personal lives.

The Role of Youth and Civil Society

The future of Indian democracy depends significantly upon the awareness and participation of its younger generation. Educational institutions must encourage students to understand the Constitution not merely as an academic subject but as a framework governing their rights, responsibilities and relationship with society.

Young people must be encouraged to question injustice, reject discrimination, respect diversity and participate constructively in democratic life.

Civil society organisations, legal professionals, academicians and social institutions also have an important responsibility in promoting constitutional literacy. Through community-based awareness programmes, educational initiatives and social engagement, constitutional values can reach individuals who otherwise remain disconnected from formal legal institutions.

As an Advocate, LLM Scholar and Co-Founder of Chinar Uphar Foundation, I firmly believe that community empowerment begins with awareness, education and equal opportunities. Legal literacy must be accessible, understandable and relevant to ordinary citizens, particularly those who face social and economic disadvantages.

Beyond Celebrations: A Collective Constitutional Responsibility

Constitution Day should not be confined to reading the Preamble, organising institutional ceremonies or remembering historical contributions. It should encourage us to examine how faithfully we practise the values enshrined in our Constitution.

Is justice accessible to the poor? Are women able to live with dignity and security? Are children adequately protected? Do marginalised communities receive equal opportunities? Can every citizen exercise their constitutional freedoms without fear or discrimination?

These questions deserve serious reflection, because the success of constitutional democracy cannot be measured merely by the existence of laws and institutions. It must also be measured by their impact on ordinary people's lives.

The Constitution belongs to every Indian citizen. Its preservation is not the exclusive responsibility of lawyers, judges, legislators or academicians. It requires collective commitment from every section of society.

On this Constitution Day, let us renew our commitment to justice, liberty, equality and fraternity. Let us strengthen the rule of law, promote social harmony, protect human dignity and ensure that constitutional promises reach every individual.

The real strength of the Constitution lies not merely in what it guarantees on paper, but in what it delivers in the lives of the people.

Let us not merely celebrate the Constitution. Let us understand it, uphold it, defend its values and practise it.

Happy Constitution Day.

Jai Hind .

Adv. Saika Rashid
Advocate | LLM Scholar, University of Kashmir | Co-Founder, Chinar Uphar Foundation | Social Activist

The Risks of Seeking Truth: Why Has Journalism Become Such a Challenge?



By Dr. Vijay Garg

Journalism is considered the fourth pillar of democracy. Its primary purpose is to inform society about the truth, question those in power and provide a platform for the voices of ordinary citizens. However, in many countries around the world, journalism is increasingly becoming a risky profession. Journalists who attempt to expose the truth face threats, physical attacks, legal pressure, censorship and, in some cases, even death.

The greatest responsibility of journalism is to question those in power and present facts before society. When journalists investigate corruption, crime, human rights violations, wars and political irregularities, influential individuals sometimes perceive them as obstacles to their interests. As a result, pressure is exerted on journalists, and attempts are made to restrict their freedom.

fake news, misinformation and artificially generated content have made it increasingly difficult to maintain public trust in journalism.

However, external threats are not the only challenges facing journalism. Media organisations are also under growing pressure from commercial interests, advertisers and political influences. In the race for TRPs and online clicks, sensational presentation sometimes replaces factual reporting. Maintaining impartiality, independence and journalistic ethics has therefore become increasingly difficult.

It is equally important that rumours, bias and unsubstantiated allegations are not promoted in the name of journalism. Freedom must go hand in hand with responsibility. Journalists must verify facts and maintain fairness, accuracy and social sensitivity in their reporting.

Independent and safe journalism is essential for a strong democracy. Governments must ensure the safety of journalists, conduct impartial investigations into attacks and hold those responsible accountable. Media organisations must also protect the rights, professional independence and freedom of their journalists.

True journalism is not merely about



publishing news; it is about remaining committed to the truth. The safety of journalists is not just an issue concerning the media industry. It is directly connected with society's right to information and the future of democracy.

Working in conflict zones is particularly dangerous for journalists. They risk their lives to bring the realities of violence, conflict and humanitarian crises to the attention of the world. Many journalists are killed, injured or go missing while reporting. Similarly, investigative journalists often receive serious threats from individuals and groups associated with organised crime, corruption and political interests.

The digital age has created new challenges for journalism. On social media, journalists face trolling, online harassment, character assassination and false allegations. Women journalists are particularly targeted with abusive comments and online threats. Moreover,

When people who write and speak the truth begin to live in fear, the voice of democracy gradually becomes weaker. Making journalism a profession associated not with danger but with dignity, freedom and security is one of the greatest needs of our time.

Dr. Vijay Garg
Retired Principal | Eminent Educationist
Street Kaur Chand, MHR, Malout, Punjab – 152107

Block Diwas public outreach programme held at Patti-Vijaypur
ADDC reviews development works, addresses public grievances

■ HT News Network



SAMBA, NOVEMBER 25: A Block Diwas public outreach programme was held today at village Patti in Block Vijaypur.

Additional District Development Commissioner Champa Devi chaired the programme. She reviewed the status of developmental works in the area and took stock of public grievances.

The programme was attended by a large number of locals, public representatives and officers of different departments. During the interaction, the public raised several issues pertaining to road connectivity, drinking water supply, power, education and other civic amenities.

Representatives from Patti demanded augmentation of water supply, rationalization of power supply and timely completion of PMGSY and PWD road projects. Residents also demanded upgradation of the Rayha Morh to University Road, blacktopping of the road from Panchayat Ghar to Ghagwal, provision of an alternate motor for drinking water supply, upgradation of the playground, introduction of E-bus services, maintenance of schools, upgradation of footpaths, cleaning of the water tank and installation of solar street lights.

The ADDC listened to the grievances patiently and issued on-the-spot directions to the concerned officers for expeditious redressal of the same. She directed the PMGSY authorities to ensure proper maintenance and clearance of roads and to install night reflectors at vulnerable and accident-prone locations.Reviewing the progress of ongoing development projects being executed by PWD and PMGSY, the ADDC directed concerned officers to obtain all requisite approvals and expedite execution of works.

Stressing the importance of timely completion, she asked the executing agencies to make the roads motorable at the earliest for public convenience. She further directed the Medical Officer to ensure the provision of basic facilities at the hospital so as to strengthen healthcare services in the area.

Emphasizing responsive governance and efficient service delivery, the ADDC directed all departments to work in close coordination to ensure timely resolution of public issues and effective implementation of developmental programmes at the grassroots level. Reviewing the progress of ongoing development projects being executed by PWD and PMGSY, the ADDC directed concerned officers to obtain all requisite approvals and expedite execution of works.

Stressing the importance of timely completion, she asked the executing agencies to make the roads motorable at the earliest for public convenience. She further directed the Medical Officer to ensure the provision of basic facilities at the hospital so as to strengthen healthcare services in the area.

SDRF Mock Drill at Bhaderwah today
ADC calls for effective coordination among stakeholder departments

■ HT News Network

BHADERWAH, NOVEMBER 25: In view of the State Disaster Response Force (SDRF) mock drill scheduled to be conducted tomorrow (Nov-26) here, the Additional Deputy Commissioner (ADC) Sunil Kumar Bhutyal chaired a meeting with concerned officers today to review preparedness.

The ADC reviewed the preparedness of the stakeholder departments and issued necessary directions for making requisite arrangements. He stressed the importance of inter-departmental coordination, prompt response, effective communication and availability of essential resources to ensure an efficient response during the mock exercise.The meeting was attended by officers and representatives of the Police Department, Health Department, Fire and Emergency Services and SDRF, who were briefed about their respective roles and responsibilities during the exercise.The meeting was attended by officers and representatives of the Police Department, Health Department, Fire and Emergency Services and SDRF, who were briefed about their respective roles and responsibilities during the exercise.

Another Milestone for Doda Health Department as AAM SC Kilhotran qualifies NQAS National Assessment

■ HT News Network

ODA, NOVEMBER 25: In a significant achievement for the healthcare sector in district Doda, Ayushman Arogya Mandir (AAM) Sub Centre Kilhotran, falling under Medical Block Gandoh, has qualified for National Certification under the National Quality Assurance Standards (NQAS) for the financial year 2026-27, securing an impressive score of 89.34%.The result was declared by the National Health Systems Resource Centre (NHSRC), New Delhi, under the Ministry of Health and Family Welfare, Govt of India, following the national assessment (Physical) conducted in October 2026.

This achievement reflects the collective efforts of the healthcare team in strengthening the quality of healthcare services, improving patient-centric care and ensuring adherence to prescribed national quality standards at the grassroots level.Chief Medical Officer Dr Vinod Sharma expressed gratitude to the Mission Director, NHM J&K, Deputy Commissioner Doda and Director Health Services Jammu for their continuous support and guidance in strengthening quality assurance initiatives across the district. He also extended heartfelt congratulations to the Block Medical Officer Gandoh, Block Quality Team, healthcare staff and all other team members of AAM SC Kilhotran for their dedication, commitment and teamwork in achieving this prestigious milestone.

The CMO also acknowledged the dedicated efforts of the District Quality Assurance Unit (DQAU), Doda, in coordinating the quality assurance activities and facilitating the assessment process.

MVD Pulwama conducts Traffic Enforcement Drive to enhance Road Safety on Highways, Link Roads

■ HT News Network



PULWAMA, NOVEMBER 25: In line with directions from the Transport Commissioner, Vishesh Paul Mahajan and Deputy Commissioner Pulwama, Kuldeep Krishan Sidha, an enforcement team from the Assistant Regional Transport Office (ARTO), Pulwama, conducted a road safety inspection drive across multiple locations in the district today.

The drive covered major transit points including Nowdal Tral, Awantipora Crossing, IUST Crossing, and the Pulwama–Awantipora Road.

The drive focused on curbing traffic violations to protect commuters, motorists, and pedestrians along the National Highway corridor as well as key internal link roads. During the inspections, the team checked 162 vehicles for standard safety compliance, valid documentation, and road discipline.

A total of 37 challans were issued to violators, leading to the on-spot recovery of approximately Rs 65,000 in compounding fees. In addition, the department blacklisted four Registration Certificates (RCs), suspended two RCs, and recommended three Driving Licenses (DLs) for suspension due to repeated or serious traffic offenses.

NIT Srinagar to host first Alumni Annual Business Summit on December 5
Event to focus on industry-academia collaboration, employment and entrepreneurship

■ HT News Network

Srinagar, Nov 25 (KNS): The National Institute of Technology (NIT) Srinagar will host the inaugural edition of the Alumni Annual Business Summit (AABS-2026) on December 5, bringing together former students associated with industry, business, startups, entrepreneurship and philanthropy.Organised by the Office of the Dean, Alumni and International Affairs, the summit will be held under the theme "Giving Back to Society through Education, Employment and Philanthropy" in collaboration with Greenovator Incubation Foundation (GIF), JK Green Technologies and RAHAM.The summit aims to strengthen industry-academia engagement by connecting established professionals and entrepreneurs with students and young graduates to explore employment opportunities, business collaborations.

Delegation of Various Organizations of District Doda Welcomes Newly Joined Principal GMC Doda Dr. Harleen Kaur

■ HT News Network



Doda, November 25, 2026:

A delegation comprising representatives of various organizations of District Doda today met Prof (Dr) Harleen Kaur, the newly joined Principal of Govt Medical College Doda, and extended a warm welcome to her on assuming the new assignment.

The delegation included Dr. Hamid Parray, President Chenab Valley Doctors Association, Dr. Younis Saleem Butt, Sr Advisor Chenab Valley Doctors Association (CVJA), Mr. Faizan A. Tramboo, Senior Vice President, All J&K National Health Mission Employees Association (Jammu Division), Dr. Nasir M Indrabi, President, NHM Employees Association, District Doda and Mr. Shoket Ali, General Secretary, JK Medical Employees Federation, District Doda.

During the meeting, the delegation congratulated Dr. Harleen Kaur on her joining as Principal GMC Doda and conveyed their best wishes for her successful tenure.

The representatives expressed hope that under her able leadership, GMC Doda would continue to strengthen healthcare services, medical education and institutional development in the region, with a special focus on improving patient care, ensuring quality healthcare services and enhancing patient satisfaction through better clinical management and a patient-centric approach.

The delegation also discussed various issues concerning the functioning of GMC Doda and its Associated Hospital with the newly joined Principal. During the interaction, Dr. Harleen Kaur assured the delegation that she would make every possible effort to address the issues raised and further strengthen the institution with a focus on providing better patient care and quality healthcare services. She also sought the cooperation and support of the general public and all stakeholders in the further development and progress of GMC Doda.The delegation also discussed various issues concerning the functioning of GMC Doda and its Associated Hospital with the newly joined Principal. During the interaction, Dr. Harleen Kaur assured the delegation.

Rahul must stop exploiting Rajiv Gandhi's assassination for political mileage: Bali Bhagat
Rahul's allegations cannot erase Congress's history: Bali Bhagat

■ HT News Network



Jammu: Senior BJP leader and former Minister Bali Bhagat launched a scathing attack on Congress leader Rahul Gandhi over his allegation that security cover of former Prime Minister Rajiv Gandhi was deliberately withdrawn ahead of his assassination, accusing him of exploiting a national tragedy for political mileage and distorting historical facts to target political opponents.

Bhagat said Rahul Gandhi must understand the difference between administrative negligence, security lapses and a deliberate conspiracy. Making sensational allegations without producing credible evidence is irresponsible, particularly when the subject concerns the assassination of a former Prime Minister.

"Rahul Gandhi cannot convert his father's tragic assassination into a political weapon whenever he needs headlines. If he has concrete evidence of a deliberate conspiracy, he should present it before the appropriate authorities. Making explosive allegations through political statements does not establish guilt. The country deserves evidence, not emotional theatrics," Bhagat asserted.

Referring to the historical background, Bhagat pointed out that the Special Protection Group (SPG) Act was enacted in 1988 during Rajiv Gandhi's own tenure as Prime Minister. The original legislation primarily extended SPG protection to the incumbent Prime Minister. Rajiv Gandhi's SPG cover was withdrawn on January 30, 1990, during the V.P. Singh government. Following his assassination in May 1991, the P.V. Narasimha Rao government amended the SPG Act to extend protection to former Prime Ministers and their immediate families.Bhagat said that even more significantly, the Verma Committee examined the circumstances surrounding the withdrawal of Rajiv Gandhi's SPG protection and highlighted.

FDA launches "Mission Safe Food – School Programme" to sensitise 2 lakh students across the UT; Inaugural programme held at Gandhi Nagar

■ HT News Network



JAMMU, NOVEMBER 25: The Food and Drugs Administration (FDA), J&K today launched "Mission Safe Food – School Programme", a UT-wide awareness initiative aimed at sensitising approximately 2 lakh school students on food safety, hygiene, nutrition and healthy eating habits. The programme is being implemented in collaboration with educational institutions and funded by the Food Safety and Standards Authority of India (FSSAI) under its approved Work Plan.The inaugural programme was held at Shri Kuldeep Kumar Badyal Memorial Government Boys Higher Secondary School, Gandhi Nagar, Jammu, with around 240 students participating in awareness activities. The programme was presided over by Sh. Rafi Ahmed Dar, Deputy Commissioner Food Safety, Jammu, and inaugurated by Dr. Neelam Sharma, Principal of the institution. The Designated Officer Food Safety, Jammu, Food Safety Officers and other departmental officials also attended.During the programme, Dr. Muneeb Ahmed, Food Safety Officer, delivered a technical session on food adulteration, food safety hazards, hygienic food handling, personal hygiene and the importance of consuming safe and wholesome food. A live demonstration on the detection of commonly encountered food adulterants was also conducted to familiarise students with basic methods of identifying adulteration and encourage informed food choices.The programme also featured painting, quiz and debate competitions on food safety and nutrition, encouraging active student participation and reinforcing key messages through interactive learning. Prizes were awarded to students securing first, second and third positions in the respective competitions.The initiative is aligned with FSSAI's Eat Right School initiative and emphasised the importance of balanced nutrition, hygienic practices and limiting the consumption.

University of Jammu Inaugurates Three-Month Training Programme on Foundations of Artificial Intelligence

■ HT News Network

Jammu, Nov 25: The Centre for Women's Studies, University of Jammu, in collaboration with the National Institute of Electronics and Information Technology (NIELIT), University of Jammu, inaugurated a three-month training programme on "Foundations of Artificial Intelligence (AI)". The programme aims to familiarise students with the growing significance of Artificial Intelligence and its practical applications in the contemporary world.

Prof. Savita Nayyar, Director, Centre for Women's Studies, University of Jammu, underscored the importance of acquiring knowledge and skills in Artificial Intelligence in the rapidly evolving technological landscape. She observed that AI had become an integral part of almost every sphere of life and that understanding this emerging technology was no longer merely an additional skill but an essential requirement for students to remain informed, competent and prepared for emerging opportunities.

She further encouraged the participants to make the best use of this learning opportunity by attending the sessions regularly, participating enthusiastically, and completing the training program with sincerity. Expressing confidence in the potential outcomes of the initiative, she stated that successful completion of the course would enhance students' knowledge, strengthen their technological competencies and contribute significantly to their academic pursuits and future career prospects.



Addressing the participants, Rajneesh Raina, Director, NIELIT, highlighted the increasing relevance of Artificial Intelligence and its expanding applications across diverse fields. He emphasised the importance of regular attendance and active participation in the training sessions, encouraging students to demonstrate commitment and dedication towards learning. He observed that consistent attendance and enthusiastic engagement were essential for achieving the desired learning outcomes of the programme.Ms. Sarita Kaur, Coordinator of the programme, familiarised the students with various aspects of the training, including its structure, schedule, learning requirements and other essential guidelines. She urged the participants to remain actively engaged throughout the programme and make optimum use of the learning opportunity.

The inaugural session concluded with a formal vote of thanks proposed by Dr. Saranjit Kaur, Faculty Member, Centre for Women's Studies, University of Jammu.

She expressed gratitude to the collaborating institution, the programme coordinator and the participating students for their presence and valuable contributions towards making the inaugural session meaningful.

DC Ganderbal chairs District Level Telecom Committee Meeting Reviews Telecom Infrastructure and Connectivity

■ HT News Network



GANDERBAL, NOVEMBER 25: Deputy Commissioner (DC) Ganderbal, Shreya Singhal, today chaired a meeting of the District Level Telecom Committee (DLTC) in the VC Room of the Mini Secretariat Complex, Ganderbal, to review telecom infrastructure development, Right of Way (RoW) clearances, the BharatNet Project, the BSNL 4G Saturation Project, and mobile network connectivity across the district.

While reviewing the status of 81 applications received on the RoW Portal, the Committee was apprised that 56 applications have been processed, 03 are pending, 13 have been rejected, and 09 pertain to private applicants. The Deputy Commissioner directed all concerned line departments to issue requisite No Objection Certificates (NOCs) within 10 days of receipt and ensure disposal of pending applications within stipulated timelines.

Reviewing progress under the BharatNet Project, officers informed the Committee that Optical Fibre Cable (OFC) laying, equipment installation, acceptance testing, and commissioning have been completed across six Gram Panchayats of Block Safapora. The Deputy Commissioner directed the concerned officers to verify operational functionality and expedite rollout in remaining areas, while instructing the executing agency to restore all roads damaged during OFC laying to their original condition.

Under the BSNL 4G Saturation Project, it was reported that 45 out of 48 identified tower sites have been commissioned, while work on sites at District Hospital Duderhama, Darend, and Urpash is underway. The Deputy Commissioner directed BSNL authorities to expedite installation of the remaining sites and submit a definite timeline for their operationalization.

Taking note of inadequate mobile network coverage at District Hospital Duderhama, the Deputy Commissioner instructed representatives of Bharti Airtel and Reliance Jio to address identified grey areas and augment indoor signal strength. Reliance Jio was specifically directed to examine the feasibility of deploying In-Building Solutions (IBS) to ensure uninterrupted connectivity for emergency healthcare operations.

Underscoring the significance of reliable telecommunications in strengthening public service delivery and digital inclusion, the Deputy Commissioner called upon telecom service providers, executing agencies, and line departments to maintain close inter-departmental coordination and ensure time-bound compliance with the directives issued during the deliberations.

DC Reasi reviews claims for temporary restoration of infrastructure damaged by landslides, flash floods

■ HT News Network

REASI, NOVEMBER 25: Deputy Commissioner Reasi Kumar Abhishek today chaired a meeting to review the assessment and submission of claims for temporary restoration of public infrastructure damaged due to landslides and flash floods in the district during the financial year 2026-27 under the State Disaster Response Fund (SDRF).

The Deputy Commissioner directed the concerned departments to submit duly verified work-done claims for temporary restoration works strictly in accordance with the prescribed SDRF norms and guidelines. He emphasised the need for proper documentation, timely compilation and thorough verification of claims to ensure that all eligible restoration works are duly accounted for and the requisite funds are projected to the Department of Disaster Management, Relief, Rehabilitation and Reconstruction (DMRRR).

He further directed the departments to furnish a comprehensive work-wise statement indicating the actual requirement of funds, total cost of works executed, amount claimed, expenditure incurred and status of pending payments or claims, wherever applicable. The statement should also clearly reflect the physical and financial progress of each restoration work to facilitate a realistic assessment of the overall financial requirement.

The Deputy Commissioner stressed that the claims must be supported by relevant records, including work completion details, expenditure statements and other requisite documents, to ensure transparency and accuracy in the assessment process.

Additional District Development Commissioner Krishan Lal, Chief Planning Officer Narinder Kumar, officers from engineering department and other concerned officers attended the meeting.

DC Budgam visits Khansahib; Holds Public Outreach Programme at Town Hall

Inaugurates Awareness Programme under Khet Bachao Abhiyan, distributes Land Passbooks among Beneficiaries

■ HT News Network



BUDGAM, NOVEMBER 25: Deputy Commissioner (DC) Budgam, Jatin Kishore, today visited Khansahib and conducted a public outreach programme at Town Hall to take stock of public issues, review developmental requirements and interact with local representatives and stakeholders.

Locals from Khansahib, Arigam, Kaitch, Basantwodur, Bugroo, Talpora, Raithan, Yarisutro Parnewa and other adjoining villages raised various concerns and demands, including the need for improved basic amenities, better connectivity and enhanced public services.

During the programme, the Deputy Commissioner issued directions to the concerned departments for addressing public issues and ensuring improved infrastructure and prompt delivery of services to the general public.

Emphasising quality infrastructure development, he instructed the executing agencies to maintain prescribed quality standards in all developmental works and ensure timely execution and completion of ongoing projects.

The Deputy Commissioner directed the concerned officers to ensure prompt delivery of public services and address all genuine issues and demands in shortest possible time.

He also directed the concerned authorities to expedite the installation of streetlights and electronic poles at identified locations.

Taking note of road safety and maintenance concerns, he instructed the concerned departments to ensure that machinery deployed for snow clearance operations does not damage road surfaces.

The Deputy Commissioner further directed the concerned departments to expedite the execution of developmental works including the construction of lanes and drains, and ensure their timely completion across Khansahib Town.

He instructed all district and sub-divisional-level officers to undertake regular field visits, maintain close coordination and ensure prompt and amicable resolution of public grievances.

Stressing the importance of public convenience during the upcoming winter months, the Deputy Commissioner directed all concerned departments to strengthen winter preparedness, ensure timely snow clearance, maintain essential services and put in place necessary arrangements for uninterrupted public convenience.

He particularly stressed advance preparedness for snow clearance operations and directed the concerned departments to ensure prompt redressal of public grievances, besides maintaining the seamless functioning of Water Supply Schemes to ensure uninterrupted water supply to the people of Khansahib.

On the occasion, the Deputy Commissioner also distributed land passbooks under SVAMITVA scheme among the beneficiaries.

The Deputy Commissioner also inaugurated a district-level awareness programme on various schemes of the Agriculture Department under the Khet Bachao Abhiyan at Town Hall.

He appreciated the Agriculture department's initiative and stressed the importance of protecting agricultural land, preserving soil fertility and promoting scientific, eco-friendly and sustainable farming practices, while discouraging excessive use of chemical fertilisers and pesticides.

He also inspected various departmental stalls showcasing their products and schemes, urging locals to take benefits of Government schemes for better farming practices.

Among others, the public outreach programme was attended by the General Manager, DIC; Joint Director Planning; Programme Officer, ICDS; Sub-Divisional Magistrate, Khansahib; Chief Medical Officer; Chief Education Officer; and other district and sub-divisional-level 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

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

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

I, Abdul Rashid Rather S/o Nizar Ahmad Rather R/o Lawaypora, do hereby declare that the Electricity Connection Holding ID No. 0206050013735 is presently recorded in my name.Now, I want to change the name in the Electricity Bill from:Abdul Rashid RatherS/o Nizar Ahmad Rather
R/o Lawaypora to Hilal Ahmad Lone
S/o Khazir Mohammad Lone
R/o LawayporaHenceforth, if any person has any objection regarding this change, he/she may file objection in the office of the concerned Assistant Executive Engineer (KPDCL), Narbal Sub division within 7 days from publication of this notice, failing which no objection shall be entertained.From:
Abdul Rashid Rather
S/o Nizar Ahmad Rather
R/o Lawaypora

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

Power Shutdown by KPDCL

■ HT News Network

SRINAGAR, NOVEMBER 25: Chief Engineer, Distribution, KPDCL has informed that the Shutdown of 33 kV Badampora Army Preng line will be observed due to which power supply to Hajin, Preng, Madwan, Hakbara, Chenderger, Army Camp, Zanipora and adjoining areas will be affected from 09 am to 03 pm on 26 & 30 November and 05 December 2026.

Similarly, shutdown of 33 kV Badampora Lar/ Tulmulla line will be observed due to which power supply to Repora, Watlar, Lar, Watalbagh, Waliwar, Dangerpora, Tulmulla and adjoining areas will be affected from 09 am to 03 pm on 29 November and 03 December 2026

Likewise, shutdown of 33 kV Silk Factory line will be observed due to which power supply to Rambagh, Allochibagh, Tulsibagh, Barzullah, LD Hospital, Wooden Spining Plant and adjoining areas will be affected from 09 am to 03 pm on 28 November and 02 December 2026

Similarly, shutdown of 33 kV Waganpora -Soura-SKIMS line will be observed due to which power supply to Bohlachipora, Zoonimar, Anchar, Upper Soura, 90 Feet and adjoining areas will be affected from 09 am to 03 pm on 26 November and 01 December 2026.

GOVERNMENT OF JAMMU AND KASHMIR
OFFICE OF THE EXECUTIVE ENGINEER, IRRIGATION & FLOOD CONTROL DIVISION HANDWARA
RAJWAR ROAD, HANDWARA – 193221

NOTICE INVITING e-TENDER
e-NIT No: 19-IFCD/HND/2026-27 Dated: 25/11/2026.

For and on behalf of Hon'ble Lieutenant Governor of Jammu & Kashmir Union Territory, e-Tenders on percentage basis are invited from approved and eligible contractors registered with Jammu and Kashmir UT Government for the following work:

S. No.	Name of work	Advertised cost in Rs	Earnest Money	Time of Completion	Class of Contract	Major Head	Cost of Tender document	Tender ID No.
1.	Development of pipe based infrastructure from baekdi to hatcmarg khul (provision and laying) Hatchmarg (Construction of cement concrete chamber and providing and laying of pipes from Baekdi Hachmarg Khul.	₹ 286639	₹ 6000	20 Days	DEE	PRI Grants	₹ 200/-	

Position of AAA: Sanctioned vide District Development Commissioner Kupwara's Order No. 311-DDCK of 2025 Dated: 31/10/2025.
Position of T.S.: Accorded vide AEE ISD Handwara's Office T.S. No. 04/TS/ISDH of 2026-27 Dated: 19/11/2026.
Position of funds: Assured.
The NIT consisting of Qualifying information, eligibility criteria specifications, bill of quantities (B.O.Q), set of terms and conditions of contract and other details can be seen/downloaded from website www.jktenders.gov.in from:

1.	Publishing Date	25-11-2026 1600 Hours
2.	Download Date Start	25-11-2026 1700 Hours
3.	Tender Submission date Start	25-11-2026 1700 Hours
4.	Tender Submission date Ends	02-12-2026 1400 Hours
5.	Date of Opening	02-12-2026 1600 Hours

Sd/-
Executive Engineer
I&FC Division Handwara.

DIPK-7932/26
Send Dated: 25/11/2026

DE&CC Kulgam organises Job Fair under Mission YUVA

Over 700 job seekers participate; 300 vacancies notified by 20 Employers

■ Farooq Rather

KULGAM, NOVEMBER 25: District Employment & Counselling Centre (DE&CC), Kulgam, under Mission YUVA, today organised a Job Fair at Industrial Training Institute (ITI), Kulgam, to facilitate employment opportunities, career guidance and entrepreneurship support for the youth.Deputy Commissioner Kulgam, Shahzad Alam graced the occasion as Chief Guest, while ADDC Kulgam, Altaf Ahmad Khan, attended as Guest of Honour.

The Job Fair witnessed participation of over 700 job seekers and around 20 employers from different sectors, who notified more than 300 vacancies. Over 300 candidates also registered online for the event, providing them an opportunity to interact directly with



prospective employers and explore suitable employment avenues.

As a major highlight, three offer letters were distributed to selected candidates on the spot. Besides, 13 sanction letters under Mission YUVA were distributed to promote self-employment and entrepreneurship among the youth.The event also featured active participation of student exhibitors, NRLM members, SHG participants and aspiring entrepreneurs. Various stalls and facilitation counters were established to showcase products and skills and provide information regarding employment, skill development, career counselling and entrepreneurship opportunities. The Job Fair provided an important platform for strengthening employment linkages between job seekers and employers while promoting career guidance, skill development and entrepreneurship under Mission YUVA.

The event was attended by DNO JKEDI, Principal ITI Kulgam, district officers and officials, besides representatives of participating employers and allied institutions.

DC Ganderbal chairs District Level NCORD meeting

■ HT News Network



GANDERBAL, NOVEMBER 25: Deputy Commissioner (DC) Ganderbal, Shreya Singhal, today chaired the meeting of the District Level Committee under the Narco Coordination (NCORD) mechanism in V.C Room, Mini Secretariat Complex, Ganderbal to review anti-narcotics enforcement, preventive outreach, and rehabilitation measures across the district.

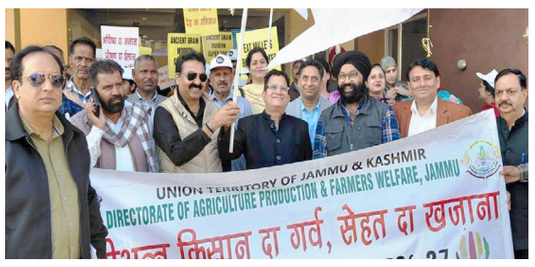
During the meeting, the DC reviewed inter-departmental coordination aimed at curbing drug trafficking and substance abuse, emphasizing strict vigil against illicit trade, close monitoring of pending NDPS cases, and regular inspections across vulnerable areas. Stress was also laid on strengthening counselling, de-addiction, and rehabilitation support alongside sustained community and youth awareness campaigns under Nasha Mukt Bharat Abhiyan.

The DC called upon all enforcement, health, education, revenue, and allied departments to work in close synergy, share timely intelligence, and submit actionable updates on field-level enforcement and awareness initiatives so that targeted measures yield measurable results on the ground.

The meeting was attended by Additional Deputy Commissioner, Ganderbal, ACP Ganderbal, Sub Divisional Magistrate Kangan, ASP Ganderbal, Dy SP Ganderbal, among other concerned officers.

Millet Road Show 2026 organised under HADP at Dansal

■ HT News Network



JAMMU, NOVEMBER 25: A vibrant and awareness-driven Millet Road Show 2026 was organised today at Sub Division Dansal Headquarters under the Holistic Agriculture Development Programme (HADP). The objective was to promote millet consumption and highlight its nutritional and health benefits.

The event commenced from Elite Palace Dansal, where more than 200 farmers, along with schoolchildren, participated enthusiastically.

Experts and speakers sensitised the participants to the importance of millets as a nutritious, healthy and sustainable food choice. Emphasis was laid on incorporating millets into daily meals in view of their rich nutritional value and their potential role in promoting healthier lifestyles and preventing various diet-related health issues.

A special highlight of the programme was an informative and engaging theatrical performance presented by the students of Government Higher Secondary School Dansal. Through their play, the students beautifully depicted the importance of incorporating millets into our daily diet and conveyed the message of healthy eating in an interesting and impactful manner.

The awareness programme was followed by an impressive and enthusiastic road show from Elite Palace, Dansal, to the Sub Division Agriculture Office, Dansal, witnessing spirited participation and great public enthusiasm.

The programme was organised under the directions of Director Agriculture Jammu Anil Gupta and with the valuable support of Chief Agriculture Officer Manohar Lal Sharma. The event was further graced by the esteemed presence of District Officer Rajeev Katoch.

Sub Divisional Agriculture Officer (SDAO), Dansal Ashwani Gupta efficiently coordinated and managed the entire programme.The event concluded on a positive note, reinforcing the message of "Millets for Health, Nutrition and a Sustainable Future"

Grand cultural event marks culmination of World Heritage Week 2026

■ HT News Network



JAMMU, NOVEMBER 25: To mark the culmination of World Heritage Week 2026, the Department of Archives, Archaeology and Museums, J&K, in collaboration with the Department of Floriculture, Jammu, organised a grand cultural event celebrating the rich cultural heritage and vibrant traditions of Jammu and Kashmir.

The event witnessed enthusiastic participation from artists, students, cultural institutions and heritage enthusiasts. A series of captivating cultural performances showcased the region's rich folk traditions and artistic diversity. Karak was presented by SNS School, while Bhakh and Geetru, along with other traditional cultural performances by Shri Mata Vaishno Devi University including Dogri Jagrana and Kud, enthralled the audience and created an atmosphere of cultural vibrancy and celebration.

On the occasion, the Department felicitated Padma Shri Dr. Jitendra Udhampuri, Sh. N.D. Jamwal and Sh. Romalo Ram in recognition of their distinguished services and invaluable contributions towards the preservation, promotion and popularisation of Dogra heritage and culture.

Addressing the gathering, Padma Shri Dr. Jitendra Udhampuri spoke about the richness, uniqueness and historical significance of Dogra Virasat. He emphasised the need to preserve the Dogri language, folk traditions, customs and cultural identity for future generations. He also highlighted the importance of passing on this invaluable cultural legacy to the younger generation.

Furthermore, S.M. Sahni, Convener, INTACH Jammu Chapter, felicitated students from various schools in recognition of their participation and contribution to the heritage-related activities, encouraging them to remain connected with their rich cultural roots and traditions.

The programme was organised with the active support and collaboration of various partner institutions, including INTACH Jammu Chapter, Shri Mata Vaishno Devi University, University of Jammu, Central University, Cluster University of Jammu, J&K Academy of Art, Culture and Languages and MAM

Dir Agri Kashmir reviews progress of Borewell Works

Stresses need for expediting execution of approved works

■ HT News Network

SRINAGAR, NOVEMBER 25: Director Agriculture Kashmir, Sartaj Ahmad Shah, today chaired a virtual meeting with Director Command Area Kashmir, all Chief Agriculture Officers (CAOs) and Assistant Soil Conservation Officers (ASCOs) to review the progress and implementation of borewell works being executed under various schemes across Kashmir Division.

During the meeting, the Director held detailed discussions on the physical and financial progress of borewell projects and took stock of the status of ongoing works, besides reviewing issues and challenges, if any, affecting their timely execution.

Emphasising the importance of strengthening irrigation infrastructure and ensuring adequate water availability for the farming community, the Director stressed the need for expediting the execution of approved borewell works while maintaining the prescribed quality standards.

He directed the concerned officers to closely monitor the progress of works at the field level, ensure effective coordination among the implementing agencies and take necessary measures for the timely completion of all ongoing projects.The Director reiterated that all officers must ensure proper implementation of the approved interventions so that the intended benefits reach farmers and contribute towards strengthening the agricultural sector across Kashmir Division.

Udhampur admin plans District-level field mock exercise on Nov 26

■ HT News Network

UDHAMPUR, NOVEMBER 25: A District-level field mock exercise is being held at Government Degree College Boys Udhampur on November 26, 2026.

Deputy Commissioner Udhampur Ananth Dwivedi chaired a meeting with officers of the stakeholder departments to review the preparedness and arrangements for the successful conduct of the twin exercises.

The meeting was attended by Additional Deputy Commissioner Prem Singh; Chief Planning Officer Uttam Singh; Assistant Commissioner Revenue Dr Umesh Shan along with other senior officers of the civil administration, NDRF, SDRF, Air Force and Police.

VET FEST 2026 Season-7 inaugurated at SKUAST-Jammu amidst great enthusiasm, cultural fervour

■ HT News Network

JAMMU, NOVEMBER 25: The much-awaited VET FEST 2026 (Season-7) was inaugurated today at the Faculty of Veterinary Sciences and Animal Husbandry (FVSc & AH), Sher-e-Kashmir University of Agricultural Sciences and Technology of Jammu (SKUAST-Jammu), R.S. Pura, by the Vice-Chancellor, Prof. B. N. Tripathi, amidst tremendous enthusiasm, vibrant celebrations and active participation of students.

The inaugural ceremony commenced on a colourful and energetic note with a spectacular Bhangra performance by students, setting the tone for three days of celebrations filled with sportsmanship, creativity, talent and cultural vibrancy. The Vice-Chancellor formally inaugurated various sporting events, including men's cricket and volleyball, women's tug-of-war and basketball, encouraging students to participate wholeheartedly and uphold the spirit of teamwork, discipline and healthy competition.

A major attraction of the festival was the inauguration of student food stalls, reflecting the culinary creativity, entrepreneurial spirit and organisational abilities of the students. The Fine Arts events were also inaugurated, providing a platform for students to showcase their artistic abilities through creative expressions. The literary segment, featuring the exciting Literary Fish Pond and Debate Competition, added an intellectual dimension to the celebrations and encouraged students to demonstrate their communication, reasoning and debating skills.



The inaugural day also witnessed a spectacular cultural evening, which emerged as one of the major highlights of the festival. The programme featured mesmerising musical performances, energetic Bhangra presentations, impressive fashion shows, engaging mono-acting performances, entertaining skits and dramatic presentations by students. The performances beautifully reflected the artistic abilities, confidence, creativity and cultural diversity of the student community. The colourful presentations and enthusiastic audience response created an electrifying atmosphere, making the evening a memorable celebration of youth and talent.

The VET FEST 2026, Season-7, being organised from November 25 to 27, 2026 is witnessing enthusiastic participation from more than 500 students. The three-day festival brings together students from different batches and disciplines on a common platform to celebrate sports, literature, fine arts, entrepreneurship and cultural diversity.

Agriculture Department Jammu felicitates farmers for outstanding Live Exhibits at Jhiri Mela 2026

■ HT News Network

JAMMU, NOVEMBER 25: The Department of Agriculture Production & Farmers Welfare, Jammu, showcased a wide range of agricultural technologies, innovations and farmer-oriented activities through its exhibition stalls at the Jhiri Mela 2026.

More than 42 categories of live exhibits, including paddy, maize, wheat, exotic vegetables, spices and mushrooms, brought by farmers from different areas were displayed at the Jhiri Mela. The exhibits were evaluated by a jury comprising Farm Management Specialist Neeraj Rajwal, Divisional Seed Certification Officer Nirmal Parkash Sharma and District Agriculture Officer Naresh Khajuria.

Among the award-winning farmers were Rajesh Kumar for Coriander; Pawan Kumar for Knol Khol; Ayan Bakshi for Turmeric and Rajmash; Parshotam Kumar for Ginger and Sponge Gourd; Vijay Kumar Sharma for Brinjal; Pawan Kumar for Cauliflower; Sikander Kumar for Potato; Kashmir Singh for Green Chilli; Ajay Kumar for Harad; Mithu for Kanturi; Shamsher for Beans; Puran Chand for Garlic, Pumpkin and Okra; Rakesh Kumar for Turnip; Tilak Raj for Paddy; Chaman Lal for Wheat; Mohd. Younis for Maize; Ansh for Kulthi; Bachan Singh for Mash; Vijay Singh for Gram (Chana); Raman Kumar for Red Lettuce; Tota Ram for Bitter Gourd and Mint; Love Sharma for Spinach; Kuldeep Raj for Radish; Anurag Sharma for Marigold; Des Raj for Broccoli and Lettuce; Nitish Kumar for Bok Choy; Amit Kumar for Spring Onion; Mohan Lal for Beans and Round Gourd; Shamsher Lal for Mushroom; Ramesh Kumar for Colocasia; Mithun Sharma for Methi; Mita Sharma for Carrot and Tara Chand for Mustard.

The exhibition featured displays from various departmental wings, including the Vegetable Improvement Scheme, Mushroom Development, Spawn Production, Seed Certification, Soil Testing Laboratory, Seed Testing Laboratory, Plant Health Clinic, Floriculture, Soil Survey, Farmer Training Centre and Agriculture Workshop. These stalls aimed to generate awareness among farmers about modern agricultural technologies, scientific cultivation practices and the judicious use of agricultural inputs.



The department also provided various farmer-centric services during the Mela, including soil testing, crop disease diagnosis and management and awareness regarding Kisan Credit Cards (KCC), Kisan Khidmat Ghars (KKG) and PM-KISAN, among other schemes and initiatives.

Earlier, Director Agriculture Jammu Anil Gupta reviewed the exhibition stalls, various departmental activities and arrangements made by the department to facilitate farmers and visitors.

The Director interacted with farmers, examined the exhibits and appreciated their efforts in showcasing improved agricultural practices and crop diversity. He commended Chief Agriculture Officer and his team of district officers and sectoral heads for their effective planning and guidance. He also specially appreciated SDAO Marh and his staff for their excellent management and dedicated efforts in making the event a success. The Director participated in the prize distribution ceremony and felicitated farmers for their outstanding live exhibits, encouraging them to adopt modern technologies and innovative farming practices.

The prize distribution ceremony was attended by Joint Director Agriculture (Extension) Suresh Kumar Khajuria; Joint Director Agriculture (SLUB/Farms) Aman Jyoti Sharma; Chief Agriculture Officer Manohar Lal Sharma; Agronomist (VIS) Bhabishan Singh Jasrotia; District Agriculture Officer Vinod Khajuria; Mushroom Development Officer Arun Gupta, Spawn Production Officer Ashu Kakoria; Farm Management Specialist, Neeraj Rajwal,; Divisional Seed Certification Officer Nirmal Parkash Sharma; Assistant Soil Chemist Chander Shakher; Farmer Training Officer, Anurag Verma; SMS (DL), Rajeev Katoch; and SDAO Marh Khalid Hassan Tantray, besides other departmental officers and officials

Take Care Of Your Heels This Winter



Shahnaz Husain



Winter's here. Winter can be tough on your skin, and your heels are no exception. If you've been dealing with cracked heels that seem to worsen as the temperature dips, you're not alone.

Cracked heels, also known as heel fissures, develop when the skin around the edges of the heels becomes dry, thick and less flexible.

. Dry, white skin around the edge of the heel can turn into lines that split and sting when you walk or stand.

The combination of cold air, indoor heating, and reduced humidity creates the perfect storm for dry, cracked skin on your heels

When you add indoor heating systems that further dry out the air, your skin's natural moisture barrier gets compromised. Your heels bear the brunt of this because they naturally have fewer oil glands compared to other parts of your body, making them more vulnerable to drying out and cracking.

Feet has fewer oil glands than other parts of the body, which can lead to dryness.

Want soft heels ? No need to waste money on expensive salon pedicures! There are several ways to improve the look and feel of your feet, including using a foot mask, a foot soak, exfoliation and moisturization to remove dead skin.

Here are our best tips:

Curd: Curd is a natural skincare product. It has antibacterial properties that can be used to soften feet. Soak your feet in warm water for 5-10 minutes, remove & pat dry. Then, apply hanged sour curd in a thick layer & leave on for 30 minutes. Later, wash off with normal water. You should use this treatment at least 2-3 times every day along with essential oil application.

Curd is one of the best easily available natural skin moisturizers. The enzymes present in sour curd help in dissolving the dry, keratinized skin cells & penetrate the skin, thus loosening the barrier of dry skin in the heel area.

Mix 1 tbsp gram flour and 3 tbsp curd in a glass jar to make a smooth thick paste. Apply it on the foot area and let it dry for 30 minutes . Gently scrub with your fingertips or a pumice stone and wash off with lukewarm water.Pat dry and follow up with a foot cream.

Mix two tablespoons of besan and 1 tablespoon of yogurt in a glass jar to make a thick paste. You may add rosewater as well. Scrub the mixture on your feet for about 10 minutes. Dip your feet in lukewarm water and rinse after few minutes. This scrub will make your feet soft and supple

Honey

Honey Honey is considered as a natural antiseptic that aids in healing cracked feet. It is also a good humectant that moistens the skin and prevents drying of the skin.

Crush two tablets of camphor in a glass bowl. Add a tablespoon of honey to it. Apply the mixture on your feet and scrub well.

Leave it on for a few minutes. Rinse your feet after the procedure. Camphor soothes dry skin while honey moisturises.

Mix 2 tbsp sandalwood powder and 1 tbsp honey in a glass jar to form a fine paste. Apply this mixture to your foot areas and let it rest for 30 minutes. Wash off with lukewarm water.

Mix 1 cup of honey into a tub of warm water. Clean the feet and steep in this mixture, massage soothingly for 30 minutes. Dry your feet and apply moisturizer. Regularly do this before going to bed for a few weeks.

Pedicure ----- Although we dream of pedicure to be a relaxing experience only but Indian concept of relaxation of tired feet through acupressure massage is based on the fact that our feet contain vital nerves that regulates the functions of vital organs right from spine to heart and stomach . The shape of your feet might hold clues to your health and the foot can say many things about you - demonstrating health indicators and physical traits like Dry or cracked feet's are the result of nutritional deficiency.

The skin of the feet is commonly thick and dry and you need to take regular foot care regime dedicated for beautiful and glowing feet

An organic pedicure uses natural oils and products containing natural substances. Nowadays, foot spa treatments have also gained in popularity. They can be combined with pedicures. Foot spa includes exfoliation and massage, to reduce fatigue, tone the muscles, improve blood circulation and induce relaxation.

For a home pedicure, you will need a nail brush, pumice stone or heel scrubber, nail clippers, emery board, cotton wool, cotton buds, massage cream, polish remover, nail polish and a small tub for soaking the feet.

First remove old polish if necessary with the remover, using cotton wool.

Soak your feet in warm water, to which you should add some herbal shampoo and any vegetable oil, like sunflower oil or olive oil. You can also add coarse salt. Let the feet soak for 15 minutes. Then clean the nails with the brush. The brush should not be too hard. Use the pumice stone on the heels and side of the soles. Avoid metal scrubbers. You can also scrub the entire feet with a rough towel or loofah. When this is done, wash the feet in clean water. Dry with a towel.

If your nails need cutting, better to use a nail clipper. Toenails should be cut straight across. Avoid shaping toenails as it can lead to in-growing nails. Use the emery board to smoothen them. Do not cut the cuticles of the toenails. Do not use sharp instruments to clean the nails. Apply almond oil and push back gently with a cotton bud.

Then, give the feet a scrub treatment. Mix ground almonds with yoghurt and some sugar. Apply them on the feet. After 15 to 20 minutes, rub gently on the skin with circular movements. Pay attention to the heels. Wash off with water. Then massage the feet with olive oil or sunflower oil. Wipe off excess cream with a moist towel. Mix one tablespoon each of lemon juice and honey with 50 ml of rose water. Apply on the feet. Lie down and relax for half an hour. Wash it off with plain water.

Apply oil and massage on feet and nails. Pay special attention to the heels, applying more oil if needed. Use upward strokes for the massage, from the toes towards the ankles. Wipe the feet with a moist towel.

Mix a little lemon juice with honey and apply on the feet. Wash it off with plain water after 15 minutes. This moisturises and softens the skin.

If you wish to apply polish, put some cotton wool between the toes. Apply the nail varnish in broad strokes, from the base of the nail to the nail tips. After the first coat dries, apply the second coat of colour.

Your brain is exhausted from too many unfinished tasks. Five simple steps can help

Finding it hard to switch off at the end of the working day? You may be suffering from the 'Zeigarnik effect'. These tips can help you let go.

At any given moment I have dozens of browser tabs open on my computer, usually featuring research I use for this very column. Today I counted 61 on one window alone.

As I finish a project it feels cathartic to close the related pages. That's because each tab represents an unfinished task, which research shows can tax our brains and undermine our focus.

But often with work, as soon as one project ends, the next begins. Or, in my case, projects overlap.

I spoke to experts about how we can reduce mental exhaustion when tasks are not yet complete. I learnt that there's a huge mental benefit from being able to switch off, we just need to take conscious steps to do so.

'We want to finish things'

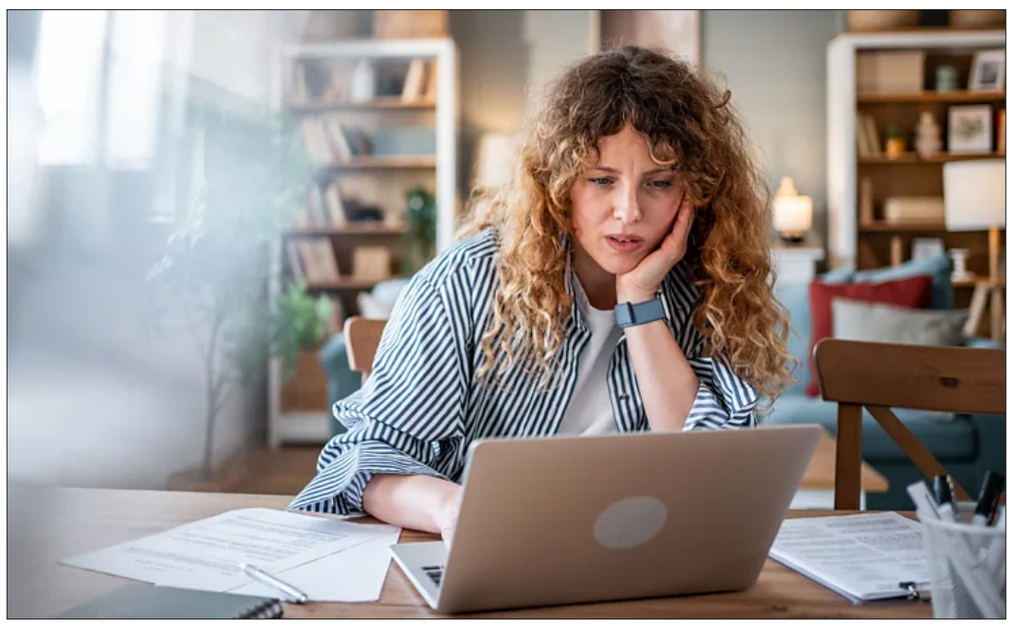
The idea that unfinished tasks take on a special status in our memory is almost 100 years old.

In 1927, Russian psychologist Bluma Zeigarnik published a paper showing people were more likely to remember tasks they'd been interrupted while doing, than those they'd been allowed to complete.

The story goes that the inspiration for Zeigarnik's experiments occurred when her supervisor, Kurt Lewin, observed waiters in a busy restaurant. He noticed that they remembered large orders until they were paid for, at which point the order was promptly forgotten.

It reminds me of watching TV, where an unresolved plot encourages me to watch-on and keeps the characters' journey fresh in our minds.

Psychologists still refer to this today as the "Zeigarnik effect". And while the memory boost relating to unfinished tasks has been difficult to replicate consistently, the effect has inspired numerous studies



showing that unfinished tasks continue to occupy our minds.

"We have this cognitive need for closure and we want to finish things," says Christine Syrek, a psychology professor at the University of Applied Sciences Bonn-Rhein-Sieg in Germany.

When tasks aren't finished, keeping the information vivid is useful. "It's functional because it helps us when we get started again: we have everything cognitively present," says Syrek.

But this mental continuity can come at a cost. Syrek and colleagues have found that incomplete tasks at the end of the week were linked to stress and disrupted sleep, as well as "work-related rumination."

With that in mind, here are three ways to help your mind switch off.

1. Set time-based goals

Ongoing work can leave people feeling less competent. In one study, employees found it harder to switch off when tasks were left unfinished, leading to negative rumination. Alternatively, if they felt they had made progress, their sense of competence and control improved and their stress reduced.

This does not mean we have to finish all tasks, says Syrek. Instead, it could involve creating a clear plan for how to finish your to-do list.

When individuals proactively plan, set goals and anticipate obstacles, they find it easier to let go. "We need to relax our mind by saying 'I won't forget it. I know I've written it down'," says Syrek.

Planning at the start of the workday can help too. When individuals prioritised tasks in the morning, one study found it helped them with the transition into their working day.

In my case, I find it useful look at my diary each morning to carve out uninterrupted research and writing time – leaving me feeling reassured this column will get finished.

2. Switch off notifications

Apps on our phones can make it tempting to be available at all hours.

Even in our free time, our brains can be focused on problem solving, says Joan Ongchoco, assistant professor in cognitive science at the University of British Columbia. "[For] my lecture last week, I was teaching in my dreams," she says.

Checking emails can also lead to higher levels of work-family conflict, as this habit allows work to spill into the home, according to a review.

A simple way to reduce stress therefore invovles checking your email less. You could wait until you start work, or set specific times to check. The same goes for any instant messaging apps used for work.

Detaching ourselves from work on holiday can also extend how much we enjoy our time off.

3. Where possible, avoid project overlap

The numerous open browser tabs I see when I start work each day could be contributing to an "information overload".

This is because we experience a significant cognitive load when transitioning between tasks.

Where possible, it can be helpful to finish one task before moving onto the next, to ease the load on working memory, says Ongchoco. "Each time you close a file [in the mind], that frees up resources, which is why you feel energised," says Ongchoco.

4. Plan deadlines around holidays

Festive periods, in particular, can be stressful for many. But one study conducted before and after a Christmas break found those with fewer unfinished tasks had better wellbeing when they returned to work.

Managers can help by encouraging employees to plan-ahead.

"Before a [holiday] you don't need to finish everything," Syrek advises. Instead, leave work in a state that you know you can easily come back to, without having to mentally engage in it all the time or worry you might forget something important.

5. 'The doorway effect': Create transition rituals

"Transition rituals" can help us to let go of thoughts about work, says Oliver Weigelt, assistant professor of organisational psychology at the University of Groningen.

One example is changing your physical environment, which helps signal to your brain that a task has ended. If working from home, that could involve a walk to a nearby park or a shop, or even just walking through a doorway into a new room.

"When we've walked through a doorway, our system [brain] flushes its memory so that it can free up space for other things that are about to happen," says Ongchoco.

Another simple option is moving your laptop to a different room. This additionally helps us create a psychological distance from any tasks which we may otherwise find stressful, says Weigelt.

Taken together, these strategies could help you put workplace stresses into perspective too. "If you are able to step back and think more about the forest instead of the trees, you could gain distance or get rid of unfinished task rumination," says Weigelt.

Bearing all this in mind, I aim to avoid checking my emails out of hours and I've started planning my days more carefully.

Plus, alongside the Zeigarnik effect, I'm also trying to channel the Ovsiankina effect. This research, released a year later, showed that people are susceptible to going back to unfinished tasks to satisfy their need for closure.

So instead of feeling overwhelmed by my open tabs, I use them to inspire me to get stuck back into a project – and finally complete it.

Because, as Ongchoco tells me, unfinished tasks can be irresistible. We simply need to better recognise when it can cause undue stress.

(BBC NEWS)

Bumrah, Bavuma edge towards top spot on latest Test rankings

United News Of India

DUBAI, NOV 25 : India pace spearhead Jasprit Bumrah and South Africa skipper Temba Bavuma have been the big winners on the latest ICC Men's Test Player Rankings as they moved towards the No.1 spot in their respective category following strong performances in recent ICC World Test Championship contests.

Bumrah collected five wickets for the match during the first Test against New Zealand that ended in a draw and it allowed the right-armer to gain three spots and move up to equal second on the updated rankings for Test bowlers.

It means Bumrah joins England pacer Ollie Robinson in joint second position on the latest rankings, with Australia veteran Mitchell Starc the only player ahead of the duo with the left-armer still 25 rating points adrift.

South Africa pacer Kagiso Rabada is also on the move as he gains two places to rise to sixth for Test bowlers on the back of eight wickets for the match in the first Test with Bangladesh, while Pakistan counterpart Mohammad Abbas (up two rungs to 12th) makes some



ground following a good effort against Sri Lanka in Rawalpindi. It's another South African that makes the most eye-catching progress on the list for Test batters, with Bavuma gaining one place to rise to third following an unbeaten 68 not out in that contest that Rabada was adjudged Player of the Match. It's England duo Harry Brook and Joe Root that still hold sway at the top of the rankings for Test batters, though there is plenty of movement behind them with Bavuma, Rishabh Pant (up one spot to sixth), Shubman Gill (up three slots to seventh) and Yashasvi Jaiswal (up five places to ninth) all making ground inside the top 10, according to ICC. Further back there are gains for Ryan Rickelton (up 10 places to equal 15th), Glenn Phillips (up 13 rungs to 17th) and Sonal Dinusha (up four slots to 19th) with the trio all registering new career-high ratings following some good recent knocks against the red ball.

Rabada (up three slots to 10th) and Phillips (up four places to 12th) also make ground on the latest rankings for Test all-rounders, with South Africa star Marco Jansen still at the head of proceedings in that category despite a relatively quiet outing by his lofty standards against Bangladesh in Johannesburg.

There are also plenty of changes on the latest white-ball rankings, with a host of England stars the major beneficiaries following some good efforts in ODI and T20I cricket against Australia across the last week.

It was Ben Duckett that helped England claim the ODI series 2-1 with a superb hundred in the series decider in Hobart and the left-hander was rewarded by gaining three places and moving to fourth overall with a new career-best rating on the updated list for ODI batters.

England teammate Will Jacks (up five places to 47th) also reaches a new career-high rating on this list, while compatriots Gus Atkinson (up 10 slots to 23rd) and Liam Dawson (up 14 rungs to 39th) reach the best marks of their careers on the updated rankings for ODI bowlers. The five-match T20I series Down Under between Australia and England is currently locked.

Will always love Pat, not going to judge on 70 minutes of a presser: Khawaja

United News Of India

NEW DELHI, NOV 25 : Usman Khawaja has admitted that Pat Cummins' press conference earlier this month left him deeply hurt, but insisted he holds no ill will towards Australia's Test captain and never wanted him to lose the job.

Speaking on The Grade Cricketer podcast, Khawaja made his most detailed comments yet on the controversy surrounding his recently released book, Sabr.

He also revealed that he had sent Cricket Australia (CA) chief executive Todd Greenberg a draft statement that he hoped the 2018 squad would collectively endorse to bring the ball-tampering episode to a close.

In his book, Khawaja claimed that sandpaper had been used beyond the Newlands Test in South Africa in 2018 and that the entire team knew about it. Cummins rejected the allegations during a 68-minute press conference in Sydney, calling them "100% wrong" and saying Khawaja had



been "casual" with people's lives. Since then, former teammates Chadd Sayers and Cameron Bancroft have publicly backed Khawaja's account.

Khawaja said he had contacted Cummins before the press conference and was surprised by the personal nature of his response.

"I've always loved Pat Cummins the person

Henry backs Duffy's mindset after Wellington outing

United News Of India

CHRISTCHURCH, NOV 25 : New Zealand fast bowler Matt Henry has thrown his support behind fellow pacer Jacob Duffy, praising his 'team-first mentality' following a gruelling spell in the first ICC World Test Championship tussle against India in Wellington.

Duffy endured bowling figures of 1/201 on a surface where the ball rarely carried to the slips.

Speaking ahead of the Hagley Oval Test, Henry noted that Duffy sacrificed personal statistics to execute an aggressive bouncer strategy for the side.

"He (Duffy) has shown over the years that he's a classy bowler, and he's all about the team," Henry said.

"When we suggest maybe we do a bumper plan here, he's not worried about his personal figures. He's trying to have an impact on the game, and the moments that he had required him to probably

be more attacking on quite a docile wicket."

Henry added that Duffy's willingness to adapt and absorb pressure has consistently delivered match-winning results over the past few years, according to ICC.

"There's no question about the skill. For



us, there were moments that we needed someone to try

a different plan, and he was open to do that.

"I think that's probably the quality of the side. It's not worrying about the outcome, but how you're trying to have an impact on the game."

New Zealand managed to frustrate India on the final day to secure a hard-fought draw, led by a defiant partnership between Daryl Mitchell and Glenn Phillips. Henry stated that the team is taking significant confidence from their batting grit and bowling discipline into the Christchurch fixture.

Hockey India congratulates Women's Hockey Team for best ever World No. 5 FIH Ranking

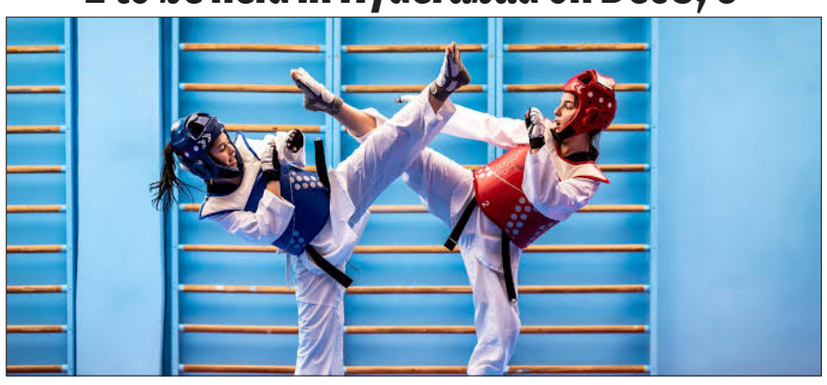
United News Of India

BHOPAL, NOV 25 : The Indian Women's Hockey Team has scripted history by reaching its highest-ever position of No. 5 in the International Hockey Federation (FIH) Rankings, following an emphatic 6-2 victory over China on Tuesday in the ongoing Madhya Pradesh Women's Asian Champions Trophy Bhopal 2026 at the International Sports Complex in Nathu Barkheda, here.

The landmark achievement marks a significant milestone in the journey of Indian women's hockey, reflecting the team's consistent performances and growing stature on the international stage.

Introduced in October 2003, the FIH World Rankings have seen the Indian women's team steadily climb the global ladder over the years; the fifth position now representing an unprecedented high. India's previous best ranking was No. 6, which the team achieved in May-June 2022 following an impressive FIH Pro League campaign and reached again in 2023. Earlier, the team had climbed to No. 8 following its fourth-place finish at the Tokyo 2020 Olympic Games, while its previous peak of No. 9 came in 2018 after reaching the quarter-finals of the FIH Women's Hockey World Cup.

Taekwondo Premier League Season 2 to be held in Hyderabad on Dec 5, 6



United News Of India

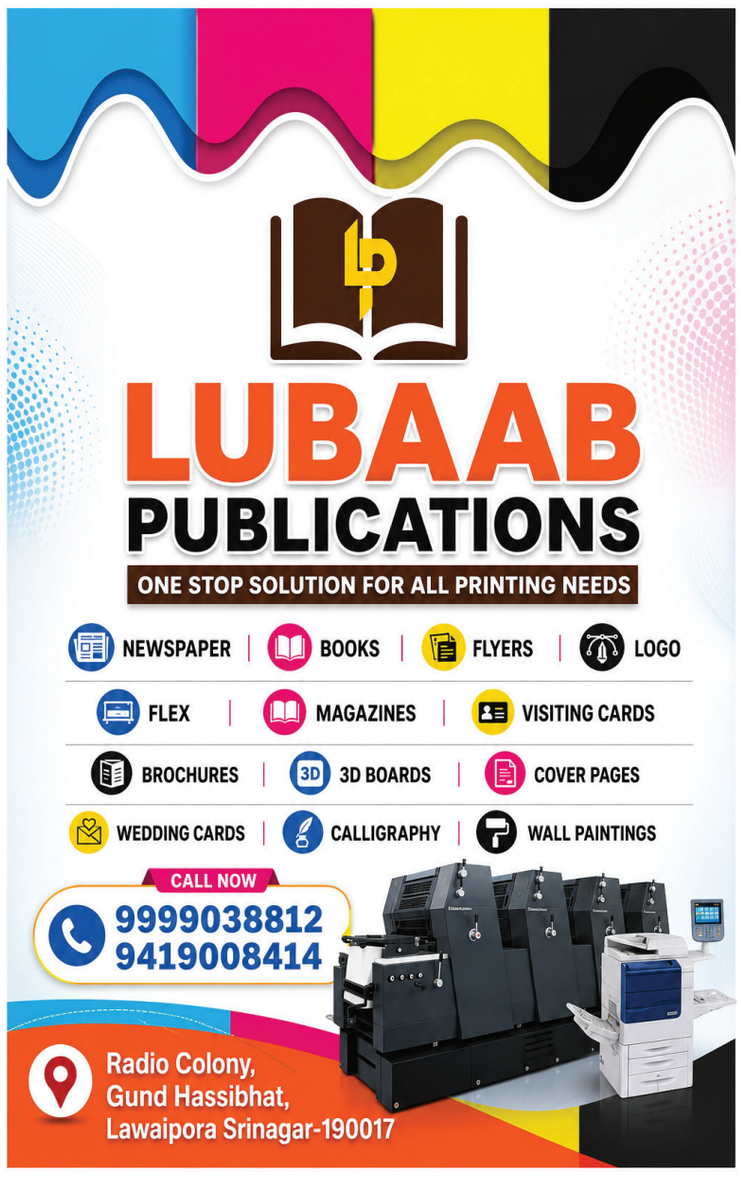
HYDERABAD, NOV 25 : The second season of the Taekwondo Premier League (TPL), featuring 40 top-ranked professional athletes from eight teams across 21 matches, will be held at Quake Arena in Hyderabad on December 5 and 6.

Sports Minister Vakiti Srihari and Sports Authority of Telangana (SATG) Vice-Chairperson and Managing Director Dr A. Sonibala Devi unveiled the league poster on Wednesday.

The league will introduce a round-robin format for the first time in the history of Taekwondo, with the competition shifting to a knockout format from the semi-finals. The matches will be telecast live on InSports World and ABP Live Sports.

Speaking on the occasion, Vakiti Srihari said the league would provide an excellent platform for young athletes to showcase their talent and expressed hope for its success.







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