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HEADLINES TODAY
Voice To The Voiceless



P:12 FIDE World Chess : 2nd game between Gukesh, Sindarov too ends in draw

"Constitution Must Guide Our Conduct": LG Sinha

Calls for equality, dignity and social democracy; stresses protection of privacy and liberty amid rapid technological advancements

HT NEWS NETWORK

Jammu, Nov 26: Lieutenant Governor Manoj Sinha on Thursday called upon citizens to make constitutional values the guiding force in building a developed, inclusive and self-reliant India, stressing that liberty, equality and fraternity must reflect in everyday conduct. Addressing the UT-level Constitution Day celebrations in Jammu, Sinha paid tribute to Dr B.R. Ambedkar and other members of the Constituent Assembly, emphasising that constitutional safeguards alone cannot sustain democracy unless citizens respect one another's rights and dignity. He also cautioned against emerging challenges posed by



artificial intelligence and other advanced technologies, underlining the need to protect individual liberty, privacy and human autonomy while ensuring that technological progress remains human-centric.

The Lieutenant Governor, Shri Manoj Sinha today attended the Constitution Day celebration and called upon the citizens of Jammu Kashmir to draw inspiration from the Constitution in the collective journey towards building a developed, inclusive and progressive India and self-reliant Union Territory.

Addressing citizens on the occasion, the Lieutenant Governor noted that Constitution Day provides an opportunity to reconnect with the ideals that define the Republic and to renew commitment to the principles enshrined in the Constitution.Recalling the adoption of the Constitution by the Constituent Assembly on 26 November

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2036 Olympic Dream Can Become Catalyst for Women's Empowerment: Modi

PM sees wider sporting opportunities and financial independence for women through grassroots infrastructure and talent development

HT NEWS DESK / AGENCIES

NEW DELHI, NOV 26: Prime Minister Narendra Modi on Thursday said India's ambition to host the 2036 Olympic Games could emerge as a major catalyst for women's empowerment by expanding sporting opportunities, strengthening grassroots infrastructure and creating pathways towards financial independence. Sharing the perspective of Olympic medallist P.V. Sindhu, Modi highlighted how preparations for the Games could help identify emerging talent, encourage greater participation among women and make professional sports more accessible beyond metropolitan centres. The initiative, he said, could also strengthen programmes such as ASMITA, creating a more inclusive sporting ecosystem in which women and girls are empowered to pursue their ambitions and compete at the highest international level. Prime Minister Narendra Modi on Thursday said India's ambition to host the 2036 Olympic Games could open up new opportunities for women across the



country, boost their participation in sports and create pathways towards financial independence.

Sharing the views of ace Indian badminton player P V Sindhu on social media platform X, Modi said the Olympic ambition could serve as a catalyst for women's empowerment by strengthening grassroots sporting infrastructure, encouraging greater participation and expanding opportunities for women athletes.

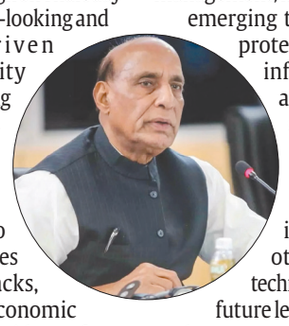
>>> MORE ON P 02

Rajnath Calls for Future-Ready Security Strategy Amid Evolving Threats

Defence Minister flags cyberattacks, hybrid warfare and technological challenges; seeks stronger link between strategic research and policymaking

HT NEWS DESK / AGENCIES

NEW DELHI, NOV 26: Defence Minister Rajnath Singh on Thursday called for a forward-looking and technology-driven national security strategy, emphasising that India's preparedness must extend beyond conventional military threats to emerging challenges such as cyberattacks, disinformation, economic coercion and hybrid warfare. Addressing the 66th National Defence College convocation and valedictory ceremony, Singh stressed the need to integrate strategic research with national security policymaking and urged



the institution to develop practical recommendations on critical issues, including border management, maritime security, emerging technologies and protection of critical infrastructure. He also advocated stronger strategic exercises incorporating artificial intelligence and other advanced technologies to prepare future leaders for complex and uncertain security environments. Defence Minister Rajnath Singh on Thursday stressed the need for India to prepare for emerging security challenges while

>>> MORE ON P 02

Omar Seeks Skill Mapping to Secure Local Jobs in Sawalkote Project

Directs targeted training and entrepreneurship support for youth; calls for dedicated tourism plans for Ramban

HT NEWS NETWORK

RAMBAN, NOV 26: Chief Minister Omar Abdullah on Thursday directed the administration to undertake comprehensive skill mapping for the Sawalkote Hydroelectric Project and provide targeted training to local youth to ensure that the upcoming project generates maximum employment and entrepreneurial opportunities for the region. Chairing a district development review meeting in Ramban, the Chief Minister also called for extending support to young entrepreneurs under Mission YUVA, improving healthcare accessibility through replication of the 'Hospital on Wheels' initiative in remote areas, and preparing dedicated tourism development plans for destinations such as Tattapani-Sangaldan. He further reviewed progress in infrastructure, education, power, agriculture and other key sectors.

Chief Minister Omar Abdullah on Thursday directed the administration to identify the skill requirements of the Sawalkote Hydroelectric Project and facilitate targeted training of local youth to maximise employment and entrepreneurial opportunities arising



from the project.

Chairing a district development review meeting in Ramban, the Chief Minister also called for extending support to local youth under Mission YUVA to establish enterprises catering to the project's requirements.

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Centre Reviews J&K Security, Winter Preparedness and Infiltration Threats

Union Home Secretary chairs high-level meeting; focus on foreign terrorists, counter-terror operations and intelligence coordination

HT NEWS DESK / AGENCIES

JAMMU, NOV 26: Union Home Secretary Govind Mohan on Thursday chaired a high-level security review meeting in Jammu and Kashmir, taking stock of the prevailing security situation, winter preparedness, possible infiltration attempts and ongoing operations against foreign terrorists. The meeting, attended by senior officials of the Union Home Ministry, Intelligence Bureau, Army, Central Armed Police Forces, J&K Police and other security agencies, focused on strengthening intelligence-sharing mechanisms and improving operational coordination, particularly in the mountainous and forested areas of the Jammu division. The participants also reviewed measures to prevent local youth from joining militant



groups amid recent security developments, including the killing of two Special Police Officers in Kishtwar and a Lashkar-e-Taiba operative in Kulgam. Union Home Secretary Govind Mohan on Thursday held a detailed review of the security

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Rs 12.20 Lakh Job Fraud: Bandipora Man Arrested

HT NEWS DESK / AGENCIES

SRINAGAR, NOV 26: The Special Crime Wing of Crime Branch Kashmir has arrested a Bandipora resident for allegedly duping a Ganderbal family of Rs 12.20 lakh on the false promise of securing government jobs for their two sons and daughter. The accused, identified as Mohammad Abdullah Mir of Shilvat, Sumbal, was arrested in connection with a case registered in 2025 after investigators allegedly found that he had provided three forged appointment orders, including two purportedly issued by J&K Bank and one by the Forest Department. Verification from the concerned departments established that the

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VPN Ban: Rajouri Police Register Four FIRs

Cases filed against individuals for violating prohibitory orders; police warn of legal action against offenders



HT NEWS DESK / AGENCIES

RAJOURI, NOV 26: Rajouri Police have registered four separate FIRs against individuals allegedly using Virtual Private Network (VPN) services in violation of prohibitory orders imposed by the District Magistrate, Rajouri. The cases have been registered under Section 223 of the Bharatiya Nyaya Sanhita at police stations in Nowshera, Darhal, Sunderbani and Kandi against four individuals, including residents of Madhya Pradesh and Bihar. Police said the action was

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Kashmir's Dry Spell to Continue Till Dec 3, Snow Likely Thereafter

Srinagar records season's coldest night at -1.9°C for second consecutive day; stronger Western Disturbance expected December 7–10



HT NEWS DESK / AGENCIES

SRINAGAR, NOV 26: Kashmir is likely to remain cold and largely dry until December 3, with two Western Disturbances expected to influence Jammu and Kashmir between December 4 and 10, potentially bringing rain and snowfall to several areas. Srinagar recorded the season's lowest minimum temperature of minus 1.9 degrees Celsius for the second consecutive day, while Pahalgam registered minus 3.2 degrees Celsius and Qazigund minus 2 degrees Celsius, reflecting intensifying night-time cold across the Valley. According to the Meteorological Centre Srinagar, the first spell

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Can Kashmir's Saffron Survive the Garbage Menace? NGT Orders Probe

Tribunal forms joint panel to investigate alleged illegal dumping near Pampore fields; farmers seek closure of site and compensation

HT NEWS DESK / AGENCIES

SRINAGAR, NOV 26: Kashmir's prized saffron cultivation has come under renewed environmental scrutiny after the National Green Tribunal (NGT) ordered an inquiry into allegations of municipal waste dumping near saffron fields in Pampore, amid growing concerns over soil degradation and declining crop productivity. The tribunal has constituted a joint committee to investigate the alleged dumping of mixed waste and leachate near



agricultural land and submit its report within eight weeks. The intervention follows a petition by 37 farmers and environmentalist Raja Muzaffar Bhat, who have alleged that a dumping site spread over around eight acres has damaged saffron fields,

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J&K Police Reaffirms Commitment to Constitutional Values

Preamble-reading and pledge ceremonies held across Kashmir; officers stress protection of citizens' rights and constitutional principles

HT NEWS DESK / AGENCIES

SRINAGAR, NOV 26: Jammu and Kashmir Police on Thursday observed Constitution Day across the Kashmir Valley through Preamble-reading and pledge-taking ceremonies, with officers and personnel reaffirming their commitment to the constitutional principles of justice, liberty, equality and fraternity. The main functions were organised at district police headquarters, police lines and other establishments across the Valley, where senior officers administered the constitutional pledge and called upon personnel to uphold citizens' rights, maintain public trust and discharge their duties in accordance with the Constitution. The observances

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Continue from Front Page.....

"Constitution Must

1949, the Lieutenant Governor described it as a historic milestone that gave constitutional direction to independent India and laid the foundation for a democratic future based on justice, liberty, equality and fraternity.

The Lieutenant Governor said that the Constitution is not merely a legal document but a living expression of India's collective aspirations and democratic commitment. Emphasising the achievements of the nation over the past 77 years, he observed that India is reaching new heights in areas such as space, semiconductors, digital technology, science and innovation, made possible by the strong constitutional foundation laid by the nation-builders.

Paying tribute to Baba Saheb Dr Bhim Rao Ambedkar and other members of the Constituent Assembly, the Lieutenant Governor highlighted the importance of social democracy and fraternity in sustaining democratic institutions. The Lieutenant Governor underlined that legal and constitutional safeguards alone are not sufficient unless citizens recognise and respect the dignity, rights and aspirations of one another in everyday life.

Referring to rapid advances in artificial intelligence, quantum technology, biotechnology and space technology, the Lieutenant Governor stressed the need to protect liberty, privacy and human dignity in the digital age. The Lieutenant Governor said that technological progress must remain human-centric and aligned with constitutional values.

"Along with rapid technological change, our constitutional responsibilities are also growing. In the digital age, it is our responsibility to ensure that, amid technological progress, an individual's liberty, privacy and autonomy remain protected.

We must ensure that technology assists human beings, rather than making human beings subordinate to technology. At the same time, we must ensure that the spirit of mutual cooperation and coordination deepens in administrative processes at every level. Our goal should be that services and infrastructure reach every part of Jammu Kashmir with equal sensitivity and commitment, and that no person is left behind on the journey of development," he said.

The Lieutenant Governor also emphasised the importance of equal opportunities for youth, education and empowerment of women, dignity for farmers and workers, and responsive public institutions. He said that true development must expand opportunities and improve the quality of life of every citizen.

"India is not waiting for the future but building it. The Constitution gave future generations the foundation to achieve the unimaginable. Now, we must focus on true development, which means expanding opportunities, reducing inequalities and ensuring dignity for every citizen," he said.

Calling upon citizens to contribute actively to nation-building, the Lieutenant Governor urged them to uphold constitutional propriety, practise digital ethics, promote equality, conserve the environment, encourage scientific temper, participate in local governance and strengthen public faith in constitutional institutions.

"India needs nothing more than a group of honest people who will place the country's interests above their own. Our Constitution-makers have given us a strong democratic foundation. It is now our responsibility to build, upon that foundation, an India that becomes a source of inspiration, confidence and pride for generations to come," he said.

The Lieutenant Governor expressed confidence that the collective resolve, dedication and hard work of citizens would enable India to emerge as a developed nation rooted in constitutional values and democratic ideals. He urged all citizens to make the Constitution a guide for their conduct.

"Let us all together build a developed India that is prosperous in capability, liberal in thought, compassionate in conduct, inclusive in opportunity, and unwavering in its commitment to justice. May our resolutions be great, our dreams big, our efforts continuous, and our unity forever unbreakable," the Lieutenant Governor said.

The UT-level event commemorating the adoption of the Constitution was organised by the Department of Law, Justice and Parliamentary Affairs in collaboration with the Department of Culture.

Hon'ble Speaker, Jammu Kashmir Legislative Assembly, Shri Abdul Rahim Rather; Chief Secretary, Dr. Sajjan Singh Yadav; Additional Chief Secretary, Finance Department, Shri Shailendra Kumar; Additional Chief Secretary, Public Works (R&B), Shri Anil Kumar Singh; Principal Secretary to Lieutenant Governor Shri Govind Jaiswal; Commissioner Secretary, Department of Law, Justice and Parliamentary Affairs, Shri Achal Sethi; Secretary, Culture Department, Shri Ramesh Kumar; senior officials, prominent citizens and youth in large numbers attended the Constitution Day Celebration.

2036 Olympic

"The Olympic dream can open new opportunities for women across India," the Prime Minister said, drawing attention to an article by Sindhu that explores the wider implications of India's proposed Olympic hosting ambition for women in sports.

In her article, the Olympic medallist has highlighted how preparations for the 2036 Games could help build a more inclusive sporting ecosystem by improving access to infrastructure, identifying talent at the grassroots level and creating avenues for women to pursue sports as a profession.

Sindhu has also drawn attention to initiatives such as ASMITA, aimed at encouraging women's participation in sports and providing a platform to identify, nurture and promote emerging talent. Such initiatives, she suggests, can play an important role in widening the pool of women athletes and ensuring that sporting opportunities reach beyond established urban centres.

The badminton star has also emphasised the inspirational impact of successful women athletes, whose achievements can motivate younger generations to take up sports, overcome social and economic barriers and aspire to compete at the highest international level.

India has been seeking to host the 2036 Summer Olympics, projecting the ambition as a major opportunity to upgrade its sporting infrastructure, improve its standing in international competitions and develop a new generation of athletes.

The Olympic aspiration has also brought into focus the need to expand sporting facilities beyond metropolitan cities, particularly in smaller towns and rural areas, where considerable sporting talent often remains undiscovered. Equitable access to coaching, training facilities, financial support and competitive platforms for women would be crucial to making that ambition more inclusive.

Beyond the prestige of hosting the world's biggest sporting event, the proposed Olympic project could therefore have a wider social and economic impact. Greater participation in sports can open professional avenues for women as athletes, coaches, trainers and sports administrators, while also helping challenge entrenched gender stereotypes.

Sindhu's perspective brings a significant gender-empowerment dimension to India's Olympic ambition, underlining that the real legacy of hosting the Games would not be confined to medals, venues and international recognition, but could also lie in creating a sporting culture in which women and girls across the country have greater opportunities to participate, excel and achieve financial independence

Centre Reviews

situation in Jammu and Kashmir, with discussions focusing on counter-terrorism measures, border infiltration, winter security arrangements and the presence of foreign terrorists in the region.

The meeting brought together top officials from the Union Ministry of Home Affairs, Intelligence Bureau, heads of Central Armed Police Forces, senior Army commanders, Jammu and Kashmir Police officers and representatives of various intelligence and security agencies.

Officials said the participants examined the prevailing security challenges and reviewed ongoing operations against militants, particularly in the mountainous and forested belts of the Jammu division, where foreign terrorists are believed to be operating.

The meeting also discussed possible infiltration attempts, the need for stronger intelligence-sharing mechanisms and improved coordination among security agencies to deal with emerging threats.

Another key issue taken up during the deliberations was preventing local youth from joining militant groups, with emphasis on measures to stop recruitment and strengthen efforts to counter militancy.The high-level review comes amid a series of recent security developments in Jammu and Kashmir, including the killing of two Special Police Officers in the Dachhan area of Kishtwar district and the encounter in Kulgam in which Lashkar-e-Taiba operative Mohammad Lateef Bhat was killed.The meeting assumes significance as security agencies continue to assess the challenges posed by terrorist activity and maintain preparedness across the Union Territory during the winter months. (KINS)

Omar Seeks

The meeting, attended by ministers, the Chief Minister's Advisor and MLAs representing Ramban and Banihal, reviewed the progress of development works and service delivery across key sectors, according to a statement posted on X by the Chief Minister's Office.

The review covered highways, power, water supply, rural development, agriculture, tourism, education, healthcare, social welfare and disaster management.

Taking note of the performance of Aspirational Block Khari and the district's 'Hospital on Wheels' initiative, Abdullah called for replicating these models in other remote areas to improve service delivery, particularly healthcare accessibility in difficult terrain.

The Chief Minister also appreciated the district administration's efforts to reduce road accidents.

Responding to issues raised by the MLAs, Abdullah directed the ministers concerned to examine matters pertaining to gypsum mining clearances and ensure equitable upgradation of power infrastructure under the Revamped Distribution Sector Scheme (RDSS).

He also called for dedicated tourism development plans for destinations such as Tattapani-Sangaldan to harness their tourism potential.

Reviewing the education sector, the Chief Minister sought targeted interventions to improve student enrolment in schools and colleges across the district.

Abdullah stressed a coordinated approach to skill development and entrepreneurship to ensure that the economic opportunities generated by the Sawalkote Hydroelectric Project translate into employment and livelihood opportunities for the local population. (KNS)

Rajnath Calls

maintaining the ability to respond effectively to immediate threats amid changing geopolitical dynamics and the evolving nature of warfare.

Addressing the convocation and valedictory ceremony of the 66th National Defence College (NDC) Course in New Delhi, Singh said the changing global balance of power, emergence of new centres of influence and shifting international alliances had made the security environment increasingly complex.

He pointed out that conventional military threats were now accompanied by cyberattacks, disinformation campaigns, economic pressure, supply chain disruptions and other forms of hybrid warfare, blurring the distinction between internal and external security as well as peace and conflict.

Highlighting India's strategic position, he said the country's extensive land borders, maritime interests and growing international responsibilities required a forward-looking approach to national security.

The Defence Minister stressed the need to establish a stronger link between strategic learning, research and national security policymaking. He said the NDC provided an important platform for senior officers from the armed forces, civil services and friendly foreign countries to share their professional experience and contribute to strategic thinking.

He suggested that the NDC, in consultation with the Ministry of Defence, identify important contemporary security challenges for detailed study during every course. These could include border management, maritime security, critical technologies, economic security, protection of critical infrastructure and emerging internal and external threats.

Singh also called for involving serving senior military officers, civil servants and other government officials in identifying real-world security and policy challenges for examination by course participants.

Emphasising the practical value of academic research, he said studies conducted at the institution should go beyond classroom discussions and academic papers. Selected research projects, he suggested, should be developed into detailed reports with practical recommendations and submitted to the concerned ministries for consideration.

He said every NDC course should contribute not only trained strategic leaders but also valuable research and policy recommendations that strengthen the country's institutional knowledge and national security preparedness.

Referring to the importance of decision-making under uncertain conditions, Singh said national security leaders often have to make decisions without complete information or the opportunity to examine every possible alternative. He called for strengthening strategic gaming exercises at the NDC by incorporating emerging technologies and realistic scenarios to help participants understand the wider consequences of their decisions.

The Defence Minister also appreciated the introduction of specialised sessions on Artificial Intelligence, Machine Learning, Robotics, Unmanned Autonomous Vehicles, aerospace technologies and semiconductors. He welcomed the dedicated AI capsule and the inclusion of closed-loop AI concepts in strategic gaming exercises.

He also highlighted the introduction of the Executive MBA in Strategic Leadership and Public Policy in association with IIT Madras, saying the initiative would bring additional expertise in management, science and technology into the study of national security.

Underlining the importance of international cooperation, Singh said the participation of officers from friendly countries at the NDC helped develop professional relationships, mutual understanding and lasting partnerships.

He also referred to the International Strategic Engagement Programme (INSTEP), whose fourth edition recently brought together 25 participants from 22 Global South countries, along with 10 senior officers from India's Defence Forces and Civil Services and three representatives from defence companies.

He said India believed in addressing global challenges through cooperation based on respect for sovereignty, mutual trust and shared responsibilities, adding that the international alumni network of the NDC could contribute to stronger bilateral relations and international cooperation.

NDC Commandant Air Marshal Manish Kumar Gupta, Dean (Faculty) of IIT Madras Prof K Murali, senior Ministry of Defence officials, faculty members and course participants attended the ceremony.

About the 66th NDC Course

The 66th NDC Course runs for 47 weeks, from January to November, and covers six areas of study, including India's strategic environment, economic security, science and technology, global issues, international security and national security strategies and structures.

A total of 122 officers from India and other countries participated in the course. They included personnel from the Indian Defence Forces, Civil Services, Police Services and other government organisations, besides 40 foreign officers representing 24 countries.(KINS)

Rs 12.20 Lakh

documents were fake, while the court of City Judge, Srinagar, granted nine days of police remand for further investigation and recovery of evidence.

The Special Crime Wing (SCW) of Crime Branch Kashmir has arrested a Bandipora resident for allegedly duping a Ganderbal family of Rs 12.20 lakh on the pretext of providing jobs to three of its members.

The accused, identified as Mohammad Abdullah Mir, son of Abdul Gaffar Mir, a resident of Shilvat, Sumbal in Bandipora district, was arrested on November 25 in connection with FIR No. 09/2025 registered under Sections 420, 467, 468 and 471 of the IPC.

Crime Branch said the accused had allegedly taken Rs 12.20 lakh from a Ganderbal resident on the false promise of securing jobs for his two sons and daughter.

During the investigation, it was revealed that the accused had allegedly provided three forged appointment orders, including two purportedly issued by J&K Bank and one by the Forest Department.

Verification from the respective authorities established that the appointment orders were fake and had never been issued by the competent authorities, Crime Branch said.

The accused is also named in four other criminal cases, including FIR No. 42/2026 registered at Police Station Kunzer, in which a chargesheet has been filed; FIR No. 100/2023 at Police Station Kokernag; FIR No. 49/2023 of the Economic Offences Wing, Crime Branch Kashmir; and FIR No. 73/2022 at Police Station Kothibagh, Srinagar.

Investigators are examining possible links between the cases, the involvement of associates and the modus operandi of the accused, besides identifying other potential victims of similar frauds.

Efforts are also underway to recover electronic devices and other material allegedly used in preparing the forged appointment orders.

The accused was produced before the Court of City Judge, Srinagar, which granted nine days of police remand to the Special Crime Wing for further investigation, interrogation and recovery of evidence.

Crime Branch has appealed to anyone who may have been similarly cheated by the accused on the pretext of arranging government jobs to approach the Police Station Special Crime Wing, Crime Branch Kashmir, Srinagar, and share relevant information.

Further investigation is underway, it added. (KNS)

VPN Ban

aimed at ensuring strict implementation of the restrictions and maintaining peace and security in the district, while urging the public to comply with the orders and warning that violations would invite legal consequences.Rajouri Police have registered four separate FIRs against individuals found using Virtual Private Network (VPN) services in violation of prohibitory orders issued by the District Magistrate, Rajouri.

Details accessed by the news agency—Kashmir News Observer (KNO) reveal that the cases have been registered under Section 223 of the Bharatiya Nyaya Sanhita (BNS) at four police stations across the district.

An FIR (No. 242/2026) has been registered at Police Station Nowshera against Ram Bihari Choudhary, a resident of Panna district in Madhya Pradesh.

Police Station Darhal has also registered FIR No. 92/2026 against Ghulam Mustafa, a resident of Chowkian, Darhal, while Police Station Sunderbani has registered FIR No. 79/2026 against Neeraj Kumar, a resident of Samastipur district in Bihar.

Another case (FIR No. 177/2026) has been registered at Police Station Kandi against Mohd Sageer, a resident of Kandi area of Kotranka tehsil in Rajouri district.

Police said the action was part of efforts to ensure strict implementation of the prohibitory orders issued by the District Magistrate and warned that violations would invite legal action under the law.

Rajouri Police have further appealed to the public to refrain from using VPN services in violation of the restrictions and cooperate with the authorities in maintaining peace, security and law and order in the district—(KNO)

Can Kashmir's

encouraged rodent infestation and adversely affected local livelihoods. A scientific study highlighting the association between deteriorating soil quality, heavy-metal contamination and declining saffron growth has further intensified concerns, although it did not specifically examine the Pampore dumping site.

A study linking depleted soil nutrients and higher heavy-metal levels with declining saffron growth in Kashmir has added to concerns over environmental damage to the region's prized crop, as the National Green Tribunal (NGT) has ordered an inquiry into alleged municipal waste dumping near saffron fields in Pampore.

The NGT has formed a joint committee to investigate the allegations and submit a report within eight weeks. The order came during the first hearing of a petition filed by 37 farmers and environmentalist Raja Muzaffar Bhat, who have sought closure of the dumping site and compensation for affected farmers.

The study, accessed by the news agency—Kashmir News Observer (KNO), examined soil samples from Pampore and Chandhara in Pulwama district and Chadoora in Budgam district. Researchers Syed Owais Mushtaq, Parshant Dahiya, Anjali Awasthi and Chandra Shekhar Yadav assessed soil characteristics, including organic matter, available phosphorus and moisture, as well as heavy-metal concentrations.

The findings suggested that a decline in soil organic matter, available phosphorus and moisture, along with an increased heavy-metal load, may be associated with a fall in saffron quantity and quality. The researchers said soil characteristics and heavy-metal levels play an important role in saffron growth, while recommending further research.

The study did not examine the Pampore dumping site specifically. However, its findings have drawn attention to the vulnerability of saffron cultivation to soil degradation, amid allegations that waste is being dumped close to farms in the area.

According to the petitioners, municipal authorities have been dumping mixed waste on around eight acres of land near saffron fields in Patalbag village since 2022. They claim about 50 mini-truckloads of rubbish arrive from Pampore town every day.

The petitioners' lawyer Saurabh Sharma said their plea included an inspection report by the Jammu and Kashmir Pollution Control Committee (JKPCC), which confirmed the presence of mixed waste and leachate — contaminated liquid that seeps from accumulated waste.

The tribunal took note of the findings and observed that there was prima facie evidence of environmental damage, he said.

Residents say the dumping site has attracted rodents, stray dogs and birds, damaging crops and creating unsanitary conditions.

Some farmers have abandoned saffron cultivation because of rodent infestations, while others have shifted to apples and other horticultural crops but continue to face pest-related problems.

Bhat estimated that 200 to 250 acres of saffron fields had been destroyed and said an increase in stray dogs around the dumping site had made it difficult for farmers to access their land.

He said a scientist from Sher-e-Kashmir University of Agricultural Sciences and Technology (SKUAST-K) had been included in the joint committee. Residents allege that rodents burrow into fields, damaging saffron corms and affecting flowering. They have demanded the complete removal of the dumping yard.

JKPCC regional director Safir Hussain Shah said the landfill was illegal and that the committee was investigating it and taking action for environmental compensation.

The tribunal has listed the matter for February 3, 2027—(KNO)

Kashmir's Dry

of precipitation is likely between December 4 and 6, followed by a comparatively stronger weather system from December 7 to 10.): Kashmir is likely to experience continued cold and dry weather conditions until December 3, while two Western Disturbances are expected to affect Jammu and Kashmir between December 4 and 10, potentially bringing rain and snowfall to parts of the region.

Srinagar recorded the season's lowest minimum temperature of minus 1.9 degrees Celsius for the second consecutive day, as several other parts of the Valley also witnessed freezing or near-freezing night temperatures.

According to the latest weather data, accessed by the news agency—Kashmir News Observer (KNO), Pahalgam recorded a minimum temperature of minus 3.2 degrees Celsius, followed by Qazigund at minus 2 degrees Celsius and Kupwara at minus 1.6 degrees Celsius.

Gulmarg recorded a low of 1 degree Celsius, while Kokernag settled at 0 degrees Celsius. Shopian also continued to remain among the coldest areas of the Valley.

In the Jammu region, Jammu city recorded a minimum temperature of 10.6 degrees Celsius, Katra 9.8 degrees Celsius, Banihal 7.3 degrees Celsius, Batote 6.8 degrees Celsius and Bhaderwah 3 degrees Celsius.

The Meteorological Centre Srinagar has forecast generally dry weather from November 26 to 30 and December 1 to 3, with cold conditions likely to persist across most districts of Kashmir division during this period.

However, a change in weather conditions is expected from December 4, when generally cloudy skies are likely to prevail across Jammu and Kashmir, with light rain or snowfall at scattered places between December 4 and 6.

Meanwhile, Kashmir Weather Forecast, citing the latest indications from various weather models, has indicated the possibility of two successive Western Disturbances affecting Jammu and Kashmir during December 4-10.

The first weather system is expected to influence the region between December 4 and 6, while the second system, which could be comparatively stronger, is likely to affect Jammu and Kashmir from December 7 to 10.

Further updates regarding the intensity and impact of the two weather systems are expected in the coming days as forecast models become clearer.

The anticipated weather activity could bring the first significant change in the prevailing dry conditions after an extended period of largely precipitation-free weather across the region—(KNO)

J&K Police Reaffirms

witnessed participation from officers and personnel across Srinagar, Budgam, Ganderbal, Pulwama, Kulgam, Shopian, Anantnag, Bandipora, Baramulla, Kupwara, Handwara, Sopore and Awantipora.

Jammu and Kashmir Police on Thursday observed Constitution Day (Samvidhan Diwas) across its establishments in the Kashmir Valley, with officers and personnel participating in Preamble reading and pledge-taking ceremonies.

In Srinagar, the main function was held at the District Police Office, where SSP Srinagar Dr G.V. Sundeep Chakravarthy led officers and personnel in reading the Preamble to the Constitution of India. SP Headquarters, DySP Headquarters, ADO and other officers attended the ceremony.

In Budgam, SSP Hariprasad K.K. administered the constitutional pledge to police personnel at District Police Lines (DPL). Similar ceremonies were held at District Police Headquarters and other police establishments across the district.

In Ganderbal, the SSP administered the pledge to officers and personnel at District Police Headquarters, reaffirming their commitment to the constitutional principles of justice, liberty, equality and fraternity.

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Javid Dar calls for upholding constitutional values in everyday governance; lauds ministerial employees for backbone role in administration

■ HT News Network

SRINAGAR, NOVEMBER 26: Minister for Agriculture Production, Finance, Mining and Cooperative Departments, Javid Ahmad Dar, today attended the Constitution Day and Ministerial Employees Day celebrations as the chief guest at SKICC, Srinagar.

Organised by the Jammu and Kashmir All Departments Clerical Staff Association (Ministerial Cadre), the event recognised the vital contribution of ministerial employees to the effective functioning of Government administration.

Addressing a large gathering of employees, the Minister described ministerial employees as the backbone of the administrative system. He said their experience, dedication and professionalism are vital to the smooth functioning of every department and to the timely delivery of public services.

Highlighting the changing nature of governance, Javid Dar stressed the need for employees to adapt to digital technologies and emerging tools, including Artificial Intelligence, while firmly maintaining the values of human judgement, accountability and integrity.



He said technology should be used to strengthen efficiency, not to replace responsibility.

The Minister also underscored the need to move beyond routine file processing towards a citizen-centric approach. He observed that the true purpose of administration is not merely to move files but to resolve people's problems and ensure timely delivery of services.

Acknowledging the concerns relating to promotions, career progression and workload, the Minister said these issues deserve due consideration through appropriate administrative channels. He added that continuous capacity building and professional development must remain a priority so that employees are equipped to meet the evolving demands of governance.Referring to Constitution Day, Javid Dar said the constitutional values of justice, liberty, equality and fraternity must find expression in the everyday functioning of Government institutions. He called upon the employees to discharge their responsibilities with honesty, efficiency and a spirit of public service.HoDs of Agri and Allied Departments, senior officers, office-bearers of the Employees Association, representatives of the ministerial cadre and employees from various government departments attended the programme.The Minister also underscored the need to move beyond routine file processing towards a citizen-centric approach. He observed that the true purpose of administration is not merely to move files but to resolve people's problems and ensure timely delivery of services.

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J&K Resident Commissioner's Office observes Constitution Day

■ HT News Network



NEW DELHI, NOVEMBER 26: The Office of the Resident Commissioner, Jammu and Kashmir, today observed Constitution Day with great enthusiasm and reverence, commemorating adoption of the Constitution of India.

On the occasion, all officers and officials of the office read out the Preamble to the Constitution in unison, reaffirming their commitment to the values of justice, liberty, equality and fraternity enshrined in it. The participants also took a solemn pledge to uphold the Constitution and discharge their duties with honesty, integrity and dedication towards the nation and its citizens.

The ceremony was marked by a spirit of unity, patriotism and constitutional pride. The officers and officials reiterated their resolve to work in accordance with the constitutional ideals and to serve the people of Jammu and Kashmir with transparency, accountability and compassion.

Among those present on the occasion were Additional Resident Commissioner, Anil Sharma, Additional Secretary Supriya Kohli, along with other officers and officials of the Resident Commissioner's Office.

The participants expressed that Constitution Day is not merely a day of remembrance but a day of rededication to the democratic values that form the foundation of the country.

Meanwhile, the Kashmir Bureau of Information alsocelebrated the national event with equal fervour. The officers and officials of the Bureau gathered to read out the Preamble and took the pledge to preserve and protect the Constitution.

High Court of Jammu & Kashmir and Ladakh Commemorates Constitution Day at Jammu

■ HT News Network



JAMMU, NOVEMBER 26: The High Court of Jammu & Kashmir and Ladakh commemorated the 77th Constitution Day with solemnity and reverence at its Jammu Wing today, marking the adoption of the Constitution of India on November 26, 1949.

On the occasion, Chief Justice, Dr. Justice Pushpendra Singh Bhati, led the reading of the Preamble to the Constitution of India, followed by Judges, Judicial Officers and Officers/officials of the Registry present on the occasion.

The ceremony was graced by the august presence of Justice Rajnesh Oswal, Justice Wasim Sadiq Nargal, Justice Rajesh Sekhri, Justice Sanjay Parihar and Justice Yash Paul Bourney.

The event was attended by Registrar General, High Court of Jammu & Kashmir and Ladakh, Mohinder Kumar Sharma; Registrar Vigilance and Director, J&K State Judicial Academy, Rajiv Gupta; Member Secretary, J&K Legal Services Authority, Shazia Tabassum; Registrar Rules, Faizan-ul-Haq Iqbal; Registrar Judicial, Swati Gupta,; Registrar (IT), Umesh Sharma; Joint Registrar (Judicial/Protocol), Meyank Gupta; Secretary, High Court Legal Services Committee, Sunil Kumar; Central Project Coordinator e-Courts, Faizan-I-Nazar; Registrar (Recruitment), Baldev Raj; Registrar (Personal Staff), Pankaj Kumar Gupta; Registrar (Estates), Ajay Kumar; besides other officers and officials of the High Court Registry.

The observance reaffirmed the institution's commitment to the constitutional ideals of justice, liberty, equality and fraternity, and its resolve to uphold constitutional values, judicial independence and the rule of law.

District Admin Pulwama conducts District-Level Civil Defence Air Raid, Blackout Mock Exercise

■ HT News Network



PULWAMA, NOVEMBER 26: District Administration Pulwama today conducted a district-level Civil Defence Mock Exercise at District Police Lines (DPL), Pulwama, to assess and strengthen disaster preparedness, emergency response capabilities, resource mobilisation and inter-departmental coordination during emergency situations.

The drill included simulation of various emergency and critical scenarios requiring a multi-agency response through coordinated efforts of all departments, along with volunteers and members of the public.

The mock exercise involved coordinated participation of the Police Department, Civil Defence, SDRF, Home Guards, Fire and Emergency Services, Health Department with each agency demonstrating its designated operational responsibilities, including warning dissemination, rescue and evacuation, firefighting, medical response, casualty management and emergency arrangements.

The exercise aimed to evaluate the preparedness of participating agencies, test response mechanisms and enhance coordination among departments in effectively handling emergency situations.

The drill was conducted under the observation of the Additional Deputy Commissioner Pulwama, who is also the CEO of the District Disaster Management Authority, along with Additional SP Pulwama; Assistant Commissioner Revenue, Pulwama and other senior officers of Police and Civil Administration. On the occasion, the Additional Deputy Commissioner stated that the exercise formed part of routine mock drills conducted to strengthen preparedness, enhance coordination.

Bandipora joins UT-Level celebrations of Constitution Day 2026

■ HT News Network



BANDIPORA, NOVEMBER 26: The District Administration Bandipora today joined the UT-level celebrations of Constitution Day, marking the adoption of the Constitution of India.

The Lieutenant Governor of Jammu and Kashmir, Shri Manoj Sinha, led the Preamble reading ceremony at the UT level, with officers and officials across the Union Territory participating in the event.

In Bandipora, Deputy Commissioner Indu Kanwal Chib, along with district officers and officials, participated in the Preamble reading ceremony. Similar programmes were also held at Sumbal and Gurez Sub-Divisions.

On the occasion, the Deputy Commissioner highlighted that ensuring equal opportunities for all is a shared responsibility, stressing that everyone should get the chance to grow and progress together.

VC LCMA reviews progress of ongoing revitalisation works of Dole Demb area

Take stock of dredging and development activities across various Dal Lake localities

■ HT News Network



SRINAGAR, NOVEMBER 26: Vice Chairman, J&K Lake Conservation and Management Authority (LCMA), Khurshid Ahmad Shah, today undertook a follow-up visit to Dole Demb area of Dal Lake to review the progress of ongoing revitalisation works and take stock of dredging and development activities across various Dal Lake localities.

He was accompanied by senior officers of the Authority and other concerned officials, who briefed him on the progress of the ongoing works.

At Dole Demb, the Vice Chairman reviewed the removal of bushes, Petsi and other aquatic vegetation, along with clearance of the identified area for its proposed development as a recreational space. He also inspected the ongoing dredging operations at Khan Mohalla, aimed at improving water circulation, flushing and navigational connectivity. Besides, he reviewed other development and improvement works being undertaken at Karapora, Kabootar Khana, Kooli Mohalla, Moti Mohalla, Kati Mohalla and Out Kadal.

The Vice Chairman also directed the concerned officers to undertake dredging of Nishat Paw, particularly the channel leading from Nishat Basin towards the Vegetable Market and the Ashaibagh side of the lake, to improve navigational connectivity, facilitate water circulation.

Emphasising the importance of water quality improvement, he stressed the need for effective dredging and channel clearance to improve water circulation, reduce stagnation and strengthen the ecological health of Dal Lake. He directed the officers to ensure timely execution and regular monitoring of all works.

The ongoing interventions reflect JKLCMA's continued efforts towards improving water quality, restoring the lake environment, strengthening navigational connectivity and enhancing the overall development of Dal Lake and its interior localities. He was accompanied by senior officers of the Authority and other concerned officials, who briefed him on the progress of the ongoing works.At Dole Demb, the Vice Chairman reviewed the removal of bushes, Petsi and other aquatic vegetation, along with clearance of the identified area for its proposed development as a recreational space. He also inspected the ongoing dredging operations at Khan Mohalla, aimed at improving water circulation, flushing and navigational connectivity. Besides, he reviewed other development and improvement works being undertaken at Karapora, Kabootar Khana, Kooli Mohalla, Moti Mohalla, Kati Mohalla and Out Kadal.

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Baramulla celebrates Constitution Day with Preamble Oath, Awareness Exhibition, Interactive Activities

■ HT News Network



BARAMULLA, NOVEMBER 26: District Administration Baramulla today celebrated Constitution Day (Samvidhan Diwas) with enthusiasm, reaffirming its commitment to the constitutional values and democratic principles enshrined in the Constitution of India.

On the occasion, the Deputy Commissioner, along with other officers and officials joined the UT-level Constitution Day function virtually from the DC Office Complex Baramulla. The UT-level function was organised at the Convention Centre, Jammu, and presided over by the Lieutenant Governor of Jammu and Kashmir, Shri Manoj Sinha.

At the District level, Deputy Commissioner Baramulla, Dr. S.F. Hamid, led the observance by administering the Preamble oath to officers, officials and other participants at the premises of the Deputy Commissioner's Office, Baramulla

As part of the celebrations, the Information Department Baramulla established exhibition boards within the DC Office premises, showcasing informative displays on the Constitution of India. Students present at the venue apprised visitors about the Constitution, its significance, fundamental principles and various constitutional provisions, thereby spreading awareness among the participants and visitors.

A dedicated selfie point was also set up by the Information Department, which attracted students, officers and other visitors, who enthusiastically captured photographs to mark the occasion.

The programme aimed at promoting constitutional awareness, particularly among the younger generation, and familiarising people with the ideals of justice, liberty, equality and fraternity enshrined in the Constitution.

MLA Pampore, DC Pulwama review Sector-Wise Progress of Developmental Works in Pampore Constituency

■ HT News Network



PULWAMA, NOVEMBER 26: Member of Legislative Assembly, Pampore, Justice (Retd.) Hasnain Masoodi and Deputy Commissioner (DC) Pulwama, Kuldeep Krishan Sidha, today jointly chaired a comprehensive review meeting at the Meeting Hall of the Entrepreneurship Development Institute (EDI), Pampore, to assess the progress of developmental works and implementation of various schemes across the Pampore Assembly Constituency.

The meeting was attended by Additional District Development Commissioner, Pulwama, Gulzar Ahmad Bhat; Additional Deputy Commissioner Awantipora, Mushtaq Ahmad Lone; Joint Director Planning Pulwama, Aashiq Khanday; Assistant Commissioner Development, Assistant Commissioner Panchayat, Chief Medical Officer, Chief Education Officer, Chief Horticulture Officer, Chief Agriculture Officer, Chief Animal Husbandry Officer, District Sheep Husbandry Officer, Executive Engineers of various departments, Tehsildars, Block Development Officers, Executive Officer and other concerned district and sectoral officers.

During the meeting, concerned officers from various departments presented detailed sector-wise progress reports and apprised the chair of the status of ongoing and completed developmental works being executed under District Capex, UT Capex, Centrally Sponsored Schemes, Constituency Development Fund, NABARD and other flagship programmes. The physical and financial progress of projects, expenditure, implementation status and issues affecting execution were discussed in detail.

A comprehensive review of key sectors, including Jal Shakti, Irrigation and Flood Control, Roads and Buildings, PMGSY, Rural Development, Health, Education, Agriculture, Horticulture, Animal and Sheep Husbandry, Power Development and Urban Local Bodies, was undertaken. The chair reviewed the status of water supply schemes, road connectivity projects, flood protection and restoration works, healthcare infrastructure, educational facilities, rural development initiatives and other public utility projects being implemented across the constituency.

The Rural Development sector was reviewed with particular focus on implementation of works under District Capex, CDF, MGNREGA, PMAY-G and other rural development schemes.

During the meeting, the Deputy Commissioner directed the concerned officers to accelerate the pace of execution, ensure optimal utilisation of available funds and maintain close field-level monitoring to ensure that developmental works are completed within the stipulated timelines. They also reviewed progress in the Health and Education sectors, including ongoing healthcare infrastructure projects, upgradation of health facilities, school infrastructure and other initiatives aimed at improving public service delivery. The concerned officers were directed to address pending issues and ensure timely completion of ongoing projects.

Progress under Agriculture, Horticulture, Animal Husbandry and Sheep Husbandry sectors was also assessed, with emphasis on effective implementation of beneficiary-oriented schemes and strengthening livelihood opportunities. The status of works and initiatives being undertaken by MC Pampore was also reviewed.

MLA Pampore, Justice (Retd.) Hasnain Masoodi, highlighted various developmental priorities and issues concerning the constituency, emphasising the need for coordinated efforts by all line departments to address public concerns and bridge infrastructure gaps.

The DC emphasised strict monitoring of developmental works, adherence to quality specifications and timely utilisation of funds under various budgetary heads. He also reviewed the winter preparedness and directed that all available machinery and manpower shall remain fully prepared to meet the winter related requirements.

District Shopian conducts civil defence air raid mock drill to strengthen Emergency Preparedness

Multi-agency exercise demonstrates coordinated rescue operations and emergency response readiness

■ HT News Network



SHOPIAN, NOVEMBER 26: An awareness programme on Cyber Security and Digital Safety was organised today at the Auditorium Hall of Government Degree College (GDC) Shopian by the Department of Information and Public Relations (DIPR), Shopian, in collaboration with the DIPR's Cultural Unit Kashmir.

Students from various schools participated in the programme and shared their perspectives on cyber security and digital safety. They highlighted the importance of password protection, data privacy, safe internet usage and avoiding suspicious links. Emphasising the principles of "Think Before You Click" and "Verify Before You Trust," the students also spoke about ways to prevent online fraud and cybercrime.

Cyber security experts and senior scientists also addressed the gathering, sensitising participants about emerging cyber threats, digital frauds and preventive measures. They stressed the need to remain vigilant while using social media and online platforms and to protect personal information and digital credentials.

Deputy Commissioner Shopian, Charandeep Singh, was the Chief Guest on the occasion. Addressing the gathering, he underscored the growing importance of cyber security and digital safety in today's technology-driven world, particularly for the younger generation.

He observed that Gen Z remains extensively connected to social media and digital platforms, making it essential to understand the risks and responsibilities associated with the digital environment. He emphasised that being connected to a network does not necessarily ensure safety unless users are aware of and follow appropriate cyber security measures.

The DC advised students to exercise caution while clicking on links, sharing information or interacting online, and cautioned them against cyber frauds, including digital arrest scams. He also highlighted the increasing use of artificial intelligence and computer networks, stating that while technology has become indispensable, it must be adopted responsibly, with due care to ensure the safety of personal data and digital credentials.

Calling upon students to become master trainers, the DC urged them to disseminate cyber safety awareness among the wider community, particularly parents and senior citizens. He also stressed the need for regular dissemination of cyber safety advisories through social media by the District Administration.

The programme also featured cultural performances by the Cultural Unit Kashmir, adding an engaging and informative dimension to the awareness initiative.

The event was attended by Additional Deputy Commissioner Shopian, Dr. Zakir Hussain Faaz, Principal GDC Shopian, Prof. Dr. Tariq Ahmad Mir, Deputy Director Information, Srinagar, Zubair Ahmad Latoo; Cultural Officer , Raqib Ahmad Bhat; District Information Officer Shopian, Sajad Ahmad Shah; officers and officials from the Cultural Unit Kashmir and other officers.

Constitution Day celebrated at Kulgam

Pledge ceremonies held to reaffirm constitutional values

■ Farooq Rather



KULGAM, NOVEMBER 26: Constitution Day (Samvidhan Divas) was celebrated across Kulgam district today, to commemorate the adoption of the Constitution of India and reaffirm the values and principles enshrined in it.

On the occasion, Deputy Commissioner (DC) Kulgam, Shahzad Alam, administered the Constitution Day pledge to officers and officials at Conference Hall, Kulgam, reaffirming their commitment to uphold the constitutional values and democratic principles.

Meanwhile, a separate pledge ceremony was held at the Auditorium of the Mini Secretariat, Kulgam, where the pledge was administered by ADDC Kulgam, Altaf Ahmad Khan.

The observance served as a reminder of the importance of the Constitution in guiding governance, safeguarding citizens' rights and promoting unity, integrity and democratic ideals.

AGS Bandipora Celebrates Annual Day

■ HT News Network

BANDIPORA, NOVEMBER 26: Gopi Singh Rathore Army Goodwill School (AGS), Bandipora, today celebrated its Annual Day for the academic session 2025-26 with enthusiastic participation of students, parents and faculty members. Deputy Commissioner (DC) Bandipora, Indu Kanwal Chib, congratulated the students and appreciated their efforts and achievements. She emphasised the importance of parental involvement in such occasions, urging parents to engage with their children, understand their interests and communicate with them regularly.

Constitution Day Celebrated across Shopian, DC leads Preamble Reading

■ HT News Network



SHOPIAN, NOVEMBER 26: Constitution Day (Samvidhan Divas) was celebrated today across District Shopian with great enthusiasm and patriotic fervour to commemorate the historic adoption of the Constitution of India by the Constituent Assembly on November 26, 1949.

The main commemorative event was held at the Mini-Secretariat Complex, Arhama, Shopian, under the chairmanship of Deputy Commissioner (DC) Shopian, Charandeep Singh.

On this occasion, the Deputy Commissioner administered the collective reading of the Preamble to district officers, sectoral heads, officials, students and civil society members, reaffirming their commitment to the core constitutional ideals of Justice, Liberty, Equality and Fraternity.

Addressing the participants, the DC highlighted the enduring significance of the Indian Constitution as the supreme guiding framework and cornerstone of the nation's democracy and governance.

Paying rich tributes to Dr. B.R. Ambedkar and the members of the Constituent Assembly, he urged all officers and public servants to uphold constitutional morality, transparency, and accountability in their everyday functioning. He further stressed that public officials must remain sensitive, accessible, and responsive toward citizens, listen to their grievances patiently, and ensure respectful, timely and inclusive public service delivery.

The celebration also featured a quiz programme, Essay writing and cultural performances by students from various educational institutions, underscoring the importance of constitutional awareness, national unity and democratic values among the younger generation.

The observance formed part of the district-wide commemoration, alongside awareness initiatives and digital documentation on MyGov and constitution.

SSP, Shopian, Mushtaq Ahmed Choudhary, ADDC, Dr. Nasir Ahmed Lone, ADC, Dr. Zakir Hussain Faaz, ACR, Shakoor Ahmed Dar, DPO, Mohammed Imran, Senior district officers, sectoral heads, staff members, Traders Federation, Civil Society Members, students, and officials of the District Administration participated in the event.

MY Bharat Kupwara organises 'Yuva Samvad Samvidhan Edition' at GDC Handwara

■ HT News Network

HANDWARA, NOVEMBER 26: MY Bharat Kupwara, Ministry of Youth Affairs and Sports, Government of India organised 'Yuva Samvad – Samvidhan Edition' at Government Degree College (GDC), Handwara, with enthusiastic participation from over 200 students, MY Bharat volunteers and National Youth Volunteers (NYVs).

The programme aimed to promote constitutional awareness, democratic values and active youth participation while inspiring young people to contribute towards the vision of Viksit Bharat@2047.

The Principal of Government Degree College Handwara attended the programme as the Chief Guest. Youth Icon Nazakat Ahmad, Sports Icon, and the President of the Youth Club were also present on the occasion.

During the programme, Youth Icon Nazakat Ahmad delivered a brief presentation on Yuva Samvad – Viksit Bharat @2047, highlighting the importance of youth leadership, active citizenship, innovation and collective responsibility in building a developed India. Zubair Ahmad, Social media Coordinator Jammu and Kashmir, also attended the programme and interacted with students. During his interaction, he encouraged young participants to understand their constitutional responsibilities.

Six-Week ESDP on "Introduction to Computer Hardware Maintenance" concludes at Microminds ITS Budgam

■ HT News Network

BUDGAM, NOVEMBER 26: The Branch MSME Development & Facilitation Office (DFO), Srinagar, Ministry of Micro, Small and Medium Enterprises (MSME), Government of India, successfully concluded a Six-Week Entrepreneurship and Skill Development Programme (ESDP) on "Introduction to Computer Hardware Maintenance" at Microminds ITS, Budgam, organised in collaboration with ITI Budgam.

The six-week programme aimed at equipping aspiring entrepreneurs and unemployed youth with basic technical knowledge and practical skills in computer hardware maintenance, while encouraging them to explore self-employment and entrepreneurial opportunities in the IT services sector.

During the technical training component, participants were introduced to various computer hardware components, their functions, basic assembly and disassembly, installation of hardware devices, identification of common hardware faults,

Constitution Day Celebrated across All Government Offices, Educational Institutions in Handwara Sub-Division

■ HT News Network

KUPWARA, NOVEMBER 26: Constitution Day was observed today across all government offices and educational institutions of Handwara Sub-Division with the organisation of Preamble Reading Ceremonies to reaffirm commitment to the ideals and values enshrined in the Constitution of India.

The main ceremony was held at the Additional Deputy Commissioner (ADC) Complex, Handwara, where ADC, Handwara, Javed Naseem Masoodi, led officers, officials and staff members in collectively reading the Preamble to the Constitution of India. The participants reaffirmed their commitment to the constitutional principles of justice, liberty, equality and fraternity.

On the occasion, all government offices and educational institutions across Handwara Sub-Division also organised Preamble Reading Ceremonies to mark Constitution Day. Officers, officials, employees, teachers and students participated in the observance, highlighting the importance of constitutional awareness and democratic values across administrative and educational establishments.

The observance aimed to promote awareness about the Constitution and its significance in strengthening democracy, safeguarding citizens' rights and fostering national unity and integrity. The ceremonies also underscored the importance of upholding constitutional principles in public administration and everyday life.

DC Srinagar inspects newly built 10-Bedded Neo-Natal ICU Block for newborns at JLNM Hospital

NICU equipped with Advanced Ventilators and CPAP machines to boost Neonatal Care, minimise referrals and provide timely treatment to Newborns

■ HT News Network



SRINAGAR, NOVEMBER 26: Deputy Commissioner (DC) Srinagar, Akshay Labroo, on Thursday visited JLNM Hospital, Rainawari and inspected the functioning of the newly built additional 10-bed Neonatal Intensive Care Unit (NICU) Block for new born babies established by the District Administration at a cost of Rs 1.20 crore using convergence of funds available at the District level.

The newly established NICU is equipped with two high-end mechanical ventilators, three Continuous Positive Airway Pressure (CPAP) machines and other advanced medical support equipment to provide specialised intensive care to critically ill newborns, ensuring timely and effective treatment at the hospital.

During the visit, the Deputy Commissioner took a detailed review of the newly created infrastructure, medical equipment and operational preparedness of the facility. He also assessed the arrangements put in place to ensure the effective functioning of the NICU and delivery of specialised healthcare services to newborns.

Speaking on the occasion, the DC said that the newly established NICU Block would significantly strengthen the neonatal healthcare infrastructure at JLNM Hospital by expanding its capacity to provide specialised and critical care to newborns, while ensuring timely access to advanced medical facilities for infants requiring intensive treatment.

The DC further stated that the facility would strengthen the hospital's existing neonatal care infrastructure and enable timely treatment of critically ill newborns at JLNM Hospital, minimising the need for referrals to other healthcare institutions for specialised intensive care. He added that the facility would cater to the needs of newborns from Srinagar district as well as patients referred from various parts of the Kashmir Division, improving access to advanced neonatal healthcare services.

The DC stressed upon the medical and paramedical staff, particularly the Paediatric Department, to ensure optimal utilisation of the newly created facility and maintain the highest standards of patient care. He also underscored the importance of ensuring the proper functioning of all medical equipment and effective coordination among the concerned departments for providing timely and quality treatment to newborns.

Pertinent to mention that District Administration Srinagar using convergence of funds had earlier established Additional NICU Block at LD Hospital which has already become functional.

Additional Deputy Commissioner, Mir Imtiyaz ul Aziz, Additional Deputy Commissioner, Aadil Fareed, Chief Planning Officer, Fayaz Ahmad Dar, SDM West, Seerat Baji, IAS Probationer, Aakash Garg, Superintending Engineer R&B, Shabir Ahmad, SDM East, Zubair Ahmad, Assistant Commissioner Revenue, Umar Gulzar, Executive Engineer, Executive Engineer R&B, Arif Hazari, Medical Superintendent JLNM Hospital, Dr Tariq, Tehsildar Khanyar, Syed Shahid, Deputy MS JLNM, Dr Aasifa, besides other senior Officers of District Administration and Health Department were present on the occasion. The DC further stated that the facility would strengthen the hospital's existing neonatal care infrastructure and enable timely treatment of critically ill newborns at JLNM Hospital, minimising the need for referrals to other healthcare institutions for specialised intensive care. He added that the facility would cater to the needs of newborns from Srinagar district as well as patients referred from various parts of the Kashmir Division, improving access to advanced neonatal healthcare services.

The DC stressed upon the medical and paramedical staff, particularly the Paediatric Department, to ensure optimal utilisation of the newly created facility and maintain the highest standards of patient care. He also underscored the importance of ensuring the proper functioning of all medical equipment and effective coordination among the concerned departments for providing timely.

Cultural Academy Organises 'Meet the Eminent Writer' Programme with Noted Writer and Poet Dr Nazir Azad

Speakers highlighted Dr. Nazir Azad's poetic, research, and critical contributions.

■ HT News Network

Srinagar, November 26, 2026 The Jammu and Kashmir Academy of Art, Culture and Languages (JKAACL) organised an interactive literary programme titled An Encounter with Dr Nazir Azad, a distinguished educationist, poet, writer, researcher, translator and critic of Kashmir, under its ongoing series "Meet the Eminent Writer" at the Conference Hall of Tagore Hall, Srinagar, on Thursday.

The programme was presided over by renowned writer and intellectual Padma Shri Prof. Shafi Shauq. Noted poet Rafiq Raaz attended as the Chief Guest, while Prof. Shafiqa Parveen was the Guest of Honour. The programme commenced with welcome remarks by Muhammad Saleem Salik, Editor of Sheeraza Urdu, who welcomed the distinguished guests and participants and highlighted the objectives and significance of the event.



During the literary session, Dr Rakesh Kumar Talib presented a comprehensive paper authored by Sufi Shaukat, offering an in-depth account of Dr Nazir Azad's personality and his significant literary contributions. The paper was highly appreciated by the audience.

Another scholarly paper was presented by Abdul Ghani Kumar, who highlighted various creative and critical dimensions of Dr Nazir Azad's literary work. On the occasion, two recently published books by Dr Nazir Azad, titled "Sha'r, Sharut te La-Sha'oor" and Kashmir Mein Ma'aasir Urdu Adab: Ikhtiyar-o-Inhiraf", were formally released. A special issue of the weekly newspaper Shehrbeen, dedicated to Dr Nazir Azad and titled the 'Nazir Azad Special Issue, was also released.

During the interactive session, Dr Nazir Azad spoke at length about his personal life, educational background and the various stages and experiences of his long literary journey. This was followed by an engaging question-and-answer session in which several members of the literary fraternity posed questions, to which Dr Azad responded in detail.

Dr Nazir Azad was also felicitated on the occasion in recognition of his literary achievements and contributions. The programme witnessed the participation of a galaxy of prominent poets, writers, researchers and intellectuals from across the Valley. Among those present were Abdul Rashid Rahgir, Ghulam Nabi Shaheed, Prof. Shad Ramzan, Dildar Ashraf Shah, Prof. Majrooh Rashid, Prof. Nasir Mirza, Muhammad Amin Bhat, Javaid Iqbal Khan, Javaid Matji, Abdul Hafeez Masoodi, Parvez Manoos, Shakeel-ur-Rehman, Hassan Anzar, Shabir Mujahid, Mohi-ud-Din Rishi, Bashir Arif, Muhammad Yousuf Shaheen, Muhammad Subhan Shaukeen, Dr Gulzar Ahmad Rather, Mushtaq Ahmad Mushtaq, Sagar Sarfraz, Rehana Shajar, Rukhsana Jabeen, Engineer Shafi Ahmad, Sufi Yousuf, Malik Bashir Athar, Gulshan Badrani, Farooq Fayaz, Shahid Dilnawi, Shehnaz Rashid, Hassan Azhar, Izhar Mubashir, Dr Yaseen Ganai, Nisar Azam, Shahzad Manzoor, Sheikh Gulzar, Dr Younis Dar, Shakeel Azad, Dr Badr-ud-Din Bhat, Abdul Ghani Kumar, Hameed Nasir, Prof. Gulshan Majeed, Shabir Ahmad Matji and Ghulam Hassan Ghamgeen, among others.

8th Edition of "Know Your Artisan" inaugurated at Polo Ground, Srinagar

■ HT News Network



SRINAGAR, NOVEMBER 26: The Department of Handicrafts & Handloom, Kashmir, today inaugurated the 8th Edition of "Know Your Artisan," programme, held under the aegis of Soulful Kashmir brand promotion campaign at Polo Ground Park, here.

The event, being held from November 26 to 28, shall showcase Kashmir's famed handmade products from high-value crafts like carpets, pashmina and kani shawls to papier mache, willow wicker and walnut wood carving in non-textile sector.

The three-day event aims to provide a vibrant platform for showcasing the rich and diverse craft heritage of Jammu & Kashmir while creating direct interaction between traditional artisans and the craft lovers, buyers and tourists. "It seeks to bridge the gap between the creators and potential buyers of handicraft products, enabling visitors to understand the skill, dedication and cultural legacy behind every handcrafted products," he said, adding as many as 21 stalls have been installed, with a 'Try Your Hands' corner to connect with youth and children.

With the onset of winter, this edition places special emphasis on Kashmir's traditional winter crafts and products, including Pashmina, woollen textiles, carpets and other indigenous crafts, highlighting their warmth, elegance and enduring cultural significance.

The spokesman emphasized the importance of preserving traditional craftsmanship while creating sustainable market opportunities and greater visibility for local artisans. "The event also reflects the Department's continued commitment towards promoting artisan-led entrepreneurship, strengthening market linkages and taking Kashmir's rich handicraft heritage to wider audiences," he added.

The participating artisans are showcasing their products and craftsmanship, offering visitors an opportunity to explore authentic handmade products and engage directly with the people who preserve these age-old traditions.

The Department has invited the general public, craft enthusiasts, tourists and stakeholders to visit the exhibition and extend their support to local artisans.

DIPR observes Constitution Day at Jammu

■ HT News Network



JAMMU, NOVEMBER 26: The Department of Information and Public Relations (DIPR) observed the Constitution Day today with a solemn ceremony, marking the anniversary of the adoption of the Constitution of India and reaffirming its commitment to the principles enshrined in the country's supreme law.

On the occasion, officers and officials of the Directorate of Information and Public Relations and the Joint Directorate of Information, Jammu, assembled to collectively read the Preamble to the Constitution, reiterating their faith in the ideals of justice, liberty, equality and fraternity.

The gathering also witnessed the administration of a pledge, wherein the participants resolved to uphold the sanctity of the Constitution and perform their official responsibilities with sincerity, integrity and a strong sense of public service.

The observance served as an occasion to reflect upon the significance of constitutional values in strengthening democratic institutions, promoting social harmony and ensuring an inclusive and accountable system of governance.

Reiterating their commitment, the officers and officials resolved to let the constitutional principles guide their professional conduct and public responsibilities, while continuing to serve the people with dedication, transparency and impartiality.

Joint Director Information (Hqrs), Dr. Zahoor Ahmad Raina; Deputy Director Information (Hqrs) Jammu, Ashu Kumari; other officers and officials of DIPR were present on the occasion.

SWD Srinagar organises Sensitization Programme under BBBP

■ HT News Network

SRINAGAR, NOVEMBER 26: Social Welfare Department (SWD), Srinagar, under the Beti Bachao Beti Padhao (BBBP) initiative, organised a Sensitization Programme aimed at creating awareness about the importance of the girl child, promoting gender equality and encouraging the education and empowerment of girls.

During the programme, a resource person from the College of Education delivered an informative and interactive session, highlighting the significance of educating and empowering the girl child, eliminating gender-based discrimination and challenging prevailing social stereotypes. The participants were sensitized about the need to ensure equal opportunities for girls in education, healthcare and other spheres of life.

The resource person also emphasized the collective responsibility of families, educational institutions and society in fostering a safe, supportive and inclusive environment for girls, enabling them to realise their full potential.

The programme witnessed active participation and served as an important platform for spreading awareness about the objectives of the Beti Bachao Beti Padhao initiative and reinforcing the message of "Save the Girl Child, Educate the Girl Child."

The Department reiterated its commitment to organising such awareness and sensitization programmes to promote the rights, dignity, education and empowerment of the girl child.

IUST observes Constitution Day

■ HT News Network

Awantipora, Nov 26: The Islamic University of Science and Technology (IUST) celebrated Constitution Day (Samvidhan Divas) with enthusiasm and solemnity on Thursday. The event was organised by the Office of the Dean of Students in collaboration with the National Service Scheme (NSS), IUST.

Introductory remarks were delivered by Dr. Monisa Qadiri, Dean of Students, IUST, who highlighted the significance of the day and emphasized the role of youth in upholding constitutional values, democratic ideals, and fundamental duties. She acknowledged the role of IUST towards Nation Building.

DLSA Budgam observes Constitution Day with Collective Reading of Preamble

■ HT News Network



BUDGAM, NOVEMBER 26: District Legal Services Authority (DLSA), Budgam observed Constitution Day (Samvidhan Diwas) today by organizing a collective reading of the Preamble of the Constitution of India, reaffirming the values of justice, liberty, equality and fraternity enshrined in the Constitution. The Preamble was read out by the Chief Judicial Magistrate, Budgam, Abdul Bari, in the presence of the Chairman, District Legal Services Authority Budgam and all the Judicial Officers posted at the District Headquarters, along with their respective staff members. The event was also attended by the staff of DLSA Budgam, Panel Lawyers and Para Legal Volunteers (PLVs).

The observance was simultaneously carried out at the Tehsil level across the District Budgam, wherein the respective Tehsil Legal Services Committees also organized collective readings of the Preamble of the Constitution of India with the participation of concerned officials and other stakeholders.

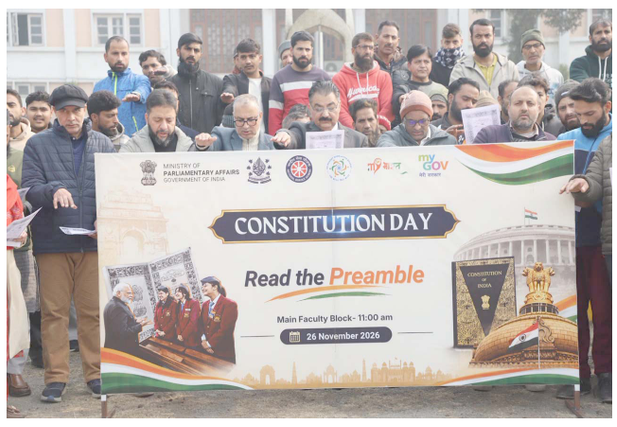
The programme aimed at creating awareness about constitutional values and principles and reiterating the collective commitment towards upholding the Constitution and ensuring access to justice for all.

The observance concluded with a renewed pledge to uphold the ideals and principles enshrined in the Constitution of India.

Youth must remain aware of constitutional rights and responsibilities: Dir NIT Srinagar

Institute observes Constitution Day, organises collective reading of the Preamble

■ HT News Network



Srinagar, Nov 26: The National Institute of Technology (NIT) Srinagar on Thursday observed Constitution Day by organising a collective reading of the Preamble to the Constitution of India at the Institute's Main Faculty Block, with active participation from faculty members, administrative officers, staff and students.

The programme was graced by Director NIT Srinagar, Prof. Anurag Misra, in the presence of Dean Student Welfare, Prof. Mohammad Abid Bazaz, and Dean Research and Consultancy, Prof. Roohie Naz Mir.

Speaking on the occasion, Director Prof. Anurag Misra emphasised the importance of constitutional awareness among young people and said that students must remain conscious of their constitutional rights and responsibilities.

He highlighted the significance of understanding the constitutional framework and democratic institutions, underlining the role of constitutional values in shaping responsible citizenship.

The programme was organised with the support of NSS Coordinator Dr. Pramod Kumar Yadav, EBSB Coordinator Dr. Ashok Kumar, Dr. Jitendra Gurjar and other Institute officials and staff members. Security personnel and sanitation staff also participated in the observance.

The participants assembled at the Main Faculty Block, where they collectively read the Preamble to the Constitution of India, reaffirming the constitutional ideals of justice, liberty, equality and fraternity. The observance marked the adoption of the Constitution by the Constituent Assembly on November 26, 1949.

Dr. Pramod Kumar Yadav, NSS Coordinator and coordinator of the event, said that the collective reading of the Preamble was organised to mark Constitution Day and familiarise participants, particularly students, with the foundational principles enshrined in the Constitution.

He also highlighted the importance of active student participation in such institutional programmes.

The event concluded with the participation of members of the Institute fraternity in the Constitution Day observance.

CUKashmir celebrates Constitution Day-2026

■ HT News Network

Ganderbal, Nov 26: Department of Law, School of Legal Studies (SLS), Central University of Kashmir (CUKashmir), celebrated the Constitution Day-2026 under the theme "Hamara Samvidhan-Hamara Swabhiman" at Tulmulla campus here on Thursday.

The programme commemorated the adoption of the Constitution of India and reaffirmed the University's commitment to constitutional values and the principles enshrined in the founding document.

In his keynote address (Online), former Judge, Punjab and Haryana High Court, Hon'ble Justice Mr. Paramjit Singh Dhaliwal deliberated extensively on the concept of constitutionalism and the evolution of the basic structure doctrine, describing them as essential safeguards for preserving the constitutional framework. Drawing upon his extensive experience in the legal profession, he shared insights into the relationship between the Constitution, the legislature, the executive and the judiciary. He observed that constitutionalism was reflected not merely in judicial pronouncements but also in the conduct of citizens and public institutions, particularly in their commitment to uphold the rule of law. He elaborated upon the historical evolution of the relationship between Parliament and the judiciary concerning the power to amend the Constitution, tracing important judicial developments from the early constitutional cases to the landmark Kesavananda Bharati judgment of 1973.

Justice Dhaliwal also reflected upon the warnings articulated by Dr. B. R. Ambedkar in his concluding address to the Constituent Assembly, particularly against unconstitutional methods in politics and the absence of social democracy. He urged law students to develop independent thinking, engage critically with constitutional questions and support their arguments with reason and sound legal understanding. He emphasised that the true strength of constitutional



democracy depended not only upon the institutions established under the Constitution, but also upon the integrity, awareness and conduct of those who served and upheld it.

Earlier, in his welcome address, Dean School of Legal Studies, Prof. Farooq Ahmad Mir emphasised that Constitution Day was not merely a ceremonial occasion but an opportunity to reflect upon the responsibilities that the Constitution places upon every citizen. Highlighting the significance of engaging students in the process of social transformation, he observed that meaningful change in society could be achieved only when students, teachers and families collectively became instruments of positive change. Referring to the Preamble, he underscored that the Constitution belongs to every citizen, irrespective of caste, creed, religion, region or language. He highlighted its commitment to securing social, economic and political justice, liberty of thought and expression, equality of status and opportunity, and fraternity, assuring the dignity of the individual and the unity and integrity of the nation.

Tracing the making of the Constitution, Prof. Mir observed that it was the outcome of immense intellectual effort, deliberations and the sacrifices associated with India's freedom struggle. He noted that the Constituent Assembly took two years, eleven months and eighteen days to complete the historic task, with its members engaging in extensive discussions and deliberations before giving the country its Constitution.

He further observed that the Constitution was a dynamic document whose relevance continued to be strengthened through judicial interpretation in response to the changing needs of society.

The programme proceedings were conducted by Assistant Prof. Dr. Gulafroz Jan, who also read the Preamble to the Constitution, with the participants reaffirming their commitment to its ideals. Associate Professor Dr. Jehirul Islam proposed the vote of thanks.

The Constitution Day Preamble reading and pledge-taking exercise were also organised across all campuses of the University.

HT EDITORIAL

Alleged Job Fraud Exposes Vulnerability of Unemployed Families

The Special Crime Wing of Crime Branch Kashmir has arrested a Bandipora resident in connection with an alleged employment fraud in which a Ganderbal family reportedly lost Rs 12.20 lakh on the promise of securing government jobs for their two sons and daughter. The accused, identified as Mohammad Abdullah Mir of Shilvat, Sumbal, is alleged to have handed over three appointment orders purportedly issued in the names of Jammu and Kashmir Bank and the Forest Department. According to the investigating agency, preliminary verification from the concerned departments established that the documents were not genuine. A case had been registered in 2025, and following the arrest, the City Judge, Srinagar, granted nine days of police remand to enable further investigation, examination of relevant evidence and efforts towards recovery. The investigation is underway, and the allegations against the accused are yet to be tested before a competent court.

The incident highlights the vulnerability of unemployed youth and their families, who, under pressure to secure a stable future for their children, can become susceptible to individuals promising access to government employment. If established, the alleged use of forged appointment orders to extract money would constitute a serious offence, warranting appropriate legal action.

However, the investigation must proceed on the strength of verifiable evidence rather than assumptions. The police are required to establish the circumstances in which the alleged payments were made, verify the documents through official records, examine the financial trail and determine whether others were involved. The nine-day police remand is an investigative measure and must not be interpreted as a finding of guilt. The accused remains entitled to the presumption of innocence, and the allegations must be proved in accordance with law.

The case also raises a broader question about the exploitation of unemployment. Families investing their savings in the hope of securing legitimate employment deserve protection from fraudulent claims and misleading assurances. Job aspirants must, in turn, verify recruitment notifications and appointment orders directly with the concerned institutions and refrain from paying intermediaries claiming to influence official selections.

The authorities should ensure that the investigation reaches its logical conclusion, identify any additional victims, establish the alleged financial transactions and pursue recovery wherever legally justified. Equally important is that the rights of the accused and the procedural safeguards guaranteed by law are respected throughout the proceedings.Ultimately, the credibility of public recruitment depends not only on transparent selection procedures but also on effective action against fraud. Those found guilty of exploiting the aspirations of unemployed families must face the consequences prescribed by law, while justice must remain firmly anchored in evidence, fairness and due process.

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Aakash Adbi Sangam Pays Tribute to Zahid Mukhtar on His First Death Anniversary



Rayees Ahmad Kumar



Aakash Adbi Sangam Jammu and Kashmir, one of the vibrant and emerging literary organisations based in Anantnag, has been regularly organising literary events across South Kashmir. Last month, the organisation brought together litterateurs from different parts of the country and organised an Afsana (short story) session at a hotel situated on the picturesque banks of the River Jhelum.This time, at the scenic location of Achabal, the organisation organised a grand literary event at Government Higher Secondary School, Achabal, to commemorate the first death anniversary of Zahid Mukhtar, a renowned broadcaster, short story writer, poet and artist. The distinguished television anchor breathed his last in October last year, leaving behind a rich legacy of literary, artistic and broadcasting contributions. Under the dedicated and committed leadership of Dr Ashiq Aakash and Dr Rafia Mohiuddin, Aakash Adbi Sangam is gaining popularity with each passing day for its selfless commitment, enthusiasm and consistent efforts towards the promotion of languages and literature. The programme commenced at exactly 11:30 a.m. in the spacious hall of Government Higher Secondary School, Achabal. Dr Ashiq Aakash welcomed each participant in his characteristic style and customary warmth. This was followed by the ceremonial decoration of the presidium, marking the formal beginning of the literary proceedings. The presidium comprised noted literary personality Shakeel-ur-Rehman as distinguished guest, Rubeena Shaheen as Chief Guest, and celebrated poet Ali Shaida and Shafi Athar as Guests of Honour while noted broadcaster, and president Adbi Markaz Kamraz Mohd Amin Bhat presided over this function. A meticulously researched and artistically presented paper highlighting the literary contributions and invaluable services of late Zahid Mukhtar was presented in a remarkably impressive manner by Ashra Aakash, the beloved daughter of Dr Ashiq Aakash. Her presentation was widely applauded and appreciated by the audience. Her confidence, eloquence and impressive presentation skills left a lasting impression on everyone present and served as an inspiration to the gathering. Mohammad Shafi Ayaz, President of Maraz Adbi Sangam, also presented a comprehensive account of the life and literary contributions of Zahid Mukhtar. He spoke in detail about the various books edited by the departed literary figure, while also highlighting his remarkable poetic talent and prowess as a short story writer. His scholarly paper reflected thorough research, literary insight and a deep understanding of the subject. The confidence, fluency and remarkable command with which he delivered his presentation added further grace and substance to the occasion. The second session of the event witnessed a series of impressive literary presentations. Dr Rafia Mohiuddin recited an Urdu short story, Jhelum Ka Teesra Kinara, penned by late Zahid Mukhtar. Her rendition was highly appreciated and commended by the audience. Another Urdu short story, Purana Ghar, was presented by Subzar Ahmad Bhat. The story poignantly highlighted the emotional pain and psychological distress experienced by elderly parents when their homes or cherished possessions, including plants and other objects associated with nostalgic memories, are demolished. The presentation struck an emotional chord with the audience. A Kashmiri short story was also presented during the session, adding to the linguistic and literary diversity of the programme. Renowned Kashmiri essayist S. Mashooq Ahmad recited his literary essay, Mian Muthoo. His presentation received tremendous appreciation from both the audience and the presidium. His remarkable command of language, distinctive writing style and literary craftsmanship were widely admired and hailed by one and all. The programme was followed by a brief tea break, during which formal prayers were offered for the departed soul. A landmark moment of the programme was the launch of the Zahid Mukhtar Award 2026, instituted to perpetuate the literary legacy of the departed writer and recognise excellence in creative writing and literary pursuits. The award was presented to Mohd Amin Bhat president AMK, Shafi Athar president FWG and Masrat Hussain Shah Principal of the institution. The occasion acquired further significance with the presentation of the maiden Aakash Jawhar-e-Adab Award 2026, instituted by Aakash Adbi Sangam Jammu & Kashmir. The prestigious maiden honour was conferred upon celebrated poet Ali Shaida in recognition of his outstanding contribution to poetry and the literary landscape of Jammu & Kashmir. Appreciation certificates were also presented to Dr Gulzar Ahmad Wani, Subzar Ahmad Bhat, Faiz Hayel, Fazil Shafi Bhat, Rayees Ahmad Kumar, S Mashoq Ahamd, Nasir Zamir, Ashra Akash, Izhar Mubashir, Raja Yousuf, Mohd Shafi Ayaz, Ratan Singh Kanwal and S Tariq. Finally, the members of the presidium delivered their remarks, highlighting the literary contributions, remarkable talents and multifaceted skills of the late Zahid Mukhtar. Ali Shaida emphasised the need to organise such literary events regularly to keep the legacy of our literary stalwarts alive. Shakeel Rehman showered praise on S. Mashooq Ahmad and the duo of Dr Rafia Mohiuddin and Dr Ashiq Aakash for their remarkable literary enthusiasm and dedicated efforts towards promoting literary activities. Rubeena Shaheen, who was visibly overwhelmed with emotions throughout the event, expressed her inability to speak. Instead, her son-in-law shared a few words with the audience. Mohd Amin Bhat, a close friend and colleague of the late Zahid Mukhtar, also struggled to hold back his emotions while speaking about his dear friend. He made special mention of each paper and short story presented during the programme and appreciated the organisers' sincere efforts in remembering and paying tribute to literary stalwarts like Zahid Mukhtar. Before leaving the venue, lunch, comprising locally prepared biryani, was served to all the participants. Without any bias or prejudice, it can be unequivocally stated that Dr Rafia and Dr Aakash are doing a commendable job in promoting language and literature, while also keeping alive the memories of our literary stalwarts. Their consistent efforts to honour distinguished personalities and celebrate their literary contributions are truly praiseworthy.

Rayees Ahmad Kumar
Writer Is A Columnist Based In Qazigund Kashmir

The Fading Bond Between Teacher and Student: A Nostalgic Reflection



By: Sheikh Arshed

Some journeys take us from one destination to another; a few take us back in time, awaken forgotten memories and leave us questioning the world we live in. During one such journey in a Sumo, I happened to overhear two students engaged in an animated conversation about their teachers and the classes they had attended that day. What initially appeared to be an ordinary exchange between two youngsters soon turned into a rather revealing discussion about the changing perceptions of students towards their teachers. They were not merely discussing what had been taught; they were critically evaluating their teachers, highlighting what they considered shortcomings in their teaching methods. In particular, they expressed their dissatisfaction with their language teacher for discussing what they regarded as complicated aspects of grammar.

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I kept my head down and listened silently, yet my curiosity grew with every passing moment. I was intrigued by the way the present generation perceives teachers, classroom interactions and the very purpose of education. But what I heard next left me utterly astonished. To my surprise, the students went on to suggest that attending classes were futile and that attending classrooms was no longer necessary to achieve meaningful learning.

Their words took me on an unexpected journey into the corridors of my own childhood. I vividly remember those days when we would walk almost seven kilometres just to attend a class conducted by our Mathematics or Language teacher. The sight of a teacher opening a textbook, asking us to turn to a particular lesson and taking us through it, page after page, was an experience in itself. Those classrooms were not always equipped with modern facilities, smart boards or digital resources, yet they were rich in something far more meaningful: human interaction, personal attention, discipline and an unspoken emotional connection between the teacher and the learner.

Alas! I sometimes wonder whether today's generation will ever experience that unique flavour of learning. Perhaps this changing perception is also one of the reasons why teachers do not always receive the same warmth, regard and response from students that once characterised the teacher-student relationship.

I do not intend to oppose technological advancements or the growing influence of online learning platforms. Technology has undoubtedly widened access to information and created opportunities that previous generations could hardly imagine. However, I firmly believe that readily available digital assistance should complement classroom teaching, not replace the human connection that lies at the heart of education. Information can be accessed with a click, but inspiration, compassion, mentorship and the feeling of being understood cannot always be downloaded.

What I miss most is not merely the old style of teaching; it is the bond that grew naturally between a teacher and a student. I miss those gatherings in open fields, where a teacher would arrive with nothing more than a marker, a textbook and an earnest desire to teach. I miss the sense of accountability with which teachers approached their responsibilities and the compassion with which they nurtured young minds. Above all, I miss that genuine respect reflected in the eyes of students whenever they encountered their teachers: a respect expressed through gentle words, humble gestures and heartfelt regard.

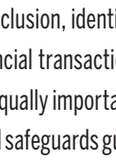
Perhaps education has changed its methods, its tools and even its vocabulary, but the soul of education must never be allowed to fade. A classroom should be more than a place where lessons are delivered; it should be a space where relationships are built, confidence is cultivated and young minds are inspired.

I welcome the new era of education, but I sincerely hope that, somewhere amidst its technological brilliance, we do not lose the warmth of human relationships.

As that Sumo finally approached its destination, my journey through memories came to an end, but the conversation I had overheard continued to echo in my mind. Perhaps the real question is not whether education has changed, but whether, in changing the ways we learn, we have forgotten what makes learning truly meaningful. Roads may change, destinations may differ and classrooms may become digital, but the bond between a teacher and a student must never become a forgotten chapter of our past.

Sheikh Arshed can be reached at arshed44248@gmail.com

Promoted Without Learning, Awarded Top Grades Without Quality: The Contradictions of the Education System



Dr. Vijay Garg

The real strength of any nation is not determined by its towering buildings, wide highways or industrial development, but by the knowledge, skills and thinking abilities of the younger generation nurtured in its classrooms. Education is the foundation of a country's progress. Unfortunately, today's education system appears to give greater importance to certificates, statistics and grading than to actual knowledge and academic quality.

On the one hand, there is a growing tendency to promote students to the next class without ensuring adequate learning. On the other hand, many educational institutions compete for higher grades despite lacking essential facilities and meaningful academic activities. As a result, the number of degrees is increasing, but serious questions remain about knowledge, practical skills and employability.

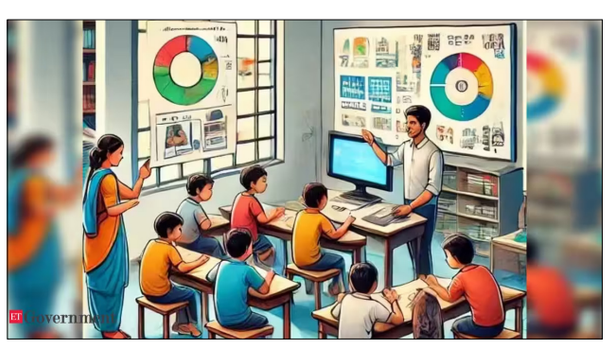
Too Many Policies, Weak Implementation

Since independence, numerous commissions, committees and policies have been introduced to improve education. Every new policy promises quality education, equal opportunities and modern facilities. Despite these efforts, many government schools continue to struggle with inadequate classrooms, libraries, laboratories, furniture and subject-specialist teachers.

In some schools, a single teacher manages several classes, while in others, regular teachers for important subjects such as science and mathematics are unavailable. Under such circumstances, expecting quality education becomes difficult. The education system should be evaluated not merely through enrolment figures and examination results but through students' actual learning abilities.

The Question of A++ Grading

The purpose of grading higher educational institutions is to assess academic quality, research, teaching facilities and administrative performance objectively. However,



when a significant gap appears between an institution's actual condition and its achievements on paper, questions about the credibility of the evaluation system naturally arise.

In several institutions, the condition of regular classes, laboratories, libraries and research activities is not satisfactory. Yet, if they receive excellent grades, it becomes a matter of concern. Grading should not depend merely on documents and presentations. It must be based on independent inspections, actual attendance, teaching quality and students' learning outcomes.

The Policy of Promoting Everyone and the Crisis of Learning

The intention behind avoiding unnecessary failure among students may be appreciated, but it should not mean promoting them to the next class without learning. The purpose of examinations is not simply to declare students successful or unsuccessful; it is also to assess how much they have actually learned.

Weak students should receive additional classes, individual guidance and remedial teaching. Promoting them without ensuring essential knowledge may increase their academic difficulties in the future.

Developing hard work, discipline and a sense of responsibility towards learning is also an important objective of education. Therefore, the evaluation system should ensure genuine academic progress without discouraging students.

More Degrees, but a Crisis of Employment and Skills

Today, many young people struggle to find employment even after completing higher education. One major reason is the growing gap between education and the requirements of industry. Many university courses are not adequately connected with practical life and changing employment needs.

New courses are being introduced in the name of skill development, but trained teachers, modern laboratories and adequate resources are equally essential for their effective implementation.

Working in delivery services, the gig economy or small businesses is not inferior in any way. Every form of honest labour deserves respect. However, limiting the talents of young people to a narrow range of employment opportunities while neglecting higher education, research and innovation is a serious concern for the country.

Education Is Not Merely a Means of Getting a Job

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We assumes no responsibility or liability for the accuracy, completeness, or consequences of the views expressed therein....

The Cross-community relationships in the hills



By M S Nazki

Seven sisters and eight love stories!

-The seven sisters are Tripura, Manipur, Nagaland, Assam, Meghalya, Arunachal and Sikkim! But the eighth one is also there!

-And that is Assam Rifles!

-The only person that deserves a special place in your life is someone that never made you feel like you were an option in theirs

-Dignity will only happen when you realize that having someone in your life doesn't validate you worth

-When they go low, we go high…

-Women belong in all places where decisions are being made. It shouldn't be that women are the exception…

-And one day she discovered that she was fierce, and strong, and full of fire, and that not even she could hold herself back because her passion burned brighter than her fears…

-Assam Rifles wives welfare association (ARWWA) conference washeldIN SHILLONG Assam Rifles Wives Welfare Association (ARWWA) Conference 2026 was held at HQ DGAR, Laitkor, Shillong, under the chairmanship of Mrs Vibha Lakhera, President ARWWA.

-The conference brought together ARWWA representatives from various formations to deliberate on key initiatives focusing on family welfare, women empowerment, education, skill development and community well-being.

-A key highlight of the conference was the launch of the "RUBARU Research Project" publication titled "Does Loneliness Evoke Empathy? – A Study of Women Married to Assam Rifles Soldiers," an initiative of Project Empathy in collaboration with ARWWA, Project Head by Mrs Vibha Lakhera, with Dr Sonika Dagar as Lead Researcher. The study explores the experiences and emotional well-being of Assam Rifles soldiers' wives, highlighting the importance of empathy and family support. Assam Rifles ARWWA Project!

-The Assam Rifles Wives Welfare Association (ARWWA) recently highlighted its ongoing family welfare, education, and women's empowerment initiatives during the ARWWA Conference 2026 at Headquarters Directorate General Assam Rifles in Laitkor, Shillong, chaired by ARWWA President Mrs. Vibha Lakhera.

-Key Highlights & Projects

• RUBARU Research Project: A major focal point of the recent conference was the launch of the RUBARU Research Project publication titled "Does Loneliness Evoke Empathy? – A Study of Women Married to Assam Rifles Soldiers." Undertaken in collaboration with Project Empathy, the study was headed by Mrs. Vibha Lakhera with Dr. Sonika Dagar serving as the Lead Researcher to examine the emotional well-being and life experiences of soldiers' wives.

• Core ARWWA Missions: The association focuses on:

• Family Welfare & Support Systems: Enhancing quality of life and community bonding across Assam Rifles families and fringe/remote areas.

• Women Empowerment & Skill Development: Operating training and production centers (such as stitching, knitting, and artisanal crafts) to foster self-reliance and economic independence.

• Education & Empathy Workshops: Expanding educational opportunities and running empathy-based teacher/community training programs.

• Symbolism: ARWWA's official logo—representing Asha (Hope), Vishwas (Trust), and Maitri (Bond)—guides its outreach and social service activities.

Would you like more details on a specific aspect of ARWWA, such as its skill development centers, educational programs, or how to



contact/get involved with local units?

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-The research initiative has been undertaken by Project Empathy in collaboration with ARWWA. Mrs Vibha Lakhera is the Project Head, while Dr Sonika Dagar has served as the Lead Researcher.

-The study examines the experiences and emotional well-being of women married to Assam Rifles personnel, with particular focus on loneliness, empathy and the importance of family support.

-It seeks to highlight the emotional challenges faced by military families and underline the need for greater understanding, empathy and supportive networks for women whose lives are shaped by the demanding nature of military service.

-The launch of the publication marked an important step towards recognising the emotional and social dimensions of family welfare within the Assam Rifles fraternity.

-The conference also provided a platform for representatives from different formations to exchange ideas, review ongoing welfare initiatives and discuss measures to improve support systems for families.

-Through ARWWA, the Assam Rifles continues to focus on the welfare and empowerment of families, recognising their vital role in sustaining the morale and well-being of personnel serving in challenging conditions.

Now the kighter side from where we can learn a lot:

-Tripura features several notable love stories, ranging from historical tragedy and folklore to real-life modern romance:

• King Bir Bikram and Anandi Devi (Historical Tragedy): In 1937, Tripura's last reigning monarch, King Bir Bikram, fell in love with Princess Anandi Devi of Manipur while staying at the Tripura

palace in Shillong. Though Manipur's King Churachand Singh approved the match, royal priests and scholars convinced him to reject it because the Tripura king had traveled abroad and crossed "black waters". Heartbroken, the princess fell ill and passed away, aborting the royal union. Read more via the Telegraph India feature.

• Cross-Border & Secret Temple Marriages (Recent News):

• In October 2025, a young woman from Bangladesh (Rachana) crossed the unfenced border in Gomati district to marry a Tripura man (Bikash) in a secret temple ceremony in Ghilatali; the couple was later apprehended by police during a raid.

• In October 2023, another cross-border love story made headlines when Fatema Nursat from Bangladesh's Sylhet district entered Tripura illegally to be with her partner Nur Jalal (Saddam) in Churaibari, ending with police intervention.

• Ankita Debnath and Joy (Modern Real-Life Story): The inspiring and widely shared story of Tripura-based cancer survivor Ankita Debnath and her husband, Joy, who stood by her side through profound emotional and physical struggles to turn a difficult chapter into a devoted partnership (highlighted on Bollywood Shaadis).

• Amrita Singh Molsom and Husband (Simple Life Romance): A celebrated viral story of a local Tripura couple who chose a simple life in a traditional mud house, emphasizing genuine human connection over material wealth and modern distractions.

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Digital Addiction-Turning Homes Into Islands Of Isolation



BY-MOOL RAJ

Parents are physically present but mentally occupied by screens, children seek attention from digital platforms rather than their families, couples struggle to maintain meaningful conversations, and elderly people increasingly find themselves competing with technology for the attention of younger generations.

The survey, covering 18,013 people across 15 countries,



found that 60 per cent of parents believe digital devices and screen time have harmed opportunities for family bonding.

Children increasingly use digital devices for education and entertainment, while adults depend on smartphones for work, communication, business and social interaction.

The greatest crisis facing modern families may not be economic hardship, unemployment or the rising cost of living. It may be something far less visible but increasingly present in almost every household: the smartphone. Millions of families around the world are living through a silent transformation in which people share the same homes but increasingly live separate emotional lives. Parents are physically present but mentally occupied by screens, children seek attention from digital platforms rather than their families, couples struggle to maintain meaningful conversations, and elderly people increasingly find themselves competing with technology for the attention of younger generations.

The world has never been more connected digitally, yet human relationships are facing an extraordinary challenge. Technology that was supposed to bring people closer is, in many households, becoming a source of distraction, emotional distance and weakened family interaction.

This is no longer simply a question of how many hours people spend online. It is about what those hours are replacing: conversations between parents and children, affection between spouses, guidance from grandparents, shared family experiences and the emotional security that makes a house a home.

The findings of the Varkey Foundation's Family First Global Survey 2026 provide a disturbing indication of the scale of the problem. The survey, covering 18,013 people across 15 countries, found that 60 per cent of parents believe digital devices and screen time have harmed opportunities for family bonding. Another 52 per cent said they feel they are competing with digital devices for their children's attention.

These are not merely statistics about technology consumption. They reflect a fundamental change in the way families interact, communicate and maintain relationships.

The most alarming question is whether society is gradually normalising a lifestyle in which family members no longer expect one another's attention because everyone has become accustomed to looking at a screen.

The New Family Crisis: Together Physically, Apart Emotionally

For generations, the family home was the centre of social interaction. The dining table was a place for conversation, parents were the first source of advice for children, and grandparents played an important role in passing on values, traditions and life experiences.

Today, that traditional environment is changing.

A family may sit together for dinner, but each member may be watching a different video, responding to messages or scrolling through social media. Conversations are interrupted by notifications, personal experiences are replaced by online entertainment, and the simple habit of listening to one another is gradually losing importance.

The Varkey Foundation survey found that 54 per cent of parents believe their families spend more time dealing with everyday responsibilities and activities than engaging in meaningful interaction.

The danger is not that families have stopped living together. It is that they may be losing the emotional connections that make living together meaningful.

A child who repeatedly attempts to speak to a parent but receives only distracted responses may gradually stop sharing personal concerns. A spouse who constantly competes with a smartphone for attention may begin to feel ignored. An elderly parent who spends most of the day waiting for meaningful conversation may experience loneliness even in a crowded household.

These changes rarely happen overnight. They develop through thousands of small moments of inattention, interrupted conversations and missed opportunities to connect.

Parents Cannot Blame Children for Habits They Practise Themselves

One of the greatest contradictions in the digital age is that parents frequently complain about their children's excessive smartphone use while remaining equally dependent on their own devices.

Parents demand that children put their phones away, yet they check messages during meals, scroll through social media while watching television and interrupt family conversations to answer notifications.

Research by the Pew Research Center in 2025 found that 65 per cent of American parents acknowledged spending too much time on their smartphones, while 47 per cent said they spent excessive time on social media.

This exposes a fundamental weakness in modern parenting: children are being told to practise digital discipline by adults who often struggle to practise it themselves.

The problem is particularly serious because childhood behaviour is shaped by observation. Children learn how to communicate, manage emotions and establish priorities by watching their parents.

When a child repeatedly sees adults choosing a screen over a conversation, the message is clear: digital engagement deserves immediate attention, while human interaction can wait.

Parents must recognise that controlling a child's screen time without changing their own behaviour is unlikely to produce lasting results.

The responsibility for rebuilding family relationships cannot be placed entirely on children. It must begin with adults.

Smartphones Are Becoming Uninvited Guests in Marriages

The impact of excessive digital engagement on marriages deserves far greater attention.

Marriage depends on communication, trust, emotional availability and the willingness of two people to invest time in one another. These foundations can weaken when smartphones become a constant presence in private relationships.

A conversation between spouses can be interrupted by a notification. Time that could be spent discussing family concerns may instead disappear into social media feeds. Even when couples are physically together, their attention may remain elsewhere.

Repeated digital distractions can create feelings of neglect and emotional isolation. When one partner constantly feels less important than a device, dissatisfaction and resentment may develop.

Social media introduces another challenge by exposing users to carefully edited images of other people's relationships, lifestyles and apparent happiness. Comparing ordinary family life with idealised online images can create unrealistic expectations and unnecessary dissatisfaction.

It would be inaccurate to suggest that smartphones alone cause marital breakdown or divorce. However, it is equally irresponsible to ignore the damage that persistent distraction, reduced communication and emotional disengagement can cause.

A marriage cannot remain emotionally healthy if meaningful communication is continually sacrificed to digital entertainment.

Children Are Growing Up in a World That Competes for Their Attention

Perhaps the most serious long-term consequences concern children and teenagers.

Childhood is not simply a period of physical growth. It is the foundation upon which communication skills, emotional intelligence, social confidence and personal identity are developed.

Children need human interaction. They need parents who listen to their questions, teachers who encourage curiosity, friends with whom they can play and opportunities to experience the real world beyond a screen.

Excessive digital engagement can displace these essential experiences.

The problem is not that every minute spent online is harmful. Educational resources, communication platforms and creative applications can provide enormous benefits. The concern is what happens when digital entertainment becomes the default activity and begins replacing sleep, physical exercise, reading, family interaction and face-to-face friendships.

The Pew Research Center reported in April 2025 that 45 per cent of American teenagers believed they spent too much time on social media, compared with 27 per cent in 2023. The survey also found that 44 per cent had attempted to reduce their social media use.

These findings raise another important question: if teenagers themselves increasingly recognise that their digital habits are excessive, why are governments, schools, technology companies and parents not doing more to address the problem?

Social media platforms operate in an intensely competitive environment in which retaining users' attention is commercially valuable. Features such as endless scrolling, personalised recommendations and continuous notifications are designed to encourage engagement.

This creates an obvious conflict between the commercial interests of digital platforms and the developmental needs of children.

Children should not be expected to exercise the same level of self-control as adults when interacting with sophisticated digital products designed to capture and retain attention.

The responsibility for creating safer digital environments must therefore extend beyond individual families.

The Hidden Victims: Grandparents and Elderly Parents

Modern society frequently discusses the impact of smartphones on children but pays much less attention to elderly people.

For many older individuals, family interaction is an essential source of emotional support, companionship and a sense of belonging.

Beyond The Three Names

Pyaar, Mohabbat aur Ishq – An Exploration of the Human Heart and the Divine Soul



By: Mir Muzamil
(myemailid1126@gmail.com)

We live in a world where love is perhaps the most frequently used word, yet one of the least understood experiences. In our linguistic and cultural traditions, particularly in Urdu, Persian and Sufi philosophy, three words frequently emerge when we attempt to understand its mysteries: Pyaar (پیار), Mohabbat (محبت) and Ishq (عشق).

Are these merely different expressions of the same emotion, or do they represent three distinct dimensions of human existence? Perhaps the difference lies not simply in the intensity of love, but in its nature, purpose and destination.

Pyaar/Affection (پیار): The Innocence of the Heart

"To love is to wish for someone what you think good things, for his sake and not your own."-Aristotle

Pyaar is perhaps the earliest language through which the human heart learns to express affection. It is natural, spontaneous and uncomplicated. We find it in a mother's tenderness, the bond between siblings, the warmth of friendship and the inexplicable attraction that draws two individuals towards one another. It often exists before the mind understands it or finds words to describe it.

At its essence, Pyaar is the heart's response to someone whose presence brings happiness, comfort or a sense of belonging. Yet, beneath its innocence, it may gradually become intertwined with personal desires and expectations. Sometimes, we become attached not merely to a person, but to the happiness their presence awakens within us. We may love someone for who they are, yet remain attached to what their presence makes us feel.

This does not diminish the beauty of Pyaar; rather, it reveals its place in the greater journey of love. Perhaps Pyaar is not the destination, but the first awakening of the heart—the moment we discover that another existence can become meaningful to our own. It is where affection begins, and where the possibility of a deeper understanding of love first takes shape.

Mohabbat/Devoted Love(محبت): The Maturity of the Heart.

"Love one another, but make not a bond of love."— Khalil Gibran

If Pyaar is the language of affection, Mohabbat is the language through which affection acquires depth, devotion and responsibility. It is where the heart moves beyond the pleasure of someone's presence and discovers the meaning of remaining connected even in their absence. It is not merely sharing someone's happiness, but finding the strength to stand beside them in their moments of pain, uncertainty and vulnerability.

Mohabbat is the gradual realisation that another person's existence carries a value beyond the happiness it brings to our own.

Their well-being begins to matter, even when there is nothing to gain in return. Here, affection matures into responsibility, attachment into understanding, and desire into a willingness to accept another human being with their imperfections.

Perhaps the deepest distinction of Mohabbat is that it does not seek to possess what it loves. It understands that love cannot be measured by authority over someone's life, but by the freedom, dignity and peace one allows them to retain. For the heart that truly loves does not wish to become the owner's beloved; it wishes to become the reason their existence feels a little lighter.

Yet, the real measure of Mohabbat is not how intensely we feel, how much we sacrifice or how beautifully we express ourselves. It is how much our love refines our character. If loving someone makes us more patient, compassionate, forgiving and considerate, then love has begun to transcend emotion and become a virtue.

Perhaps Mohabbat is the stage where we stop asking what someone adds to our happiness and begin understanding what their existence means to our humanity.

Ishq/Transcendent Love (عشق): The Dissolution of the Self.

"My heart has become capable of every form."— Ibn Arabi

And then comes Ishq, a word that occupies an extraordinary place in Sufi thought, Persian poetry and the spiritual understanding of existence. It is often described as love in its most intense and consuming form, yet its true significance lies not in the intensity of emotion, but in the transformation of the one who loves.

If Pyaar is the awakening of affection and Mohabbat is its maturation into devotion, Ishq is where love begins to transcend the very boundaries of the self. In ordinary love, we seek the beloved; in Ishq, the seeker gradually discovers that the greatest obstacle between himself and the truth may be his own ego.

his brings us to the Sufi concept of Fana (فنا) — the dissolution of the ego and the surrender of the illusion that the self is independent and self-sufficient before the Divine. It is not the disappearance of one's physical existence, but the disappearance of pride, possessiveness and the endless demands of the lower self.

For the Sufi, Ishq-e-Haqiqi(عشقِ حقیقی)is the soul's profound longing for its Creator. It is not simply an emotion to be felt, but a spiritual journey in which the desire to possess gradually gives way to the willingness to surrender. The seeker no longer approaches the Divine merely for what can be received, but out of an overwhelming recognition of the One who is the source of all existence.

Jalaluddin Rumi, the Persian mystic, explored this mystery through the relationship between the lover, the beloved and the Divine, presenting separation as a means through which the soul becomes conscious of its deeper longing. Bulleh Shah, the Punjabi Sufi poet, similarly challenged the boundaries of religious identity, social status and outward appearances, directing humanity towards the truth within.

Perhaps the most profound understanding of Ishq is that it does not make the lover greater in his own eyes; it makes the

self smaller before the greatness of the Beloved. It replaces possession with surrender, pride with humility and desire with devotion.

Inter-Ministerial Central Team assesses damage to critical infrastructure in landslide hit Thathri areas

Also reviews restoration, relief measures

■ HT News Network

DODA, NOVEMBER 26: An Inter-Ministerial Central Team (IMCT), led by Team Leader-IMCT and Joint Secretary (F-II), Ministry of Home Affairs, Government of India Gaya Prasad visited flood-affected areas of Thathri here the other day to conduct an on-the-spot assessment of the damages caused by flash floods and landslides during Monsoon-2026.

The team comprised Chief Engineer (DP&M), Ministry of Power, Central Electricity Authority Shyam Kejriwal; Deputy Secretary, Ministry of Rural Development Prabhat Kumar and Director, Ministry of Jal Shakti, Central Water Commission Shachi Jain.

During the visit, the team inspected the affected areas and



assessed the extent of damage caused by flash floods and landslides, besides taking first-hand feedback on the impact on public infrastructure, essential services and the local population.Earlier, the IMCT held a detailed meeting in the Conference Hall of DC Office Complex Doda to review the overall situation in the flood-affected areas and assess the damages caused by incessant rainfall, flash floods and landslides during the past monsoon season.Deputy Commissioner Doda Krishan Lal briefed the team on the prevailing situation in the affected areas, the challenging geographical terrain, water levels in the Chenab River, damage to roads and bridges, restoration and recovery measures, and the overall losses suffered due to heavy rainfall.The team was apprised of the damage to critical infrastructure, including roads, bridges, power infrastructure and water supply schemes, along with the status of restoration and rehabilitation works being undertaken by the concerned departments to ensure the restoration of essential services and connectivity.The Deputy Commissioner Doda also highlighted the challenges faced in restoring damaged infrastructure, particularly in remote and hilly areas and detailed the efforts being made by the district administration and line departments to provide relief to affected people and restore essential services at the earliest.The meeting also reviewed precautionary measures adopted by the district administration to minimise the impact of natural disasters, mitigate losses and strengthen preparedness and response mechanisms to deal with such eventualities.The meeting was attended by the Deputy Commissioner Doda Krishan Lal; Superintending Engineers of PWD (R&B); Chief Planning Officer Manesh Kumar; Executive Engineers, Assistant Executive Engineers and other concerned officers.

DC Udhampur reviews progress of RDD works

■ HT News Network

UDHAMPUR, NOVEMBER 26: Deputy Commissioner Udhampur, Ananth Dwivedi, today chaired a review meeting with officers of the Rural Development Department to assess the latest progress of the ongoing and new developmental works being executed under different Rural sector schemes in the district.

The DC took detailed review of the physical and financial progress of ongoing and new works under UT Capex CD & Panchayat, block-wise status of works under CD & Panchayat, VB-G RAM-G, employment generation, Person-Days, estimate status, works taken up under VB-G RAM-G, e-KYC, timely payment monitoring system, MGNREGA, PMAY-G, segregation sheds, RGSA, SBM-G, Community Sanitary Complexes and progress of Panchayat Ghars and other key components.

The Assistant Commissioner Development apprised the DC that a total of 86 works were taken up under UT Capex CD & Panchayat fund, of which 54 works have been physically completed so far. He further informed that 1,24,443 Person-Days were generated under VB-G RAM-G.

During the financial year 2026-27, a total of 2,635 works were taken up under MGNREGA, of which 433 works have been completed so far.

Hajj Pilgrimage 2027: First Orientation Programme conducted at Kishtwar

■ HT News Network

KISHTWAR, NOVEMBER 26: The first Orientation-cum-Training Programme for the Hajj Pilgrimage 2027 was conducted today at Islamia Faridia Higher Secondary School here to prepare the selected pilgrims for the spiritual journey.

The programme was attended by Deputy Commissioner Pankaj Kumar Sharma. He emphasized the importance of imparting proper orientation, awareness on preparedness to the pilgrims for a smooth, safe and spiritually fulfilling Hajj pilgrimage.The training was imparted to 31 pilgrims by the Hajj Trainer Mehfuz-Ur-Rehman. The pilgrims were imparted a comprehensive guidance on Manasik-e-Hajj, along with other essential logistical arrangements.

ACR Idrees Lone, Incharge Hajj Section Kishtwar Fayaz Ahmed Giri were present on the occasion.

Srinagar Wing of High Court of J&K and Ladakh celebrates 77th Constitution Day

■ HT News Network

SRINAGAR, NOVEMBER 26: In an inspiring celebration of democratic principles and constitutional values, the High Court of Jammu & Kashmir and Ladakh, Srinagar Wing celebrated the 77th Constitution Day today. The sanctity of the auspicious occasion necessitates the rightful duty of the citizens to commemorate the adoption of the Constitution. The ceremony was organized in the Conference Hall of the High Court Complex, Srinagar where Justice Sanjeev Kumar, Judge, High Court of J&K and Ladakh, led the reading of the preamble to the Constitution, in the presence of Justice Sindhu Sharma, Justice Sanjay Dhar, Justice Rahul Bharti, Justice Moksha Khajuria Kazmi, Justice Mohammad Yousuf.

District admin Rajouri bids farewell to outgoing CPO

■ HT News Network

RAJOURI, NOVEMBER 26: The District Administration Rajouri today accorded a warm and cordial farewell to outgoing Chief Planning Officer (CPO) Maqsood Ahmed in the office chamber of Deputy Commissioner Dr Devansh Yadav, in recognition of his dedicated services, professional commitment and valuable contribution to the district administration.

The Deputy Commissioner lauded the outgoing officer for his sincerity, dedication, patience



and commitment towards discharging his official responsibilities. He appreciated his professional conduct and contribution to the administrative functioning of the district.

Additional District Development Commissioner Sheraz Ahmed and Additional Deputy Commissioner Ravi Kumar Sihag also appreciated Maqsood Ahmed for his sincerity, patience and composed approach while dealing with official matters, and acknowledged his contribution during his tenure in the district.

The farewell gathering was attended by SE PWD Manzoor Wani, ACD Sheraz Ahmed Chouhan, CPO Sandeep Sharma, ACR Ch. Mohammad Nawaz, CEO Mohammad Hafeez and other district and sectoral officers.

District admin Doda organises Orientation-cum-Training Programme for Hajj-2027 Pilgrims

■ HT News Network

DODA, NOVEMBER 26: The District Administration Doda the other organised an orientation-cum-training programme for selected pilgrims of Hajj-2027 here at Masjid Sharief Astan as conveyed by the Executive Officer, J&K Haj Committee Srinagar.

A total of 85 selected pilgrims, including 53 males and 32 females, participated in the training programme.

The training was imparted by Master Trainer Mehfuz ur Rehman, who provided guidance to the pilgrims regarding the rituals, religious obligations and essential procedures associated with Hajj. The participants were also sensitised to the necessary preparations and important instructions to ensure a smooth, safe and spiritually fulfilling pilgrimage.

Inter-Ministerial Central Team visits Kishtwar to assess Monsoon-2026 damage

■ HT News Network

KISHTWAR, NOVEMBER 26: An Inter-Ministerial Central Team (IMCT) today visited District Kishtwar to assess the damages caused by cloudbursts, heavy rainfall, flash floods and landslides during Monsoon-2026.

The team comprised Shyam Kejriwal, Chief Engineer (DP&M), Ministry of Power, CEA, New Delhi; Prabhat Kumar, Deputy Secretary, Ministry of Rural Development, New Delhi and Shachi Jain, Director, Ministry of Jal Shakti, CWC.

The team held a detailed meeting with the district administration to review the situation and assess the damages caused by monsoon-related disasters in various parts of the district.

During the meeting, Deputy Commissioner Kishtwar Pankaj Kumar Sharma gave a detailed PowerPoint presentation highlighting the damages caused to public infrastructure, including roads, bridges, power infrastructure, water supply schemes and public and private property. He also briefed the team about the relief, restoration and rehabilitation measures taken by the district administration and concerned departments.

The team was also informed about the challenges faced in restoring essential services and road connectivity, particularly in remote and hilly areas, and the steps being taken to provide timely assistance



to affected families.

The central team also visited cloudburst-affected areas of Chatroo to assess the damages on the ground. The team inspected three out of the six affected sites in the Sub Division Chatroo area and reviewed the damage caused to roads, infrastructure, water supply schemes and other essential facilities.

The team inspected Dugga, Chatroo, affected by a cloudburst in August 2026; Guzar to Gurinal Link Road, affected by a cloudburst in July 2026 and Helipad Road to Guzar via Tehsil Complex Link Road Chatroo, which was affected by a cloudburst in August 2026.

The team also reviewed the restoration works and relief measures being carried out by the district administration and concerned departments to provide assistance to the affected people.

Udhampur admin conducts mock exercise to demonstrate emergency response amid natural disaster, landslide scenario

■ HT News Network

UDHAMPUR, NOVEMBER-26:- With the objective of strengthening disaster preparedness, enhancing inter-departmental coordination and assessing emergency response capabilities, the District Administration Udhampur, in coordination with line departments and concerned agencies, today conducted a mock exercise demonstrating emergency response in the event of natural calamity and landslide scenario. The demonstration exercise was held here at Government Degree College for boys.

The mock exercise was



witnessed by Deputy Commissioner Ananth Dwivedi; Additional Deputy Commissioner Prem Singh; Assistant Commissioner Revenue Dr. Umesh Shan; Deputy Commandant 13th Battalion NDRF Uttam Singh, besides officers and officials from the Civil Administration, Police, Army, NDRF, SDRF, Civil Defence, Fire and Emergency Services and other stakeholder departments.

During the mock exercise, the Fire and Emergency Services demonstrated fire-extinguishing techniques, while SDRF personnel showcased surface victim evacuation procedures.

The NDRF team demonstrated rope rescue operations, search and rescue techniques in collapsed structures and conducted an awareness session on cardiopulmonary resuscitation.

Addressing the gathering, the DC said that the primary objective of conducting such exercises was to sensitise students and the general public to disaster safety measures and emergency response protocols. He emphasised that mock drills play a vital role in evaluating the preparedness of various departments, strengthening response mechanisms and ensuring effective coordination during emergencies.

Audit Diwas 2026 celebrated with Green Office, Environmental Awareness Initiatives in Jammu

■ HT News Network

JAMMU, NOVEMBER 26: The Office of the Principal Accountant General (A&E/Audit), Jammu & Kashmir, Jammu, is celebrating Audit Diwas 2026 with a series of activities. An event on the topic Green Office and environmental awareness campaigns on energy, water, waste management and disposal of electronic waste, was organized today in the premises of AG office.

The event was inaugurated by Senior Deputy Accountant General Mukesh Kumar Bramhane. DFO Social Forestry Division Urban Jammu and Health officer Jammu Municipality and officers and officials from PAG office were present on the occasion. Earlier in the morning, a cleanliness drive was organized with the help of Jammu Municipality

A plantation drive was also organized within the office premises as a significant step towards promoting greenery and environmental conservation.

Sr. DAG, DFO Social Forestry and Health officer Jammu Municipality planted a sapling in the office premises, conveying a message of environmental responsibility and the importance of preserving nature for future generations.

As part of the celebration, various awareness activities were organized under the Green Office Initiative, with special emphasis on energy conservation, efficient water management, proper waste segregation and disposal, and environmentally safe management of electronic waste (e-waste).A lecture on Green Office alongwith with PPT was also delivered by Dr. Anshu Gupta, Assistant Professor of Environment University of Jammu and Kavita Angral of JMC Jammu highlighting the growing challenges associated with electronic waste and the importance of its scientific collection, segregation, recycling and safe disposal. The lecture sensitized the participants about the environmental and health hazards arising from improper disposal of electronic equipment and encouraged them to adopt responsible practices for handling discarded electronic items.The campaign aimed to sensitize officers and officials about their collective responsibility towards protecting the environment and promoting sustainable practices at the workplace. Emphasis was laid on reducing energy and water consumption, minimizing waste generation, encouraging responsible use of resources and ensuring proper disposal of electronic waste.

ICAR-IGFRI, Forest Department Hold Awareness Programme on Fodder Innovations and Rangeland Restoration at Yousmarg

45 Tribal Farmers Provided with Improved Fodder Grass Varieties, Planting Material and Calcium Supplements for Livestock

■ HT News Network

Srinagar :The ICAR–Indian Grassland and Fodder Research Institute (ICAR–IGFRI), Regional Research Station (RRS), Srinagar, organised a sensitisation programme on modern fodder technologies and rangeland restoration at Yousmarg in Budgam district under the Tribal Sub-Plan (TSP), in collaboration with the Doodhganga Range of the Pir Panjal Forest Division, Budgam. The programme aimed at creating awareness among tribal farmers and livestock rearers about improved fodder cultivation practices, perennial grass varieties and sustainable management of natural pastures, with a focus on strengthening livestock-based livelihoods in the region. During the programme, Dr. Suhail Ahmad, Senior Scientist (Forestry) and In-charge of ICAR–IGFRI Regional Research Station, Srinagar, along with Dr. Nazim Hamid Mir, Scientist, interacted with the participating farmers and highlighted the importance of introducing high-quality fodder varieties in hilly and forest-fringe areas. They also emphasised the need to conserve natural grazing lands and adopt scientific practices for improving livestock health and productivity. The scientists observed that strengthening fodder resources could significantly improve livestock production, reduce pressure on natural rangelands and enhance the livelihood security of tribal households dependent on livestock rearing. The programme was also attended by Rameez Rishi, Range Officer, Doodhganga Range, Budgam, and



Mohammad Aslam Thekri, Block Forest Officer. They highlighted the importance of coordinated efforts between the Forest Department, agricultural research institutions and local communities for the conservation and restoration of natural grazing areas. Around 45 tribal farmers participated in the programme. A practical demonstration of modern fodder technologies was also conducted to familiarise farmers with improved cultivation techniques. On the occasion, rooted planting material of Tall Fescue and Orchard Grass, seeds of different perennial grass varieties and calcium supplements for livestock were distributed among the beneficiaries. The organisers stated that the initiative was aimed at encouraging farmers to adopt improved fodder cultivation practices, increasing the availability of nutritious feed for livestock and promoting the restoration of natural rangelands in the Himalayan region. The programme further highlighted that the sustainable development of mountain ecosystems requires a combination of scientific research, conservation of natural resources and active participation of local communities. The message "An Poshe Teli Yeli Wan Poshe" (Food will thrive when forests flourish) was also highlighted, underscoring the vital link between forest conservation, ecological sustainability and the livelihood security of local communities.

Constitution Day celebrated by DLSA Srinagar at District Court Complex

■ HT News Network

SRINAGAR, NOVEMBER 2026: The District Legal Services Authority (DLSA) Srinagar in collaboration with District Judiciary Srinagar, celebrated Constitution Day at the District Court Complex, Srinagar, to commemorate the adoption of the Constitution of India and to spread awareness about its significance, values and principles.

On the occasion, Naseer Ahmad Dar, Chairman, DLSA (Principal District & Sessions Judge), Srinagar, lead out the collective reading of the Preamble of the Constitution of India which was followed by the Judicial Officers, Staff Members and other participants posted at District Court Complex, Srinagar. The programme highlighted the importance of the Constitution, its fundamental principles of justice, liberty, equality and fraternity, and the responsibility of every citizen to uphold constitutional values.

The Secretary, DLSA Srinagar, emphasized the importance of creating awareness about constitutional rights, duties and the fundamental values enshrined in the Constitution.

Similar programmes were also organised at various Legal Literacy Clubs (LLCs) including LLC Kothibagh, LLC SP Hr. Secondary, LLC Chanapora, LLC MPML, LLC CPS, LLC Bilaliya, etc. and Free Legal Aid Clinics (FLACs) including FLAC IMHANS, FLAC Bagh-e-Mehtab, FLAC JJB, FLAC Pantha Chowk, FLAC Dargah, FLAC GMC and Ahat-e-Waqar across Srinagar District by the Para Legal Volunteers (PLVs) deputed at these centres, with the objective of spreading constitutional awareness among students and the general public.

AMGD College Kilam Holds Parent-Teacher Meet, Stresses Parental Involvement in Education

■ Farooq Rather



Kulgam,Nov. 26: The Internal Quality Assurance Cell (IQAC) of Altaf Memorial Government Degree College, Kilam, on Thursday organised a Parent-Teacher Meet to strengthen coordination between parents and teachers and promote students' academic progress. The programme witnessed enthusiastic participation from a large number of parents and students.Welcoming the participants, Principal Prof. Mohammad Syed Shah highlighted the initiatives undertaken by the college to ensure quality education. Emphasising the importance of academic discipline, he called for collective efforts by parents and teachers to ensure regular attendance of students and improve their academic performance.Addressing the gathering, IQAC Convenor Dr. Shabir Ahmad Padder stressed the vital role of parental involvement in the academic development of students. He also briefed the parents about the academic and infrastructural facilities available at the institution.Several parents shared their views, observations and valuable suggestions with the college administration and faculty members, highlighting various aspects of the institution's academic environment. Other speakers included Dr. Peerzada Mushtaq, Head of the Department of Zoology; Dr. Mohammad Hussain Zargar, Head of the Department of Urdu; and Dr. Firdous, Head of the Department of Political Science. The programme was moderated by Prof. Suhail Salam Bhat, Head of the Department of Education, while the vote of thanks was presented by Prof. Arif, Head of the Department of Chemistry. The meet provided a platform for meaningful interaction between parents and faculty members, with an emphasis on strengthening institutional collaboration for the overall academic development.

Young Writer Iqra Mohiuddin's Book 'The Daughter Who Stayed' Released at Qalamabad

■ HT News Network

Kupwara November 26 : The literary aspirations of young writer Iqra Mohiuddin received a major boost as her book, The Daughter Who Stayed, was formally released at a special function organised by the Physical Education Department of Boys Higher Secondary School (BHSS), Qalamabad, on Wednesday.

The programme was attended by Principal BHSS Qalamabad Kifayatullah Shah, veteran educationist Bashir Ahmed Qureshi, noted teacher and columnist Khursheed Reshi, besides teachers, students and members of the author's family. Speaking on the occasion, Bashir Ahmed Malla, a relative of the author, highlighted the importance of education and literary pursuits, congratulating Iqra and her family on the achievement. He appreciated the school management for providing a platform to recognise and encourage young talent. Principal Kifayatullah Shah congratulated Iqra on her literary accomplishment and appreciated her dedication, discipline and active participation during her two-year association with the institution. Describing the achievement as a matter of pride for the school, he expressed hope that it would motivate other students to develop an interest in reading, writing and other creative pursuits. He also acknowledged the encouragement and support extended by her parents and family.

Noted teacher and columnist Khursheed Reshi described Iqra's achievement as an inspiring example for the younger generation. Observing that young people increasingly spend considerable time on mobile phones and digital platforms, he said it was particularly encouraging to see a young girl from his native village making a meaningful contribution to literature. He urged students to recognise their potential, pursue their aspirations with determination and make constructive use of their time, emphasising that financial constraints should never deter anyone from pursuing their dreams.

Veteran educationist Bashir Ahmed Qureshi recalled the historical and educational legacy of BHSS Qalamabad, highlighting his family's longstanding association with the institution. He said his late father, Mohammad Ahsan Qureshi, and uncle, late Ali Muhammad Shahbaz, had served the school as teachers and contributed to the promotion of education in the area.

Expressing pride in Iqra's accomplishment as a daughter of his native village, Qureshi also highlighted the area's rich cultural and literary heritage, referring to prominent personalities, including columnist Khursheed Reshi and Hanwara Media Association President Aatif Qayoom. He congratulated the young author and her parents and appreciated the school management for encouraging literary talent among students. The speakers also acknowledged the efforts of Physical Education Teacher Khwaja Bashir Ahmad and Associate Teacher Gowhar Khaki for organising the programme and ensuring its successful conduct. The function concluded with congratulations to Iqra Mohiuddin, with speakers emphasising the need to cultivate a reading and writing culture among students and provide young literary talent with opportunities to flourish.

90 Battalion CRPF Celebrates Constitution Day at Uranhall, Reaffirms Commitment to Constitutional Values.

■ Farooq Rather



ANANTNAG, NOVEMBER 26: The 90 Battalion of the Central Reserve Police Force (CRPF) celebrated Constitution Day (Samvidhan Divas) with enthusiasm and patriotic fervour at its Unit Headquarters in Uranhall, Anantnag, commemorating the adoption of the Constitution of India on November 26, 1949.

On the occasion, Commandant Kamlendra Pratap Singh led officers, subordinate officers (SOs) and jawans of the Battalion in collectively reading the Preamble to the Constitution and reaffirming their commitment to its ideals and principles.

Addressing the personnel, the Commandant highlighted the significance of Constitution Day and emphasised the core constitutional values of justice, liberty, equality and fraternity. He sensitised the officers and jawans about the importance of upholding constitutional principles, respecting democratic values and performing their duties with integrity, impartiality, discipline and a strong sense of responsibility.

He further observed that the Constitution forms the foundation of India's democratic system and stressed that every citizen, particularly those entrusted with the responsibility of safeguarding the nation, must remain committed to its ideals and uphold the spirit of unity, integrity and national solidarity. The celebration witnessed enthusiastic participation from all ranks of the Battalion. The programme concluded with a renewed pledge to uphold the Constitution, safeguard its values and serve the nation with unwavering dedication, sincerity and commitment. The 90 Battalion CRPF reiterated its commitment to the constitutional ideals of justice, liberty, equality and fraternity and its continued dedication to the service of the nation.

DDC Bandipora chairs Convergence Meeting on National Family Health Survey-6 indicators

■ HT News Network



BANDIPORA, NOVEMBER 26 : District Development Commissioner (DDC) Bandipora, Indu Kanwal Chib, today chaired a Convergence Meeting of Health, Education, ICDS, Jal Jeevan Mission, Rural Development & Panchayati Raj and RBSK teams to review the key health and social indicators of National Family Health Survey-6 (2023-24).

The meeting reviewed the district's performance on major indicators including Non-Communicable Diseases, Child Marriage / Teenage Motherhood, Drinking Water, Maternal Health and Nutrition.

The DDC stressed upon close inter-departmental coordination and fixed department-wise responsibility for time-bound action.

On the occasion, Chief Medical Officer was directed to intensify population-based screening at Health and Wellness Centres and IEC activities in schools and colleges. CMO was further directed to ensure early pregnancy registration, tracking of all four ANC check-ups and C-section audits in Government and private institutions.

DSWO was directed to identify out-of-school and dropout girls, facilitate their re-enrolment, conduct awareness activities under BBBP and cross-check teenage pregnancies through the dedicated portal. Jal Shakti Department was directed to conduct water quality testing and chlorination drives and intensify sanitation and hygiene awareness in high-diarrhoea blocks.

ICDS and Health Departments were directed to ensure monthly growth monitoring, referral of SAM/MAM cases to NRCs and early breastfeeding counselling at delivery points.

The DDC also reviewed the functioning of the District Early Intervention Centre (DEIC) and the RBSK referral system from field to PHC, CHC and DEIC centres.

She directed that there should be proper coordination between RBSK teams, Health, Education and ICDS for identification, referral, follow-up and treatment of children, and that 100% achievement should be ensured in screening and referral.

The DDC further directed that the data of RBSK, Education and ICDS should be matched and reconciled, so that no child is left out and there is no mismatch in figures regarding screening, referral and management at DEIC.

The Deputy Commissioner directed the RBSK teams and ICDS to jointly synchronise their data next week to avoid repeated hospital visits for children and their parents, particularly for health indicators already covered under RBSK, thereby saving their time, effort and expenses.

Government of Jammu & Kashmir
OFFICE OF THE EXECUTIVE ENGINEER PWD(R&B) DIVISION ANANTNAG
NIT 132 OF R&B/Anantnag/2026-27 /E-TENDERING/10636-45, DATED 25-11-2026

For and on behalf of the Lt. Governor, Union Territory of J&K e-tenders in **02 cover system** are invited on %age basis from approved and eligible Contractors registered with J&K Govt. CPWD, Railways and other State/Central Governments for each of the following works:-

S. No	Name of Work	Estimated Cost (Rs in Lacs)	Cost of T/Doc.(in Rs)	Earnest Money (In Rs)	Time of Completion	Major Head of Account	Class of Contractor
1.	Restoration of Municipal Indoor Stadium at Bangidar Anantnag	30.07 Lacs Contract Price exclusive of GST: 25.48 + (18% GST Amount 4.59)	1100	60140/-	90 Days	District Capex 2026-27 (Untied Grants)	AAY & BEE Class Only

Project Authority : District Development Commissioner, Anantnag.
Position of AAA : Accorded vide Order No. 574 - DDCA of 2026-27, Dated 23.11.2026.
Position of TS : Accorded vide Order No EE/TS/91/RnB/Ang/DCB/UG/2026-67, Dated 23.11.2026.

1. 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 the departmental websitewww.jktenders.gov.in as per schedule of dates given below:

S. No.	Particulars	Dated		
1	Date of Issue of Tender Notice		25-11-2026	
2	Period of Downloading of bidder documents	From	25-11-2026	(03:00 PM)
		To	01-12-2026	(04:00 PM)
3	Bid submission Start Date	From	25-11-2026	(03:00 PM)
4	Bid Submission End Date	To	01-12-2026	(04:00 PM)
5	Date and time of opening of bid(online)		02-12-2026	(10:30 AM)
		In the office of Executive Engineer PWD(R&B) Division Anantnag.		

2. Bids must be accompanied with:
   A) **A Receipt of EMD (2% of advertised Cost),** deposited in a **Centralized Designated Pooling Bank Account bearing No. 0470010200000099 (Division Name, NIT No. and Item No/ Name of Work to be mentioned on the Receipt. (The Date of receipt of EMD should be between the date of Start of Bid and Bid Submission End Date)** and
   B) **A Receipt of cost of Tender document/Tender Fee** deposited in a **Centralized Designated Pooling Bank Account bearing No. 0470010200000099 (Division Name, NIT No. and Item No/ Name of Work to be mentioned on the Receipt (T**he Date of transaction should be between the date of Start of Bid and Bid Submission End Date) **The same EMD/Tender Fee receipt should not be used in more than one Tender/Bid.**
   Note: In case of Net-Banking/Mobile Banking E-receipt uploaded by the Bidder, he/she shall mandatorily mention Division Name, NIT No and/or Item No of Work in short form/abbreviations to ensure EMD/Tender Doc Fee is pledged to the concerned Division and the intended work.
3. **All the Bidders have to submit Earnest Money/Bid Security (EMD@2% of Advertised Cost). Non submission of Earnest Money/Bid Security shall render the bidder as No-responsive.**
4. The Bid security amount of the successful Bidder shall, upon completion of the bidding process be transferred from single Centralized Designated Pooling Bank Account to Performance Security Deposit Head on Authorization from HoD during the currency of contract agreement including defect liability period. . In addition, the differential amount of performance security shall be deposited by the Successful Bidder in Performance Security Deposit Head. Failure to produce differential amount of Performance Security shall render the L1 as non-responsive and case for debarring of the Contractor for a period of 01 Year be forwarded to Higher Authorities.
5. The date and time of opening of Bids shall be notified on Web Site **www.jktenders.gov.in** and conveyed to the bidders automatically through an e-mail message on their e-mail address. The **bids of Responsive bidders** shall be opened online on same Web Site in the Office of **Executive Engineer R&B Division Anantnag**
6. The bids for the work shall remain **valid for a period of 120 days from the date of opening of Technical Bid**
7. **Instruction to bidders regarding e-tendering process.**
   7.1 Bidders are advised to download bid submission manual from the "Downloads" option as well as from "Bidders Manual Kit" on website www.jktenders.gov.in to acquaint bid submission process.
   7.2 To participate in bidding process, bidders have to get 'Digital Signature Certificate (DSC)' as per Information Technology Act-2000. Bidders can get digital certificate from any approved vendors.
   7.3 The bidders have to submit their bids online in electronic format with digital Signature. No Financial bid will be accepted in physical form.
   7.4 Bids will be opened online as per time schedule mentioned in Para-1.
   7.5 Bidders must ensure to upload scanned copy of all necessary documents with bid.
   7.6 Bidders must ensure to upload scanned copy of all necessary documents including tender document fee in terms of soft copies with technical bid.
   Note: - Scan all the documents on 100 dpi with black and white option.
8. The department will not be responsible for delay in online submission due to any reasons.

DIPK-7978/26
Send Date: Nov 26 2026

(Er. Mohammad Waseem)
Executive Engineer,
R&B Division Anantnag

District Baramullla Badminton championship to Begin from 2nd Dec

■ Aashiq Hussain



Baramullla,26 Nov (HT) The District Badminton Association Baramulla in Collaboration with J&k state sports council is going to organize a District Level Badminton championship from 2nd Dec to 3rd Dec at General Bipin Rawat Stadium Baramulla .The organizers are inviting all the teams and clubs to participate in the event and have been asked to contact on these numbers 9682144203, 8899966419, to get themselves registered for the event.

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

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

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

DDC Bandipora Chairs DCC/DLRC review

Directs Banks to accelerate Priority Sector Lending and Ensure 100% KCC Coverage

■ HT News Network



BANDIPORA, NOVEMBER 26: District Development Commissioner (DDC) Bandipora, Indu Kanwal Chib, today chaired a meeting of the District Consultative Committee (DCC) and District Level Review Committee (DLRC) to review the banking and credit performance of the district for the second quarter of FY 2026-27, ended September 30, 2026.

At the outset, the Lead District Manager briefed the committee on the sector-wise performance and achievements of banks during the first quarter. During the deliberations, banks were advised to step up credit flow, particularly under Agriculture, MSME, Education, and Housing, to strengthen overall lending under the Priority Sector.

Reviewing the financial figures, it was informed that banks operating in Bandipora disbursed 701 crore against the Annual Credit Plan (ACP) target of 1,655 crore, registering an achievement of 42 percent of the annual target. Of the total credit extended, 267 crore was disbursed under the Priority Sector and 434 crore under the Non-Priority Sector.

The DDC directed the concerned departments and banking institutions to cover the remaining Farm Operating Families (FOFs) within the next two quarters through dedicated awareness and saturation drives.

The committee also reviewed progress under Mission YUVA. It was informed that 1116 entrepreneurs have received finance under the flagship program amounting to 47 crores and J&K Bank was advised to expedite disbursements under Mission YUVA. Similarly, Banks were directed to significantly scale up fresh enrolments under the Social Security Schemes. The committee also took stock of the progress achieved under PMEGP, implemented through KVIB, DIC, and KVIC.

Addressing the sponsoring agencies, the Chair directed all Line Departments to improve the quality of cases sponsored under various Government Sponsored Schemes and ensure that viable and eligible applications are forwarded to banks for timely sanction and disbursement.

The DDC expressed strong displeasure over the poor performance of Axis Bank, particularly its failure to sanction cases under various government-sponsored schemes, causing inconvenience and hardship to applicants.

On the sidelines of the review, the DDC felicitated Shameema Akhter for successfully establishing her food processing unit "Dilbaro Foods," under the PMFME Scheme with financial assistance from J&K Bank.

Highlighting the need for deeper financial inclusion, the DDC called for expanding banking infrastructure and services in unbanked areas, with a special focus on unbanked areas.

Furthermore, the DDC directed Functional Manager, DIC Bandipora, to coordinate closely with the Lead District Manager to explore export avenues for promising local enterprises.

The meeting was attended by CPO Bandipora; GM, DIC Bandipora; LDO, RBI; DDM, NABARD; LDM Bandipora; and other concerned officers and stakeholders.

Mission Vatsalya Bandipora organises Awareness Programme at Kehnusa

■ HT News Network



BANDIPORA, NOVEMBER 26: Mission Vatsalya Bandipora organised an awareness programme at Kehnusa, Bandipora, with the objective of sensitising the community about child rights, child protection laws, and various government initiatives aimed at ensuring the safety, welfare and overall development of children.

During the programme, participants were made aware of several important child protection legislations, including the Juvenile Justice (Care and Protection of Children) Act, 2015 (JJ Act), the Child and Adolescent Labour (Prohibition and Regulation) Act, the Prohibition of Child Marriage Act, 2006, the Cigarettes and Other Tobacco Products Act (COTPA), and the Protection of Children from Sexual Offences (POCSO) Act, 2012.

Special emphasis was laid on the importance of preventing child labour, child marriage, child abuse, exploitation and other forms of violence against children. The participants were also sensitised about the provisions of the POCSO Act and the importance of creating a safe and protective environment for every child.

Furthermore, awareness was disseminated regarding Child Helpline 1098, highlighting its role as an important emergency support service for children in distress, in need of care and protection, or facing abuse, neglect and exploitation.

The programme concluded with an appeal to the community to remain vigilant, report cases of child abuse and exploitation, discourage harmful practices and collectively work towards safeguarding the rights, dignity and future of every child.

JKEDI hosts HEGL roadshow to support early-stage Social Enterprises

■ HT News Network



SRINAGAR, NOVEMBER 26: Jammu and Kashmir Entrepreneurship Development Institute (JKEDI) on Thursday hosted the Himalayan Enterprise Growth Lab (HEGL) Roadshow in collaboration with IIMA Ventures and SAP, as part of an engagement aimed at supporting early-stage social enterprises from the Himalayan region.

The programme focused on helping startups strengthen their business models, access structured mentoring and explore opportunities for growth. The Himalayan Enterprise Growth Lab is designed to support social enterprises across Jammu and Kashmir, Himachal Pradesh, Uttarakhand and Ladakh.

The programme offers several opportunities for participating enterprises, including a two-day bootcamp for the top 20 shortlisted startups, grants of up to 10 lakh each for 12 social enterprises, mentoring support, market access and an opportunity to present their ventures to investors during Demo Day.

The IIMA Ventures team briefed participants on the programme's objectives, eligibility requirements, selection process and application procedure, and highlighted the value of developing sustainable, scalable and impact-oriented enterprises. The session also introduced founders to avenues through which they can strengthen their ventures and access programme support. The roadshow was coordinated by Irtif Mehraj, Incubation Manager, JKEDI, along with the JKEDI Startup Team.

Through such collaborative initiatives, JKEDI continues to create opportunities for startups to connect with mentors, institutions and support programmes, while encouraging entrepreneurship and innovation across Jammu and Kashmir.

JKEDI–Tally Startup Connect focuses on Building Sustainable Businesses

■ HT News Network



SRINAGAR, NOVEMBER 26: Jammu and Kashmir Entrepreneurship Development Institute (JKEDI), on Thursday organised JKEDI–Tally Startup Connect in collaboration with Tally Solutions Pvt. Ltd., as a one-day engagement aimed at empowering innovators and helping startups strengthen their businesses and accelerate growth at Main Campus Pampore.

The programme, titled "Building Beyond the Idea – From First Customer to a Business Built to Last," focused on practical aspects of building and managing sustainable enterprises. The session highlighted that a promising idea is only the starting point, and that startups need to develop a clear understanding of their finances, track business performance, adopt suitable technology and make informed decisions as they progress towards growth.

Representatives from Tally Solutions Pvt. Ltd., including Balaji S., General Manager, North Zone; Balwant Singh Chauhan, DGM, Product Excellence; and Ravneet Singh Pahuja, RSM, along with members of the company's marketing and business development teams, interacted with startup founders and shared industry insights and practical perspectives on business management.

The programme provided participants an opportunity to learn about the tools and approaches that can support efficient business operations, strengthen decision-making and help enterprises move from the initial customer stage towards sustainable growth.

The programme was coordinated by Irtif Mehraj, Incubation Manager, JKEDI, along with the JKEDI Startup Team, whose efforts and coordination played a vital role in facilitating the engagement and ensuring its smooth conduct.

Through such industry collaborations, JKEDI continues to connect startups with relevant expertise and practical knowledge, enabling entrepreneurs to build stronger, more resilient and growth-oriented businesses.

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

Dir Agri Kashmir inspects Seed Multiplication Farm Tapper

■ HT News Network

SRINAGAR, NOVEMBER 26: Director Agriculture Kashmir, Sartaj Ahmad Shah, today conducted an extensive inspection of the Seed Multiplication Farm at Tapper, Baramulla to review the ongoing seed production activities and assess the overall functioning and performance of the farm.

During the inspection, the Director took a detailed appraisal of various agricultural operations, with particular focus on seed multiplication activities, crop health, field management practices and the progress of different crops. He also reviewed the measures being undertaken to ensure the production and availability of quality seeds for farmers. Shah also visited Seed processing plant at the farm to monitor its functioning.

Interacting with the concerned officers and technical staff, the Director stressed the importance of maintaining prescribed quality standards at every stage of seed production.

DE&CC Shopian hosts Job Fair

DC urges unemployed youth to dream big and build confidence to achieve their career goals

■ HT News Network



SHOPIAN, NOVEMBER 26: A One-Day Job Fair was organized today by the District Employment and Counselling Centre (DE&CC) Shopian at its premises under the theme "Connecting Talent with Opportunity," witnessing enthusiastic participation from local youth and visiting companies.

Deputy Commissioner (DC) Shopian, Charandeep Singh, attended the event and interacted with participating job seekers as well as company representatives.

At the outset, the DC inspected the stalls and reviewed the available vacancies and job openings being offered by the participating firms.

Addressing the gathering, the Deputy Commissioner urged unemployed youth to dream big, aim high and build confidence to achieve their career goals. Emphasizing that hard work and determination yield positive results, he encouraged aspirants to step forward and become successful entrepreneurs rather than relying solely on conventional employment. He assured the youth that the District Administration is committed to supporting them in every possible sphere to help them grow and succeed.

Earlier, Assistant Director (AD) Employment, Dr. Nida Yousuf, briefed attendees about the objectives of the job fair. She highlighted that the initiative aims to bridge the gap between aspiring youth and prospective employers by providing a direct platform to explore opportunities and enhance employability skills.

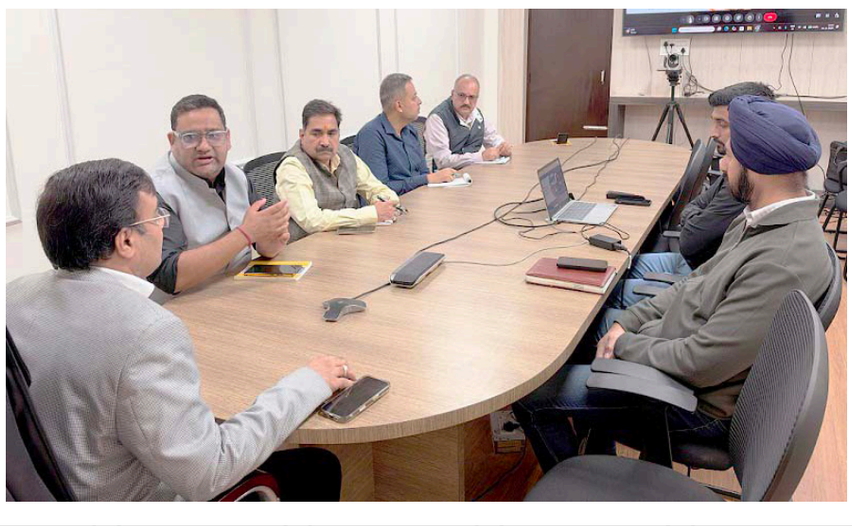
On this occasion, the DC also handed over keys of vehicles to two unemployed youth.

A career counsellor also addressed the youth, sharing practical guidance on career planning, skill development and preparing effectively for interviews and workplace demands.

Samba admin discusses road map for implementation of City Gas Distribution Policy- 2026

DC stresses expeditious development of infrastructure, enhanced access to clean energy

■ HT News Network



SAMBA, NOVEMBER 26: Deputy Commissioner Samba Dr. Rupesh Kumar today chaired the introductory meeting of the District Level Committee constituted for the effective implementation of the City Gas Distribution (CGD) Policy, 2026 in District Samba.

At the outset, Assistant Director, Food, Civil Supplies & Consumer Affairs Rahul Gupta and Member Secretary of the Committee, briefed the meeting about the salient features of the CGD Policy, the mandate of the Committee and the role of stakeholder departments in facilitating its effective implementation.

Representative from Indian Oil Corporation Limited (IOCL) and Special Invitee Amit Arya delivered a comprehensive presentation on the proposed gas distribution network, project implementation roadmap, infrastructure requirements and district-specific interventions for the rollout of Piped Natural Gas (PNG) and Compressed Natural Gas (CNG).

Detailed deliberations were held on the establishment of the City Gate Station at village Salmeri-Vijaypur, allotment of land for the District Regulating Station at Bari Brahmana, statutory permissions, Right of Way clearances and other infrastructure requirements.

The proposed phased connectivity of industrial areas, including Bari Brahmana, Kartholi, Birpur and SIDCO Samba, also formed a key part of the deliberations.

The Deputy Commissioner emphasised the need for seamless inter-departmental coordination, expeditious resolution of implementation bottlenecks and a time-bound approach towards the development of gas distribution infrastructure in the district.

The initiative is expected to strengthen the industrial ecosystem of Samba, promote cleaner energy adoption across domestic, commercial, industrial and transport sectors, and contribute towards sustainable economic and environmental development.

The meeting was attended by GM DIC, ACD, CEO Urban Local Bodies, District Nodal Officer, Assistant Controller Legal Metrology, representatives of SICOP/SIDCO and other concerned officers. The proposed phased connectivity of industrial areas, including Bari Brahmana, Kartholi, Birpur and SIDCO Samba, also formed a key part of the deliberations.

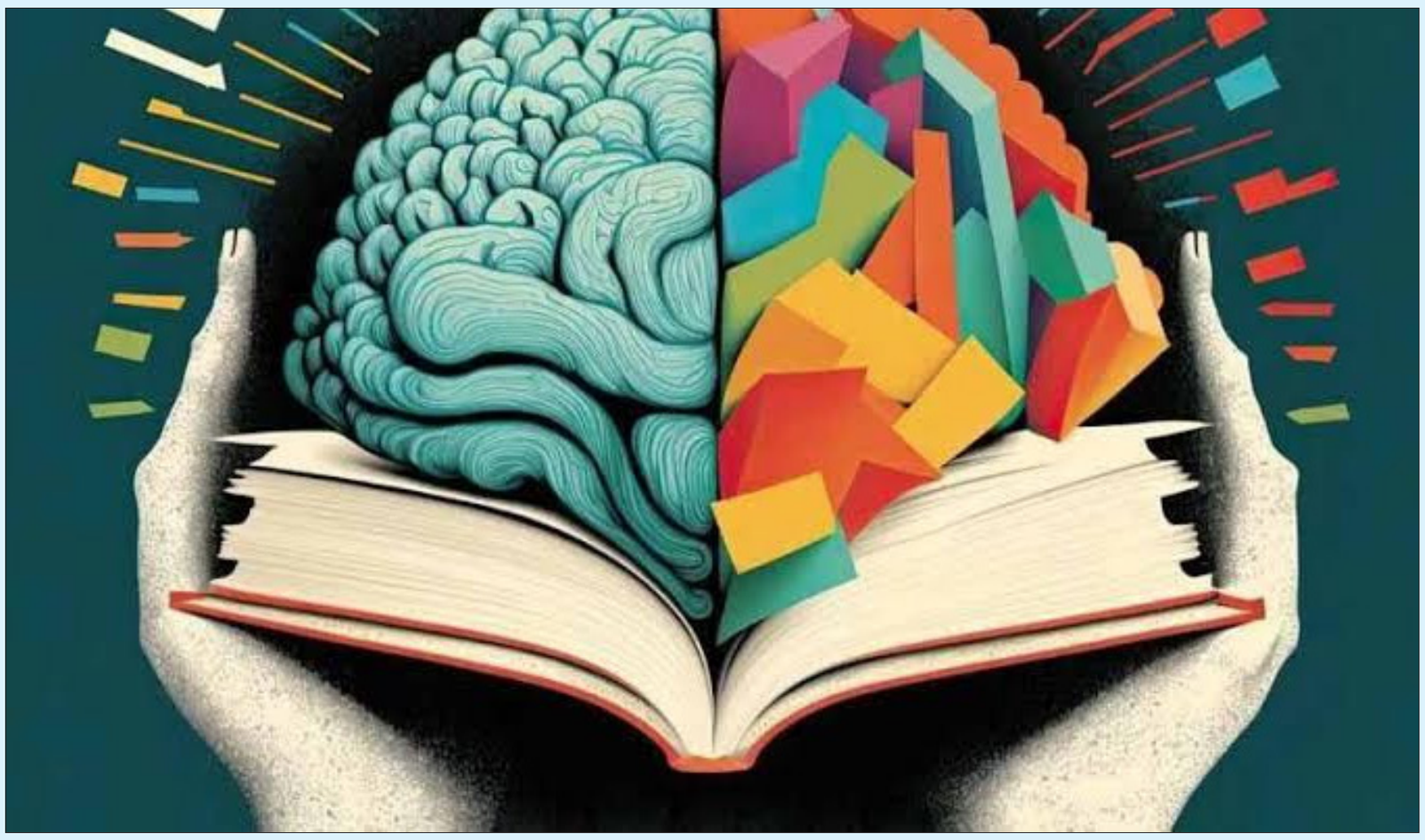
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Beyond Marks and Degrees

Mental Health and NEP 2020

Baina Fatima



Education is often measured and examined through examination results, academic qualifications, and employment opportunities. However, behind these indicators lies an equally important dimension: the mental health and emotional well-being of students. Increasing academic competition, examination pressure, family expectations, and uncertainty about employment have made mental health a significant concern within the education system. This raises an important question: can education truly be considered successful if it prepares students for professional life but fails to support their psychological well-being?

The National Education Policy (NEP) 2020 provides an opportunity to rethink the purpose of new system of education. Its emphasis on holistic development, critical thinking, flexibility, and experiential learning recognises that education should extend beyond memorisation and academic achievement. Students need opportunities to develop confidence, creativity, emotional resilience, and the ability to cope with challenges. However, translating this vision into practice requires greater attention to mental health within educational institutions.

Beyond Academic Pressure

For many students, academic success is associated with high marks, admission to prestigious institutions, and securing a stable job. While these aspirations are understandable, excessive pressure to meet them can contribute to stress, anxiety, and fear of failure. Students who struggle academically may begin to question their abilities, while those approaching graduation often face uncertainty about their professional future.

NEP 2020 advocates moving away from rote learning towards competency-based education and a more comprehensive approach to assessment. These changes can help reduce the excessive emphasis on examinations and encourage meaningful learning. Nevertheless, curriculum reform alone cannot resolve the mental health challenges students experience. A supportive academic environment, appropriate guidance, and access to professional counselling are equally important.

The Role of Educational Institutions

Schools, colleges, and universities all have a great responsibility to create environments where students feel respected, supported, and comfortable seeking assistance. Teachers play a particularly important role because their interactions with students can influence confidence, motivation, and classroom participation.

Educational institutions should strengthen counselling facilities, organise mental health awareness programmes, and provide appropriate training to teachers. Students must also have confidential channels through which they can seek help without fear of stigma or discrimination. These measures should form part of institutional planning rather than remain limited to occasional awareness activities.

Higher education institutions must pay particular attention to students facing research pressures, financial difficulties, academic uncertainty, and employment-related stress. Mental health support should be accessible to all students, irrespective of their social or economic background.

Why It Matters in Jammu and Kashmir

In Jammu and Kashmir, student well-being deserves attention in the context of competitive examinations, employment uncertainty, financial constraints, and disruptions to academic routines. Students from remote areas may also experience difficulties accessing educational and support services.

Higher education institutions across the Union Territory should assess the availability of counselling facilities, students' awareness of existing services, and the effectiveness of institutional support mechanisms. Such efforts would help identify gaps and develop responses suited to local needs.

NEP 2020 provides a broader framework for holistic education, but its effectiveness depends on implementation. Educational administrators must ensure that student well-being receives adequate attention alongside curriculum reform, infrastructure development, and academic quality. Policy commitments become meaningful only when students experience their benefits in everyday institutional life.

Building an Inclusive and Supportive Learning Environment

Mental health support must also be sensitive to the diverse needs of students. Those from economically disadvantaged backgrounds, remote areas, and marginalised communities may face additional barriers in accessing counselling and academic guidance. Similarly, students with disabilities may require specialised support to participate fully in educational activities. Educational institutions should therefore adopt an inclusive approach that recognises these differences and ensures that no student feels neglected or excluded. Integrating mental health awareness into orientation programmes, academic mentoring, and student support services can help create a culture in which seeking assistance is viewed as a positive step rather than a sign of weakness. Such initiatives would strengthen the broader vision of NEP 2020 by making education more accessible, equitable, and responsive to students' overall development.

From Policy to Practice

The challenge is to move from recognising the importance of mental health to establishing effective support systems. This requires coordination among policymakers, institutional administrators, teachers, counsellors, families, and students. It also requires adequate resources, trained professionals, and mechanisms to evaluate whether support services are accessible and useful.

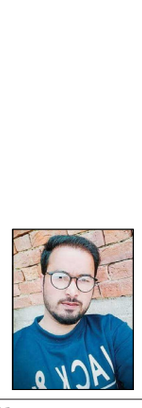
Mental health should not be treated as an individual student's responsibility alone. Educational pressures, institutional environments, and social expectations can all influence well-being. A comprehensive approach must therefore combine professional support with supportive teaching practices, fair assessment, academic guidance, and awareness initiatives.

Ultimately, NEP 2020 offers an opportunity to redefine educational success. Its vision of holistic development must be reflected not only in what students learn but also in how educational institutions support them throughout their learning journey.

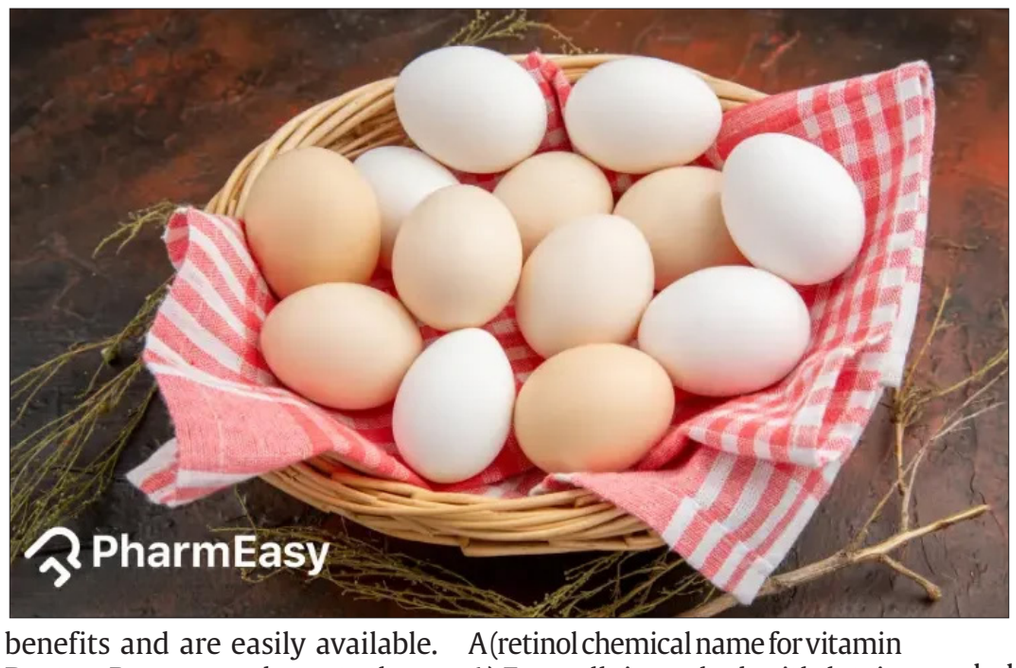
Education must do more than prepare students to pass examinations and secure employment. It must also help them develop the confidence, resilience, and well-being necessary to navigate life beyond the classroom.

Baina Fatima
Research scholar

Health Benefits Of Egg



Sahil Manzoor Bhatti



A whitish, oval shaped, gentle, shell protecting the inner part known as albumin and yolk. Eggs have good and very effective health benefits. It includes eggs containing calcium, vitamins, minerals etc. Eggs have been used for health benefits for a long time so eggs are having great health benefits and are easily available. Doctors Recommend eggs to those patients who complain of different ailments related to their health.

Today let's start to explore a few health benefits of eggs in our day to day life. Eggs are very beneficial for our sharp eye sight and maintain our eye sight. Eggs contain vitamin A (retinol chemical name for vitamin A). Egg yolk is packed with lutein and zeaxanthin are helpful antioxidants that reduce the risk of cataracts and macular generation in the eyes.

Eating two eggs a day for six weeks increased HDL levels by 10%. Regular eating of eggs leads to elevated levels of high-density lipoprotein, also known as the good cholesterol.

As mentioned earlier in this article eggs are packed with protein, minerals and vitamins. Most of us know the importance of proteins in our body. Proteins maintain weight, increase muscle mass, lowers the blood pressure and are beneficial for our bones.

Recent studies suggest that the eating of one egg for breakfast will not cause any heart disease. People who follow a low-carbohydrate diet and eat less of a chance of developing heart disease.

As we know some people are getting allergenic in their intestines, some are having other problems as well, they should avoid such food stuff which makes them uncomfortable, with having some other health issues. Nowadays we all are very much concerned about our health and want to keep our health fit and fine by engaging in different games like in gym centres, football, cricket, jogging and are fond of experiencing other effective ways but one thing is true that our dietary discipline decides our good health and keep us happy and healthy.

Today junk food is trending and new varieties are being kept ready on streets, restaurants, hotels etc., but we should not forget that healthy food is always cooked at home, we need balanced and hygienic food for the body.

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Delhi seal Super League berth with win over Railways; Rajasthan knock out Bengal

United News Of India



NEW DELHI, NOV 26: Delhi qualified for the Super League stage of the Syed Mushtaq Ali Trophy with a comprehensive win over Railways, bowling them out for 122 in 19.5 overs before completing the chase comfortably. Suyash Sharma led the attack with 3 for 14, while Rajneesh Dadar also claimed three wickets and Digvesh Singh Rathi picked up two.

In response, Delhi's batters made short work of the target. Priyansh Arya struck an unbeaten 56 off 30 balls, while Tejasvi Dahiya scored an unbeaten 42 off just 16 deliveries, hitting five sixes to seal the win.

Rajasthan end Bengal's Super League hopes

Rajasthan knocked Bengal out of the race for the Super League with a six-wicket win, chasing down 158 with 20 balls to spare. Shakir Habib Gandhi top-scored for Bengal with 69 off 43 balls, while Karan Lal contributed 28 as the side finished on 157/9. Deepak Chahar and Arafat Khan claimed three wickets each to restrict Bengal.

Rajasthan's chase was powered by Mahipal Lomror, who smashed 74 off just 35 balls, including five sixes, and Abhijeet Tomar, who anchored the innings with an unbeaten 74 off 52. The pair added 119 runs for the fourth wicket to take Rajasthan to a comfortable victory.Azharuddeen century takes Kerala into Super LeagueMohammed Azharuddeen continued his impressive form with a 57-ball 101 to power Kerala to 268/4 and a 67-run victory over Himachal Pradesh. Rohan Kunnummal (35 off 16) and Sanju Samson (44 off 21) provided brisk support, while Abdul Basith added a late flourish with 24 off just five balls.

Himachal's chase never got going after they slipped to 8/2 early on. Vaibhav Kalta's unbeaten 57 off 28 balls offered some resistance, but Kerala had enough on the board to secure the win. With five victories from seven matches, Kerala sealed qualification to the Super League.Mumbai maintain dominance with sixth winMusheer Khan led the charge with a 40-ball 65 as Mumbai registered a commanding 86-run win over Uttarakhand at the Jadavpur University 2nd Campus Ground in Salt Lake, Kolkata, on Thursday. Hardik Tamore provided an explosive start with 39 off 14 balls, while Angkrish Raghuvanshi contributed 51 to help Mumbai post 209 before being bowled out in the final over. Ravinder Negi and Jagadeesha Suchith picked up three wickets each for Uttarakhand.In reply, Uttarakhand struggled in the chase, slipping to 58/5 before Shashwat Dangwal (37 off 20) and Jagadeesha Suchith (19) offered some resistance. Atharva Ankolekar then wrapped up the lower order with figures of 3 for 17, bowling Uttarakhand out for 123 in 16.5 overs. The win was Mumbai's sixth in seven matches, with their other fixture abandoned, keeping them comfortably at the top of Group D.A dominant bowling display set up Karnataka's eight-wicket victory over Baroda, as they chased down a target of 119 with 23 balls to spare. Shreesha Achar and Vidhwath Kaverappa claimed four wickets apiece to bowl Baroda out for 118. Shashwat Rawat top-scored with 31,

Gu Ailing likely to miss home FIS World Cup after shoulder dislocation

United News Of India

BEIJING, NOV 25 :Olympic freeski halfpipe champion Gu Ailing said on Wednesday she is unlikely to compete at next month's World Cup stop in Zhangjiakou after dislocating her shoulderin training in Austria.

"A few days ago, unfortunately, I dislocated my shoulder during training in Austria. I drove for about an hour to the hospital, where I immediately had X-rays taken and my shoulder was reduced," Gu wrote on Chinese social media platform Weibo.

"I am still waiting for the doctor's assessment, but at the moment the possibility of competing at the Yunding World Cup stop is relatively small. I am very sorry to disappoint friends who have already bought tickets or arranged their travel plans to come and cheer for me in person," she added.

The FIS Freestyle Ski and Snowboard Halfpipe World Cup is scheduled for December 9 to 13 at Yunding Snow Park in Zhangjiakou, north China's Hebei Province. It will be the first of four major FIS events at the venue between



December 2026 and February 2027.

Gu had been expected to return to the venue where she won last December. Gu retained her Olympic freeski halfpipe title at the Milan-Cortina Winter Olympics in February, earning her third career Olympic gold after winning two at Beijing 2022. It was also her third medal at Milan-Cortina.

FIDE World Chess : 2nd game between Gukesh, Sindarov too ends in draw

United News Of India

CHENNAI, NOV 26 :The second game between defending champion India's D.Gukesh and his Challenger Javokhir Sindarov of Uzbekists in the SalesforceFIDE World Championship Match ended in a ended in Geneva on Wednesday night (IST).

After just 2 hours and 20 moves, both the contenders eventually concluded that there was little the position could offer to upset the balance and shook hands sharing half a point each. The contest stands at one point each.



The game opened with the London System, a solid setup that generally allows both sides to develop their pieces naturally. Gukesh has plenty of experience with this opening from the white side. His most recent success with it dates back to the India-Uzbekistan match at the Olympiad in Samarkand last September, when he defeated Sindarov's teammate Ortik Nigmatov.

Although Black has several reasonable ways to meet the London System, Sindarov followed the aforementioned game until the sixth move. Both players seemed familiar with the line up to around move 10, when they began spending more time on their decisions.

Gukesh gradually arranged his pieces in preparation for the first clash between the two armies. Sindarov, meanwhile, manoeuvred efficiently, using little time while maintaining a solid position. After 15...f5, Gukesh took some time to assess whether the position could be opened up. He may have been tempted to try 17.c4, either on this move or the previous one, but evidently did not consider his position promising enough to enter the ensuing complications.

One possible continuation is 17...cxd4 18.exd4 dxc4 19.Bxc4 Nd5! 20.Qxe6 Bf7 21.Qe2 Bg5, when Black enjoys very active piece play as compensation for the sacrificed pawn. Sindarov admitted afterwards that he had not calculated the consequences of the c4-break precisely, as he felt the position was not yet ripe for such a break.

Gukesh astutely saw that a draw seemed the natural outcome at that point, since he could not see how either side could achieve anything through a pawn break. There is an old proverb that says, "Pawns are the soul of chess

."Clearly, in this game, with no promising pawn break on the horizon, both contenders became dispirited and eventually settled for a draw.

India face pace-versus-depth dilemma with series on the line in Christchurch

United News Of India

NEW DELHI, NOV 26 :India will look to put their Wellington disappointment behind them when they take on New Zealand in the must-win second and final Test at Hagley Oval from Friday, with the pace-bowling combination likely to be a key talking point ahead of the series decider in Christchurch.

The visitors dominated large parts of the opening Test but could not force a result after the normally seamer-friendly Basin Reserve surface lost its pace and became increasingly favourable for batting. With the series on the line and a place in the World Test Championship final, India will need a more incisive bowling effort to take 20 wickets and secure a series victory.A green surface awaits both teams in Christchurch, although India will be cautious about reading too much into its appearance. The Hagley Oval pitch has offered pace and bounce in the past, but has also been known to flatten out as the Test progresses.New Zealand's Matt Henry and bowling coach Jacob Oram have indicated that the surface could provide more assistance to fast bowlers than the Wellington track.

Need to be a bit braver: Morkel's message to India pacers for Christchurch Test



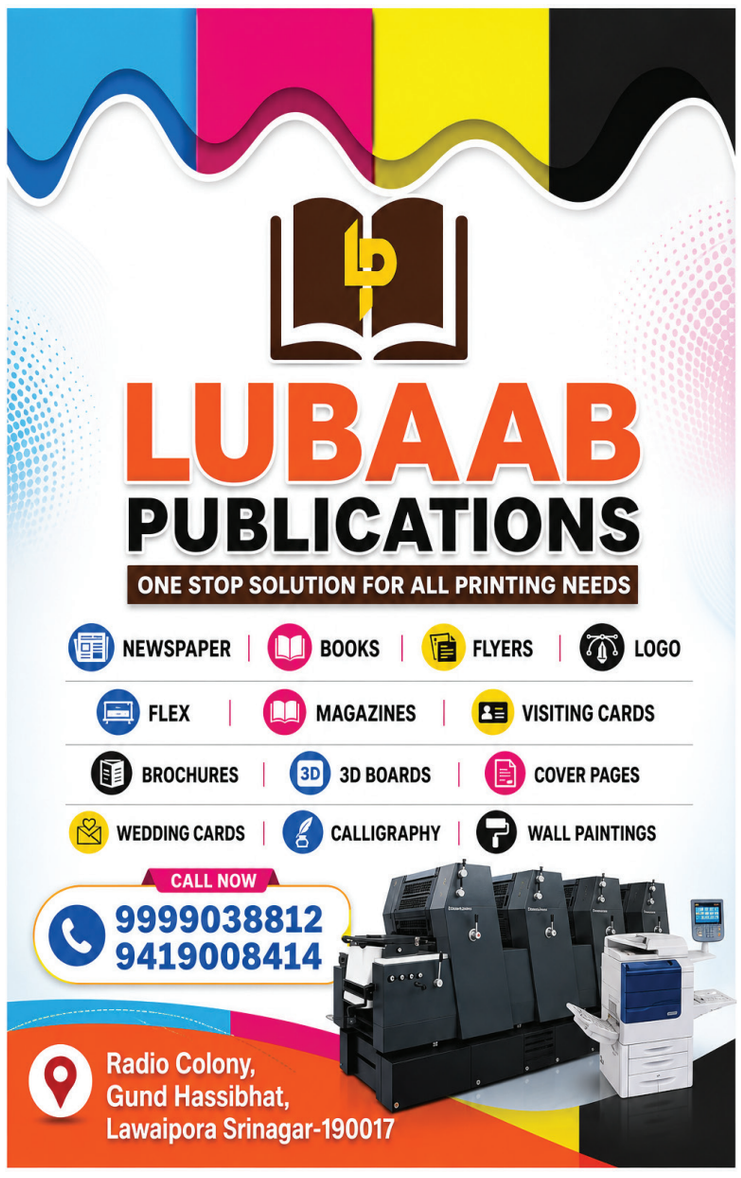
United News Of India

NEW DELHI, NOV 26 : India bowling coach Morne Morkel has urged the fast bowlers to make better use of the new Kookaburra ball and attack with greater intent when they face New Zealand in the series-deciding second Test at Hagley Oval in Christchurch from Friday.

With India's hopes of reaching the ICC World Test Championship (WTC) final under pressure, Morkel believes the visitors must strike early, particularly on a green surface where the ball could lose its effectiveness as the game progresses.

Drawing on his 16 years of experience playing with the Kookaburra ball, the former South Africa pacer said India's quicks needed to be prepared to take risks rather than focus only on restricting runs."It does make life a lot harder, especially when the surface also loses a little bit of pace with the softer ball. That is my experience, playing for 16 years with the Kookaburra ball, that you need to make that new ball count."You need to get the ball in the right area, sometimes be a bit braver in terms of your lengths and your lines, even going for a few runs, because when the ball gets soft, you can always put a ring field in and bring the run rate back.""We play with the SG ball in India, where we bring spin into the game. But playing with the Kookaburra ball in these conditions, there is a different pattern that you need to be comfortable .







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