

Good Morning

Kashmir

16th  
Year Of Publication

Amit Shah

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Startups emerging in the health and agriculture sectors in the country are akin to a blessing for millions of the poor.

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Cabinet Recommends Summoning Autumn Session From October 13

Statehood, Reservation And Highway Issues Expected To Dominate Proceedings



AGENCIES

**SRINAGAR:** The Cabinet on Wednesday decided to recommend to Lieutenant Governor Manoj Sinha the summoning of the J&K Assembly on October 13.

Sources said that the Cabinet, which met this morning under the chairmanship of Chief Minister Omar Abdullah, decided to recommend to the LG the summoning of the Assembly on October 13.

"The session will be brief and may span seven days, from October 13 to 20," they disclosed, adding that the recommendation will now be sent to the LG for formal approval.

This would be the third session of the J&K Union Territory's first Assembly. The last sitting of the J&K Assembly was held on April 29, 2025, when it convened to condemn the dastardly

terror attack in Amalgam, in which 26 civilians were killed.

Therefore, the Assembly must meet on or before October 28 to fulfill statutory requirements.

As per the Jammu & Kashmir Reorganisation Act, 2019, there must not be a gap longer than six months between the last sitting of one session and the first sitting of the next.

"The Lieutenant Governor shall, from time to time, summon the Legislative Assembly to meet at such time and place as he thinks fit, but six months shall not intervene between its last sitting in one session and the date appointed for its first sitting in the next session," reads the J&K Reorganisation Act, 2019.

Given the current scenario, the issues of statehood and reservation ●P-06

Youth, Startup Ecosystems Backbone Of PM's Vision Of New India: Amit Shah

Through GST Reforms, PM Has Shown Govt's Purpose To Raise Revenue To Run Country

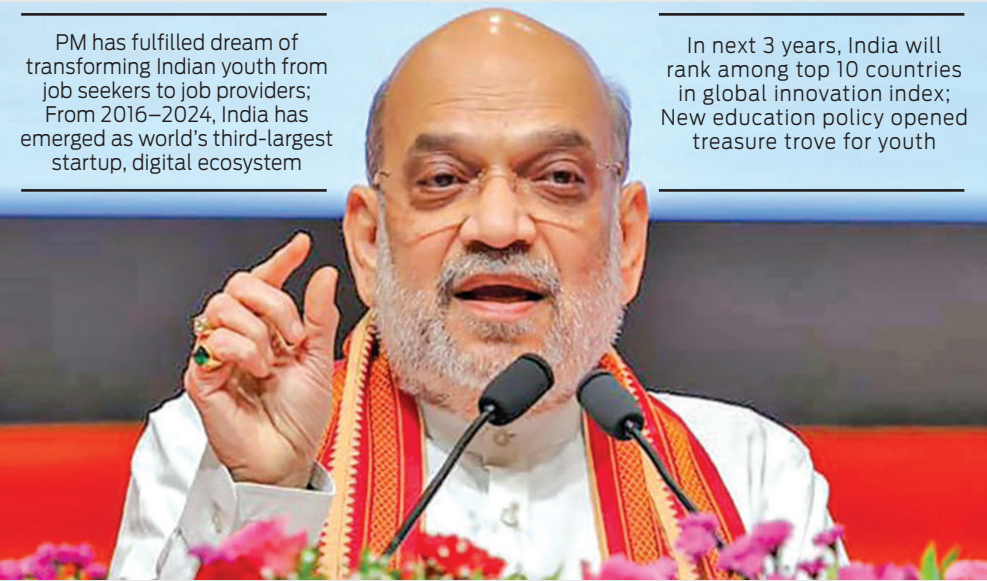
AGENCIES

**GANDHI NAGAR:** Asserting that youth and startup ecosystems are the backbone of Prime Minister Narendra Modi's vision of New India, Union Home Minister Amit Shah on Wednesday said that during his 11-year tenure the Prime Minister has fulfilled the dream of transforming Indian youth from job seekers to job providers.

Addressing the inaugural session of the Startup Conclave 2025 here the Union Home Minister, said, "Before 2014, Indian youth had to leave the country to innovate, conduct research, or implement their ideas in the startup sector. In 2000, there was no concept of startups, systems, or ecosystems in India."

He said, "By 2014, there were fewer than 500 startups, and dreaming of startups was only feasible for children from affluent backgrounds." He emphasized that over the past ten years, PM Modi launched Startup India in 2016, and today, India has become the fastest-growing country in

PM has fulfilled dream of transforming Indian youth from job seekers to job providers; From 2016–2024, India has emerged as world's third-largest startup, digital ecosystem



In next 3 years, India will rank among top 10 countries in global innovation index; New education policy opened treasure trove for youth

building a world-class startup ecosystem.

Shah said that through Startup India, PM Modi has fulfilled the dream of transforming Indian youth from job seekers to job creators.

He has elevated startups beyond mere profit-making entities, making them a significant tool for self-reliance.

The startup ecosystem has become a platform to address many of the country's challenges, accelerate innovation, and provide opportunities for youth creativity.

Amit Shah said that in the eight years from 2016 to 2024, India has become the world's third-largest startup ecosystem. Furthermore, over the

past ten years, India has also emerged as the third-largest digital ecosystem, empowering the startup ecosystem. The digital ecosystem rapidly brings the ideas, vision, and courage of the youth to the forefront of the nation and the world.

He said that in 2015, India's ranking in the ●P-06

**“BY 2014, THERE WERE FEWER THAN 500 STARTUPS, AND DREAMING OF startups was only feasible for children from affluent backgrounds.”** He emphasized that over the past ten years, PM Modi launched Startup India in 2016, and today, India has become the fastest-growing country in building a world-class startup ecosystem.

‘Giran’ Apples Rot In Orchards Due To Highway Closures, Say Growers



JAHANGEER GANAIE

**PULWAMA:** In Kashmir's apple heartland, orchards are strewn with fallen fruit this year, but instead of offering relief to struggling farmers, the "Giran" apples have turned into a fresh source of worry.

Locally known as "Giran", these are apples that fall prematurely from trees before harvest.

Growers, said that due to unusual weather and heavy fruit fall this season, nearly 30–40 per cent of the crop

is "Giran". Yet, unlike past years, there are no takers for the produce.

Traditionally, small makeshift roadside mandis would spring up across Pulwama, Shopian, and other apple belts where "Giran" apples found ready buyers for juice factories and low-grade processing. However, repeated closures of the Srinagar-Jammu National Highway have disrupted supplies so severely that these mandis were forced to shut down.

"Earlier, Giran apples at least helped us ●P-06

CRPF Reiterates Bond With Kashmiri's: DG GP Singh

REHAN QAYOOM

**SRINAGAR:** As a show of solidarity and cultural celebration, Director General of the Central Reserve Police Force (CRPF), GP Singh Tuesday reaffirmed that the force stands with the people of Kashmir "in every situation."

The occasion marked the flagging off of the 3rd edition of the Yashasvini High-Altitude Women's Bike Expedition 2025 from Srinagar's historic Lal Chowk.

The event, infused with tributes, cultural programs and community participation, highlighted not only the CRPF's operational spirit but also its social connect with the Valley, as locals, women riders and officers joined hands in a journey of courage and resilience.

At the start of the ceremony, DG, GP Singh, paid glowing tributes to the martyrs of the 2001 Parliament attack, saluting their sacrifice and remembering those honoured with the Ashoka Chakra, India's highest gallantry award.



Adding colour to the occasion, local artists performed Kashmiri folk music and Rouf dance, creating a festive atmosphere. Cultural groups also showcased performances reflecting Kashmir's rich traditions, drawing applause from the audience, which included women and children from Lal Chowk and adjoining areas.

DG Singh, while addressing the gathering, said, "This expedition is not just a test of endurance, but a reminder of CRPF's

contribution to India's internal security and its everlasting commitment to the people of Kashmir. Your encouragement inspires us to serve better."

He said the seven-day high-altitude expedition will see an all-women CRPF team cover nearly 1,400 km from Lal Chowk to Pangong Tso and back, crossing Khardung La at an altitude of 18,000 feet. He extended his greetings to the riders, calling them "torchbearers of courage and inspiration." ●P-06

PCOS Increasing Among Women In Kashmir, Say Doctors

JAHANGEER GANAIE

**SRINAGAR,:** Polycystic Ovary Syndrome (PCOS), one of the most common hormonal disorders among women of reproductive age, is becoming a growing health concern in Kashmir and across the country.

Doctors warn that the lack of awareness and delayed treatment often worsen the condition, leading to infertility, diabetes, and heart problems later in life.

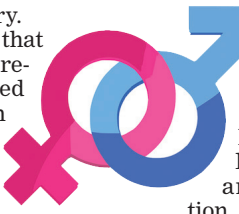
Dr Shazia, a Gynaecologist at GMC 1 Srinagar, explained that PCOS occurs when women's ovaries produce higher-than-normal amounts of male hormones (androgens). "This hormonal imbalance interferes with the regular release of eggs

during the menstrual cycle. As a result, multiple small cysts can form in the ovaries," she said.

Dr Rukhsana Akhter, a gynaecologist posted in south Kashmir, said PCOS does not have a single cause but is linked to several factors. She said that excess androgen production disrupts ovulation, high insulin levels increase androgen production, leading to irregular cycles and weight gain.

"Women with a family history of PCOS are more prone to the disorder, and sedentary lifestyle, poor diet, and stress are major contributors," she added.

Gynaecologists warn that untreated PCOS has both short-term and long-term consequences. ●P-06



India Must Move From ‘Make In India’ To ‘Think In India’: Army Chief

‘Op Sindoor Demonstrated Value Of Self-Reliant Defence Technology’

SAJID RAINA

**NEW DELHI:** Stating that India must move from "Make in India" to "Think in India," Chief of the Army Staff General Uppendra Dwivedi on Tuesday said that 'Operation Sindoor' demonstrated the positive impact of self-reliant technology, and the need of the hour is to remain ahead of evolving threats.

Addressing the inaugural session of the Tri Services Academia Technology Symposium (T-SATS) at the Manekshaw Centre, the Army Chief, said, "We have to encourage domestic ideation, innovation, and system development by industry, think tanks, and academia."

He compared technological adaptation in warfare to



a game of chess, saying that failing to think ahead would lead to setbacks.

He said, "While indigenous scalability has been shown, further investment in niche technology and enterprise-scale implementation is required."

He said India's proposed air defence system, Sudarshan Chakra, would integrate multiple protective layers, starting with counter-drone systems and extending to counter-UAV and counter-hypersonic systems. "Some elements cannot ●P-06

J&K Floods: 150 Lives Lost, 178 Injured, 33 Missing

OWAIS GUL

**SRINAGAR:** Flash floods and cloudbursts that struck Jammu and Kashmir in August and September claimed 150 lives, left 33 persons missing, and caused property damage worth crores.

According to the figures available, Kishtwar District recorded the highest number of casualties where 33 persons are still missing. "A total of 150 people lost their lives while 178 persons were injured" data reveals, adding, "Over 13600 houses were damaged fully, severely or partially across the region during the recent natural calamities."

According to the figures 864 houses were damaged in Kashmir of which 16 were fully damaged, 57 severely and 791 partially.

An official said that the relief has already been dis-

bursed in all these cases.

On agricultural losses, more than 12,500 hectares of land got affected and nearly 315 hectares were hit in Horticulture sector, primarily in Anantnag, Kulgam and Pulwama districts with estimated losses of about Rs 59 lakh.

In Jammu, 12,800 houses were damaged. Of them, 4,200 houses were fully damaged and over 8,600 partially damaged. The data revealed that the worst-hit districts are Udhampur and Jammu.

Besides, 758 were declared unsafe after the government conducted safety audit of 8,800 schools in Jammu division.

It may be recalled that soon after the flash floods and landslides hit Jammu and Kashmir, Union Home Minister Amit Shah arrived in Jammu on August 31 and toured the flood-hit Jammu ●P-06



...Despite ‘Challenges’

Omar-Led Govt Will Fight For People's Rights: Dy CM

REHAN QAYOOM MIR

**SRINAGAR:** Deputy Chief Minister, Surinder Kumar Choudhary, Tuesday said that despite facing "tough times", the elected government led by Chief Minister Omar Abdullah would continue to "fight for the rights of people" and "won't step back".

Talking to reporters here, the Deputy CM, said the government will never succumb to the pressure. "Some people want the government to resign, but we won't do that. We are the workers of Sher-e-Kashmir Sheikh Muhammad Abdullah. We will never succumb to the pressure and will continue to fight for the rights of the people," he asserted.

Choudhary said that all the promises made by the National Conference (NC) leadership will be fulfilled

in the five-year tenure. "We have been given five years to fulfil our promises. Only ten months have elapsed so far, and we will fulfil all our promises," he said.

The Dy CM further added that the government has been facing hurdles due to the limited powers in the Union Territory. "The government doesn't have a free hand under the dual governance system. Let the statehood be restored, we will show what the government is capable of doing," he said while replying to the statements of the Leader of Opposition (LoP) Sunil Sharma.

He stated that the government has been working diligently to advocate for the rights of its people.

The Deputy CM said the issue regarding the restoration of statehood and special status was also discussed in the cabinet ●P-06





# Dr. Mir Waqas Ranked Among World's Top 2% Scientists by Stanford University

ZUBAIR QURESHI

**SRINAGAR:** Dr. Mir Waqas Alam, Associate Professor of Nano and Functional Material Science at King Faisal University, Saudi Arabia, has once again been ranked among the world's top 2% scientists, according to the global list compiled by Stanford University, USA, and Elsevier (Version 8, 2025 update). This is the second consecutive year (2024 and 2025) that he has earned this recognition.

Dr. Alam, who hails from Dildar Karnah, a remote border tehsil in north Kashmir, belongs to the Pahari Ethnic Group. He completed his early education in Karnah before earning a B.Sc. degree from Amar Singh College, Srinagar. He later pursued a Ph.D. in Nano and Functional Material Science from Toyama University, Japan, and carried out research at Western



Kentucky University, USA, and Japan's National Institute of Material Science (NIMS).

Speaking about the recognition, Dr. Alam said, "This acknowledgment is a reflection of years of consistent work in my field. It also reminds me of the

responsibility to continue contributing to science in ways that can bring practical benefits to society. My journey from Karnah to the international stage has been challenging, but it shows that determination and focus can overcome many barriers."

Dr. Alam joined King Faisal University in 2015 as an Assistant Professor and was promoted to Associate Professor in 2022. His research spans nanotechnology, with applications in sustainable energy and medical technologies.

A family member, Ubaid Ayoub, expressed pride in his achievement. "Coming from Karnah, where access to opportunities is limited, Dr. Waqas's journey is an inspiration for young people in the region. His success shows that students from remote areas can also make their mark globally if given the right guidance and dedication."

Dr. Alam's recognition highlights not only his individual academic contributions but also brings visibility to the Pahari Tribe and the challenges faced by students from border areas like Karnah said Zubair Qureshi, writer activist of from Pahari Ethnic Group.

# Justice Sanjeev Kumar makes history, holds HC Division Bench proceedings from Gurez

GMK NEWS NETWORK

**GUREZ:** In a historic first, Justice Sanjeev Kumar, senior-most Judge of the High Court of J&K and Ladakh, presided over Division Bench proceedings from Gurez through virtual mode, marking a new chapter in technologically enabled justice system where geographical barriers no longer hinder access to courts.

Justice Sanjeev Kumar was on an official trip as Executive Chairman J&K Legal Services Authority regarding the child friendly scheme of NALSA-2024 and he heard all the listed cases from Munsiff Court Gurez through virtual mode.

The historic bench comprised of Justices Sanjeev Kumar and Sanjay Parihar, the former joined from Gurez while the latter was in Jammu wing of the High Court of J&K and Ladakh.

The lawyers also attended their cases from Jammu as well as Srinagar wings of High Court through video conferencing facility. As many as 45 cases from Jammu wing and 5 cases from Kashmir wing were



heard through digital platform exhausting the entire Cause List for the day.

While this initiative has declared the availability of virtual facility from a cut off tehsil of Gurez Bandipora in courts, it has been widely applauded by the local stakeholders.

Justices Sanjeev Kumar impressed upon utility of this service by lawyers, litigants and defence person-

nel living in Gurez.

Justices Sanjeev Kumar directed Central Project Coordinator e-Court High Court of J&K and Ladkah, Fayaz Ahmad Qureshi to ensure seamless service of e-filing, display of timely case information, real time display of cause list for information of all the litigants to prevent any deprivation to such facilities.

For immediate installation of Kiosk in Munsiff Court Gurez, a direction was passed by Justice Sanjeev which will provide various e-Courts services to people of Gurez.

Justice Sanjeev Kumar, who is also Chairman of High Court Information Technology Committee, exhorted upon improvising the existing IT infrastructure to ensure leverage between physical and digital platform for ease of court business and enhancing digital access to physical platforms.

This move is first of its kind which will connect a cut off border area with rest of the world on digital platform.

By making proper use of the same, lawyers can e-file their cases anywhere in the country, e-file replies, check status of their cases, cause list of any court and keep the people of Gurez connected with all the courts across India. It will also bridge the geographical and snow barriers. People and lawyers expressed gratitude for such a unique beginning in such a distantly cut off area.

# NIT connects South Indian Martial Arts with Kashmir's campus spirit



GMK NEWS NETWORK

**SRINAGAR:** The National Institute of Technology (NIT) Srinagar successfully organized a two-day Silambam Workshop, introducing students to the traditional martial art of Tamil Nadu. The event, held at the Institute's Common Hall, concluded with enthusiastic participation and a rich cultural exchange.

Out of 140 registrations, 80 students were shortlisted and trained in two batches of forty each. The sessions covered the basics of Silambam, including footwork, postures, and stick-handling

techniques, blending elements of discipline, focus, and physical fitness.

Students from across India studying at NIT Srinagar took part, symbolizing unity through cultural learning.

The campus witnessed a unique confluence as the rhythmic movements of South India's ancient martial heritage found eager learners against the serene backdrop of Kashmir.

Director NIT Srinagar, Prof. Binod Kumar Kanujia, said such initiatives are vital to preserving traditional knowledge while shaping students' character.

"These workshops not only safeguard cultural heritage but also instill discipline and confidence among our students. The union of Tamil Nadu's Silambam and Kashmir's youthful energy reflects India's unity in diversity," he said.

Registrar NIT Srinagar, Prof. Atikur Rehman, lauded the initiative and stressed the value of extracurricular activities. "Workshops like these strengthen the holistic development of our students. Cultural cross-pollination enriches their academic journey as well," he remarked.

Dean Students' Wel-

fare, Prof. Abid Bazaz, also highlighted the overwhelming response to the program.

"The enthusiasm of 140 registrations itself proves the appetite for learning and cultural exploration. The training will surely inspire more such initiatives in the future," he said.

The program was coordinated by the Culture Club and SoapBox, led by Dr. Dinesh Kumar Rajendran, Assistant Professor and Coordinator of the Drone Research Centre, who also served as the trainer.

A lifelong practitioner of Silambam, Dr. Rajendran trained at the

Sadayappa Martial Arts Academy in Pudukkottai, Tamil Nadu.

"Silambam is not just a martial art but a philosophy that cultivates self-control, focus, and balance. Bringing this Tamil tradition to Kashmir reflects the cultural harmony we must continue to cherish," he said.

The workshop concluded with live demonstrations by participants, who showcased their newly acquired skills before faculty and peers. The event underscored the fusion of Tamil Nadu's martial heritage with the academic and cultural vibrancy of Kashmir.

# 10th Ayurveda Day Celebrated at AYUSH Health & Wellness Centre Kenihama



GMK NEWS NETWORK

**BUDGAM:** AYUSH Health & Wellness Centre, Kenihama celebrated the 10th Ayurveda Day here Tuesday with series of activities under this year's theme 'Ayurveda for People & Planet'.

The celebrations were held under the guidance of District AYUSH Officer Budgam, Dr. Firdous Malik.

Addressing the celebrations, Medical Officer, Dr. Nusrat Bashir highlighted the importance of Ayurveda, stating that it is not just a system of healthcare but a complete science of life, based on the principle of harmony between the individual and the environment. She said that the observance of Ayurveda Day reflects the collective resolve to harness the full potential of Ayurveda for global

wellbeing and a healthier planet.

As part of the programme, lectures were delivered on the role of Ayurveda in healthy living and disease management. Free medical check-ups were also conducted for the needy and disease-specific medicines were distributed among the patients. Information, Education and Communication (IEC) material was also disseminated for creating public awareness regarding preventive healthcare practices.

An awareness lecture on Yoga was also organised on the occasion, highlighting its significance for overall physical and mental well-being. Besides, Non-Communicable Disease (NCD) screening of individuals was undertaken, while special focus was laid on anaemia screening of the needy people.

## Seva Parv 2025

# KU organises cleanliness drive, field visits, literacy programme

**SRINAGAR:** To mark the ongoing Seva Parv 2025 celebrations, the University of Kashmir (KU) organised a series of community outreach initiatives, reflecting its commitment to social responsibility, inclusivity, and civic awareness. The events were coordinated by varisty's Department of Students' Welfare.

The National Service Scheme (NSS) unit of KU launched a week-long Cleanliness Drive across the main and satellite campuses. The programme was flagged off by Prof. Shazia Manzoor, Head, Department of Social Work KU, who underlined the importance of collective responsibility in maintaining hygiene and sustainability. Dr. Waqar Amin, Coordinator NSS KU, highlighted the role of such initiatives in nurturing civic sense and environmental consciousness among students. KU NSS Programme Officers, Dr. Humaira Showkat and Dr. Aijaz Ahmad, also motivated the volunteers. A large number of NSS volunteers and staff of the varsity's

Environment and Hygiene wing actively participated in the drive.

The Department of Social Work organised a field visit to Ahati Waqar Senior Citizen Home, SOS Children's Village and ICDS Centres. Students engaged with elderly people and children through life skills activities, storytelling, and interactive sessions, aiming to spread joy and instil compassion through meaningful interactions.

The Directorate of Lifelong Learning (DLL), in collaboration with Phaag Development Forum, organised an Adult Literacy Programme and Career Counselling Session for Youth at Darbagh, Harwan. The programme aimed to empower local adults with basic literacy skills while guiding young people on career opportunities, skill development, and future prospects.

The series of initiatives under Seva Parv 2025 showcased KU's ongoing efforts to promote education, social responsibility, environmental awareness, and community care.

# Philips Home Appliances Brings Festive Cheer with 'Sone Pe Suhaga' Campaign



GMK NEWS NETWORK

**SRINAGAR:** The festive season in India is synonymous with joy, new beginnings, and auspicious traditions, and few symbols capture that better than gold. Embracing this festive spirit, Philips Home Appliances has announced its pan-India campaign Sone Pe Suhaga, bringing consumers the chance to celebrate the season with golden rewards alongside trusted innovations for the home.

At the heart of the campaign lies Philips' belief that the festive season is about creating lasting memories while making everyday life easier. With a portfolio that includes the iconic Philips Airfryer, Mixer Grinders, Coffee Machines, Garment Steamers, Air Purifiers, and more. The brand continues to bring together innovation, convenience, and care to turn homes into homes.

The month long the campaign offers shoppers the opportunity to win gold worth INR 9,999 every hour, every day. Philips Home Appliances will be announcing the winners hourly via social media, radio, and daily winners via national newspapers.

Speaking on the campaign, Pooja Baid, Chief Marketing Officer, Versuni India, said: "Festivals in India are about joy, togetherness, and meaningful moments. Gold has always been a cherished part of these celebrations; a symbol of prosperity and good fortune. With our 'Sone Pe Suhaga' campaign, we are combining the excitement of winning gold with the assurance of Philips' trusted innovations. It's our way of adding even more sparkle to every celebration this festive season."

The Sone Pe Suhaga campaign reflects Philips' long-standing promise of bringing relevant, purposeful innovation to Indian homes while making the festive season even more rewarding. Running nationwide from September 22 to October 22, 2025, it invites consumers to purchase any Philips product above ₹1,000 at any offline store or on the Philips Home Appliances website, register via the campaign QR code, and stand a chance to win gold vouchers worth ₹9,999 every single hour, along with exciting assured gifts on select products making every purchase more rewarding.

Versuni's purpose is turning houses into homes. As a house of home appliances brands, Versuni markets: Philips, Philips Baristina, Philips Walita, Preethi, Senseo, L'OR Barista, Saeco, and Gaggia. With more than 900 patents to its name, Versuni's portfolio spans coffee and kitchen appliances, garment care, climate care, and floor care. Philips, Saeco and Gaggia products are sold under trademark license from Koninklijke Philips N.V. Products under the Philips brand include the Airfryer, Espresso Machine with LatteGo, Handheld Steamer, Air Purifier and Aquatrio Cordless Vacuum. Versuni is headquartered in Amsterdam, the Netherlands, with innovation, manufacturing, and commercial centers across the globe and a footprint in over 100 countries. (PR)

# SSP Baramulla Holds Public Meeting at Dariyan Dhoke Cluster

AGENCIES

**BARAMULLA:** In line with the community partnership initiative, Senior Superintendent of Police (SSP) Baramulla on Monday convened a public meeting with residents of the Dariyan Dhoke cluster to deliberate on civic and security-related issues.

The interaction witnessed active participation

from locals who candidly raised their concerns ranging from basic civic amenities to community safety. The residents also put forth constructive suggestions aimed at strengthening coordination between the police and civil administration.

While assuring timely redressal of genuine grievances, the SSP highlighted the importance of mutual cooperation in preserving

peace, maintaining security, and boosting tourism in the Gulmarg region. He reiterated that J&K Police remain committed to fostering responsive and people-friendly policing.

Locals, on the occasion, expressed gratitude for the outreach and appreciated the efforts of police in building a progressive and secure environment in the area.(KNS)







## Good Morning Kashmir

EDITORIAL

### Freebies Alone Cannot Be Governance

**T**he government may pat itself on the back for offering free bus rides to women, but to assume that such token measures amount to fulfilling an election manifesto is nothing short of living in a fool's paradise. Governance is not about distributing a few sops to earn applause, it is about lifting the standard of living for the common citizen.

In a democratic setup, people do not entrust their representatives with power for cosmetic schemes alone. They expect a roadmap for employment generation, quality healthcare, functional education, efficient infrastructure, and an environment where every citizen feels secure and dignified. A bus ride may ease travel for a section of the population, but it cannot substitute for jobs, affordable food, stable electricity, clean water, and a corruption-free administration.

True leadership is tested not in rolling out half-hearted populist measures but in long-term planning and delivery. The time has come for those in power to stop hiding behind freebies and start addressing the deeper socio-economic concerns of the people. Anything short of that is not governance, but escapism dressed as policy.

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**Aijaz Ahmad Dar**....GST Bachat **Utsav**

# A Festival Of Savings And A Testament To Modi's Vision

SHEIKH IMTIYAZ

**P**rime Minister Narendra Modi has once again shown his ability to connect policy with people's lives in the most meaningful way. In a heartfelt letter to every citizen on 22 September, he invited the nation to celebrate the "GST Bachat Utsav" this festive season. His message was simple yet powerful: "Lower GST rates mean more savings for every household and greater ease for businesses."

This announcement is more than just a tax reform—it is a vision of economic empowerment for ordinary Indians. The Prime Minister's emphasis on "Bachat," or savings, reflects his deep understanding that prosperity begins at home. By lowering GST rates and rationalising slabs, the government has created an environment where every family can enjoy more purchasing power and every business can thrive with reduced compliance burdens.

The reforms themselves are sweeping and people-centric. By simplifying the GST structure to fewer slabs, and aligning essential commodities with lower rates, the government has made sure that the benefits directly reach the common man. Whether it is household goods, insurance, transport, textiles, or healthcare—almost every sector has something to gain. The vision is clear: savings in the hands of consumers, renewed demand for businesses, and a stronger, self-reliant economy.

What makes this initiative stand out is its timing. Festivals in India are moments of togetherness, joy, and spending. By launching the GST Bachat Utsav on the eve of Navratri and the festive season, the Prime Minister has beautifully merged cultural sentiment with economic foresight. Families will find themselves spending with confidence, and shopkeepers will witness a boost in sales. It is a true win-win.

Critics may argue about the fiscal impact or question how quickly retailers will pass on benefits, but the larger picture cannot be missed. This is not just about numbers on a balance sheet—it is about trust in governance. For years, indirect taxes were seen as a burden; today, under Modi's leadership, they are being transformed into an instrument of relief. The GST reform is no longer a technical exercise; it has been turned into a people's festival.

It also aligns with the Prime Minister's broader call to support "Made in India" products. By encouraging



consumers to buy local during the GST Bachat Utsav, Modi has tied tax reforms to national self-reliance and job creation. Every rupee saved, every Indian product bought, strengthens not just households but also India's manufacturing base.

The symbolism is powerful. In Modi's vision, governance is not a distant exercise carried out in Delhi—it is something that touches every citizen's life,

from a homemaker budgeting for Diwali to a small trader selling goods in a village bazaar. The GST Bachat Utsav is a reflection of that philosophy: governance as celebration, economics as empowerment.

In the days to come, as prices soften and savings become visible, the wisdom of this move will speak for itself. For now, the message is clear—India is entering the festive season with more confidence,

more resources in households, and a stronger sense of national pride.

Prime Minister Modi has not merely announced a tax reform; he has gifted the nation a festival of savings. And in doing so, he has once again proven why his vision resonates so deeply with the people of India.

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## Greed Over Nature: The Escalating Environmental Crisis

ADV. AQIB UL AHAD WANI

**E**nvironmental crimes in India have crossed the line from negligence to an organised attack on survival itself. Illegal mining, poaching, industrial pollution, and garbage dumping are no longer isolated incidents; they are part of a larger menace that is undermining the natural basis of life. The United Nations classifies environmental crimes as the fourth most serious form of organised crime worldwide, with India being one of the worst hit due to its delicate ecosystems.

The magnitude of the issue is astonishing. Environmental violations increased by roughly 790% in 2017 compared to 2016. This surge is due to both increased infractions and improved reporting procedures. However, statistics scarcely depict the devastation: decreasing rivers, disappearing forests, degraded wetlands, and species on the verge of extinction. Scientists warn that rainforests may vanish within 80 years, coral reefs are dying at alarming rates, and fisheries may fail by 2050. Biologists refer to humanity as being on the verge of a sixth major extinction.

Unlike conventional crimes, environmental offences are calculated, systemic, and profit-driven. From the ivory trade to unregulated fishing and hazardous waste dumping, the motive is material gain. But the losses are immeasurable—



clean air, fresh water, fertile soil, and the delicate ecological balance that sustains life itself.

India's legislative system includes strict safeguards such as the Wildlife Protection Act of 1972, the Water Act of 1974, the Air Act of 1981, the Environment Protection Act of 1986, and the National Green Tribunal Act of 2010. The Constitution enshrines environmental protection in Articles 48-A and 51-A(g), while Article 21 protects the right to a clean and healthy environment. Judicial activism has strengthened these safeguards, ranging from the Ratlam Municipality case, which mandated sanitation, to the Shriram Gas Leak verdict, which established absolute culpability, and restrictions

on enterprises that pollute the Ganga.

Jammu and Kashmir's delicate Himalayan ecosystem presents distinct environmental challenges. Deforestation, illicit sand mining from the Jhelum and Sindh rivers, the expansion of brick kilns, encroachment on wetlands like Hokersar, and contamination of Dal and Wular lakes are all severe environmental crimes.

Hydropower developments and unregulated construction exacerbate the region's environmental challenges. The J&K High Court and the National Green Tribunal have regularly interfered, ordering the closure of polluting brick kilns, supervising waste management during the Amarnath Yatra,

and overseeing the rehabilitation of Dal Lake. However, ineffective enforcement and political concessions sometimes undermine the effectiveness of these judicial directives.

The Bharatiya Nyaya Sanhita, 2023 (BNS) incorporates offences formerly dealt with under the IPC into the new code. Public nuisance is covered by BNS Section 265, pollution of water and making the atmosphere noxious by Sections 277 and 278 (read with Section 272 for adulteration of water and food), negligent handling of poisonous substances by Section 279, and mischief causing damage to the environment or public property by Sections 324-326. Prison, fines, and reparations are all possible punishments. However, in fact,

the punishments are still too light in comparison to the vast profits businesses and mafias make from environmental destruction.

Despite the solid framework, enforcement is spotty. Diluted EIA standards, low coastal and riverbed mining rules, and a lack of accountability among local officials in Jammu and Kashmir exacerbate the problem. Sand mafia operations in Kashmir, despite regular seizures and crackdowns, continue unabated due to political patronage and a lack of effective deterrents. Environmental crimes are not just against the environment; they are also against humanity. Gandhi once stated, "The Earth provides enough to satisfy every man's need, but not every man's greed." India, and particularly ecologically fragile regions such as Jammu and Kashmir, must strictly enforce environmental laws, strengthen corporate and individual liability for ecological destruction, encourage community participation in monitoring wetlands, forests, and rivers, and treat environmental security as equal to national security.

The climate disaster is not a distant threat; it is a current emergency. Unless India makes environmental crime a national priority, the harm will be irreparable, not only for nature but for human life as well.

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IDEAS, OPINIONS AND VIEWS EXPRESSED IN ARTICLES PUBLISHED ARE WRITERS' OWN AND MAY NOT BE FOUND IN ACCORD WITH THOSE OF GOOD MORNING KASHMIR



# Kashmir: The Alcove Of Sufis And Poets

TAZIMA KHURSHIED

Kashmir is a land where history breathes through misty valleys, where the shadows of snow-laden mountains carry whispers of centuries, and where mirror-like rivers and chinars hum ancient secrets. Its ruins stand as symbols of resilience, while its natural beauty remains a symphony of mountains and rivers that continue to inspire serenity. Known for hospitality, empathy, and nobility of conduct, Kashmir has always been more than a landscape, it has been a cultural and spiritual heartland.

While the last few centuries have been marked by conflict and turmoil, the valley has also produced some of the finest luminaries in human history, poets, saints, scholars, and mystics who left indelible imprints on generations. Kashmir's real essence lies in its culture, traditions, and literary heritage, particularly the flourishing of Sufi thought and poetry.

## From Ancient Seat of Learning to Sufi Heartland

Before the advent of Islam, Kashmir was a rich seat of Shaivite and Buddhist philosophy. With the arrival of Islam in the 13th century, the valley became a vibrant centre of Sufism. The first Muslim missionary to Kashmir, Syed Sharfuddin Abdur Rehman Suharwardi (Bulbul Shah) of the Suharwardiyya order, played a pivotal role in spreading Islam. He is credited with guiding the Ladakhi prince Rinchan, who converted to Islam and became Sultan Sadruddin, the first Muslim ruler of Kashmir.

Later, the arrival of Mir Syed Ali Hamdani (Shah-i-Hamdan) of the Kubrawi order profoundly shaped Kashmiri culture. Accompanied by 700 disciples, Shah-i-Hamdan not only introduced Islamic teachings but also enriched the valley with knowledge, crafts, sciences, and the concept of khangahs (spiritual centres). His influence laid the foundations of what later came to be celebrated as Kashmiriyat—a culture of tolerance, spirituality, and brotherhood.

Soon, an indigenous spiritual movement took root with the Reshi order, founded by Sheikh Noor-ud-Din Noorani (Nund Rishi). Unlike many orthodox traditions, the Reshi order drew followers from both Hindus and



Muslims, creating a unique spiritual bond across communities. This fusion of Sufi mysticism and local sensibilities gave Kashmir its distinct religious and cultural character.

## Poetry as the Soul of Kashmir

Kashmir has always been a land where poetic and philosophical sensibilities thrive. Poetry became not only a vehicle of expression but also a medium of resistance, love, spirituality, and hope. As Allama Iqbal observed, "Nations are born in the hearts of poets." His own verses beautifully captured the essence of the valley where "poetry and prayer are not separated."

The earliest voices such as Lal Ded (Lalleshwari), a mystic poetess, and Nund Rishi shaped the spiritual imagination of Kashmir. Their verses, filled with metaphors, paradoxes, and

imagery, remain etched in Kashmiri memory. Later generations of poets carried this legacy forward—Soch Kral, Nyam Saeb, Shamas Faqir, Habba Khatoon, Rasul Mir, Mahmood Gami, Wahab Khar, Samad Mir, Dinanath Nadim, Mahjoor, Amin Kamil, Tahir Gani, and many others. Each of them expressed themes of divine love, human longing, resistance, and the natural beauty of the valley.

Kashmiri Sufi poetry has a unique cadence, musical, spiritual, and intimate. It blurs the line between divine love and human passion, using the mother tongue not just as a tool of communication but as an act of devotion. Its metaphors often draw from nature: the Jhelum's flow, the rustling of chinara leaves, the sighs of rivers, and the quiet of mountains.

## Literary Gatherings and Oral Traditions

The valley's literary culture is not limited to texts but thrives in oral traditions and gatherings. The ambience of mehfils, filled with the scent of kehwa and nun chai, accompanied by the soulful strumming of the santoor, gave Kashmiri poetry its living spirit. These intimate gatherings of poets, mystics, and seekers embodied remembrance (zikr) and communion.

Through centuries, Kashmiri poets carried the weight of their people's joys and sorrows. They wrote not for material gain but for spiritual truth. Their verses captured the deepest rhythms of pain, longing, and hope, echoing the struggles and resilience of the Kashmiri people.

**The Enduring Legacy**  
Today, Kashmir continues to raise

poets not merely because of its romantic beauty but because, as one poet wrote, "pain needs rhythm when no one is listening." Its Sufi traditions and poetic heritage remain central to its cultural identity, reminding us that even amidst turmoil, the valley has been, and still is, a place where poetry softens the soul, spirituality guides the heart, and humanity finds its highest expression.

Kashmir's literary and Sufi culture, rooted in centuries of shared wisdom, remains an enduring symbol of peace, resilience, and harmony, a testimony to the valley's unique place in the history of human civilisation.

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## Understanding Brain Tumors Early Diagnosis And Advanced Treatment Options Improve Outcomes



DR. ROHIT BANSIL

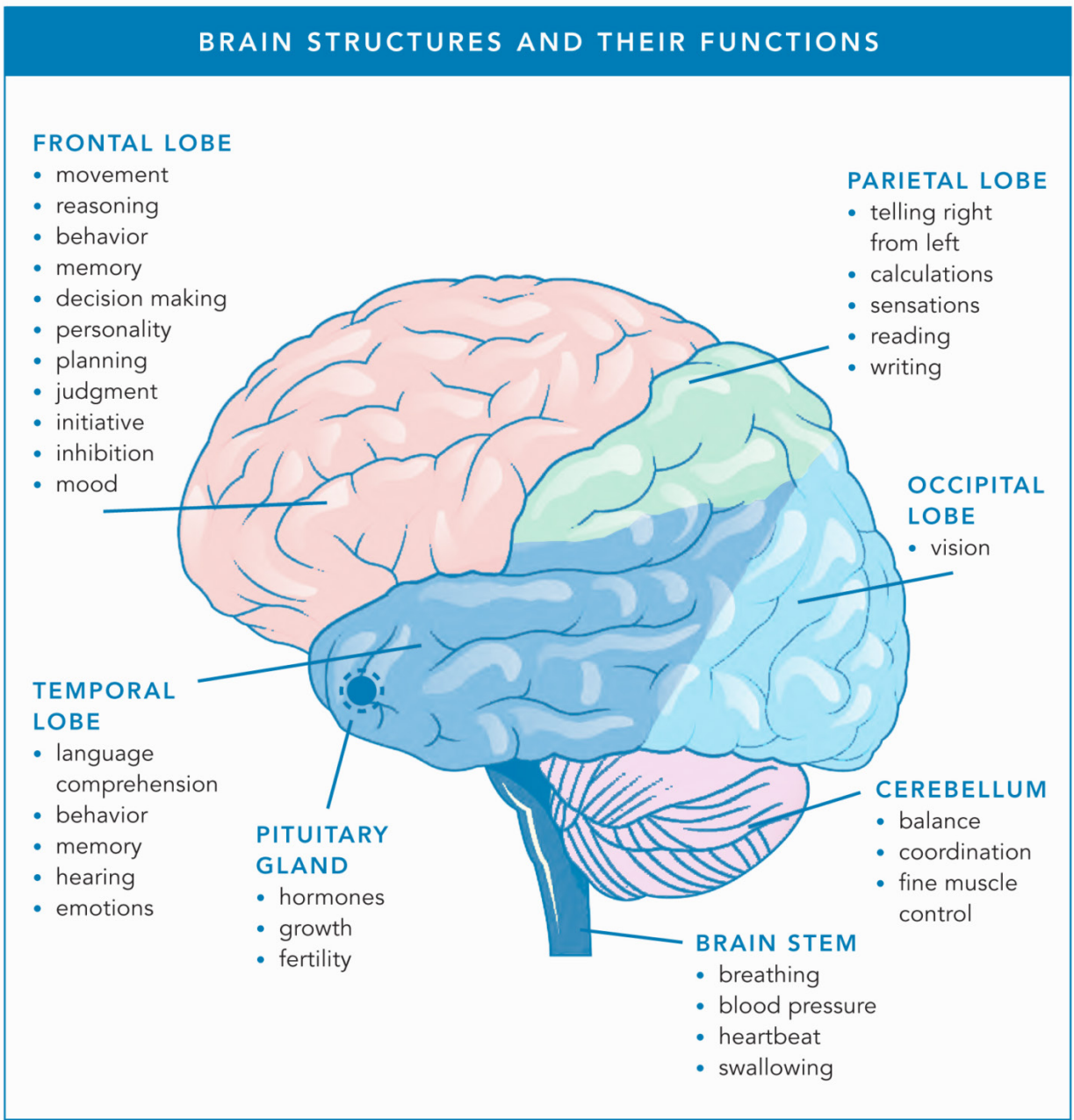
Brain tumors often bring a gloomy picture to mind. The term "tumor" refers to any abnormal lesion in the brain. It can be benign, meaning it does not spread and usually does not affect life expectancy, or malignant, meaning it can spread and has a tendency to recur.

Even benign brain tumors may require surgery due to their location, as they can compress vital brain structures, leading to symptoms.

Malignant brain tumors can present with a variety of symptoms. The most common malignant tumors are those that spread from cancers in other parts of the body. These can also originate primarily from brain tissue, commonly referred to as "gliomas." Gliomas are classified into four grades (1 to 4), with grades 1 and 2 generally having favourable outcomes, while grades 3 and 4 are associated with poorer prognosis.

A tumor can be labelled benign or malignant only after a biopsy is performed, and even grading of tumors requires a surgical biopsy. Often, the biopsy is performed at the same time as tumor removal, accomplishing both diagnosis and treatment in a single procedure.

Symptoms of a brain tumor may include headache, vomiting, weakness in the limbs, speech abnormalities, seizures, vision problems, and behavioural changes. Hormonal disturbances can also indicate an underlying brain tumor. The diagnosis and treatment of brain tumors have improved significantly over the



Based on an illustration from National Brain Tumor Society's The Essential Guide to Brain Tumors

years, with the current aim focusing not only on accurate diagnosis but also on enhancing the patient's quality of life.

Technological advancements have significantly improved the safety of patients undergoing brain tumor surgery. Advanced MRI scans enable precise pre-operative assessment of tumors, aiding in better prognostication. Neuronavigation has emerged as a vital tool, providing real-time visualization of surgical instruments on MRI images, which allows for safer and more effective tumor removal. Intraoperative nerve monitoring further helps prevent injury to critical cranial nerves.

The life expectancy and quality of life of brain tumor patients have improved significantly. Malignant tumors often require adjuvant therapies such as radiation and chemotherapy to prevent recurrence. Modern chemotherapy drugs and advanced radiation techniques have enhanced outcomes while minimizing side effects. A holistic, multidisciplinary approach ensures the best results, even in high-grade tumors.

Newer technologies, including intraoperative MRI, improve the extent of tumor resection, thereby increasing the chances of cure. Gamma Knife radiosurgery is another effective modality, often used as a primary treatment option for small tumors.

At present, there is a lack of awareness about brain tumors among the general population. Discussions on treatment options and surgical safety in public forums are essential to ensure that patients who need early intervention can access effective care. Early diagnosis remains a critical factor in determining overall outcomes and improving quality of life.

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# Dy. CM Conducts Extensive Tour Of Srinagar, Ganderbal Districts

Reviews Progress Of Works On Vital Road Projects, Bridges

## GMK NEWS NETWORK

**SRINAGAR:** Deputy Chief Minister, Surinder Choudhary along-with Advisor to Chief Minister, Nasir Aslam Wani, Tuesday conducted an extensive tour to inspect the development works related to roads and bridges in Srinagar and Ganderbal districts

During the tour, the Deputy CM visited Nehru Park to review the preparedness regarding widening of Boulevard road from Nehru Park to Kralasangri.

Interacting with the officers of executing agency, the Deputy CM said that this significant project will substantially augment road connectivity and ensure long-term public convenience.

He further said that it will also provide a major boost to connectivity and economic activity for the residents of Srinagar.

While visiting Ganderbal, the Deputy CM assessed the progress on Hospital Road and Gozhama Bridge.

He inspected the works related to road from Bus Stand to District Hospital approved under NABARD for the cost of Rs. 7.51 crore. He directed the XEN to ensure early execution of the work so that hassle free connectivity is given to the hospital.

On his inspection of Gozhama bridge at Shilwat Ganderbal, the Deputy CM was informed that this bridge is double lane with 208 mtr span and the department has submitted the DPR for 44.25

crore for administrative approval. He was also informed that the project consists of main bridge and approach roads, with main bridge approved at a cost of Rs 12.77 Crs and approach road for 5.74 Cr.

The Deputy Chief Minister directed the officers to ensure that any process related to formalities of project is expedited so that the project can be completed at an earliest.

Later, the Deputy CM also inspected the ongoing construction works at Noor Jahan Bridge at Qamarwari.

During the inspection, the Deputy CM was informed that on completion, this 127-metre span bridge will serve as a vital alternate link across the river Jhelum, significantly decongesting traffic on

Srinagar's busy routes and easing the movement between Noorbagh, Qamarwari, Khanyar, Nallahmar Road, and adjoining areas.

Interacting with the officers of executing agency, the Deputy CM emphasized on timely completion of this important project without further delay, adding that the government is determined to ensure time-bound completion of all critical infrastructure works across J&K.

The Deputy CM reiterated the Government's commitment to ensure time-bound completion of all vital infrastructure projects in Jammu & Kashmir. He directed the concerned authorities to closely monitor the finishing works and ensure that the bridge is dedicated to the public within the announced timeline.

# Maharaja Hari Singh's 130Th Birthday Celebrated In Jammu

## AGENCIES

**JAMMU:** Streets in Jammu came alive with fervor and unity on Tuesday as thousands gathered to honor the 130th birth anniversary of Maharaja Hari Singh, the last Dogra ruler of the erstwhile princely state of Jammu and Kashmir.

The day, observed as a public holiday across the Union Territory, saw processions, rallies, and tributes that underscored the enduring legacy of the visionary leader known for his progressive reforms and commitment to justice.

The celebrations kicked off early with a massive rally organized by the Yuva Rajput Sabha (YRS), which snaked through the heart of Jammu city, drawing participants from diverse communities chanting slogans in praise of the Maharaja.

Lieutenant Governor Manoj Sinha led the official tributes, posting on X. "Tributes to Maharaja Hari Singh Ji on his Janm-Jayanti. A statesman of excellence & harbinger of change, he introduced landmark reforms to

ensure welfare of common man. His legacy of inclusive governance, progressive vision & contributions to motherland continues to inspire us."

Union Minister Dr. Jitendra Singh also joined commemorative events, attending gatherings alongside senior BJP leaders. Family members and political figures added personal touches to the day's observances.

Vikramaditya Singh, grandson of the Maharaja and former Member of the Jammu & Kashmir Legislative Council, shared on X: "Respectful homage to my grandfather Maharaja Hari Singh of Jammu & Kashmir on 130th birth anniversary!"

Members of the Shri Amar Kshatriya (Rajput) Sabha gathered at Maharaja Hari Singh Park near Jogi Gate, where floral tributes were laid at the statue, accompanied by speeches, highlighting his role as a social reformer who championed education, women's rights, and welfare for the underprivileged.

"His motto, 'Justice is my Religion,' remains our guiding light," said one

attendee, echoing sentiments shared widely on social media.

DP Youth President Aditya Gupta, however, used the occasion to critique the 2019 abrogation of Article 370, arguing it undermined the State Subject laws introduced by Hari Singh to protect local identities, calling the celebrations "hypocrisy" without restoring those safeguards.

Social media buzzed with heartfelt posts, from videos of rallies to reflective messages on the Maharaja's integration of Jammu and Kashmir with India via the 1947 Instrument of Accession.

One user captured the spirit: "Every caste, every Dogra, every corner of Jammu stood united... This is the power of Dogra legacy — unity above caste, faith & politics."

Born on September 23, 1895, to Maharaja Amar Singh, Hari Singh ruled from 1925 until the monarchy's end in 1952. His reign modernized the state through reforms like compulsory primary education and anti-untouchability laws, leaving an indelible mark on Dogra heritage—(KNO)

## FROM THE FRONT PAGE .....

## Cabinet Recommends

are expected to dominate proceedings in the House.

In the last Assembly session, three resolutions on statehood lapsed due to disruptions caused by the National Conference, following the rejection of an adjournment motion brought by its legislators on the Waqf (Amendment) Bill, 2025.

The issue of reservation also surfaced repeatedly during discussions in the House in the last session.

The detention of APP MLA Mehraj Malik and the hindrances in the movement of fruit trucks on the Srinagar-Jammu highway are also expected to come up for discussion—(KNO)

## Youth, Startup

Global Innovation Index was 91st, and today it has reached 38th. The Home Minister expressed confidence that within the next three years, India will rank among the top ten countries in the Global Innovation Index and, in the coming years, will lead global innovation.

Shah said that Prime Minister Modi, through the New Education Policy, has created a vertical for research and study on the Indian Knowledge System, opening this treasure trove for India's youth. By leveraging this knowledge, young Indians can conduct world-class research.

The Union Home Minister said that in the 11 years of the PM Modi led government, significant transformations have been witnessed in the country, with efforts made in every sector to expand the startup ecosystem.

The credit for this expansion goes to the ecosystem created by Prime Minister Modi, as well as to students and youth. He highlighted that the number of startups has grown from 500 in 2014 to 1.92 lakh today, a 380-fold increase. Similarly, the number of unicorn startups has risen from just 4 in 2014 to over 120 today, with a total valuation exceeding \$350 billion. Shri Shah emphasized that this demonstrates how, by leveraging the ecosystem created by Prime Minister Modi, talent can be harnessed to create unicorn startups. He urged industry stakeholders to collaborate with startups to expand in every dimension.

Amit Shah said that India currently has 21,000 startups in the IT sector and 17,000 in healthcare. Moreover, there are 11,000 startups each in agriculture, the service sector, and education. He added that startups have expanded their reach to 770 districts in India, showcasing the strength of India's startup ecosystem. Furthermore, 48% of startups are founded by women, and 900 startups in the Northeast are led by women. Shah stated that the startup ecosystem has provided sustainable employment to 17.9 lakh people so far.

Union Home Minister and Minister of Cooperation said that since 2014, Prime Minister Narendra Modi has created a supporting environment for startups and provided financial, policy, infrastructure, banking, and industry support for their growth. He said that a Fund of Funds of 10,000 crore has been established, a Startup India Seed Fund with a corpus of 945 crore has been launched, the maximum loan limit has been increased from 10 crore to 20 crore, support of up to 20 lakh has been approved for Proof of Concept, and funding of up to 50 lakh has been approved for prototype development. He further said that Prime Minister Modi launched Make in India, introduced PLI schemes in 14 key sectors, removed over 40,000 compliances, and removed more than 3400 laws from the category of criminal laws.

Amit Shah said that apart from Prime Minister Narendra Modi, no one else could have simplified and reformed GST. After a long time, the country has seen a leader like Prime Minister Modi in whom both taxpayers and the public can place their trust.

He noted that Prime Minister Modi, with great courage and by taking all states along, successfully implemented GST.

GST collections began at 80,000 crore and today have crossed over 2 lakh crore.

Shah added that under GST reforms, Prime Minister Modi reduced the prices of many items by half, by one-third, and even to zero in some cases. Through GST reforms, Prime Minister Modi has shown the public that the

government's purpose is to raise revenue to run the country, not to exploit the people.

Union Home Minister and Minister of Cooperation said that since India's independence, the public is witnessing such a massive tax reduction for the first time. He stated that GST reform is a bridge of trust between taxpayers and the government.

Shah recalled that when the Modi government came to power, income up to 2.5 lakh was tax-exempt, but today income up to 12 lakh is taxed at zero.

These two examples, he said, demonstrate that the government levies taxes not for exploitation, but for the people, for the country's development, and for self-reliance. Shri Shah said that his move will serve as a bridge of trust between taxpayers and the Government of India for decades to come.

Referring to the objective of the Startup Conclave 2025, Shah said, "It will deliberate on all aspects of Prime Minister Modi's mission to establish India's identity in the start-up world and find solutions to challenges."

Pertinently the conclave has been organized on the theme of three mantras: innovate, elevate, and accelerate.

Shah said that over two days, discussions will be held in seven sessions on various topics, providing a significant platform to connect emerging startups with investors and realize Prime Minister Modi's mantra of "mind to market."

He highlighted that the compilation of the Indian Knowledge System was also launched during the event. "This system encompasses the finest knowledge from around the world in fields such as Ayurveda, classical arts, architecture, mathematics, philosophy, science, space, and the environment."—(KNO)

## ‘Giran’ Apples Rot

recover some costs. Even if sold at Rs 100–150 per crate, it was a relief compared to nothing," said Nazir Ahmad, a grower from Pulwama. "But this year, after high-way issues, traders closed their mandis. The fruit we had procured rotted in front of us because it could not be transported outside. Now, no one wants to buy it."

The situation has left hundreds of youth, who earned seasonal income by trading in "Giran", without work. "The Giran business relies on quick movement. If the fruit doesn't reach outside mandis within two days, it spoils. Buyers know this risk, so they simply stopped coming," explained a trader at Jabli Pora Fruit Mandi.

For many farmers, "Giran" apples once acted as a lifeline—bringing in modest earnings that supported their expenses on pesticides, labour, and packaging. Now, growers say they are forced to watch helplessly as the fruit rots in their orchards.

"This is not just about a low-grade apple; it is about livelihoods," said Abdul Hameed, another grower from Shopian. "Thousands of families, from pickers to packers to transporters, are tied to this trade. If the government doesn't take immediate steps, this part of our economy will collapse completely."

Farmers are now appealing for urgent intervention. They want authorities to make special arrangements for apple-laden trucks, including those carrying Giran produce, so that the fallen fruit can reach processing units before spoiling.

Once dismissed as waste, "Giran" apples had gradually built an ecosystem of employment in Kashmir. Today, the same apples are proving to be a burden, symbolising how fragile the valley's horticulture economy remains in the face of logistical bottlenecks—(KNO)

## CRPF Reiterates Bond

He also acknowledged the officers leading the expedition as, DIG Balav Sharma, Brigadier SP Rai and DK Singh, with appreciating their guidance in preparing the team for extreme conditions including sub-zero temperatures and rough terrain.

It is worth mentioning, the Yashasvini High-Altitude CRPF Bike Expedition is an exclusive Mahila Bike series that began in March 2023 with the Delhi–Jagdalpur ride. Its second edition was flagged off in September 2023 from Srinagar, Shillong, and Kanyakumari to Kevadia. This year's edition, flagged off from Kashmir's heart, adds spe-

cial significance, strengthening the CRPF's message of unity, courage, and people's connect.

Moreover, a statement issued as accessed by KNO reads: to carry forward the message of patriotism and national integration, the 3rd Edition Yashasvini High Altitude CRPF Bike Expedition 2025 was flagged off today by, Gyanendra Pratap Singh, IPS, DG CRPF from the iconic clock tower at Lal Chowk, Srinagar.

It reads as, the bike expedition comprising 33 fearless women bikers shall undertake a journey from Srinagar to the breathtaking Pangong Tso Lake via Khardung La in Ladakh showcasing a vibrant display of women empowerment, resilience, grit, and teamwork of CRPF's women warriors.

"The nine-day bike rally shall cover approximately 1,400 km culminating with their return to Srinagar on October 1, 2025. The bikers will carry the National Flag along with the Force's message to the nation: "Desh Ke Hum Hain Rakshak"," the statement reads.

It reads as, speaking on the occasion, G.P. Singh, IPS, DG CRPF, congratulated the women bikers, stating that they are the torchbearers of the CRPF and deserve special appreciation and gratitude. He also reiterated that the CRPF stands with the people of Kashmir in every situation and expressed gratitude to the local population for their continued support.

"Also present on the occasion were Dr. Anamika Singh, President, CWWA, Sundari Yadav, Zonal Head CWWA, Deepak Kumar, ADG (Training) CRPF, Rajesh Kumar, ADG, J&K Zone CRPF, SJM Gilani, SDG (Coordination) PHQ J&K Police and Vidhi Kumar Birdi, IGP Kashmir Zone, Vineet Brij Lal, IG Kashmir Ops Sector CRPF, Pawan Kumar Sharma, IG Srinagar Sector CRPF and senior officers of CRPF, J&K Police and civil administration," it reads with adding the event was also marked by vibrant cultural performances, including the Kashmiri folk dance Rouf, and a Taekwondo demonstration.

The statement also reads, DG CRPF honoured the Veer Naris and the families of the martyrs who were specially invited and assured them of all possible support and timely assistance—(KNO)

## PCOS Increasing

"Initially, patients complain of irregular periods, excessive hair growth, acne, or weight gain. But over time, PCOS can lead to infertility, type-2 diabetes, high blood pressure, endometrial cancer, and serious mental health issues like depression," Dr Rukhsana added

She said that while PCOS cannot be completely cured, its effects can be managed effectively. Lifestyle modification is the first line of treatment. "Weight control through regular exercise and a balanced diet is crucial," Dr Rukhsana added.

Doctors said that women experiencing irregular cycles or excessive hair growth should seek medical advice early. They added that depending on symptoms, doctors may prescribe hormonal therapy, insulin-sensitising agents, or fertility treatment.

According to doctors, counselling helps patients deal with stress and anxiety linked to PCOS. They urged women not to ignore symptoms, adding, "We see a rising trend of PCOS among young girls, even teenagers. Timely consultation and lifestyle changes can prevent lifelong complications."—(KNO)

## India Must Move

not be discussed publicly for security reasons but I assure you that it's one of the best systems in the world," he added.

The Army Chief said the system would combine sensors, missiles, surveillance apparatus, and artificial intelligence tools to provide both defence and offensive capabilities.

According to him, the concept was in the ideation phase but would be comprehensive in scope. He cautioned that adversaries were also improving their capabilities, pointing to the drones encountered during Operation Sindoor, which had shown advanced features including the use of artificial intelligence and visual navigation even after GPS jam-

ming.

He said India's counter-drone and GPS-jamming systems had performed effectively during the operation, minimising damage. However, he added that similar results could not be assumed in the future because adversaries would adapt once they understood India's current capabilities.

He cited examples from the Azerbaijan-Armenia conflict and the Russia-Ukraine war, where relatively inexpensive drones had caused significant damage to costly military assets. He said this reflected the cycle of innovation and adaptation in warfare, where the side adapting faster gained an advantage.

He said self-reliance provided not only independence but also the ability to surprise an adversary. Such surprises, he added, could only be used once before the other side learned, requiring continuous innovation.

He said the economic dimension of war also needed to be considered. Drones were now both military and commercial assets, and their wider use would affect security as well as the economy.

General Dwivedi said Mission Sudarshan Chakra would aim to integrate multiple defence layers and advanced systems, keeping India ahead of adversaries while remaining economically viable.

A new portal was launched ahead of the symposium to connect researchers and academic institutes across the country, and the response had been substantial—(KNO)

## J&K Floods: 150

and assured the victims of relief and rehabilitation.

Shah accompanied by Lt Governor Manoj Sinha, Chief Minister Omar Abdullah and Leader of Opposition in the J&K Assembly Sunil Sharma and other top officials toured different areas in Jammu region to assess the situation.

He met the flood victims at Mangu Chak, one of the worst-hit villages near Jammu Airport, and took the first-hand account of the situation. He interacted with the villagers and assured them proper relief and rehabilitation.

Shah also visited Tawi bridge near Bikram Chowk and inspected the damage along the riverbanks.

Shah during his Jammu visit also chaired a meeting attended by LG Sinha, CM Omar, LoP Sharma, the DGP of police, and several officials of the Centre and the Union Territory administration.

Shah also reviewed the damage caused to the border security grid by the flash floods

Before the Home Minister's visit, Defence Minister Rajnath Singh visited Jammu on August 24 to take stock of the situation following flash floods triggered by a cloudburst in Chisoti village in Kishtwar district. However, Singh's plan to visit the devastated village couldn't materialize due to inclement weather and the blocking of a road by a landslide in Paddar Sub-division—(KNO)

## Omar-Led Govt

meeting today. "Leave statehood aside, the LG has not finalised the business rules," he added.

Choudhary blamed the opposition parties, including BJP and PDP, for neglecting the development during their tenure. He said they must answer why the issues regarding the traffic jams have not been resolved during their rule.

The Deputy Chief Minister, after reviewing the ongoing road-widening project (Boulevard Road at Nehru Park), said that the project would be inaugurated on October 17, which will improve the traffic flow and enhance the tourist experience once the project is completed.

The government is committed to finishing the work within the set deadline, he added—(KNO)

## CM Cabinet Meeting,

Council of Ministers, including Deputy Chief Minister Surinder Kumar Choudhary, Ministers Sakina Itoo, Javed Ahmed Rana, Javid Ahmed Dar, and Satish Sharma. Chief Secretary Atal Dulloo was also present.

During the session, the Cabinet took up a series of agenda items concerning public welfare, administrative efficiency, and developmental priorities across Jammu and Kashmir.







# India go in as strong favourites against upbeat Bangladesh

## AGENCIES

Even though they haven't been close games, the tension during the two India-Pakistan matches has made players do and say things they otherwise wouldn't. One of them is based on facts but lacks professional humility. After beating Pakistan once again, India captain Suryakumar Yadav invoked a dominant head-to-head in recent years in order to call for an end to the term 'rivalry' for these contests.

There is good reason to believe Suryakumar, or any India captain, would not have said what can be interpreted as arrogant had it not been Pakistan and the current relations between the two countries. For where is a rivalry for India in recent times? Since the start of 2024, India have won 32 and lost three matches of T20I cricket.

The sheer talent, now coupled with the appropriate intent, has turned India into perhaps the

most formidable T20I side ever assembled. Add to it the slowness of the Dubai pitches, and India are able to experiment with just one frontline quick and getting him to bowl three overs in the powerplay.

Those who market the sport will not be too thrilled at such numbers because the biggest draw in sport is the possibility. If there is any consolation, though, one of the three defeats India have suffered in these two years has come against Zimbabwe.

Bangladesh will go in believing they can cause an upset. They have just done that to the leaders of their group in the first round, Sri Lanka. They did so using the slowness of the conditions with Mahedi Hasan and Mustafizur Rahman combining for figures of 8-0-45-5. The reward is massive. If they can somehow beat India, Bangladesh will be a good shout to enter the final. Can they do the unthinkable, beat India for the first time since 2019, repair their 16-1 head to head, and somehow



initiate a rivalry?

Another experiment that India are able to work on is Sanju Samson in the middle order. Clearly, the team management seems to have decided that Samson is too good a player to be sitting out, so they are trying to create a place for him in the side now that the top order is packed with Shubman Gill, Abhishek Sharma, Suryakumar and Tilak Varma. The one innings he has played there is no sample size to draw any conclusions, but there were signs he wasn't quite at home when starting against an older ball. So eyes will be on him whenever he gets a chance to bat.

One of the challenges for Samson and the rest of the middle order will be the canny bowling of Mustafizur Rahman, who becomes double dangerous on slower pitches. He showed that against Sri Lanka with figures of 4-0-20-3. An encore could give Bangladesh a strong chance against India.

In the first round, India

experimented with their combination only once their progress to the Super Four was confirmed. So don't expect any changes to their first-choice XI, which they returned to against Pakistan.

India (probable): 1 Abhishek Sharma, 2 Shubman Gill, 3 Tilak Varma, 4 Suryakumar Yadav (capt), 5 Sanju Samson (wk), 6 Shivam Dube, 7 Hardik Pandya, 8 Axar Patel, 9 Kuldeep Yadav, 10 Jasprit Bumrah, 11 Varun Chakravarthy

Captain Litton Das complained of a back strain during training two days before the match, but he should be okay to play. The one change Bangladesh are pondering is Tanzim Hasan for Shoriful Islam, who travelled for 49 runs against Sri Lanka.

Bangladesh (probable): 1 Saif Hassan, 2 Tanzid Hasan, 3 Litton Das (capt. & wk), 4 Towhid Hridoy, 5 Shamim Hossain, 6 Jaker Ali, 7 Mahedi Hasan, 8 Nasum Ahmed, 9 Taskin Ahmed, 10 Tanzim Hasan, 11 Mustafizur Rahman

## Asia Cup: Pakistan elect to bowl first in must-win game vs Sri Lanka

### IAN S

**ABU DHABI:** Pakistan won the toss and elected to field against Sri Lanka in a must-win Super 4s match of the Men's T20 Asia Cup 2025 at the Zayed Cricket Stadium, Abu Dhabi, on Tuesday.

Both Pakistan and Sri Lanka started the Super 4s stage with defeat - Pakistan losing to India while Sri Lanka went down to Bangladesh in their opening match. Both teams would like to

win the match and stay alive in the competition.

Pakistan decided to go into the match with an unchanged playing XI, while Sri Lanka made two changes, with Chamika Karunaratne and Maheesh Theekshana coming in for Dunith Welalage and Mishara.

Pakistan captain Salman Agha said it was a good wicket and he does not expect it to change. "We will bowl first. Looks like a good wicket, don't think it

will change much. We want to improve with the bat and ball. It's a new game, a new challenge. We want to focus on today," he said.

Sri Lanka captain Charith Asalanka said he too would have bowled first, but was okay with batting first. He agreed that it was a good pitch. He said that Sri Lanka have been playing good cricket, but there is a little 10 percent that they have to improve, namely batting and bowling at the death.

## 'Abhishek Sharma is going to blow the cricketing world apart', opines Ashwin



### IAN S

**NEW DELHI:** Former India all-rounder Ravichandran Ashwin hailed Abhishek Sharma for his impressive knock against Pakistan in India's six-wicket win in the Asia Cup Super Four game, saying the youngster will blow the cricketing world apart.

Sharma notched a brilliant half-century under pressure while opening the innings for India during their Super 4s clash against arch-rivals Pakistan. The 25-year-old's knock of a 39-ball 74 was studded with six fours and five maximums as he hit the opposition bowlers for an array of shots.

Analysing the game and the players' perfor-

mances, Ashwin, speaking on his YouTube channel, praised Sharma's style of play while adding that the youngster had just begun.

"Abhishek Sharma hit an inside-out MS Dhoni-style helicopter cover drive. Everybody will talk about the five sixes that he hit, but I want to talk about this cover drive, because there was finesse in this shot. Despite only having one bat swing, he can adjust his down swing."

"If one batter, with one down swing, can make batting look so easy, then why will you not watch that batsman day in and day out. I want to tell you that this is not the arrival of Abhishek Sharma, this is just the beginning," said

Ashwin.

"He has just started, and he has a long future ahead. He is going to blow the cricketing world apart. Take that in writing. He has so much ability, just like how Yuvraj Singh became India's marquee white-ball cricketer. He can reach that level easily. I think he is going to carry Yuvraj's legacy forward; he is a phenomenal talent," Ashwin added.

Sharma stitched a 105-run opening stand with Shubman Gill as the duo sent the Pakistani bowlers to the cleaners. Their knocks made it easy for the middle-order batters to sail through the chase as India clinched their second win against their neighbours in the tournament.

## I don't care how people will take it: Farhan reacts on his gunshot celebration

### IAN S

**ABU DHABI:** Pakistan opener Sahibzada Farhan spoke about his gunshot celebration against India, saying that it happened in the moment, and he hadn't planned it. The opener also said that he does not care how people perceive it.

Pakistan, after being put to bat first, started well as openers Farhan and Fakhar Zaman got to business from the word go. While India managed to get an early breakthrough when Hardik Pandya dismissed the latter, Farhan played an explosive knock to finish as the top run scorer for his side.

just a moment at that time. I don't celebrate much after scoring 50. But, it suddenly came to my mind that let's do a celebration today. I did that. I don't know how people will take it. I don't care about that," Farhan told reporters

"And the rest, you know, you should play aggressive cricket wherever you play. It doesn't need to be India. You should play aggressive cricket against every team, like we played today," he added.

Farhan's efforts with the bat went in vain as Indian batters retaliated during the chase, with Abhishek Sharma, Shubman Gill and Tilak Varma helping the side complete a



After notching a half-century, Farhan pulled off a gun-shot celebration with the bat, sparking controversy. During a press conference on Monday ahead of the team's next clash against Sri Lanka, the 29-year-old said that he was unbothered by what anyone thought about it. "That (celebration) was

six-wicket win.

While India will face Bangladesh next, Pakistan will face off against Sri Lanka on Tuesday.

Both Pakistan and Sri Lanka will enter the upcoming game on the back of a loss from their respective previous Super 4s games against India and Bangladesh.

## Young shooting talent gather in New Delhi for ISSF Junior World Cup

### IAN S

**NEW DELHI:** The next generation of shooting talent across 15 Olympic events and 2 non-Olympic events will be competing in the ISSF Junior World Cup Rifle/Pistol/Shotgun at the Dr. Karni Singh Shooting Range here from September 24 to October 2.

The stage is all set for the mega event, which will bring together 208 young shooters from 18 countries, showcasing the young talent who will be fighting it out for a total of 51 medals at stake.

The host nation, India, will lead the field with a strong contingent of 69 athletes, while other participating nations include the



United States of America (20), Italy (10), Czechia (9), Islamic Republic of Iran (8), Croatia (7), Great Britain (6), United Arab Emirates (5), Slovakia (5), Qatar (4), Oman (4), Spain (8), Finland (3), Netherlands (3), Cyprus (3), New Zealand (2), Kingdom of Saudi Arabia (2), along with 40 Individual Neutral Athletes (AIN).

The athletes from the United States, Great Britain, Italy, and Cyprus have

arrived at the range and conducted an unofficial training session on Tuesday.

This will be the second and final World Cup for Juniors this year, following the first event hosted in Suhl, Germany, earlier this year in May, where India finished on top of the medals table with 11 medals, including 3 gold, 4 silver, and 4 bronze.

Among the notable names to watch will be Olympia and Suhl silver medallist Raiza Dhillon, former world champion Abhinav Shaw, Suhl gold medallists Shambhavi Kshirsagar and Tejaswani, and bronze medallist from the same World Cup, Naraen Pranav and Adriyan Karmakar, among others.

# MAZBOOTI SE BANI HAR — DEEWAR SE JHALAKTE HAI — DIL KE EHSAAAS

