

Good Morning Kashmir

16th
Year Of Publication

Narendra Modi
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A landmark step in expanding access to quality education! The establishment of 57 new Kendriya Vidyalayas has been approved by the Cabinet. It is gladdening that KV's will include Balvatikas, nurturing children from the foundational stage. Several students will benefit, alongside the creation of many jobs. This is in line with our commitment to inclusive growth, particularly in aspirational districts, the Northeast and other remote areas.

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No Sedition, Religious Violence Case Reported In J&K In 2023: NCRB



PEERZADA UMMER

SRINAGAR: Jammu and Kashmir did not record a single case of communal or religious violence in 2023, reveals the annual report of the National Crime Records Bureau (NCRB).

The report states that while 425 riot cases were registered involving 655 people, none of them were linked to communal tensions. No sedition cases were registered during the year either.

The report, as per the news agency- Kashmir News Observer (KNO) shows that 3,653 cases of violence against women were registered in the Union Territory in 2023 compared to 3,937 in 2021. Kidnapping was the most common crime against women with 895 cases, followed by 524 cases of cruelty by husband and 231 cases of

rape. A total of 427 women were abducted for forced marriage, including ten minors. Jammu and Kashmir ranked fourth among Union Territories in domestic violence cases with a rate of 8.1 percent.

The NCRB data recorded 84 murders, 1,004 cases of kidnapping overall, and 673 cases of death due to negligence, most of them road accidents. There were nine cases of dowry, 44 cases of abetment to suicide, 438 cases of attempted murder, and 434 cases of attempted suicide.

Cybercrime against women has emerged as a growing concern. Jammu and Kashmir topped all Union Territories with 43 such cases, including 39 related to dissemination of obscene material and four of blackmail or photo morphing.

Cases under Special and Local Laws • P-06

Police Attach Head Office Of Banned Tehreek-e-Hurriyat Under UAPA

'Action Marks Significant Step In Ongoing Investigation Against Subversive Activities'

GMK NEWS NETWORK

SRINAGAR: Jammu and Kashmir Police on Wednesday attached and sealed the office of the banned Tehreek-e-Hurriyat (TeH) in Budgam and carried out searches at the houses of two persons linked with the proscribed Jamaat-e-Islami in the Sopore area.

Police said in Budgam district, the head office of the TeH at Rehmatnagar, Hyderpora, was attached. "The attachment, carried out under Section 25 of the Unlawful Activities (Prevention) Act, 1967 (UAPA), reflects a continuing crackdown on entities accused of subversive activities in Jammu and Kashmir. Late separatist leader Syed Ali Geelani used the said office, and it was the hub of separatist political activity," police said.

The property, which was a significant hub of political activity, was owned by the banned Jamaat-e-Islami, Jammu and Kashmir (JeI). Geelani, who passed away at the age of 91 on September 1, 2021, due to a prolonged illness, had resided in this building until his death, after which his family relocated to another property they owned.

The head office of the organisation was housed inside the premises of Geelani's residence at Rehmatnagar in Srinagar's Hyderpora. After the passing of Geelani and Tehreek-e-Hurriyat chief Mohammad Ashraf Sehrai – the latter died inside a jail in Jammu in 2022 – and its ban in 2023, the separatist organisation was virtually



defunct. Most of the top and second-rung leadership of the outfit is in jail. Geelani (92), a former elected legislator, had been under house detention for more than a decade at the time of his death.

In another operation, Sopore Police carried out searches at the residences of two Jamaat-e-Islami (JeI)-linked individuals in the Zalloora area of Sopore, as part of its ongoing crackdown against separatist and militant networks. The searches

were conducted after obtaining proper search warrants under the Unlawful Activities (Prevention) Act (UAPA) from a competent court, said police.

"Houses belonging to Muhammad Maqbool Bhat, son of Abdul Rahim Bhat, and Tanveer Ahmad Dar, son of Abdul Jabbar Dar, both residents of Zalloora Sopore, were thoroughly searched in the presence of local Magistrates and independent witnesses. The process was carried out with strict legal compliance and transparency. These searches led to the recovery of incriminating material believed to be linked with the proscribed outfit Jamaat-e-Islami," said officials.

The seized material has been taken into custody and will be examined further as part of the investigation, the officials added. Authorities refrained from giving specifics, citing the sensitive nature of the probe, but said the material could prove vital in tracking networks involved in separatist and unlawful activities. "The raids were • P-06

HOUSES BELONGING TO MUHAMMAD MAQBOOL BHAT, SON OF ABDUL RAHIM BHAT, and Tanveer Ahmad Dar, son of Abdul Jabbar Dar, both residents of Zalloora Sopore, were thoroughly searched in the presence of local Magistrates and independent witnesses. The process was carried out with strict legal compliance and transparency.

LG Grooms People On Gandhi Jayanti



GMK NEWS NETWORK

SRINAGAR: The Lieutenant Governor, Manoj Sinha Wednesday greeted the people on eve of Gandhi Jayanti.

In a message, the Lieutenant Governor has said, "I pay my heartfelt tribute to the Father of the Nation, Mahatma Gandhi on his 156th birth anniversary. I extend my warm greetings to the people of Jammu Kashmir. This is an occasion for all of us to rededicate ourselves to internalize Bapuji's ideals of peace, non-violence, truth, tolerance, compassion, self-less • P-06

Grooms The People On Vijayadashami

SRINAGAR: Lieutenant Governor Manoj Sinha has greeted the people on the eve of Vijayadashami.

In a message, the Lieutenant Governor has said, "On the joyous occasion of Vijayadashami, I extend my warm greetings and good wishes to all for their happiness, well-being and prosperity. Vijayadashami symbolises the • P-06

...PM, HM To Attend Next DGP-IGP Conference To Discuss J&K Situation, Other Issues



AGENCIES

NEW DELHI: Prime Minister Narendra Modi and Union Home Minister Amit Shah are set to attend the All India DGP-IGP Conference in Chhattisgarh in November, where top police officials from across the country will deliberate on key issues including internal security, anti-Naxal operations, cyber security, the fight against narcotics, the situation in Jammu and Kashmir, and border management.

According to the details

available, the 60th edition of the three-day conference beginning November 28 will be inaugurated by Union Home Minister Amit Shah, while the valedictory session is likely to be attended by Prime Minister Narendra Modi, said an official.

He said about 250 officers in the rank of DGP and IGP will attend the event physically while more than 200 others would participate virtually, said an official.

He said the special focus at the conference will be on Naxal-affected • P-06

'Under Present PPA's, J&K Unlikely To Cater Power Demand By 2034-35'

RIYAZ BHAT

SRINAGAR: With the present and other planned Power Purchase Agreements (PPAs) or a Transmission Service Agreement (TSA), Jammu and Kashmir will likely be unable to meet and cater the power demands of consumers in the upcoming nine years.

A study by the Government of India (GoI) reads, "The study has analyzed the daily and monthly pattern of unserved energy in the year 2034-35, it can be seen that contracted capacity (present and planned) is unable to meet the demand."

"It can be seen that during the high demand of winter months, the proportion of unserved energy is high," reads the study.

Besides, the report further reveals that the surplus capacity is available with states due to RE availability, demand variation etc.

"The pattern of surplus capacities for J&K and Ladakh has been observed as below. This capacity can be shared with other states which might result in reduced fixed cost burden on the utilities resulting in further reduction in the cost for consumers," it reads.

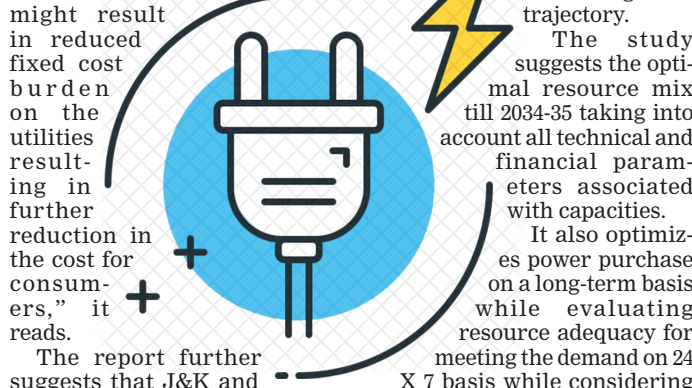
The report further suggests that J&K and Ladakh have likely surplus capacity available from April to September in the range of 230-740 MW for 2027-28 as shown below which can be shared with other states. The GoI has further said

that a study has been carried out for J&K & Ladakh based on the inputs received from J&K SLDC with a view of fulfilling RPO trajectory.

The study suggests the optimal resource mix till 2034-35 taking into account all technical and financial parameters associated with capacities.

It also optimizes power purchase on a long-term basis while evaluating resource adequacy for meeting the demand on 24 X 7 basis while considering variation in demand, RE generation and forced outages of thermal capacities.

The study has also assessed the requirement of Planning Reserve Margin for catering to above highlighted • P-06



Kashmir Farmers Say Paddy Yield Down By 40%



JAHANGEER GANAIE

SRINAGAR: Farmers across Kashmir have reported massive losses in paddy production this year, with yields dropping by nearly 40-50 per cent. They blame the prolonged dry spell during the crucial growing months, followed by incessant rains and flood-like conditions just before harvest, for the crisis.

Growers from several districts, said the weather pattern this year has devastated their livelihood. "For three

consecutive months—June, July and August—there was hardly any rainfall. The crop did not grow properly, and then just when we were expecting to harvest, heavy rains submerged the fields for days together. The paddy fell flat and started rotting," said Ghulam Nabi, a farmer from Pulwama.

Many said that their produce, already weakened by the dry spell, could not withstand the continuous waterlogging. "Our fields were inundated for • P-06

Pak Shelling Hit J&K Border Villages Rebuild, Celebrate Peace With Festivities

SAJID RAINA

BARAMULLA: Life is fast returning to normal in villages along the Line of Control (LoC) and International Border months after suffering heavy damage in Pakistan shelling following the April 22 Pahalgam terror attack, which left 26 civilians, mostly tourists dead.

Pertinently, after Indian armed forces destroyed nine terrorist camps deep inside Pakistan and PoK, the neighbouring country resorted to heavy shelling on the civilians in frontier areas leading to loss of lives and widespread damage to property. After 4 days of skirmishes, Pakistan Director General of Military Operations (DGMO) reached out to his counterpart in India and requested for the cessation of hostilities, which led to the truce



between the two nations.

Since then, residents said life is gradually returning to normal as guns have fallen silent and people are rebuilding their lives and damaged settlements.

Residents of border villages earnestly pray for lasting peace so their communities can grow, prosper, and live without fear after years of conflict and hardship.

Villages including Keran, Machil, Bangus, Tangdhar, Gurez, and Uri in north Kashmir are once again witnessing marriage ceremonies being held in local homes rather than being shifted to safer places, as was the case in previous years.

Farming, schooling, marriages, and sports activities are being carried out normally and without fear. • P-06

Ladakh LG Chairs High-Level Meet To Review Law And Order In Leh



AGENCIES

LEH: Lieutenant Governor of Ladakh, Kavinder Gupta on Wednesday chaired a high-level review meeting to take stock of the prevailing law and order situation in the Union Territory.

According to a statement, issued, the meeting was attended by Chief Secretary Dr Pawan Kotwal, Director General of Police Dr S D Singh Jamwal, DIG Srinagar South P K Singh, Deputy Commissioner Leh, Senior Superintendent of Police Leh, Sanjay Kumar, CO 79, Rajat Jain, CO 25, and other senior officials.

The statement reads that the officials briefed the Lt Governor on the latest security scenario

and the measures undertaken to maintain peace and stability in the region.

"He lauded the relentless efforts of security forces and the civil administration in restoring normalcy over the past week under challenging circumstances. He also expressed appreciation for the patience and cooperation shown by the people of Ladakh," it reads.

It added that LG Gupta also enquired about the condition of the remaining injured undergoing treatment at the government hospital. "He directed the administration and hospital authorities to ensure the best possible medical care. He further directed the Deputy Commissioner that, in • P-06

ATF Price Hiked 3%, Commercial LPG Up ₹15.50

AGENCIES

NEW DELHI: Aviation Turbine Fuel (ATF) prices were hiked by over 3 per cent and commercial LPG rates by Rs 15.50 per cylinder on Wednesday as oil firms revised fuel prices in line with global benchmarks.

Jet fuel (ATF) price was increased by Rs 3,052.5 per kilolitre, or 3.3 per cent, to Rs 93,766.02 per kl in the national capital – home to one of the busiest airports in the country, according to state-owned fuel retailers.

The increase comes on the back of a 1.4 per cent (Rs 1,308.41 per kl) reduction last month. The price hike will increase the burden on commercial airlines, for whom fuel makes up almost 40 per cent of the operating cost. No immediate comments could be obtained from the airlines on the impact of the price

change.

The ATF price in Mumbai was hiked to Rs 87,714.39 per kl from Rs 84,832.83 per kl, while those in Chennai and Kolkata were increased to Rs 96,816.58 and Rs 97,302.14 per kl, respectively.

Rates differ from city to city, depending on the incidence of local taxes such as VAT.

Alongside, oil firms increased the price of commercial LPG used in hotels and restaurants by Rs 15.50 per 19-kg cylinder. Commercial LPG now costs Rs 1,595.50 in the national capital.

he hike follows six-monthly reductions, the last being of Rs 51.50 on September 1. In the six reductions, prices were cut by Rs 223 per bottle since April.

Oil prices have firmed since the last revision mainly because of geopolitical reasons, • P-06



Secy RDD reviews progress on SASCI, UT CAPEX, SBM-G

Issues strict directives for speedy completion of projects

GMK NEWS NETWORK

JAMMU: Secretary, Rural Development department (RDD) & Panchayati Raj, Mohammad Aijaz Asad Wednesday chaired a meeting to review the physical and financial progress under UT-CAPEX, Scheme for Special Assistance to States for Capital Investment (SASCI), SNA-Sparsh and Swachh Bharat Mission (Gramin).

The meeting was attended by DG Rural Sanitation, Anu Malhotra; Mission Director NRLM, Shubhra Sharma; Director Panchayati Raj, Sham Lal; Director RDD Kashmir, Shabir Hussain Bhat; Director RDD Jammu, Shahnaz Akhtar; Director Finance, Umar Khan; Joint Director Planning, Kamal Kumar Sharma; Additional Secretary, Waseem Raja, besides all ACDs, ACPs, Executive Engineers, and BDOs of various districts.

While reviewing SASCI, it was revealed that loan assistance of Rs 21.10 crores has been sanctioned for RDD projects.

The Secretary highlighted Finance Department directives mandating utilization of 75% of sanctioned assistance by December and surrender



of non-viable projects for reallocation. Departments, he said, must demonstrate capacity to incur at least Rs 2 crore expenditure within the financial year, failing which funds may be withdrawn.

While reviewing UT Capex works, Secretary directed that the pace of execution of works be further accelerated.

Aijaz Asad instructed the concerned Executive Engineers to personally visit construction sites, inspect each building and asset, and ensure their completion strictly within the stipulated timelines.

The Secretary emphasized that in the Kashmir division, where developmental activities get slowed down during winter, the pace of work must be doubled to meet targets well in time.

With regard to SNA-Sparsh, the Secretary asked the heads of all schemes to complete critical post-sanction processes, including integration, FTO generation, and DSC enrolment, so that the implementation of schemes does not face any bottlenecks.

Reviewing progress under SBM-Gramin, Secretary laid special emphasis on timely execution of Gobardhan Plants, Faecal Sludge Treatment Plants (FSTPs), and Decentralized Wastewater Treatment Plants (DEWATs).

He directed the officers that Detailed Project Reports (DPRs), feasibility studies, and tendering processes for the remaining Gobardhan projects be completed expeditiously so that all such plants are operational within the

next two months.

He added that these projects are a top priority and will be reviewed on a weekly basis.

Secretary observed that many districts of J&K are already running such plants successfully, and stressed the need for ACPs and BDOs of other districts to undertake exposure visits to these functional units for adopting best practices.

Speaking on FSTPs, Aijaz Asad underlined that as Deputy Commissioners are the Chairpersons of Sanitation Committees, any issues related to execution should be resolved through their direct intervention. He also called for awareness programmes to sensitize the public about the significance of these projects and the role they play in ensuring cleanliness and sanitation in rural areas.

Similarly, Secretary stressed the timely completion of DEWATs and instructed that restoration of assets damaged during the recent floods must also be included in the planning process.

The Secretary issued strict directions to ACPs that any delay in the timely completion of these projects would invite disciplinary action.

J&K Gears Up to Host 69th National School Games, Over 4000 Young Athletes Expected

AZHAR HAJINI

SRINAGAR: The Department of Youth Services and Sports, J&K, is hosting the 69th National School Games, a prestigious national sporting event expected to see participation from over four thousand young athletes from every state and union territory of India. The events will be held across venues in Srinagar and Jammu commencing in October 2024.

The National School Games, conducted under the aegis of the School Games Federation of India and supported by the Ministry of Youth Affairs & Sports, is India's largest school-level multi-sport event. It serves as a fundamental feeder system for national and international sporting competitions, with many of the country's most celebrated athletes having begun their journeys on this very platform.

The upcoming games will feature competitions in four disciplines: Football, Wushu, Taekwondo, and Table Tennis. Athletes will compete across the Under-14, Under-17, and Under-19 age categories. The event is also expected to be graced by the presence of various dignitaries, policymakers,



and iconic figures from the world of Indian sports.

To finalize the arrangements for this major sporting extravaganza, Anuradha Gupta, Director General of the Department of Youth Services and Sports, chaired a detailed meeting with all the convenors of the organizing committee in Srinagar on Tuesday. Elaborating on the preparations, Ms. Gupta confirmed the comprehensive schedule for the competitions.

The Football event for Under-19 Boys will be held

from the 6th to the 10th of October at multiple venues including Pologround, TRC Srinagar, S.P. College, University of Kashmir, GCOPE Ganderbal, and Green Valley in Srinagar. This will be followed by the Wushu championship for Under-17 Boys and Girls from the 28th of October to the 1st of November at the Indoor Sports Complex and Indoor Complex Pologround in Srinagar.

The sporting action will then move to Jammu, starting with the Taekwondo

event for Under-19 Boys, scheduled in two phases from the 9th to the 13th of November and again from the 15th to the 19th of November at Bhagwati Nagar. The games will conclude with the Table Tennis competition for Under-19 Boys and Girls from the 21st to the 25th of November at the Indoor Complex of Jammu University.

The National School Games (NSG) is India's premier inter-school sports competition, organized under the aegis of the School Games Federation of India (SGFI). It aims to identify and nurture young sporting talent from the grassroots level, providing a structured pathway for athletes to excel in national and international arenas. Joint Director YSS Kashmir and Deputy Director Planning who is also holding the additional charge of Deputy Director Activities was also present in the meeting.

The Department of Youth Services and Sports, Jammu & Kashmir, is fully committed to ensuring world-class facilities and a seamless experience for all athletes, officials, and visitors, making the 69th National School Games a memorable and successful event.

Secy RDD inaugurates Kaushal Parv 2025 at Jammu

GMK NEWS NETWORK

JAMMU: Giving a major boost to youth employment, Secretary, Rural Development Department (RDD) & Panchayati Raj, Mohammad Aijaz Asad Wednesday inaugurated 'Kaushal Parv 2025', an IEC-cum-placement drive under the Himayat-Deen Dayal Upadhyaya Grammeen Kaushalya Yojana (DDU-GKY).

The placement drive turned into a significant recruitment platform with 17 reputed employers, like PepsiCo, Domino's, Coca-Cola, Barbeque Nation, Burger King, Vardhman Textiles and Rubli Foods, offering a wide range of opportunities across sectors including retail, hospitality, textiles, food & beverages, IT-ITES, and surveillance services.

The event witnessed the participation of over 250 skilled youth mobilised by Project Implementing Agencies (PIAs) under Himayat, with several candidates receiving on-the-spot job offers.

In his address, the Secretary underscored that



placements are the core milestone of the Himayat-DDU-GKY programme. "Job fairs like Kaushal Parv serve as a direct bridge between trained youth and employers, ensuring transparent, sustainable, and industry-driven employment outcomes," he said.

Highlighting the Department's focus on market-relevant skills, Aijaz Asad said that the twin initiatives, Kaushal Parv and Kaushal Rath, reflect the commitment to equip J&K's youth with skills for sustainable livelihoods.

The Secretary also distributed offer letters to selected candidates on the occasion.

Addressing the gathering, COO, HMMU-JKRLM, Rajneesh Gupta said, "This is not merely a placement drive; it is a platform where skills meet opportunities and dreams take their next step forward. Each placement secured today is not just about a job but about dignity, courage, and empowerment."

The event concluded with Secretary flagging off of 'Kaushal Rath', a

mobile outreach vehicle that will travel block-to-block for 20 days, disseminating recorded messages, distributing pamphlets, and mobilising rural youth for skill training and placements—taking the scheme's benefits to last-mile villages.

Pertinently, Himayat, the J&K chapter of the Deen Dayal Upadhyaya Grammeen Kaushalya Yojana (DDU-GKY), is a flagship placement-linked skill development programme of the Ministry of Rural Development, Government of India.



CM Omar greets people on Gandhi Jayanti

GMK NEWS NETWORK

SRINAGAR: Chief Minister Omar Abdullah Wednesday extended his warm greetings to the people of Jammu and Kashmir on the occasion of Gandhi Jayanti, commemorating the birth anniversary of Mahatma Gandhi, the Father of the Nation.

In his message of felicitation, the Chief Minister said that Gandhi Ji's timeless teachings of truth (Satya), non-violence (Ahimsa), peace and humanity hold greater significance in today's world, which continues to grapple with conflict, divisions and social discord.

"Gandhi Ji dedicated his entire life to the service of humanity. He waged an unwavering struggle against social evils such as untouch-

ability, the caste system and inequality, and stood for justice, compassion and equality of all," the Chief Minister said. Omar Abdullah emphasized that Gandhi Ji's philosophy continues to inspire generations across the world and remains the guiding light for building a society based on tolerance, harmony and brotherhood.

"The need of the hour is to imbibe his principles and walk on his path of truth and non-violence to create a just and inclusive society," the Chief Minister observed.

He urged the people of Jammu and Kashmir, especially the youth, to draw inspiration from Gandhi Ji's life and to uphold the values of peace, communal harmony and mutual respect in their day-to-day lives.

KU holds two-day master training workshop for mental health

GMK NEWS NETWORK

SRINAGAR: To strengthen teachers' role in addressing substance abuse, suicide prevention, and overall youth well-being in Kashmir, the Department of Social Work, University of Kashmir (KU), organised a two-day Master Training Workshop for Mental Health (Training the Teachers Programme) at the Main Campus. The workshop included selected faculty members from higher secondary schools and colleges of the Valley to strengthen their capacity as frontline responders for supporting students' mental health.

The workshop was based on an ICMR (Indian Council of Medical

research-based interventions."

Controller of Examinations KU, Dr. Majid Zaman, in his inaugural address, highlighted the urgent need to address the growing mental health challenges among youth. He said, "Teachers, apart from being academic guides, are also key figures in safeguarding the emotional and psychological well-being of students. This workshop equips them with evidence-based tools to detect early signs of distress, intervene effectively, and create safe spaces for dialogue."

Prof. Shazia Manzoor, Head, Department of Social Work KU, emphasized the need to address mental health challenges among children and



Research) research project on primary prevention interventions for youth in Kashmir, carried out by the Department of Social Work, KU, with Dr. Aadil Bashir, faculty member at the department, as the Principal Investigator (PI). Drawing from extensive research and assessments, the team has developed a practical manual titled "Wal Sukoon Chandaw" (Come let's find peace), designed to provide teachers with structured tools and strategies for guiding young people towards healthier coping mechanisms and resilience.

Vice-Chancellor KU, Prof. Nilofer Khan, in her message, said, "Equipping teachers with knowledge and skills to address mental health challenges is an important step in ensuring a safer, healthier academic environment. This initiative reflects our varsity's commitment to addressing pressing social concerns through

young adults as Kashmiri society undergoes transitions, highlighting that teachers, parents, and the community must work collectively to ensure early support and well-being of youth.

Dr. Aadil Bashir, faculty at the Department of Social Work KU and PI, presented a detailed overview of the Wal Sukoon Chandaw manual, which includes modules on mindfulness, emotional regulation, stress management, and peer support systems. He also unveiled the e-manual, highlighting its accessibility for wider use across schools and colleges. The workshop featured technical sessions on experiential learning for stress management, role plays focused on classroom-based interventions, group activities to build peer support, and training modules on risk assessment. These sessions aimed to translate the manual into practical classroom strategies for teachers.

Gandhi Shilp Bazaar inaugurated at Srinagar Numaish Gah

Public advised to visit, buy craft products at affordable rates

GMK NEWS NETWORK

SRINAGAR: A 10-day UT level Gandhi Shilp Bazaar, was inaugurated at Kashmir Haat, here Wednesday, showcasing Kashmir's famed handicrafts and handloom products.

Director, Handicrafts and Handloom, Kashmir, Mussarat Islam, along with Assistant Director, Handicrafts, Ministry of Textiles, Rafiq Ahmad, Manager Central Market, and other senior officers, were present on the occasion.

Organized by the Ministry of Textiles, GoI, as many as 70 stalls have been installed for artisans and weavers to display a wide range of exclusive Kashmir Handicrafts including Sozni embroidery on Pashmina, Kani Shawls, Crewel Embroidery, Chain stitch

and Aari work.

Speaking on the occasion, Director Handicrafts urged the general public to come to Kashmir Haat in large numbers and buy authentic handmade products on extremely affordable prices. "By buying directly from the artisans, you shall support the department's endeavor to safeguard the interests of the community," he stated.

The Director interacted with all the stall holders and advised them to invest in packaging to give their unique products of Kashmir an aesthetic look. "The Department will continue to focus on implementation of welfare schemes for benefit of artisans and also provide them platforms for display and sale of their unique craft products," he added.

DIPR Kathua lights up Basohli Utsav with spectacular laser extravaganza

GMK NEWS NETWORK

KATHUA: The third edition of Basohli Utsav witnessed yet another spectacular evening as the Tri-Theme Laser and Beam Show organized by the District Information Centre Kathua of DIPR J&K lit up the skies over Ramleela Ground, leaving spectators mesmerized.

The Chief Guest, Director ACB, Shakti Pathak along with jam packed Ram Leela Ground witnessed the colourful show. Other prominent dignitaries present on the occasion included ADC Basohli, Pankaj Bhagotra and District Information Officer, Rajinder Diga.

The specially curated show was designed around three powerful themes - the eternal saga of Ramleela, the spiritual fervour of



Navratri and the spirit of patriotism.

Through vibrant laser projections and synchronized beam effects, epic tales, devotional narratives and nationalistic motifs were brought alive in a rare fusion of tradition and modern technology.

The Ramleela segment of

the show recreated key episodes from the epic, blending devotional chants with striking visuals that celebrated the timeless values of righteousness and sacrifice. The Navratri theme radiated the festive energy of the season, portraying divine power and devotion through vibrant colours and

synchronised music. The patriotic sequence, marked by stirring imagery of the national flag and freedom struggle, drew loud cheers from the audience, igniting a collective sense of pride and unity.

The dazzling beam show added another dimension to the spectacle as coordinated rays of light swept across the venue, symbolising divine blessings, festive energy and national pride, thus creating a truly immersive experience for the spectators.

Earlier in the day, traditional sports events like Santolia and Tug of War, witnessing active participation of school children. Academic and cultural competitions including essay writing, painting, storytelling and Sanskrit Shloka recitation highlighted the creative zeal of young participants.

Aadi Karam Yogi Abhiyan

Union Secy Tribal Affairs visits Tribal village Chandaji

GMK NEWS NETWORK

BANDIPORA: As part of the ongoing Aadi Karam Yogi Abhiyan, Union Tribal Affairs Secretary, Vibhu Nayar Wednesday visited tribal village Chandaji of district Bandipora.

MLA, Bandipora, Nizamuddin Bhat; Secretary Tribal Affairs J&K, Prasanna Ramaswamy G; Deputy Commissioner Bandipora Indu Kanwal Chib and other senior officers of Tribal Affairs department and district administration Bandipora were present on the occasion.

During the visit, the Secretary participated in a grand event held in village Tribal village Chandaji under the ongoing Aadi Karam Yogi Abhiyan.

Addressing the gathering on the occasion, the Secretary lauded the cooperation of the local community in making Aadi Karamyogi Abhiyaan a success, thereby strengthening governance at the grassroots and paving the way for overall development of tribal communities across the nation. He urged the locals to play an active role in the developmental process, reiterating that only through people's participation government can achieve sustainable progress in tribal area like Chandaji.

On the occasion, MLA Bandipora discussed the gaps in the development of the revenue village before



the Secretary, highlighting need for a separate Panchayat Halqa for the village,

District Programme Officer (DPO) Bandipora informed the gathering that Seva Kendras have been inaugurated in all 31 villages across six blocks of the district under Aadi Karamyogi Abhiyaan and Seva Prav 2025. He added that these Kendras serve as single-window platforms providing easy access to government services and welfare schemes, besides functioning as hubs for grievance redressal, information dissemination, and participatory governance. Their operationalisation, he added, marks a significant step towards responsive and inclusive service delivery in Bandipora.

During the programme, District Level Master Trainers (DLMTs) and Block Level Master Trainers (BLMTs) nominated under Aadi Karam Yogi Abhiyan presented a detailed status report of the village covering education, health, agriculture, dairy, and sheep farming. They informed that extensive door-to-door surveys were carried out, coupled with awareness campaigns to inform households and youth about various welfare schemes aimed at improving socio-economic conditions.

Officers from line departments also highlighted the role of education, livelihood, health, and self-employment in ensuring sustainable progress, urging villagers to actively

participate in government-led initiatives.

During the event, Village Action Plan under the scheme was also discussed which shall be ratified by the panchayat on Oct 2nd and then feasibility shall be evaluated before final submission. A detailed discussion on extraction and collection of medicinal plants around the village area was also discussed so that suitable livelihood opportunities for tribal villages can be enhanced.

On the occasion, the public also raised issues like resolution of electricity problems, construction of vehicular bridges, measures for protection from wild animals, establishment of Anganwadi centres, initiatives for women empowerment, and effective implementation of the Forest Rights Act.

During the event, students of Government Middle School Chandaji also presented cultural performances reflecting the rich tribal heritage. They also performed a skit highlighting educational challenges, including poor connectivity, lack of transport facilities, and absence of nearby secondary school, which has led to student dropouts.

Later, a village walk was also conducted by the Secretary and other officers.

The locals expressed gratitude to GoI for carving out a scheme especially for the development of tribals in the country.

Northern Railway collects Rs 30 lakh in fines in Jammu division

NAVEED UL HAQ GANAIEE

JAMMU: Northern Railway's Jammu Division has generated revenue of around Rs 30 lakh in September 2025, through intensive ticket checking drives, officials said on Wednesday.

Officials, have said that 5,436 passengers were apprehended for irregular or ticketless travel during the month-long drive.

The fines were collected under the supervision of Divisional Railway Manager Vivek Kumar and led by



Senior Divisional Commercial Manager Uchit Singhal.

Railway authorities said surprise inspections are also being carried out regularly to curb unauthorized entry of passengers and to ensure better travel services for genuine rail users.

"The division's checking staff has performed exceptionally well in

apprehending illegal travelers and imposing appropriate fines on them. This demonstrates the success of the railway's crackdown on illegal travel," said Uchit Singhal, Senior Divisional Commercial Manager, Jammu Division.

Meanwhile, in a statement issued to KNO, Uchit Singhal, Senior Divisional Commercial Manager, said that during the ticket checking drive in September 2025, the division's checking staff and Chief Ticket Inspectors appre-

hended 5,436 passengers for irregular travel and collected fines of approximately Rs 30 lakh.

Railway officials also conduct regular surprise ticket checking drives to prevent unauthorized entry of passengers onto trains, where passengers are advised to travel with valid tickets—(KNO)

Sewa Parv-2025 Ganderbal admin organizes Mutation Camps across district



GMK NEWS NETWORK

GANDERBAL: In a landmark initiative under the nationwide "Sewa Parv" campaign, the Revenue Department Ganderbal conducted Mega Mutation Camps, grievance redressal, and public service delivery events across the district, aimed at bringing governance and land-related services closer to the general public.

The massive outreach was held across 13 identified locations with more than 3500 participants, where designated Attestation Officers (Tehsildars and Naib Tehsildars) provided on-spot services.

During these camps over 550 Mutations were attested in a single day, besides various grievances related to land, demarcation, and documentation were redressed on the spot.

Further, more than 100 certificates/services such as RBA, SC/ST, Domicile, and Income certificates were issued at Patwar Halqa level to ensure doorstep governance.

The camps witnessed huge public participation, and services were delivered efficiently, showcasing a vibrant example of responsive governance.

On the occasion, ACR Ganderbal personally attended and supervised interacting with the public, addressing local concerns, and sensitizing people through the awareness campaign about their land rights, digital services, and the importance of timely land record updation. He emphasized the importance of people-centric revenue governance and assured continued efforts in streamlining services through such public outreach programs.

Union Cabinet hikes DA/DR by 3% for employees, pensioners

AGENCIES

NEW DELHI: The Union Cabinet on Wednesday increased Dearness Allowance (DA) and Dearness Relief (DR) by 3 per cent for about 49.19 lakh central government employees and 68.72 lakh pensioners and also approved opening of 57 new Kendriya Vidyalayas across the country.

According to the details available, the DA/DR increase of 3 per cent over the existing rate of 55 per

cent of the basic pay/pension to compensate against the price rise will be effective retrospectively from July 1, 2025.

Union Information and Broadcasting Minister Ashwini Vaishnaw while briefing on decisions taken in the Cabinet meeting told reporters here that the combined impact on the exchequer on account of an increase in DA and DR will be Rs 10,083.96 crore per annum.

"The increase is in accordance with the

accepted formula based on the recommendations of the 7th Central Pay Commission," he added.

The Minister said the Union Cabinet also approved the opening of 57 new Kendriya Vidyalayas (KVs) which would benefit over 86,000 students.

Out of the 57 new KVs, seven will be sponsored by the Union Home Ministry, and the rest by state governments. Twenty of the newly approved KVs are proposed to be opened in

districts where no KV presently exists despite a significant number of Central Government employees.

"The Cabinet Committee on Economic Affairs, chaired by Prime Minister Narendra Modi, has approved the opening of 57 new Kendriya Vidyalayas under the Civil sector across the country to facilitate the educational needs of the wards of the increased number of central government employees," Vaishnaw said.—(KNO)

Blood donation reduces heart attack risk, has multiple health benefits: Doctors

JAHANGEER GANAIE

SRINAGAR: On the occasion of National Voluntary Blood Donors Day, doctors across Jammu and Kashmir reiterated the importance of voluntary blood donation, calling it not just an act of humanity that saves lives but also a practice that significantly benefits the donor's own health.

Chief Medical Officer (CMO) Anantnag, Dr Khalid Parvaiz, said that awareness about blood donation is improving, but more people, especially the youth, need to come forward to make it a regular practice.

"Blood donation is one of the noblest contributions a person can make to society. Apart from saving the lives of patients suffering from cancer, blood disorders, accident victims, and those undergoing surgeries, it also benefits the donor by improving heart health and balancing iron levels in the body," he said.

Dr Parvaiz added that every unit of blood can save up to three lives as it is separated into components like platelets, plasma, and red blood cells that cater to different patients. "Regular donation helps reduce



the risk of heart attack, prevents iron overload, and improves blood circulation. It is also a kind of mini-health checkup for the donor since vitals and haemoglobin are assessed before each donation," he explained.

Dr Mudassir Lone, a general physician at the Directorate of Health Services Kashmir (DHSK), said donating blood once or twice a year plays a crucial role in maintaining cardiovascular health. "Studies have shown that regular donation reduces arterial blockages, maintains healthy blood viscosity, and lowers iron overload, all of which are linked to a reduced risk of heart disease," he said.

He further noted that balanced iron levels also lower the chances of developing certain cancers, while the pre-donation screening process often

helps identify hidden medical conditions.

Dr Shahnaz Akhter, another senior medical officer, explained the eligibility criteria for donation. "To donate blood, a person must be between 18-65 years of age, weigh at least 50 kg, and have a minimum haemoglobin level of 12.5 g/dL for women and 13 g/dL for men. Whole blood donation can be done every 12 weeks for men and every 16 weeks for women, while platelet and plasma donations follow shorter intervals," she said.

According to her, people with controlled diabetes can safely donate, but those with uncontrolled diabetes, active infections like HIV or Hepatitis, and individuals who have recently undergone surgery or received certain vaccinations are deferred.

Doctors cautioned against donating in cases

of active infections, flu, cold, uncontrolled hypertension, pregnancy, recent childbirth, or if the donor had a tattoo or piercing in the past 3-6 months.

Medical experts stressed that the demand for blood remains constant in hospitals due to surgeries, trauma cases, and chronic illnesses. "Every healthy individual should make it a habit to donate. A single pint of blood can save multiple lives, and the sense of satisfaction one gets from helping others is priceless," they said.

They appealed to people to spread awareness and encourage voluntary donation. "Blood cannot be manufactured; it only comes from generous donors. By donating, you're giving someone the most precious gift — the gift of life," they added—(KNO)

Devotees mark Maha Navami with traditional fervour across Valley

REHAN QAYOOM MIR

SRINAGAR: Kashmiri Pandits across the Valley celebrated Maha Navami, the ninth day of the Navratri festival, with traditional devotion and enthusiasm on Wednesday, as temples witnessed a large turnout of worshippers participating in prayers and rituals dedicated to Goddess Durga.

From the iconic Shankaracharya Temple in Srinagar to the revered Kheer Bhawani shrine in Ganderbal, the devotees thronged temples early in the morning to take part in special rituals that included havan, chanting of sacred verses and offering of traditional prasad.

As per the details available, families performed Kanjak Puja at their homes, worshipping young girls as representations of the goddess — a practice deeply rooted in tradition and faith.



The celebrations extended beyond individual homes, with community gatherings and special feasts held at temples in several districts, including Anantnag and Baramulla, as well as in Jammu for displaced families.

Cultural programmes featuring devotional music and recitations were organized at various community centres, adding to the festive atmosphere. Many participants said the celebrations served as a reminder of their cultural identity and faith despite the challenges the community has faced over the years.

Moreover, authorities said security measures were strengthened around prominent temples and religious

sites to ensure peaceful celebrations. Vivek Raina, a devotee at the Shankaracharya Temple, said, "Taking part in these rituals here in Srinagar keeps our traditions alive and strengthens our bond with the land we belong to."

"Seeing our children participate in Navratri celebrations gives us hope that our cultural roots will remain strong for generations," said Neelam Kaul, another resident of Ganderbal. Meanwhile, Maha Navami, also considered one of the most sacred days of the Navratri festival, is dedicated to the fierce and protective form of Goddess Durga, symbolizing the triumph of good over evil—(KNO)

Jammu gears up for vibrant Dussehra celebrations today

YOGESH

JAMMU: As the city of temples prepares to immerse itself in the joyous fervor of Dussehra on October 2, the authorities have rolled out comprehensive arrangements to ensure a safe and seamless celebration of the festival.

Thousands of devotees are expected to flock to key venues across Jammu for Ramlila enactments, processions and the iconic burning of Ravana's effigy, marking the culmination of the nine-day Navratri festivities.

Dussehra, also known as Vijayadashami, commemorates Lord Rama's victory over the demon king Ravana, as narrated in the epic Ramayana.

In Jammu, the celebrations blend deep-rooted spiritual traditions with community spirit, featuring elaborate stage performances, cultural parades and family gatherings.

Preparations have been in full swing since mid-September, with effigies of Ravana, Kumbhakarna and Meghnath being meticulously crafted at temple complexes and community grounds.

The highlight of tomorrow's celebrations will be the grand Ramlila per-



formances and the ceremonial effigy burning at major venues such as the Parade Grounds, Gandhi Nagar Dussehra Ground and grounds near historic sites like Kol Kandoli and Bawe Mata Mandir.

According to district administration guidelines, events are slated to begin early in the morning with special pujas and aartis at prominent temples, followed by processions that weave through the city's bustling streets.

Devotional programs and Shobha Yatras (grand processions) starting from local temples including floral tributes to Goddess Durga and Lord Rama.

After culminating Ramlila enactments depicting the final battle between Rama and Ravana at designated open grounds.

The much-anticipated burning of massive Ravana effigies would be accompanied by fireworks and cultural shows. Fairs (melas)

with traditional games, food stalls and handicraft exhibitions will light up areas around the venues until late night.

Additional attractions include community feasts, bhajans and dance performances showcasing Dogra folk arts.

The Jammu Municipal Corporation (JMC) has organized special sanitation drives along procession routes and congregation sites to maintain hygiene.

Devotees are urged to arrive early to avoid crowds with parking facilities arranged at peripheral lots.

Elaborate security and civic arrangements in light of the large gatherings anticipated, the Jammu and Kashmir Police, in coordination with district authorities, have implemented multi-layered security protocols to ensure public safety.

Additional Deputy Com-

missioner (ADC) Ansuya Jamwal reviewed these preparations earlier this month, emphasizing coordinated efforts from all departments.

As per officials, over 500 police officers, including specialized anti-riot squads will be stationed across 14 sectors in the city, with a focus on high-traffic areas.

Quick Response Teams (QRTs) and bomb disposal squads will patrol procession routes.

Enhanced CCTV coverage with 100+ cameras at temples, stadiums and key junctions, integrated with real-time monitoring from a central command center.

Drones will provide aerial oversight during evening events. Diversions on major roads like NH-44 and routes to the sports stadium from 2:00 PM onwards.

Commuters are advised to use public transport or alternate paths to minimize disruptions. Fire and Emergency teams will have tenders on standby at all effigy-burning sites, while the Health Department will deploy medical camps with ambulances and paramedics. The Jal Shakti Department guarantees uninterrupted potable water supply via tankers at venues—(KNO)

Good Morning

Kashmir

EDITORIAL

Hospitals Turning Into Profit Hubs

The noble profession of healing is fast losing its sanctity in the race for money. Every hospital, particularly private ones, has made it a routine to direct patients for repeated and unnecessary tests. Even when medical examinations are fresh and valid, patients are compelled to undergo the same procedures again — not out of medical necessity but out of sheer commercial greed.

The suffering patient, already under the burden of illness, is made to shoulder the additional pain of exploitation. Instead of empathy, hospitals display a business mindset where diagnostic labs become the minting machines. This malpractice not only drains the pockets of common people but also erodes the very trust between the healer and the healed.

Health care is supposed to be a service, not a marketplace. When hospitals equate human suffering with revenue charts, the system loses its soul. Regulatory bodies must wake up and put strict checks in place to stop this exploitation. Transparency in medical prescriptions, accountability of diagnostic referrals, and heavy penalties for unnecessary tests are the need of the hour.

Patients go to hospitals for relief, not harassment. It is high time the authorities draw the line between treatment and trade, before hospitals become nothing more than profit-hunting corporations.

Good Morning

Kashmir

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Statue Can Be Broken, But Not The Idea Of Gandhi



LALIT GARG

The recent attack on the 57-year-old bronze statue of Mahatma Gandhi at the famous Tavistock Square in London is not merely an act of vandalism against a statue; it is a blow against the very existence of Gandhi, against his ideas, and against the soul of India. On the statue, attackers scrawled in black paint: "Gandhi-Modi, Indian Terrorist..." A tricolor flag was also desecrated with the same word. The timing of the attack was symbolic—it took place just three days before the International Gandhi Jayanti, the Day of Non-Violence. This deliberate timing reflects a perverse and sinister mindset, a conspiracy aimed at erasing Gandhi's personality and the philosophy of non-violence he embodied.

Gandhi's statue is not just a metal structure; it is a living emblem of values that gave not only India but the entire world a new vision, a new direction, and a peaceful, non-violent way of life. To assault it is to show that forces of violence, terrorism, and hatred are still afraid of Gandhi's ideas, and continue to plot to mutilate and destroy them. Yet Mahatma Gandhi remains the only great man of India whom neither bullets nor abuses can defeat. His politics and religion were based not on power, but on service—on Vasudhaiva Kutumbakam (the world is one family). His aim was to deliver people from fear and give them true freedom. He belongs not only to India, but to all of humanity, an immortal treasure. By giving the principle of non-violence to the world, he offered a path to peaceful coexistence. He dedicated his entire life to the upliftment and dignity of the downtrodden. His greatest strength was the harmony between his words and actions.

The desecration of Gandhi's statue and the offensive slogans written upon it have been described by the Indian High Commission as an attack on the legacy of non-violence. The Metropolitan Police has begun its investigation. Britain's High Commissioner Lindy Cameron expressed sadness, saying Gandhi's teachings will always unite us. This assault on Gandhi's personality and philosophy is not just an attack on Britain's own identity, but also a challenge to India's dignity and cultural



presence. Whenever a nation's universal symbol is attacked, it is an assault on that nation's self-respect and its ideas. Gandhi is not only India's hero but a moral guide for the entire world. To damage his memorial is to tarnish humanity's conscience, which is built on dialogue, tolerance, non-violence, and peace.

At a time when the world is plagued by war, terrorism, and fanaticism, Gandhi's thought becomes even more relevant. Any attempt to crush such ideas is not only a grave challenge for India but also for the entire world. From a critical standpoint, this incident forces us to ask: why do universal values like non-violence appear intolerable in today's times? Why are some groups determined to erase history and replace dialogue with violence? This is not merely an attack on the memory of the past; it raises troubling questions about the direction of the future. Statues may be repaired when broken, but if the assault on ideas continues, it will prove fatal to the very soul of humanity.

Time and again, mischief-makers and anti-social elements in India and abroad have hurled mud at India's great figures—be it Gandhi or Modi—believing themselves elevated by insulting them. But this latest attack on Gandhi's statue is not just a petty prank or local grievance; it reflects a deeper violent, terror-driven, and perverted mentality that wants to silence the voice of non-violence in the world. This incident is

not merely the defacement of a statue; it is a conspiracy to wound the very thought of Mahatma Gandhi. Gandhi was not merely a man—he was a philosopher. His principles of truth and non-violence remain the greatest source of inspiration for global politics, societies, and humanity. And that is why violent mentalities repeatedly attempt to silence or destroy them. The attack on Gandhi's statue is nothing but a continuation of the same mindset that assassinated him. Today, this mentality emerges in the forms of religious extremism, racial prejudice, terrorism, and economic imperialism.

This incident is a grim warning not only for India but for the entire world: if the voice of non-violence and coexistence is silenced, human civilization will be dragged into darkness—into violence, terror, and destruction. Prime Minister Narendra Modi, in recent years, has made significant efforts on the global stage to establish traditions of peace, cooperation, and non-violent dialogue. This is nothing less than a modern expression of Gandhian philosophy. In a world besieged by international conflicts, climate crises, terrorist cruelties, and the horrors of war, India's role becomes all the more crucial. Thus, the attack on Gandhi's statue is, in fact, an attempt to undermine this peace mission. It is a challenge not only to India but to all nations and communities that uphold non-violence as the foundation of civilization.

Mahatma Gandhi - An Inspiration For Generations

VINOD CHANDRASHEKHAR DIXIT

All over India in order to mark the birth anniversary of Mahatma Gandhi, Gandhi Jayanti is celebrated on 2nd October with great enthusiasm to pay honor to Mahatma Gandhi who struggled a lot for the Indian independence from the British rule. We all know that the name of Mahatma Gandhi now transcends the bounds of race, religion and nation- states, and has appeared as the visionary voice of the 21st century.

Gandhiji has become a role model and an inspirational leader for the youth now. Other great leaders like Nelson Mandela, James Lawson also admired Gandhi's theory of non-violence for the freedom and liberty. Gandhi did a great work to achieve Swaraj. More than ever before, Gandhiji's teachings are valid today, when people are trying to find solutions to the rampant greed, widespread violence, and runaway consumptive style of living. His ideology is admired throughout the world for its universal and spiritual appeal.

The Gandhian technique of mobilising people has been successfully employed by many oppressed societies around the world under the leadership of people like Martin Luther King Nelson Mandela and many others. Barack Obama sees Mahatma Gandhi as an inspiration and has a portrait of the apostle of peace in his office. Gandhi had ideas on every sub-



ject, from hygiene and nutrition to education and labor, and he relentlessly pursued his ideas in newspaper. He would still be remembered as one of the principal figures in the history of Indian journalism.

Mahatma Gandhi's ideology is universal which is relevant for all times. People know very little about his subtly powerful and pragmatic ideology. If his ideology were not effective, the world would not have accorded him the title of Mahatma.

Though Mahatma Gandhi's ideas and principles are appraised and accepted by many, they are not free from criticisms. The teachings of Gandhiji are true to the soul and the morality of honesty is to be preached throughout. Whether the teachings are used in present day or not,

does not imply that his teachings are irrelevant. The Indian education gives importance to theoretical knowledge and practical knowledge takes a back seat. Gandhi ji stressed upon giving practical lessons to the students as he believed that this helps in active participation of the students in the class. We need to make our priority and path clear to march forward. Gandhism is a way of living with simplicity and non-violence. The new generation is waiting for a leader who will make it relearn the moral values, and who will inculcate in the people, as Gandhi did, a sense of the responsibilities which fall on every citizen of a free society. The aim of celebrating Gandhi Jayanti is to distribute Gandhi's philosophy, principles &

thoughts of Mahatma Gandhi and believe in non-violence around the World. Gandhi's ultimate search was for righteous conduct. The means are more important than the end, he maintained; with the right means, desired ends will follow.

Today communal amity has become essential for national integration and hence Gandhi gave it the highest priority. He wanted to take the country from areas of hostility into areas of harmony of faiths through tolerance, so that we could work towards understanding each other. Generations to come will scarce believe that such a man as this ever walked this earth in flesh and blood". This was the tribute paid by Albert Einstein to Mohandas Karamchand Gandhi when the latter was struck down by an assass-

sin's bullet on January 30, 1948. The whole world was shocked, feeling as if another Christ had been nailed to the cross. Such was the impact of Gandhi on the times in which he lived. He was one of the very few who set the stamp of their personalities on an epoch.

The unorthodox methods he advocated to tackle the immensely complex problems facing the country and his transparent sincerity struck a responsive chord in the hearts of the common people. The immortal tribute of India's first Prime Minister, Pandit Jawaharlal Nehru, at the time of Gandhi's passing said, "The light has gone out of our lives".

He inspired millions of people through his work and became a legacy of greatness, and noble life. Gandhi was a social reformer who died after completing the aim of his life. One should remember that he not only gave freedom to his country, but also brought about a great moral regeneration over his countrymen. Men like Gandhi are born once in an age. Mahatma Gandhi while leading the struggle of the Indian people for independence from the British rule repeatedly emphasized that his ultimate aim was not merely the overthrow of alien rule, but the establishment of swaraj in India. The world community endorses the idea of peaceful resolution of conflict in regional, national and international disputes.

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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

DC Sgr Visits Parimpora Fruit Mandi, Holds Interaction With Members Of Mandi

GMK NEWS NETWORK

SRINAGAR:- Deputy Commissioner (DC) Srinagar, Akshay Labroo, on Tuesday visited the Fruit Mandi at Parimpora and held an interactive session with the members of the Mandi to discuss key issues and developmental needs.

The DC was accompanied by Additional Deputy Commissioner Srinagar, Mir Imtiyaz Ul Aziz; Chief Planning

Officer Fayaz Ahmad Dar; SDM West Irfan Bahadur; Executive Engineer R&B Core Ashiq; Tehsildar Shalteng Rayees Ahmad Dar, and other concerned officials.

During the session, members projected certain demands and suggestions, including the establishment of a dedicated truck terminal, effective garbage disposal mechanisms, and upgradation of the approach road & link roads leading to the mandi,

among others.

DC gave a patient hearing to the delegation and asked officials from SMC, R&B, SDM West, and other departments to submit a detailed report on the issues for its timely redressal.

On the occasion, the DC assured all possible support from the administration to address the needs of fruit growers and strengthen the horticultural infrastructure in the district.

Following the meeting, the DC conducted a comprehensive inspection of the Mandi, and took stock of the ongoing macadamization work being undertaken by the R&B department.

The DC was informed that under NABARD, upgradation of Parimpora Fruit Mandi has been taken up for development of internal roads, parking site, block patches, external peripheral roads, construction of auction sheds etc.

Post-PARAKH Rashtriya Sarvekshan 2024 Review Meeting Held In Sgr

GMK NEWS NETWORK

SRINAGAR: A review meeting on Post-PARAKH Rashtriya Sarvekshan 2024 was held Wednesday at Srinagar under the chairmanship of Anand Rao V. Patil, Union Additional Secretary, Ministry of Education.

The meeting was attended by Secretary, School Education J&K, Director General School Education, Director School Education Jammu, Director Academics JKBOSE, State Project Director Samagra Shiksha, Joint Directors, senior officers from the School Education Department, officers from SCERT and JKBOSE, Chief Education Officers, Principals of DIETs, and other officials of the School Education Department J&K.

In his address, Union Additional Secretary identified key areas for improvement in J&K and assured full support from the Government of India. He emphasized the establishment of the State Standard Setting Authority (SSSA), framing of mandatory affiliation guidelines for schools, annual reviews through SQAAP, and adoption of IT-enabled solutions, including Generative AI, for digitization of Board activities.

He also highlighted



the NEP-2020 mandate of 50 hours of annual CPD for teachers, including 10 hours on competency-based assessment training.

During the meeting, Prof. Indrani Bhaduri, Head & CEO, PARAKH, presented a detailed review of Post-Rashtriya Sarvekshan 2024, highlighting J&K's performance and the rollout of the Holistic Progress Card up to Class 12th.

While appreciating the department's efforts despite constraints, she called for further strengthening and emphasized a shift towards competency-based assessments, teacher autonomy in evaluation, modular assessments by Boards, and intensive capacity building of paper setters and evaluators.

Speaking at the outset,

Secretary, School Education J&K, Ram Niwas, stressed the need for a progressive approach and preparation of a five-year perspective plan to bridge learning gaps and align with national benchmarks.

He reiterated that all PARAKH initiatives will be implemented in letter and spirit to enhance student outcomes.

Dr. G. N. Itoo, Director General School Education Kashmir, and Dr. Naseem Javaid Choudhary, Director School Education Jammu, also addressed the gathering, advocating a multi-pronged approach to improve learning outcomes. The Director General, Kashmir, further tasked Dy. CEOs and DEPOs to ensure effective implementation of PARAKH initiatives with coordinated district-level efforts

Dy. CM Lays Foundation Stones For Key Road Projects In Sunderbani

GMK NEWS NETWORK

SUNDERBANI: Deputy Chief Minister, Surinder Choudhary Wednesday laid the foundation stone for the construction of vital road from Chak Tabala to Nowbad up to Kangri in Sunderbani area of Rajouri district.

The project will be executed at an estimated cost of Rs 452.11 lakhs, fulfilling a long-pending demand of the local populace for better road connectivity.

The Deputy CM also laid the foundation stone of another important road stretch from Main Road Charyala to Ghai at an estimated cost of Rs 214 lakhs,

which will significantly benefit residents by improving transportation facilities and easing movement.

During his visit to Block Seri, Choudhary also paid obeisance at the revered Mangal Devi Ji Temple, where he interacted with devotees and assured them of continued government support in the development of pilgrimage and religious sites.

Addressing the gathering, the Deputy Chief Minister reaffirmed the Government's commitment towards strengthening rural infrastructure and accelerating development works in Sunderbani and adjoining areas. He stressed that

improved connectivity will open new avenues for economic growth and ensure last-mile delivery of public services.

In addition, Choudhary also listened to various issues and grievances of locals. He assured them prompt redressal of these issues.

Local residents and PRI representatives expressed gratitude to the Deputy CM for prioritising the region's developmental needs and initiating projects that will directly benefit the common masses.

SE PWD Tilak Raj; Exen Nowshera Sarwar Mehmood; other district and sectoral officers accompanied the Deputy CM during the visit.

Satish Sharma Greets People On Vijayadashami

GMK NEWS NETWORK

SRINAGAR: Minister for Food, Civil Supplies & Consumer Affairs, Transport, Information Technology, Youth Services and Sports, Satish Sharma has extended warm greetings to the people of Jammu and Kashmir on the auspicious occasion of Vijayadashami.

In his message, the Minister said that Vijayadashami, also known as Dussehra, is a festival that epitomises the victory of good over evil and truth over falsehood. He added that this festival is a celebration of moral and spiritual values which have guided our society for centuries.

"This festival reminds us of the eternal message that righteousness always prevails and inspires us to lead our lives with courage,

integrity and compassion," he said.

Satish Sharma further emphasized that such occasions reinforce the ideals of unity, peace and brotherhood and strengthen the social fabric of our nation. He expressed hope that the festival would usher in happiness, prosperity and new opportunities for the people of Jammu and Kashmir.

The Minister further urged the citizens, especially the youth, to take inspiration from the message of Vijayadashami and contribute positively towards the progress of Jammu and Kashmir and the nation. "Let us rededicate ourselves to the path of harmony, collective growth and inclusive development," he added.

Satish Sharma also prayed for peace, progress and the well-being of entire Jammu and Kashmir.

FROM THE FRONT PAGE

No Sedition, Religious

increased to 4,468 in 2023, with a chargesheet filing rate of 90.7 percent, while cases under the Indian Penal Code fell from 27,447 in 2021 to 25,127 in 2023—(KNO)

Police Attach Head

not random but part of a broader investigative process connected with ongoing cases registered under UAPA. The action is aimed at identifying and dismantling support structures that aid separatist ideology or provide logistical backing to banned organisations," police said.

LG Greets People On

service and contribute in building Viksit Bharat.

Bapu dedicated his life for freedom of our country, social equity and development of our villages. His concept of Swadeshi was focused on making India Aatm-Nirbhar and boost local production. I appeal to all the people to buy Swadeshi Products and strengthen local artisans and cottage industries.

On this momentous day, let us take a pledge to follow the path of truth and non-violence and dedicate ourselves towards promoting peace and work for the Viksit Bharat".

Greets The People

victory of good over evil and that of righteousness over unrighteousness. May this sacred festival inspire us to work for unity, peace and progress of the country and strengthen our spirit of harmony, brotherhood and oneness."

Next DGP-IGP

regions. It is expected to discuss ways to build further on these gains and chalk out new strategies. "Other key issues that will come up for discussions include internal security, cyber security, the fight against narcotics, the situation in Jammu and Kashmir and border management."

The Union Home Minister has already set a deadline of March 31, 2026 to completely wipe out the Naxal menace from the country.

Notably, since 2014, PM Modi has taken a keen interest in the DGP conference. Free flowing thematic discussions over breakfast, lunch and dinner have also been planned in the conference.

The event will provide an opportunity to senior police officials to share their views and recommendations on key policing and internal security issues affecting the country to the Prime Minister.

Till 2013, the annual meet was held in New Delhi. However, after the PM Modi led government came to power, it was decided to hold the event, organised by the Ministry of Home Affairs and the Intelligence

Bureau, outside the national capital—(KNO)

'Under Present

uncertainties so that demand can be met reliably throughout the year—(KNO)

Kashmir Farmers

almost a week before harvesting. By the time the water receded, the crop was damaged beyond recovery. In many places, farmers couldn't even collect enough paddy for household use," said another farmer from Anantnag.

According to locals, hundreds of families who are directly dependent on paddy cultivation for sustenance have been left without a secure income this year. "We have lost almost 40 per cent of our crop. Families who rely only on paddy are staring at a financial crisis," said Abdul Rashid, a farmer from Budgam.

Farmers also expressed anger over the compensation policy, saying that authorities have informed them that only those insured under the Fasal Bhima Yojna scheme would be eligible for relief. "We have all suffered losses, whether insured or not. The government cannot abandon a large section of farmers at this time. Compensation must be extended to everyone who has faced damage," demanded Bashir Ahmad, a farmer leader from Shopian.

They appealed to the government to intervene immediately and announce a special relief package for paddy growers across the valley. "It is not about one village or one district—this crisis is widespread. If the government doesn't step in now, it will break the backbone of thousands of families dependent on paddy farming," they said.

Agricultural experts also confirmed that the unusual weather pattern—long dry spells followed by excessive rainfall—was detrimental to the paddy crop this season.

Meanwhile, farmers have urged authorities to announce the compensation to affected areas as a priority and ensure timely support. "We cannot wait for months. Our losses are visible in every field. The government must act before it is too late," they said—(KNO)

Pak Shelling Hit

Razia Begum, a resident of Gurez who recently got married, said families are now able to organise weddings in their native villages. "There was a time when we would stay indoors for days due to firing across the border. Now, people attend weddings in large numbers," she said.

Farah Jan from Uri, who also recently got married, said that earlier the frequent ceasefire violations made border life uncertain. "People had stopped organising large gatherings, but over the past two years, things have changed," she said.

In Karnah, Shahbaz Ahmad noted that several weddings have been organised recently with full community participa-

tion. "We remember those who lost their lives in the past, but now the atmosphere has changed. People are coming together once again," he said.

Mehreen Akhtar from Machil recalled how some weddings in the past were disrupted or turned into mourning due to shelling. "We are now seeing weddings with proper arrangements in the villages. Guests are attending without hesitation," she said.

In Gurez, Junaid Lone said that social gatherings such as marriages, engagements, and other community functions have resumed after a long gap. "The normal routine has returned. People are living without the constant fear that used to dominate our lives," he said.

Sajad Mir, a farmer from Tangdhar, said farming activities are going on without any disruption. "We are working in our fields as usual, and this season has been smooth for cultivation," he said.

In Gurez, 17-year-old Adil Lone, who plays cricket with local youth, said sports activities have become a regular part of their routine. "We're holding local matches and tournaments again. Everyone is taking part actively, and it's good to see the energy back," he said

Recently, the government announced a major relief initiative to provide 1,500 free smart homes to families whose houses were damaged in Pakistan shelling earlier this year.

Locals in Poonch said that this initiative will greatly benefit the families most severely affected by the Pak shelling. "We hope the construction process begins at the earliest so that the affected households can receive timely relief and regain a sense of stability in their lives," Abdul Rashid Khan, a resident said—(KNO)

Ladakh LG Chairs High-

cases where advanced medical treatment is required outside the UT, the administration must provide all possible humanitarian aid and financial support so that no individual faces hardship or feels neglected," it reads.

The Lt Governor urged people not to pay heed to rumors or misinformation and assured them that peace and harmony will be safeguarded at all costs.

He emphasised that the administration, along with security forces, is fully committed to maintaining peace and law and order across the Union Territory.

"He further assured that very soon all restrictions imposed as precautionary measures will be lifted in a phased manner once the situation fully stabilizes. Peace and development are the top priorities of the administration. Together, with the cooperation of the people, Ladakh will continue on the path of progress," reads the statement—(KNO)

ATF Price Hiked 3%,

necessitating the changes in retail rates. Prices of ATF and LPG differ from state to state, depending on the incidence of local

taxes, including VAT.

The rate of cooking gas used in domestic households, however, remained unchanged at Rs 853 per 14.2-kg cylinder. The price of the domestic LPG was hiked by Rs 50 per cylinder in April.

State-owned Indian Oil Corporation (IOC), Bharat Petroleum Corporation Ltd (BPCL), and Hindustan Petroleum Corporation Ltd (HPCL) revised prices of ATF and cooking gas on the first of every month based on the average price of benchmark international fuel and foreign exchange rate.

Domestic rates of petrol and diesel continue to remain frozen. Rates were cut by Rs 2 per litre in mid-March last year, ahead of the general elections. Petrol costs Rs 94.72 a litre in Delhi, while diesel is priced at Rs 87.62.(PTI)

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Death toll in strong quake in Philippines rises to 69

IAN S

MANILA: The death toll in the 6.9-magnitude earthquake that struck Cebu province in the central Philippines climbed to 69, the Philippines' Office of Civil Defence (OCD) said on Wednesday.

Assistant Secretary Bernardo Rafaelito Alejandro, deputy administrator for the OCD, told a public briefing that 30 died in Bogu City, the epicentre of the earthquake, 10 in Medellin town, 22 in San Remigio town, five in Tabogon town, and one each in the municipalities of Sogod and Tabuelan.

He said the victims died after they were crushed by the collapsed walls of houses and buildings.

The National Disaster Risk Reduction and Management Council (NDRRMC) initially reported that at least 147 people were injured.

Alejandro did not give the latest figures on injuries and the missing people, Xinhua news agency reported.

The death toll is expected to climb as emergency workers continue search and rescue operations for survivors trapped in the debris and collapsed buildings.

"We are waiting for our assessment team to complete their rapid assessment," Alejandro said in an earlier media briefing.

The province of Cebu has declared a state of calamity, enabling the government, particularly local government units, to quickly access emergency funds (calamity funds) to provide relief and rehabilitation, as well as to impose measures such as price freezes on essential goods to protect affected residents.

The Philippine Institute of Volcanology and Seismology initially reported that a 6.7-magnitude offshore earthquake struck

Cebu province at 9:59 p.m. local time on Tuesday. The institute later revised the magnitude to 6.9, adding that the quake struck at a depth of 5 km, approximately 19 km northeast of Bogu City.

The tremor was also felt in many neighbouring provinces in the central Philippines, as well as some regions in the southern Philippines.

The institute reported that it has recorded more than 600 aftershocks since Tuesday night.

The Philippines sits along the Pacific "Ring of Fire," a region prone to earthquakes and volcanic activity.

GST revenues up 9.1 pc at Rs 1.89 lakh crore in Sep

IAN S

NEW DELHI: India's goods and services tax (GST) revenues rose 9.1 per cent year-on-year in September, reaching Rs 1.89 lakh crore, according to government data released on Wednesday.

This marks the fastest growth rate in four months and extends the streak of monthly inflows above Rs 1.8 lakh crore to nine consecutive months. The pickup is also the fastest in four months, compared with 6.5 per cent growth in August.

Notably, gains were recorded despite weak consumer spending on non-durables, with buyers postponing purchases in anticipation of GST rate cuts.

In the second quarter of FY26, collections reached Rs 5.71 lakh crore, a 7.7 per cent increase year-over-year, but slower than the 11.7 per cent growth witnessed in the previous quarter.

Recognising the need to strengthen domestic growth drivers amid these heightened exter-



nal sector risks, the government has announced a rationalisation of the GST regime. This move is expected to lower the tax burden on consumers, boost consumption, and provide a cushion against tariff impacts. Additionally, it is likely to improve demand and visibility for firms, enabling them to expand investment in additional capacities.

Meanwhile, the Reserve Bank of India on Friday revised India's growth forecast upward by 30 bps to 6.8 per cent from its earlier projection. S&P Global Ratings earlier this month

maintained that the economy will continue to grow at 6.5 per cent, with domestic demand partially offsetting the impact of US tariffs.

Buoyant tax collections in recent months have helped to strengthen the country's fiscal position and the macroeconomic fundamentals, which help to ensure stable growth.

Centre introduced a two-slab GST rate of 5 and 18 per cent on most goods, while a separate higher 40 per cent tax was imposed on sin goods such as cigarettes, tobacco, and sugary drinks as part of the rationalisation exercise.

Parliament announces new committee compositions; key appointments made across 24 panels

IAN S

NEW DELHI: The Lok Sabha Secretariat has released the updated composition of 24 Parliamentary Standing Committees, effective from September 26.

These committees, which play a vital role in legislative oversight and policy review, comprise members from both Lok Sabha and Rajya Sabha and span critical sectors including commerce, defence, education, health, and finance.

Among the notable appointments, Nishikant Dubey has been named Chairperson of the Committee on Communications and Information Technology, while Shashi Tharoor will head the Committee on External Affairs. The Committee on Defence will be chaired by Radha Mohan Singh, and Basavaraj Bommai will lead the Committee on Labour, Textiles and Skill Development.

In a significant move, two Select Committees have been constituted to examine key legislative bills. Baijayant Panda has



been appointed Chairperson of the Select Committee on the Insolvency and Bankruptcy Code (Amendment) Bill, 2025, while Tejasvi Surya will lead the Select Committee on the Jan Vishwas (Amendment of Provisions) Bill, 2025.

The Committee on Finance will be chaired by Bhartruhari Mahtab, and the Committee on Agriculture, Animal Husbandry and Food Processing will be led by Charanjit Singh

Channi.

Kanimozhi Karunani-dhi has been entrusted with the Committee on Consumer Affairs, Food and Public Distribution, and PC Mohan will head the Committee on Social Justice and Empowerment.

Other key appointments include Tiruchi Siva for the Committee on Industry, Bhubaneswar Kalita for Science and Technology, Environment, Forests and Climate Change,

and Sanjay Kumar Jha for Transport, Tourism and Culture.

Prof Ram Gopal Yadav will lead the Committee on Health and Family Welfare, while Magunta Sreenivasulu Reddy will chair Housing and Urban Affairs.

The Committee on Railways will be chaired by CM Ramesh, and Rajiv Pratap Rudy will head the Committee on Water Resources.

Azad Kirti Jha will lead Chemicals and Fertilis-

ers, and Saptagiri Sankar Ulaka will oversee Rural Development and Panchayati Raj.

Anurag Singh Thakur has been appointed Chairperson of the Committee on Coal, Mines and Steel.

These appointments reflect a broad representation across parties and regions, reinforcing Parliament's commitment to inclusive and effective governance through committee-based deliberation.

Establishment of 57 new Kendriya Vidyalayas is 'landmark step': PM Modi

IAN S

NEW DELHI: Prime Minister Narendra Modi on Wednesday termed the establishment of 57 new Kendriya Vidyalayas "a landmark step in expanding access to quality education."

"The establishment of 57 new Kendriya Vidyalayas has been approved by the Cabinet. It is gladdening that KVs will include Balvatikas, nurturing children from the foundational stage. Several students will benefit, alongside the creation of many jobs," PM Modi said on X.

He further added that "this is in line with our commitment to inclusive growth, particularly in aspirational districts, the Northeast and other remote areas."

The Cabinet Committee on Economic Affairs, chaired by the PM, on October 1, approved the opening of 57 new Kendriya Vidyalayas (KVs) under the Civil sector across the country to facilitate the educational needs of the wards of an increased number of Central Government employees.

"The total estimated requirement of funds for the establishment of the 57 new KVs is Rs. 5862.55 crore (approx.) spread over a period of nine years from 2026-27. This includes the capital expenditure component of Rs. 2585.52 crore (approx.) and operational



expenditure of Rs. 3277.03 crore (approx.)," the CCEA said in its press release.

It is worthwhile to note that, as exemplar schools for NEP 2020, for the first time, these 57 KVs have been sanctioned with Balvatikas, i.e. 3 years of foundational stage (pre-primary).

The CCEA has approved seven KVs sponsored by the Ministry of Home Affairs and the remaining 50 by State/UT authorities.

Among these 57 KVs, 20 are proposed to be opened in districts where no KV presently exists, despite a significant number of Central Government employees.

Furthermore, 14 KVs are proposed in Aspirational districts, four KVs in LWE districts and five KVs in NER/Hilly areas.

In continuation of the sanction of 85 KVs accorded in December 2024, a further 57 new KVs have been approved by prioritising those States which had not been covered since March 2019.

India, Uzbekistan discuss measures to strengthen cooperation in counter-terrorism

IAN S

TASHKENT: India and Uzbekistan held the 9th meeting of Joint Working Group on Counter Terrorism in Tashkent, holding discussions on strengthening bilateral cooperation in counter-terrorism through information sharing, capacity building and sharing of best practices.

The meeting held in Tashkent on Tuesday was co-chaired by Vinod J Bahade, the Counter Terrorism Joint Secretary at the Ministry of External Affairs (MEA) and Gulomjon Pirimkulov, Head of Department for Cooperation with South Asia, Middle East and Africa of Ministry of Foreign Affairs of Uzbekistan. The officials of two nations condemned the terrorist attack that took place in Jammu and Kashmir's Pahalgam on April 22.

"The two sides discussed threats posed by terrorist groups globally and in their respective regions. Both sides exchanged views on current and emerging challenges to counter-terrorism including countering extremism and radicalization, combating financing of terrorism, preventing use of technology for terrorist purposes, nexus between transnational organized crime and terrorism and global movement of terrorists. Both sides condemned the



dastardly terrorist attack on innocent civilians on 22 April 2025 in Pahalgam, Jammu and Kashmir, India," read a statement issued by the MEA.

The officials of two nations reaffirmed commitment to strengthen cooperation in multilateral fora, including the United Nations, Shanghai Cooperation Organisation Executive Committee of the Regional Anti-Terrorist Structure (SCO-RATS) and Eurasian Group on Anti-Money Laundering and Combating the Financing of Terrorism (EAG). According to the MEA statement, the next meeting of the Joint Working Group will be held in India on a mutually convenient date.

In August, Prime Minister Narendra Modi met Uzbekistan's President Shavkat Mirziyoyev on the sidelines of Shanghai Cooperation Organisation (SCO) Summit in China's Tianjin. Calling the part-

nership between India and Uzbekistan "dynamic", PM Modi noted that two nations continue to expand cooperation across various sectors.

"Met President Shavkat Mirziyoyev of Uzbekistan. India and Uzbekistan are bound by a dynamic partnership that continues to expand across culture, economy and people-to-people ties", PM Modi posted on X.

Notably, India was one of the first countries to recognise the state sovereignty of Uzbekistan after the latter's independence. The protocol on establishment of diplomatic ties between India and Uzbekistan was signed in Tashkent in 1992. India and Uzbekistan declared their Strategic Partnership in 2011. Several institutionalised dialogue mechanisms operate at political and official levels under this partnership to ensure regular interaction and follow-up on cooperation activities.

India and Russia hold Special Mechanism Dialogue on Pakistan and Afghanistan

IAN S

MOSCOW: The Sixth India-Russia Special Mechanism on Pakistan and Afghanistan was held in Moscow, where both sides discussed ongoing conflicts, along with regional and international security issues within the framework of the 'Special and Privileged Strategic Partnership' between both countries.

The Indian delegation was led by Deputy National Security Advisor Pavan Kapoor, while Deputy Secretary of the Security Council Alexander Venediktov led the Russian side.

"Deputy National Security Advisor Pavan Kapoor held the Sixth India-Russia Special Mechanism on Pakistan and Afghanistan with Deputy Secretary of the Security Council of Russia

Alexander Venediktov in Moscow. The consultations also covered current ongoing conflicts and issues of regional and international security in the framework of the India-Russia Special and Privileged Strategic Partnership," the Embassy of India in Moscow posted on X on Wednesday.

In August, during his visit to Russia, National Security Advisor Ajit Doval met with Russian First Deputy Prime Minister, Denis Manturov in Moscow underscoring the deepening strategic partnership between the two countries.

During the meeting, Doval and Manturov discussed a broad spectrum of issues, from military-technical cooperation to joint projects in strategic sectors such as civil aviation, metallurgy, and the chemical industry.

NSA Doval had met Russia's Secretary of the Security Council, Sergei Shoigu as both sides explored ways to deepen strategic ties and enhance cooperation in multilateral forums.

Both sides stressed the need for collaborative efforts ahead of this year's annual summit, and exchanged views on Russia-India cooperation in multilateral forums, as well as key global security issues.

Doval was also received by the Russian President Vladimir Putin at the Kremlin, marking a significant moment in the evolving strategic partnership between New Delhi and Moscow.

The Kremlin described the talks as "constructive," underscoring the continuity of dialogue between the two countries despite shifting global alignments.

PUBLIC NOTICE

It is hereby notified for the information of the general public that I, Sayima Manzoor w/o Javaid Ahmad Lone R/o, Yadipora Palhallan, Tehsil Pattan, District Baramulla, intend to apply for registration as a D-Class Contractor License with the Roads & Buildings (R&B) Division, Baramulla. If any person/individual/authority has any objection regarding my registration as a D-Class Contractor Card, he/she may file the same in writing before the Executive Engineer, R&B Division, Baramulla within 7 days from the date of publication of this notice. In case no objection is received within the stipulated time, it shall be presumed that no one has any objection, and my case shall be processed accordingly.

Name: Sayima Manzoor
Wife of Javaid Ahmad Lone
Address: Yadipora, Palhallan, Pattan

PUBLIC NOTICE

This is to inform the general public that Arsalan Farooq Dar S/O Farooq Ahmad Dar, Resident of Goripora, Tehsil Awantipora, District Pulwama, has applied for the issuance of a Backward Certificate. Any person having objections, if whatsoever, regarding the issuance of the said certificate to the applicant, should file their objection in writing at the office of the Tehsildar, Awantipora within a period of seven (07) days from the date of publication of this notice, no objections will be entertained after the expiry of the stipulated period.

Eating matki dal can also enhance the functioning of your immune system. It can be cooked like other legumes to make curries or you can prepare salad with it.

5 Foods That Can Naturally Boost Your Iron Levels During Pregnancy

Women are often prescribed iron and folic acid supplements even before getting pregnant. It helps prepare the body and assists in a healthy pregnancy. Pregnant women are at a higher risk of iron-deficiency anemia. It is a type of anemia in which there is a lack of healthy red blood cells in the body to carry oxygen. During pregnancy, the volume of blood increases in the body. Therefore, the body requires more iron to make more blood and supply adequate oxygen to the growing fetus. According to WebMD, pregnant women require 27 milligrams of iron in a day. Iron deficiency during pregnancy increases the risk of premature birth and is also associated with low birth weight and postpartum depression. Therefore, it is essential to take iron supplements as well as consume enough iron-rich foods.

In this article let's take a look at some iron-rich foods that pregnant women must add to their diet.

Iron-rich foods for pregnant women
In an Instagram video, nutritionist Lovneet Batra shared a few sources of iron that can be consumed during pregnancy. Here's the list:

1. Amaranth
Amaranth is highly nutritious. It is loaded with iron, fibre, protein, magnesium and phosphorus. It can also help reduce inflammation. Amaranth is also gluten-free. It can be used to prepare salads, soups, smoothies and more.
2. Moth beans
Moth also known as matki dal is commonly used in Indian kitchens. It is a superfood rich in protein and other essential nutrients.
3. Beetroot
Beetroot is not just a good source of iron but antioxidants too. It can help improve immunity and protect against infections during pregnancy. It can reduce the risk of anemia in pregnant women.



High fibre content can help ward off pregnancy constipation.

You can consume beets as it is or add to smoothies.
4. Pomegranate
Pomegranate contains folate that can help reduce the risk of pregnancy complications.
Pomegranates can provide a good source

of energy and high iron content. It can also offer nutrients like vitamin K, calcium, protein and fibre to pregnant ladies.
5. Tamarind pulp
Many pregnant women crave tamarind during the first trimester. It can be a good addition to your pregnancy diet. Tamarind

pulp is a good source of iron, vitamin A, potassium and several other essential nutrients. It can also help reduce morning sickness.
Remember, do not forget to add enough vitamin C to your diet for better absorption of iron in the body. (Agencies)

Vitamin D Toxicity Signs You Are Consuming Too Much Vitamin D

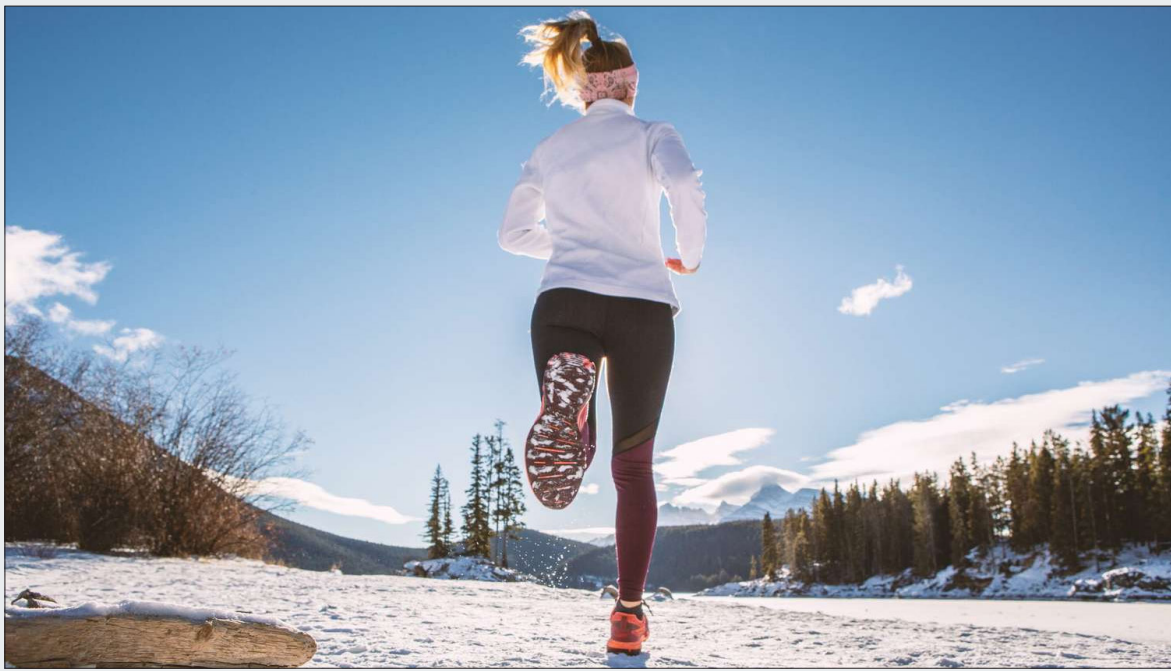


Vitamin D, also known as the sunshine vitamin, is crucial for your overall health. Your body produces vitamin D when exposed to sunlight. Vitamin D keeps your immune system strong, promotes the absorption of calcium in the body and improves your mood. Deficiency of vitamin D is quite common, especially among vegetarians. When left untreated, vitamin D deficiency can trigger aches, pains and make your bones weak.
By now, everyone knows the importance of consuming enough vitamin D and the outcomes of not maintaining optimal levels of vitamin D in the body. This is why intake of vitamin D supplements has become more common than ever. However, not many know

the potential side effects of consuming too much vitamin D. Excess of anything is bad. Therefore, it is crucial to be mindful while taking vitamin D supplements. When consumed in excess, you may experience a few side effects. Here are some of these.
Know the signs and symptoms of vitamin D overdose
Vitamin D toxicity or hypervitaminosis D is a condition when levels of vitamin D in your body are higher than required. Some of the consequences of vitamin D toxicity include:
One may experience symptoms like high blood pressure, altered mental health, kidney issues and digestive issues.
One of the major concerning consequences of vitamin D toxicity

is the excess buildup of calcium in your blood which is also known as hypercalcemia.
Hypercalcemia can lead to nausea, vomiting, weakness and frequent urination.
If not controlled on time, vitamin D toxicity can contribute to bone pain and kidney-related diseases.
How much vitamin D should you consume in a day?
According to the National Institutes of Health, those between 1-70 years of age should consume 15 mcg or 600 IU of vitamin D in a day.
One should also consult an expert to understand their daily requirement of this vitamin as per age, sun exposure and dietary habits. Also, do not take supplements without consulting an expert. (Agencies)

Here's How Walking In Winters Can Benefit Your Health



Walking is generally considered to be a healthy form of exercise. It is a low-impact activity that can help improve cardiovascular health, strengthen muscles, and aid in weight management. Regular walking can also have mental health benefits, such as reducing stress and improving mood.
Walking in winter can also be good for health, as long as you take certain precautions. The cold weather can provide additional benefits, such as boosting calorie burn and potentially stimulating the immune system. Read on as we discuss the many benefits of walking in winter.
10 Health benefits of walking in winter:
1. Boosts mood
Walking in winter is a great way to combat seasonal affective disorder (SAD) and improve your mood. It promotes the release of endorphins,

which are known as "feel-good" hormones, helping to reduce anxiety and depression.
2. Strengthens the immune system
Regular walking in winter can strengthen your immune system, making you less susceptible to colds, flu, and other illnesses. It improves circulation, allowing immune cells to travel throughout the body more efficiently.
3. Supports weight management
Walking is a low-impact exercise that can help control weight and prevent weight gain during winter. It burns calories, boosts metabolism, and contributes to maintaining a healthy body composition.
4. Lowers blood pressure
Walking in winter can help lower blood pressure and improve overall cardiovascular health. It increases blood flow to the heart and improves artery function, reducing the risk of heart disease.
5. Improves lung function

Brisk walking in cold weather can improve lung capacity and strengthen respiratory muscles. It helps to increase oxygen intake and remove waste products from the lungs more efficiently.
6. Enhances bone health
Walking is a weight-bearing exercise that strengthens bones and helps prevent osteoporosis. Walking in winter can help maintain and enhance bone density, reducing the risk of fractures.
7. Reduces joint stiffness
Cold weather can often lead to joint stiffness and arthritis pain. Walking in winter helps to lubricate the joints, increase the range of motion, and reduce pain and stiffness in the joints.
8. Boosts brain function
Regular walking in winter has been linked to improved cognitive function and a reduced risk of cognitive decline. It increases blood flow to the brain, enhances memory, and improves overall brain health.

9. Improves sleep
Walking in winter can help regulate sleep patterns and improve the quality of sleep. It promotes the release of serotonin, a hormone that regulates sleep, and increases exposure to natural light, which helps regulate circadian rhythm.
10. Increases vitamin D levels
Winter often brings reduced exposure to sunlight, leading to lower Vitamin D levels. Walking outdoors in daylight during winter can help boost Vitamin D production, which is important for bone health, immune function, and overall well-being.
However, it is important to dress appropriately to stay warm, wear appropriate footwear to prevent slipping on ice or snow, and be mindful of any potential risks or excessive exposure to cold temperatures. Consulting with a healthcare professional is always recommended if you have any concerns or medical conditions. (Agencies)