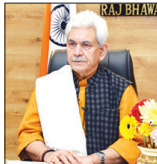


Good Morning

Kashmir

16th
Year Of Publication

Office of LG J&K
@OfficeOfLGJandK



Unwavering devotion to ex-servicemen is the fundamental foundation of my policies. Personally, for me the land of veterans is no less than a pilgrimage site. Our veterans have made immense contribution in economic growth, social transformation & the resurgence of a glorious India.

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From Art 370 To Op Sindoor

Modi Govt Broke All Walls Of Terrorism: Shah



SAJID RAINA

SRINAGAR: Union Home Minister Amit Shah on Tuesday said that from the abrogation of Article 370 in Jammu and Kashmir to Operation Sindoor, the Narendra Modi-led Bharatiya Janata Party (BJP) government broke all walls of terrorism.

Speaking at the 41st Raising Day of the National Security Guard (NSG) at its headquarters in Manesar, Shah, said the government's approach follows a "zero tolerance" policy toward terrorism.

He mentioned amendments to the Unlawful Activities (Prevention) Act (UAPA), new definitions of terrorism in criminal laws, and bans

on organisations such as the Popular Front of India (PFI) as part of this strategy.

Shah said that Operation Sindoor successfully destroyed Pakistani terror bases, training camps, and launch sites. He added that in Operation Mahadev, Indian security forces conducted targeted operations to neutralise those responsible for the Pahalgam attack, boosting public confidence in the armed forces.

The Home Minister said that under Prime Minister Narendra Modi, the government maintains a zero-tolerance approach toward terrorism. "The campaign against terror has been broad and coordinated, from the abrogation of Article 370 to surgical strikes,"

Diamond Jubilee Commemoration

'Op Sindoor' Gave Message To World That India Will Avenge Every Drop Of Blood: LG

Addresses Mega Rally Of Ex-Servicemen In Jammu

GMK NEWS NETWORK

JAMMU: Asserting that Operation Sindoor was the result of the valour and sacrifice of the Indian armed forces, Lieutenant Governor Manoj Sinha Tuesday said that the operation sent out a message to the world that India will avenge every drop of its citizens' blood.

He said India has shown to the world that it is among the most powerful countries after destroying enemy defence fortifications and airfields within minutes of launching Operation Sindoor.

"Operation Sindoor gave



a message to the world that we will avenge every drop of an Indian citizen's blood. No one can dare raise their eyes towards our country," the

lieutenant governor said while paying tribute to martyrs and felicitated ex-servicemen to mark commemoration of Diamond Jubilee of India's victory

over Pakistan in 1965 war. The event was organised by Western Command and 26 Infantry Division in Jammu.

The Lieutenant Governor said that 1965 war victory and recent Operation Sindoor was the result of the valour and sacrifice of soldiers of Indian armed forces which is considered among the strongest across the globe.

The Lieutenant Governor recalled the sacrifice of 1965 war heroes and paid homage to all the martyrs who made the supreme sacrifice, defending the sovereignty and integrity of India.

He said the abode of soldiers, who are the first line of defence against terror country Pakistan is a sacred land.

"Unwavering devotion to ex-servicemen is the

LG Sinha Inaugurates J&K Police's Diwali Mela In Jammu

GMK NEWS NETWORK

JAMMU: Lieutenant Governor Manoj Sinha Tuesday inaugurated the J&K Police's Diwali Mela -2025 at Gulshan Ground, Jammu today. He paid tributes to the Bravehe-

arts of J&K Police who devoted their lives in the service of the nation.

The Lieutenant Governor has urged the people to buy Swadeshi and products made by Self-help Groups and local artisans.

"Let us boost our local economy, empower local entrepreneurs, increase employment and strengthen the overall economic position of UT of Jammu Kashmir," he said.

The Lieutenant Governor said this Diwali 'Vocal for

Local' should be our mission to boost self-reliance and national pride.

"All the families should buy handicrafts, handloom and other traditional products as a gift for Diwali. This will instil patriotism among

'Op Sindoor 2.0' Will Be Stronger: Lt Gen Katiyar



SAJID RAINA

JAMMU: Warning Pakistan that 'Operation Sindoor 2.0' would be stronger than the first one, General Officer Commanding-in-Chief of the Western Command, Lieutenant General Manoj Kumar Katiyar, on Tuesday said that if the neighbouring country refuses to mends its ways it can pay a very heavy price this time around.

Lieutenant General Katiyar while talking to reporters here, said, "Operation Sindoor 2.0 would be stronger than the first phase."

Pertinently, Operation Sindoor was launched after the April 22 Pahlagm terror attack that left 26 civilians, mostly tourists dead. The Indian armed forces attacked nine terror camps deep inside Pakistan and Pakistan occupied Kashmir (PoK). The skirmishes that followed continued for 4-days until Pakistan Director General of Military Operations (DGMO)

CM Outlines Robust Plan To Boost Economic Growth In J&K

Addresses National Executive Committee Meeting Of FICCI In Srinagar



GMK NEWS NETWORK

SRINAGAR: Chief Minister Omar Abdullah Tuesday said that the agriculture sector in Jammu and Kashmir holds immense potential and requires focused attention towards value addition to unlock full gamut of business opportunities across Jammu and Kashmir.

The Chief Minister made these remarks while addressing the National Executive Committee Meeting of the Federation of Indian Chambers of Commerce and Indus-

try (FICCI) held in Srinagar.

The meeting was attended by FICCI President Harsh Vardhan Agarwal, Senior Vice President Anant Goenka, Director General FICCI Jyoti Vij, Past President Dr. Jyotsna Suri, Chairman FICCI J&K Council Mushtaq A. Burza, and members of the National Executive Council.

Highlighting the immense potential of the agriculture sector, the Chief Minister said that most of the produce from Jammu and Kashmir leaves the region

Coalition Cracks Widen In J&K

Congress Submits 'Scathing' Report To High Command Against NC

AGENCIES

SRINAGAR: The tension between ruling alliance partners in Jammu & Kashmir has escalated, with the J&K unit of the Congress on Tuesday submitting a 'scathing' report to the party high command against its ally, the National Conference (NC), over "renegeing" on its "commitment" to offer the party a "safe seat" in the Rajya Sabha elections, "violating" the principles of coalition dharma, and "sidelining" its MLAs in the decision-making process.

Sources said, that the detailed report is based on the views and opinions of party leaders over "betrayal" by NC with the Congress leadership in the Rajya Sabha polls and a "violation" of coalition ethics by the National Conference over the past one year.



"The high command has been informed that the party leadership in Jammu and Kashmir is anguished over the backtracking of commitment by the National Conference leadership with senior leader Sonia Gandhi over Rajya Sabha polls," they said, adding that the high command has also been told there is mounting pressure on the PCC leadership to pull-out from the

government.

The report also contains details how the National Conference has turned a "deaf ear" to the party's suggestion of forming a coordination committee for the smooth functioning of the coalition.

It also accuses National Conference of sidelining Congress MLAs in decision-making process and governance.

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Good Morning Kashmir

EDITORIAL

The Vanishing Tongue Of Kashmir

The gradual burial of the Kashmiri language is no longer a distant threat, it is happening right before our eyes. The very people who once took pride in calling themselves crusaders of the mother tongue now prefer fashionable English expressions and hybrid slang, discarding the age-old linguistic jewels that once defined Kashmiri identity. The tragedy lies not in ignorance, but in deliberate abandonment.

Today, conversations that once flowed with warmth and poetry have turned into shallow exchanges peppered with borrowed words and artificial accents. The so-called educated class takes pride in mixing Kashmiri with English as a mark of “modernity,” while even the unlettered elders, out of misplaced admiration for the young, have started mimicking this trend. What remains of our linguistic legacy is a fragile echo, and that too fading fast.

The irony is bitter. The self-proclaimed champions of the Kashmiri language restrict their passion to a few symbolic seminars and stage events held once or twice a year, where hollow speeches replace genuine commitment. Outside those auditoriums, the language gasps for breath, abandoned in homes, schools, and social spaces.

If this cultural self-sabotage continues, the Kashmiri tongue will soon become a relic studied by linguists, not spoken by people. Languages do not die naturally, they are murdered by neglect, by shame, and by blind imitation. The time has come to resist this linguistic colonization, to restore pride in speaking Kashmiri, and to teach the next generation that no fashionable word can ever replace the soul of their mother tongue.

If we continue to wear borrowed words as badges of pride, then the end of Kashmiri is not far, it is already here.

Divorce And Conscience: Between Stigma And Survival



DR. RIZWAN RUMI

Sometimes, when a bond breaks, it saves the very soul it once confined. Yet in our valley, where the scent of chinar leaves mingles with the weight of unsaid words, divorce still echoes like a sin. It is uttered softly, as if naming it might bring shame to the walls that hear it. We, who have witnessed wars and winters, still tremble at the idea of a marriage ending, as if it were a crime, not a choice born of pain, reflection, and the simple human will to breathe freely again.

In Kashmir, when a marriage breaks, it is not just two people parting ways, it feels as if an entire community gathers to pass its silent judgment. The woman becomes an object of pity or suspicion; the man, a symbol of failure or arrogance. And in this cruel theatre of perceptions, no one stops to ask, what must they have endured to take such a step?

Courage in Silence

Aaliya, a young woman from Baramulla, had dreamt of a gentle love. Her marriage began with promises and photographs, smiles and expectations, but soon turned into a battlefield of words that wounded deeper than any weapon. She endured humiliation, manipulation, and isolation, until her laughter, once loud and infectious, began to fade into quiet obedience.

When she finally gathered the courage to seek divorce, she did not expect applause, but she hoped for understanding. Instead, she was met with silence, the kind that cuts deeper than cruelty. Relatives whispered her story as though it were gossip, not grief. Even her parents, though supportive, lowered their voices when her name came up in gatherings.



Now, she teaches at a small private school, raising her head a little higher each morning. Her life is no longer bound by someone else’s approval, but society still refuses to unlearn its habit of labeling her as “the divorced one.”

When Men Too Are Judged

We often forget that the stigma of separation spares no one. Faisal, a young entrepreneur from Srinagar, decided to part ways after realizing that his marriage was more a cage than companionship. But society was not kind to him either.

“He must have been harsh,” people assumed. “He must have failed to keep his wife happy.” Proposals for remarriage faded the moment someone whispered, “He’s divorced.”

He once told me, his eyes distant yet steady, “Divorce didn’t break me, sir. People’s judgment did. It’s strange, we are allowed to mourn deaths with compassion, but not broken marriages with empathy.”

In these stories, of Aaliya, of Faisal, of countless others whose names remain unspoken — lies a collective truth about our society’s discomfort with choice, especially when that choice is made in defiance of endurance.

The Paradox of Faith and Culture

What makes this stigma more tragic

is the contradiction we live with. The faith we profess, Islam, neither glorifies nor prohibits divorce. It treats it as a last but legitimate resort, a means to preserve peace when love and respect have perished. Yet, in practice, our cultural pride often overrides our spiritual wisdom.

We would rather see two people live in quiet misery than part with dignity. We glorify the endurance of suffering but ridicule the courage of release. Our social gatherings overflow with discussions about others’ “failures,” while we ignore our own lack of compassion.

Divorce, in its essence, is not rebellion; it is the final act of honesty — the moment when two people admit that their hearts no longer share the same rhythm.

The Fear of Beginning Again

Even more heartbreaking is how divorce, or even a broken engagement, becomes a lifelong label that shadows people in their pursuit of new beginnings. The moment a woman or man is described as “divorced,” potential alliances vanish. Families hesitate, whispers begin, and the same society that once pushed them into marriage now denies them another chance at

happiness.

A young woman from Anantnag once told me, “It’s not divorce that frightens me. It’s how the world will look at me after it.” Her fear is not misplaced. Our community’s gaze is harsh and unrelenting. We speak of forgiveness, of second chances, of destiny, yet we deny those very things to the living, breathing people before us.

The Need to Unlearn Shame

As educators, writers, and citizens of this land, it is time to ask ourselves: Why do we make human frailty a spectacle? Why do we measure a person’s worth by the endurance of pain?

Divorce should not be celebrated, but it must be understood. It must be treated as a human choice — painful, yes, but often necessary. Every broken marriage is not a failure of morality; sometimes it is a triumph of self-respect.

We must teach our children that dignity does not lie in silence, and that walking away from toxicity is not rebellion but renewal. We must learn to look at those who separate not with suspicion, but with gentleness, for they have lived through a heartbreak most of us cannot imagine. Our valleys, after all, have seen enough storms. It is time our hearts learn calm.

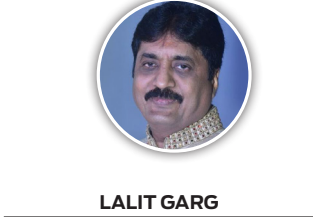
A Hopeful Tomorrow

If our society could learn to replace judgment with empathy, we might see fewer broken spirits even if marriages still fail. Perhaps then, a divorced woman could walk into a room without lowered glances, and a separated man could rebuild his life without shame. Divorce, in such a world, would not be an end, it would be a quiet turning of a page, an honest acceptance that some stories, no matter how beautifully they begin, must end for life to begin anew.

In the heart of Kashmir, amid its songs and sorrows, this too is a truth worth embracing, that freedom, even when it comes dressed in the pain of separation, is still sacred.

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Bridge Of Trust And Foundation Of Global Harmony



LALIT GARG

World Standards Day, celebrated every year on 14 October, is a tribute to that invisible system which ensures the quality, safety, and reliability of our lives, industries, and trade. Standardization is not merely a technical process; it is the foundation of trust, transparency, cooperation, and security that supports the smooth and stable rhythm of human life. The essence of this day lies in reminding us that the true utility and durability of any product, service, or system depend on how firmly it adheres to defined standards of quality and credibility. It is also an occasion to honor thousands of experts and professionals around the world who, through international organizations, establish global standards and actively participate in their creation and implementation for the welfare of humanity.

The day commemorates the first international meeting held in 1946 in London, where representatives from 25 countries came together with the vision of forming an organization dedicated to standardization. Though the International Organization for Standardization (ISO) was formally established the following year, World Standards Day began to be observed from 1970. Its purpose is to raise public awareness about the crucial role standards play in the global marketplace—ensuring safety, reliability, and quality in everything from healthcare to technology.

The theme for 2025, “Collaboration,” emphasizes the importance of partnership in driving progress. It reflects the power of working together and the belief that collective strength surpasses individual capacities. By collaborating, humanity is empowered to face global challenges with practical, sustainable solutions. In India, the Bureau of Indian Standards has adopted the theme “Sustainable Development Goals: Shared Partnership for Shared Achievement,” underlining the collective vision needed for a better world. The day focuses on strengthening industry, innovation, and infrastructure while increasing awareness among consumers, regulators, and producers about the significance of standardization.

In today’s era of globalization, rapid technological change, climate crisis, health emergencies, and disrupted supply chains, standardization has gained unprecedented importance. Standards are the language through which nations understand one another. When a product or service meets an agreed standard, it becomes universally acceptable, facilitating smoother trade, greater consumer confidence, and stronger interdependence among countries. Hence, standardization can rightly be called the soul of world trade. It not only brings economic benefits but also enhances the quality of life,



ensures safety, and maintains ecological balance.

However, contrary to the spirit of World Standards Day, current global politics sometimes witnesses policies that weaken international cooperation and trade harmony. The exaggerated tariff measures imposed by the current U.S. President, Donald Trump, are an example. Under the guise of national security and competitiveness, he has imposed heavy import duties, virtually igniting a trade war. Such a policy harms not only business interests but also disturbs global equilibrium. Tariff walls increase mistrust among nations, inflate prices, and destabilize supply chains. Rising import costs lead to higher consumer prices, increased production expenses, and a slowdown in international trade.

The World Trade Organization has already warned that such tariff strategies reduce global trade growth and create uncertainty among investors. Tariffs are not merely taxes or duties—they symbolize trust among nations. When a country repeatedly imposes high tariffs in the name of self-interest, other countries retaliate by closing their own markets. The result is a fractured world retreating into boundaries and suspicion, rather than moving toward the vision of a shared

global marketplace. In this context, World Standards Day delivers a vital message: the real medium for connecting the world is not tariffs but standardization. Standards create a common platform of trust, where the quality and safety of products are so assured that no additional restrictions or duties are needed.

Standardization is, in essence, a bridge of trust—linking people, goods, and ideas across borders. When one nation recognizes another’s standards, it signifies mutual respect and transparency. This shared trust simplifies global trade, guarantees safety and quality, and protects consumer interests. The philosophy behind standardization is deeply human—it is rooted in equality, fairness, and cooperation. It carries the timeless vision that the world is one family, and the welfare of each lies in the welfare of all. Hence, when a nation builds tariff walls or imposes trade restrictions, it draws dividing lines within this global family. Standards, on the other hand, erase those lines and strengthen relationships.

There is a pressing need today to extend standardization beyond the industrial and commercial domain, making it a cornerstone of international policy. All nations should have equal participation in the cre-

ation of global standards so that no single country or corporation dominates the process. Developing and smaller nations must be given equal representation in international standard-setting bodies, ensuring they can contribute their products and services to the global market on an equal footing. Along with this, certification systems must be made simpler and more accessible, enabling small and medium enterprises to align with global standards and expand their reach.

World Standards Day reminds us that the progress of humanity does not rest merely on economic power, but on the cooperation and trust made possible through standardization. Policies based on excessive tariffs may bring temporary political gains but destroy the foundation of coordinated development and global harmony. Therefore, it is essential that all nations embrace the spirit of standardization—not as a tool of competition or retaliation, but as a shared path toward collective advancement and mutual prosperity.

Standardization is the invisible thread that holds the world together. It not only elevates the quality of production and trade but also instills a sense of reliability and safety in every aspect of life. World Standards Day symbolizes the conviction that without shared standards and universal values, the unity of the world remains incomplete. Hence, this day should inspire a collective resolve—to avoid divisive policies and to walk together on the path of standardization, the path that leads to global trust, safety, and sustainable progress. The entire system of standards is founded upon cooperation, and in that cooperation lies the hope of a unified and harmonious world.

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Politics Of Trust, Not Power: The Journey Of Ramesh Verma



DR. SATYAVAN SAURABH

Village politics is often viewed through the lens of self-interest, factionalism, and caste-based equations. But sometimes, from that very soil, emerge individuals who prove that politics isn't merely a means to power, but can also be a true path to public service. Ramesh Verma, from the small village of Barwa in Haryana's Bhiwani district, is a living example of this philosophy. His social and political career, spanning more than four decades, reflects not a lust for power but a culture of service.

Ramesh Verma's journey begins with a generation when the Panchayat was not just a forum for decision-making but a symbol of dialogue. From the time his father, Kishna Ram Singhmar, was elected village sarpanch in 1983, he closely observed administrative work, village development needs, and public interest issues. This experience formed the foundation of his political thinking. During that time, young Ramesh learned by assisting in the Panchayat's work that public trust is the greatest asset. This learning continued to guide him in politics.

In 1996, he ran for the first time in the Zila Parishad elections. Finishing second among 10 candidates was not only a personal achievement, but also a sign that this young man from Barwa had begun to think beyond his village. Three years later, in 1999, when he was appointed Chairman of the Market Committee, Siwani (Bawani Khara constituency) by the Haryana government, he assumed adminis-

trative responsibilities with a public welfare focus. During that tenure, he focused particularly on the interests of local farmers, transparency in the market system, and the convenience of traders.

The second phase of Ramesh Verma's political career began in 2005, when he was re-elected as the village sarpanch (village head). During his five-year tenure, the dedication with which he led the village panchayat on the path of development remains a topic of discussion even today. He played a significant role in projects such as roads, water, streetlights, drains, school buildings, and temple parks. People say that he made politics not a means of showmanship, but a means of building society.

In 2016, when he finished second in the Panchayat elections by just 71 votes, he considered it not a defeat, but a recognition of the public's newfound spirit. This humility and self-acceptance distinguish him from ordinary leaders. Even after that defeat, he continued his social work, and over the next three years, by actively managing the organization and campaigning for the 2019 Loharu Assembly elections, he proved his loyalty was not to position, but to purpose. Even though he didn't contest the MLA election himself, he helped several MLAs sail through the sinking waters. This was a testament to his strategic acumen and public relations skills—he stood firmly in the interests of the party and society on every front.

Ramesh Verma's reputation extends beyond politics to a social worker. During the "Swachh Bharat Abhiyan," he not only led a village cleanliness drive but also inspired people to adopt practical hygiene practices. He started Self-Help Groups (SHGs) for women, enabling them to become financially independent. During the difficult times of the COVID-19 pandemic, he actively participated in the distribution of rations, masks, and sanitizers, even as most people were confined to



their homes out of fear. For him, service doesn't wait for an opportunity—it's part of life.

Ramesh Verma has organized numerous sports competitions and career counseling camps for youth. He believes that if rural youth receive the right guidance and inspiration, they won't need to migrate to cities. This philosophy inspires him to prioritize education and employment locally.

Transparency and accountability were the most notable features of his political style. He always ensured public participation in any project or development project. Village meetings openly discussed every issue. His belief that "politics is not about ruling over people, but about serving them while living among them" has become his hallmark.

Ramesh Verma's leadership is reflected not just in decisions but in his communication. He listens to people's problems, secures solutions from officials, and follows up until results are achieved. This hands-on approach to politics has made him a

trusted figure. This is why he was able to contribute to the approval of budgets for development projects in more than 40 villages.

His social life, from 1983 to 2025, was filled with both honors and lessons. He was honored by various social organizations and cultural forums in several villages in Hisar and Bhiwani. In 2024, local newspapers published special articles on him, calling him a "conscious leader and social worker."

What stands out most about Ramesh Verma's politics is his consistent honesty. Often, leaders appear among the public during elections, then disappear for five years. But in Ramesh Verma's case, the pattern is reversed. He remains present among the people of his constituency in every situation—whether a problem or a celebration. This constant engagement makes him a "man of the people," not just a "person of position."

His vision is clear—transparency and accountability in politics, along with prioritizing education, employment, protection of farmers, and

empowerment of women and youth. He believes that the development gap between rural and urban areas can only be bridged through equitable distribution of resources and opportunities at the local level.

Today, when much of politics has been reduced to demonstrations, rhetoric, and propaganda, leaders like Ramesh Verma remind us that "leadership doesn't mean popularity, it means responsibility." He considers the public not a vote bank but a family. This is why his supporters call him a "servant" rather than a "leader."

In Haryana politics, where a lack of honest leadership is being felt amidst the rapidly growing selfishness and profiteering of the younger generation, public representatives like Ramesh Verma offer a new ray of hope. His journey sends the message that even rural streets can produce leaders who can set new standards at the state and national level.

Today, when democracy needs to be reconnected with public relations, the stories of people like Ramesh Verma strengthen the roots of democracy. They represent a tradition in which leaders walk alongside the people, not away from them.

If India is truly called a country of villages, the role of such leaders becomes even greater. Village leaders are the first step of democracy. And only when that step is strong can the structure built above it remain stable. Public representatives like Ramesh Verma ensure that democracy is deeply rooted not just in the Constitution but also in the soil of the villages.

Ultimately, Ramesh Verma's story is not just about one person, but about a philosophy that connects politics with morality. He proves that "it's possible to remain clean even while in politics, provided one's intentions are pure." His life is a testament to the fact that public service, when done honestly, illuminates not just the village but the soul of society.

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Posture Of Power

How Sajda Strengthens Faith And Body Alike

AFTAB JAN

Sajda is the heart of Salah, the most humble and powerful moment when the forehead touches the earth in complete surrender. It is the posture of obedience, humility, and closeness to the Creator. The Qur'an commands: "And prostrate and draw near to Allah." (Surah Al-Ala 96:19). In this simple but profound act, the believer lowers the most honored part of the body, the forehead, to the lowest place, the ground, acknowledging that all greatness belongs to Allah alone.

The Qur'an further says: "So fall down in prostration to Allah and worship Him." (Surah An-Najm 53:62). The Prophet Muhammad (SAW) beautifully explained the spiritual value of Sajda when he said: "The closest a servant is to his Lord is when he is in prostration, so increase your supplications therein." (Sahih Muslim). This shows that Sajda is not only a physical position during prayer but the highest point of spiritual nearness. It is where pride is broken, the heart is softened, and the soul finds peace.

What is truly remarkable is that modern science, centuries later, has discovered astonishing benefits in this divine posture. Sajda is not just a movement; it is a complete therapy for the human body, mind, and soul. When a person goes into Sajda, blood flows freely toward the brain due to the lowered position of the head. This improves oxygen supply to the brain cells, especially in the frontal lobe, which is responsible for decision-making, emotions, and self-control. This increased blood and oxygen flow improves memory, focus, and mental clarity, and can even help reduce the risk of neurological disorders over time. In our modern world filled with overthinking, stress, and constant mental stimulation, this simple act provides natural relief for the brain, nourishing it five times a day through every Salah.

The act of Sajda activates the para-



sympathetic nervous system, which is responsible for relaxation and healing. It slows the heart rate, relaxes muscles, lowers cortisol (the stress hormone), and induces a state of deep calm. People who prostrate regularly often experience improved mood, reduced anxiety, and better emotional stability.

Unlike modern therapies that require expensive treatment, Sajda provides this naturally, every day, as part of worship. In addition, when the forehead touches the ground, grounding takes place. The human body builds up static electricity through electronic devices, artificial environments, and constant contact with synthetic materials. Sajda, when performed on natural ground or natural mats, helps discharge this excess static electricity into the earth, balancing the body's bioelectrical state. Modern research on "earthing" shows this can reduce inflammation, improve sleep, stabilize mood, and support immune function, a benefit already embedded in the act of Sajda centuries ago.

The physical benefits are also scientifically proven. Studies have shown that regular prostration can bring relief from various pains: lower back pain decreases by 24%, ankle pain by

27%, toe pain by 14%, knee pain by 53%, and wrist pain by 28%. This happens because Sajda involves gentle bending, stretching, and weight distribution that naturally strengthens muscles and improves joint mobility.

For the lower back, prostration gently stretches the lumbar muscles, decompresses the spine, and relieves tension caused by long hours of sitting. This makes Sajda a natural posture to maintain spinal health. For the knees, which bend fully during prostration, regular movement enhances synovial fluid circulation, strengthens supporting muscles, and prevents stiffness, explaining the 53% pain relief found in studies.

The ankles and toes, often neglected in daily life, are flexed and extended in every prostration, which improves their strength and mobility and reduces swelling or pain. The wrists support part of the body weight during Sajda, and this regular mild pressure strengthens them and improves flexibility, giving a 28% reduction in pain over time.

The circulatory system also benefits deeply. The position of Sajda improves venous return, meaning blood flows back to the heart more efficiently, reducing pressure on veins

and supporting overall heart health. It improves blood distribution, lowers blood pressure naturally, and energizes the body. The digestive organs are gently massaged when the abdomen is pressed against the thighs during Sajda.

This increases blood flow to the stomach, intestines, liver, and kidneys, improving digestion, relieving constipation, and supporting natural detoxification. Sajda is beneficial for pelvic health too; it strengthens the pelvic floor muscles, improves reproductive organ circulation, and helps regulate internal functions.

The brain benefits further because this posture increases cerebral perfusion, the flow of blood and oxygen to the brain. People who regularly pray and prostrate often report fewer headaches, clearer thinking, and better concentration. The act also lowers sympathetic activity (the "fight or flight" system), replacing stress with a feeling of safety and surrender. This is why after Salah and Sajda, many people feel emotionally lighter and mentally refreshed.

On the spiritual and psychological level, Sajda is a moment of complete humility. It lowers the head but lifts the soul. It breaks arrogance, which

is one of the greatest diseases of the heart. It brings stillness, peace, and tears of sincerity. In today's fast, noisy world, where stress, depression, and anxiety are widespread, Sajda offers something that medicine cannot—a deep inner connection to the Creator. When a believer is in Sajda, they are in the most beloved position to Allah, the position where duas are most likely to be accepted. It is a time to empty the heart of worldly burdens and fill it with faith, gratitude, and trust.

Allah says: "We will show them Our signs in the horizons and within themselves until it becomes clear to them that it is the truth." (Surah Fussilat 41:53). Sajda is one of those signs. What Allah commanded for worship also turns out to be perfect for human health. Modern science proves that this single act benefits the brain, heart, spine, joints, muscles, digestive system, nervous system, emotions, and soul. It heals the body through circulation, stretching, and detoxification. It heals the mind through calmness, oxygenation, and stress relief. And it heals the soul through humility, closeness to Allah, and spiritual light.

In truth, Sajda is not just a ritual movement; it is a divine prescription. It is worship, healing, and protection combined in one simple act. It improves circulation, strengthens joints, calms the nervous system, clears the mind, relieves pain, detoxifies the organs, and softens the heart. It is both a spiritual elevation and a physical therapy, given to us by Allah, the

One who created the body and knows what is best for it. In every Sajda, there is mercy, healing, strength, and nearness to the Most Merciful. It is the posture where the body bows, but the soul rises. It is the point where science meets revelation, where health meets faith. Sajda is truly a gift, a daily act that nourishes every part of a human being: body, mind, and soul.

The author can be mailed at jaanaftaab5@gmail.com

From Crafts To Confidence

SARAS Mela In Srinagar Empowers Women Entrepreneurs Across India

GMK NEWS NETWORK

SRINAGAR: The 10 days SARAS Mela 2025 concluded Tuesday at Sher-e-Kashmir Park here with resounding success.

During the concluding ceremony, Secretary, Rural Development Department (RDD) and Panchayati Raj, Mohamad Aijaz Asad was present.

The Secretary described the 10-day event as a resounding success celebrating India's unity in diversity while giving a strong boost to women entrepreneurship across the country.

While appreciating the enthusiastic participation and overwhelming public response, the Secretary said, "The SARAS Mela is not just a sale exhibition, it is a celebration of India's unity and diversity".

He informed that self-help

groups (SHGs) from states as diverse as Kerala, Uttar Pradesh, Tripura, and Jammu & Kashmir participated in the event, reflecting the national scale of the initiative.

"All Kerala products were sold out. The stalls from Kishtwar are also empty, and even those from Uttar Pradesh have registered massive sales," he noted, adding that the commercial success was matched by the social impact of the event.

Highlighting the broader significance of the initiative, the Secretary termed the SHG movement as a 'catalyst for social revolution'.

"The biggest benefit of this celebration is the exchange of ideas. SHGs from J&K learn best practices from their counterparts in other states and vice versa. This exchange strengthens the entire network of women entrepreneurs," he



observed. He further said, "not only Lakhpati sisters, but million- aire sisters have also emerged from this movement. This is not merely a programme; it is a revolution in women empowerment". MD, JKRLM, Dr. Shubhra

Sharma said that the participants expressed immense satisfaction with their experience in Kashmir and lauded the warmth, hospitality, and cooperation extended by the local community.

She added that the SARAS Mela served as a powerful platform for financial independence and empowerment of SHG members supported under DAY-NRLM, representing states including Rajasthan, Lakshadweep, Haryana, Punjab, Kerala, Uttar Pradesh, Bihar, Andhra Pradesh, and Tripura, among others.

Organised by the Jammu and Kashmir Rural Livelihoods Mission (JKRLM) from October 4 to 14, the SARAS Mela brought together the talent and creativity of over 150 rural women entrepreneurs from 13 states, offering visitors a colourful display of crafts, culture, and cuisine, a

true national tapestry in the heart of Srinagar.

During the event, the Secretary also visited over 60 stalls run by SHG participants from outside the Union Territory, each showcasing unique products that reflected the artistry and craftsmanship of their regions.

The Mela concluded with a felicitation ceremony, where SHG members were awarded certificates for their outstanding contributions.

In the awards category, Kishtwar district secured first position for best sales, while Srinagar district bagged the top honour in the best food category.

The event reaffirmed Jammu and Kashmir's role as a hub of cultural and economic collaboration, with the SARAS Mela acting as a bridge connecting women entrepreneurs from across the nation.

FROM THE FRONT PAGE

Modi Govt Broke All

airstrikes, and Operation Sindoor, aiming at dismantling the core of terrorist networks," he said.

"No matter where terrorists try to hide, they cannot find safe havens. Our forces are prepared to take action anywhere to respond to acts of terror," he added.

Shah said that since 2019, the government has taken several steps to enhance national security. These include amendments to the Unlawful Activities (Prevention) Act and the National Investigation Agency Act, along with actions under the Prevention of Money Laundering Act by the Enforcement Directorate to stop funding of terror groups, he said.

"For the first time, terrorism has been clearly defined under criminal law, addressing previous gaps. So far, more than 57 individuals and several organisations have been declared unlawful," Shah said.

The HM said the NSG's new hub is being established in Ayodhya, joining five existing hubs in Mumbai, Chennai, Kolkata, Hyderabad, Ahmedabad, and Jammu to respond to terror threats quickly. The commandos will operate around the clock, with special groups ready to respond to any sudden terror attacks, he added.

These actions, Shah said, have made India's security forces capable of dismantling terror networks inside and outside the country. "We have ensured that terrorists do not find safe havens anywhere, whether inside India or abroad," he said.

On the NSG's role, the Home Minister said the force has been operating for over four decades and remains critical in the fight against terrorism and organised crime.

"The government will continue to strengthen security measures and maintain readiness to respond to any threats, ensuring the safety of the nation's citizens," he said—(KNO)

'Op Sindoor' Gave

fundamental foundation of my policies. Personally, for me the land of veterans is no less than a pilgrimage site. Our veterans have made immense contribution in economic growth, social transformation and the resurgence of a glorious India," the Lieutenant Governor said.

He recalled the valour of 26 Infantry Division during Operation Sindoor and army's selfless work in saving people's lives during recent natural calamities.

"Operation Sindoor gave a message to the world that we will avenge every drop of Indian citizen's blood. No one can dare raise their eyes towards our country," the Lieutenant Governor said.

The Lieutenant Governor called upon ex-servicemen to contribute to society by applying their leadership skill and discipline in ongoing community service, and civic action programmes.

"Our ex-servicemen are role models for the youth. They must guide the young generation on the righteous path and teach them the values of patriotism, discipline, and selfless service," he further said.

The Lieutenant Governor urged all sections of society to honor the sacrifices and dedication of security forces' brave hearts. It is our collective responsibility to ensure that our veterans and the families of our martyrs live a dignified life, he said.

Lt Gen. Manoj Kumar Katiyar, General Officer Commanding-in-Chief, Western Command; Lt Gen. Rajan Sharawat, GOC, 9 Corps; Maj Gen. Mukesh Bhanwala, GoC, 26 Infantry Division; Shri Ramesh Kumar, Divisional Commissioner Jammu; Lt Gen RK Sharma (Retd.), President, J&K Ex-Services League; Brig. Gurmeet Singh Shan (Retd.), Director, Sainik Welfare, J&K; senior officials of Security forces, Police and Civil Administration; war veterans, ex-servicemen and veer naris were present.

LG Sinha Inaugurates

people and support small businesses," the Lieutenant Governor said.

The Mela organised by Jammu and Kashmir Police, in collaboration with the Police Wives Welfare Association (PWVA), features a wide range of attractions for the people. These include food and shopping stalls, public awareness programmes, Career counselling and educational stalls, live magic show, police band display, spectacular laser show, and fireworks.

DGP, Shri Nalin Prabhat; ADGP Headquarters, Shri MK Sinha; ADGP Armed, Shri Anand Jain; IGP Jammu, Shri Bhim Sen Tuti; Divisional Commissioner Jammu, Shri Ramesh Kumar; serving and retired officials of Police and civil administration, members of Police Wives Welfare Association and a large number of citizens attended the inaugural ceremony.

Apple Demand Picks

the past week, pushing prices up by nearly 30 per cent.

Bashir Ahmad Basheer, president of the Kashmir Valley Fruit Growers Cum Dealers Union, said the turnaround has brought a glimmer of hope to the community after weeks of distress.

"The rates have started going up as demand has increased in various markets outside Kashmir. We expect prices to improve further in the coming days, which could help growers recover at least part of the losses they suffered earlier," he said.

Basheer added that the government's "indifference" towards the crisis faced by orchardists has deepened their financial woes.

"A majority of the growers have already suffered heavy losses this season due to low demand, poor rates, highway closure, freight rise and other issues. Unfortunately, the government has so far failed to provide any compensation or relief," he said.

Local farmers echoed similar concerns, expressing cautious optimism about the current rise in rates but warning that recovery may still take time.

Abdul Rashid, an apple grower from Shopian, said that the last month was "one of the worst" in recent years.

"We were forced to sell apples at throw-away prices. The rates were so low that they didn't even cover transport and packaging costs. Now, with the demand improving, we are hopeful the next few weeks will be better," he said.

Another grower, Mohammad Yousuf from Sopore, said many farmers had to delay sales in the hope of better prices. "Those who stored their apples are now in a better position as the market has started responding. If the demand continues to rise, it could bring some relief to us," he said.

Traders in the other fruit mandis also confirmed an uptick in market activity. They said demand from many Indian states has improved slightly due to festive season needs, leading to higher prices for A- and B-grade apples.

Experts believe the next few weeks will be crucial for the fruit market, as consistent demand could stabilise rates and help offset the losses growers incurred earlier in the season.

Meanwhile, farmers have reiterated their appeal to the government for compensation and support, saying the horticulture sector—one of the backbones of Kashmir's economy—needs urgent attention to prevent long-term distress—(KNO)

Two Infiltrators

Officials said that based on specific intelligence input, a joint operation by the Army and Jammu and Kashmir Police was launched in Machil sector on October 13.

Alert troops noticed suspicious movement near the LoC and challenged the infiltrators, who opened indiscriminate fire. In the ensuing gunfight, two terrorists were neutralized.

A large quantity of weapons and other war-like stores were recovered from the encounter site, officials added—(KNO)

'Op Sindoor 2.0' Will Be

reached out to his counterpart in India and requested for a ceasefire.

In a strongly worded message, Lt Gen Katiyar said, "If Pakistan repeats what it did, then what we do next will be more than the last time. Operation Sindoor 2.0 has to be more powerful."

Lt Gen Katiyar said Pakistan follows a policy of causing harm through multiple smaller actions rather than open conflict. "It does not have the capacity to fight a war with us. It does not want to fight a war. Its actions are part of the policy of 'bleed India through a thousand cuts'," he said.

Asked if similar attacks like the one in Pahalgam could happen again, he said, "Until there is a change in Pakistan's thinking, it will continue with these actions."

Earlier during his address at an ex-servicemen rally held to mark 60 years since the 1965 India-Pakistan War ceasefire, Lt Gen Katiyar, as per KNO, said that public support played a key role during Operation Sindoor. "We acted after our people were killed. The response was carried out with the support of the administration, ex-servicemen, and local people."

He said the army remains prepared to act again if needed. "Pakistan will try again. It has always tried to repeat Pahalgam-type attacks. The army is ready to respond. The action this time will be more than last time."

Referring to the 1965 war, Lt Gen Katiyar said that Pakistan had miscalculated the situation in Jammu and Kashmir. "They sent around 10,000 Razakars trained by their army. But they failed to understand the people here. The public supported the army. We were able to drive them back."

He said that the same level of support will be required if another response becomes necessary.

Lieutenant General Manoj Katiyar hailed Operation Sindoor, saying the Indian Army gave a befitting reply to Pakistan after the Pahalgam terror attack. "Terrorists killed our innocent people. Our befitting reply to Pakistan taught them a lesson."

He assured the public of the Indian Army's readiness to thwart future attacks by the neighbouring country—(KNO)

CM Outlines Robust

in its raw form, with very little processing or value addition being done locally.

"This opens significant opportunities for industrial growth, both on Jammu side and Kashmir's side," he stated.

Citing the dairy sector as an example, Chief Minister Omar Abdullah said that only about 4–5 percent of the J&K's dairy production is processed within Jammu & Kashmir, while the rest goes unprocessed into the market. He urged industry leaders to explore these areas for investment and growth.

Referring to the broader economic scenario, the Chief Minister said that the J&K has faced challenges due to recent natural calamities and the downturn in tourism following the Pahalgam incident, but the administration remains optimistic about revival across sectors.

"This is not a story of pessimism but of hope and optimism. We are working hard with all stakeholders to put the economy back on track," he said.

The Chief Minister informed that the government is simultaneously engaging with domestic and international tourism partners to attract visitors and revive the sector. "Jammu and Kashmir has always been the country's premier destination

and we are determined to sustain that legacy," he added.

Chief Minister Omar Abdullah also outlined the areas where the government is focusing on sustainable and competitive industrial growth, including agriculture, horticulture, handicrafts, electronics, pharmaceuticals, packaging and cement. He said that new road-connectivity projects such as the Delhi-Amritsar-Katra Expressway and four-laning of the Jammu-Srinagar National Highway will further enhance logistics and investment potential.

Reiterating the government's commitment to improving the ease of doing business, the Chief Minister invited FICCI's inputs on policy reforms to make J&K more investor-friendly.

"We are keen to learn from best practices across the country. Reforms will be guided by feedback from the industry itself," he said.

The Chief Minister also called upon the corporate sector to support Jammu and Kashmir through Corporate Social Responsibility (CSR) in youth-centric areas such as sports infrastructure, libraries and skill upgradation. He urged companies to partner with the government in upgrading Industrial Training Institutes (ITIs) and skill centres to create an employable local workforce.

The Chief Minister reaffirmed the strong partnership between Jammu and Kashmir and FICCI and expressed hope that renewed engagement will yield tangible results for J&K's economic growth.

"This is a long-standing relationship and today's meeting marks another step towards strengthening cooperation and building new opportunities for the people of Jammu and Kashmir," he added.

Congress Submits

Sources disclosed that Congress unit of J&K has also given its feedback to the party high command about voting in Rajya Sabha polls as well as the party's strategy in bye-elections.

"The high command will take a final call on the party's strategy for the Rajya Sabha polls as well as the by-elections for Budgam and Nagrota seats," they said, adding that the party high command would also take a call on the party's future course of action in J&K.

The tension between ruling alliance partners erupted after National Conference refused to offer a 'safe' seat to Congress in Rajya Sabha polls. The latter refused to contest the 'riskier' seat.

The Congress leadership claims that NC president Farooq Abdullah himself had assured a 'safe' seat to the party senior leader Sonia Gandhi in New Delhi. However, they claim, Omar Abdullah later denied of making any such offer to the party during his meeting with party MP and J&K incharge Syed Nasir Hussain—(KNO)

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IMF raises India’s growth projection despite Trump’s tariffs

WASHINGTON: The International Monetary Fund has raised India’s growth projection to 6.6 per cent, an upward trend of 0.2 percentage points, in its latest Global Economic Outlook report.

The IMF, in its report released in Washington on Tuesday, said that India’s strong growth in the first quarter of 2025 is “offsetting” the US tariff increase on its imports to the country.

“In India, growth is projected to be 6.6 per cent in 2025...Compared with the July WEO update, this is an upward revision for 2025, with carryover from a strong first quarter more than offsetting the increase in the US effective tariff rate on imports from India since July,” the report said.

However, it projects a slight downward projection for 2026, a growth rate of 6.2 per cent, a 0.2 percentage point lower than its earlier projection.

The Indian economy grew at a faster rate of 7.8 per cent in its April-July quarter, beating all expectations.

On Monday, IMF Managing Director Kristalina Georgieva called India’s growth journey “impressive,” and lauded the government for policy and tax reforms.

“I’m very big on India because of the boldness with which they do things that others are telling them...not possible. For

Trump’s tariff shocks are smaller “than initially feared.”

“With many trade deals and exemptions, most countries also refrained from retaliation, keeping the trading system open, and the private sector proved agile, front-loading imports and rerouting supply chains,” said IMF Chief Economist Pierre Olivier Gourinchas on Tuesday.

However, he warned that the “tariff shock is here” and is further dimming already weak growth prospects, including in the United States.

“Even in the US, growth is revised down from last year. The labour market is weakening and inflation has been revised up and is persistently above target, signs that the economy has been hit by a negative supply shock,” he added.

The IMF has marginally revised its growth projection for the US economy, from 1.9 per cent to 2 per cent in 2025.

JP Nadda calls on Mongolian President, discusses enhancing healthcare cooperation



NEW DELHI: Union Minister of Health and Family Welfare J P Nadda called on Mongolian President Khurelsukh Ukhnaa of Mongolia in New Delhi on Tuesday under the ‘Know BJP’ initiative. The two leaders held discussion on enhancing cooperation between India and Mongolia in the healthcare sector.

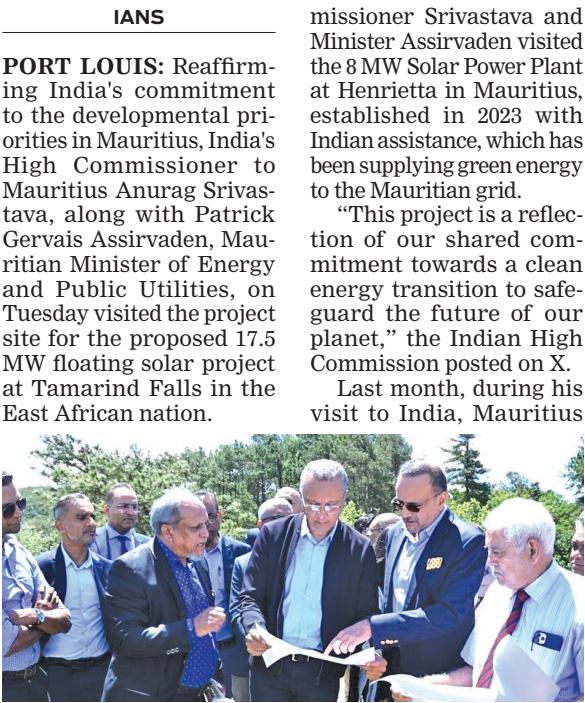
Following their meeting, Nadda in a post on X wrote, “Met President Khurelsukh Ukhnaa of Mongolia in New Delhi today under the ‘Know BJP’ initiative. I briefed him on our party’s ideology, organisational structure, and various people-centric initiatives that have shaped India’s governance model.”

“We exchanged valuable insights to strengthen party-to-party relations. We also had a detailed discussion on enhancing cooperation in the healthcare sector. Looking forward to deepening our partnership for the mutual benefit of both nations,” he added.

Earlier, Vice President C P Radhakrishnan met the Mongolian President, discussing various aspects of bilateral ties with the visiting leader.

“Delighted to meet His Excellency Mr. Khurelsukh Ukhnaa, Honourable President of Mongolia,

Indian envoy, Mauritius minister inspect proposed floating solar project



PORT LOUIS: Reaffirming India’s commitment to the developmental priorities in Mauritius, India’s High Commissioner to Mauritius Anurag Srivastava, along with Patrick Gervais Assirvaden, Mauritian Minister of Energy and Public Utilities, on Tuesday visited the project site for the proposed 17.5 MW floating solar project at Tamarind Falls in the East African nation.

The project is an outcome of Prime Minister of Mauritius Navin Ramgoolam’s recent visit to India, underscoring the importance attached by New Delhi to Mauritius’s priorities and needs, and the two nations’ shared pursuit of sustainable development.

During the visit to the site, the Indian High Commissioner and the Minister were accompanied by officials from the Ministry of Energy and Public Utilities and the Central Electricity Board of Mauritius.

According to the Indian High Commission in Port Louis, the Indian High Commissioner noted how the energy partnership is an essential element of the enhanced strategic partnership between India and Mauritius.

Additionally, High Com-

missioner Srivastava and Minister Assirvaden visited the 8 MW Solar Power Plant at Henrietta in Mauritius, established in 2023 with Indian assistance, which has been supplying green energy to the Mauritian grid.

“This project is a reflection of our shared commitment towards a clean energy transition to safeguard the future of our planet,” the Indian High Commission posted on X.

Last month, during his visit to India, Mauritius PM Ramgoolam lauded India’s continuous assistance over the years, highlighting that the country has benefited from India’s expertise in key sectors of national development, including health, education and capacity-building.

“Over the years, India, through its various governments, has accompanied Mauritius in its journey toward progress and development... We have benefited from India’s generous assistance and expertise in key sectors of national development. India’s timely support in these areas continues to make a tangible difference in improving the quality of life of Mauritians,” said Ramgoolam while addressing a press meet along with Prime Minister Narendra Modi following their talks in Varanasi.

GST cuts fuel festive sales boom across India, from Cuttack to Noida

PURI/CUTTACK/NOIDA: A wave of festive enthusiasm is sweeping across Indian markets, thanks to the recent GST rate cuts that have reduced prices on essential and electronic goods.

From Odisha to Uttar Pradesh, shopkeepers and customers alike are expressing gratitude to the central government for easing financial pressure and reviving business in time for Diwali.

In Cuttack, a local customer shared how the GST reduction on electronics has made everyday luxuries more accessible.

“The GST on daily-use items like air conditioners and refrigerators has been reduced from 28 pc to 18 pc. We are now able to buy these products more easily and at lower prices. This relief is only possible due to the efforts of the Prime Minister and his ministers.”

Amit Biswal, a shopkeeper in Cuttack, echoed the sentiment. “Earlier, customers would inquire about prices and leave without buying. Now, they are purchasing happily. The reduced GST has boosted our business significantly.”

Moving to Puri, Odisha, Shiv Prasad Dash, another shop owner, praised the government’s timely decision.

“Earlier, people hesitated to buy in bulk. But now, prices have come down, and customers are flocking in. Consumer interest has increased, and the Puja season sales have been excellent. I’m very grateful to the government.”

In Noida, the trend is similar. With inflation at its lowest in 99 months and GST rates slashed on many goods—especially electronics—markets are buzzing with energy.

“The Diwali season is in full swing. Compared to last year, our sales have increased significantly. The 10 pc GST reduction on electronics has brought customers back to offline stores,” said a local shopkeeper.

Zubeen Garg’s death: Three more Assamese NRIs to appear before SIT

GUWAHATI: At least three more Assamese expats, who were present at the yacht party in Singapore during the final moments of legendary singer Zubeen Garg, are set to appear before the Special Investigation Team (SIT) on Wednesday, officials said.

A senior official said on Tuesday that three Assamese expatriates based in Singapore — Sushmita Goswami, Debojyoti Hazarika, and Pratim Bhuyan — are scheduled to appear before the SIT to record their statements.

Another NRI, Wajid Ahmed, could not attend the session due to his Singaporean citizenship.

Meanwhile, two Assamese expats, Tanmoy Phukan and Abhimanyu Talukdar, who were also present at the yacht, also appeared today before the SIT of Assam Police.

According to official sources, the SIT is examining the roles of Tanmoy Phukan and Abhimanyu Talukdar, both of whom are said to have played key parts in arranging the ill-fated event.

Phukan is believed to have been responsible for booking the yacht, while Talukdar, who serves as the President of the Assam Association in Singapore, was reportedly involved in coordinating the party.

According to sources, investigators have recorded their detailed statements, which could shed crucial light on the sequence of events leading up to Garg’s death and the identities of those present during the private gathering.

So far, the SIT has recorded statements from seven Assamese NRIs in connection with the case.

Earlier, Jalongsat Nar-

jari, Parikshit Sharma and Siddharth Bora appeared before the investigation team. Moreover, Bhaskarjyoti Dutta, another Assamese NRI based in Singapore, also presented himself at the CID office and was interrogated, officials confirmed.

The ongoing probe, supervised at the highest levels of the Assam Police, is being carried out under multiple legal channels, including coordination with Singaporean authorities through the Mutual Legal Assistance Treaty (MLAT).

Investigators are seeking to reconstruct the events surrounding the singer’s final hours on September 19 — the day he reportedly faced breathing difficulties while on the yacht — and to determine whether any foul play was involved.

The case continues to draw widespread public attention, with fans and cultural figures across the Northeast demanding a transparent and comprehensive investigation into the untimely death of one of Assam’s most beloved voices.



GOVERNMENT OF JAMMU AND KASHMIR

OFFICE OF THE EXECUTIVE ENGINEER REW DIVISION PULWAMA

NOTICE INVITING TENDERS

e- NIT No. 100/2025-26 Dated 10-10-2025

For and on behalf of the Lt. Governor, Of Union Territory of JandK, e-tenders (In Single cover system) are invited on Percentage basis from approved and eligible Contractors registered with UT of JandK Govt., CPWD, Railways and other State/Central Governments for the following works:- Call 1st

S. No.	Name of the Work	Block	Estim ated /Adv. Cost (In lacs)	Cost of tender documents (In Rupees)	EMD (in %)	Class of Contractor	Time of completion	Major head
1.	FINDC2526100128-(CONSTRUCTION OF BLOCK DEVELOPMENT OFFICE BUILDING ACHGOZA)	Achagoza	24.00	800/=	2%	CEE/BEE	90 Days	BDC
2.	FINDC2526113803-Construction of lane with Drain from Hospital Road to House of Tariq Mir at Nandi Mohallah Litter	Litter	1.996	200/=	2%	DEE	30 Days	CDF
3.	FINDC2526113758-Const. of Bathrooms near Majid Sharief Umer at Shit Panraypora	Litter	2.867	200/=	2%	DEE	30 Days	CDF
4.	1 NSTALLATION OF BOREWELL NEAR THE LAND OF GH. MOHAMMAD MIR S/O GH. HASSAN MIR, MOHAMMAD IMRAN MIR, MOHAMMAD ANWAR SHEIKH, GH. MOHAMMAD MAGRAY, MOHAMMAD ABDULLAH MIR AND MOHAMMAD AFZAL AT MUCHPUNA	Pulwama	1.009	200/=	2%	DEE	30 Days	CDF
5.	CONSTIT. OF DRAIN FROM FAROOQ AHMAD PARATO GH. HASSAN DAR (BOTH SIDES) AT CHECKI NAIRA WARD IST.	Pulwama	1.98	200/=	2%	DEE	30 Days	CDF
6.	CONSTIT. OF LANE BWO LAYNG OF TILES FROM THE HOUSE OF ABDUL GANI GANJOO UPTO SHOP OF NAZIR AHMAD HAJAM AT KOIL BONGAM	Pulwama	1.485	200/=	2%	DEE	30 Days	CDF
7.	CONSTIT. OF PROTECTION BUND NEAR THE LAND OF HABIBULLAH RESHI AT BON DALL AT NAIRA PULWAMA PH. IST.	Pulwama	2.475	200/=	2%	DEE	30 Days	CDF
8.	1 NSTALLATION OF BOREWELL AT MUSSURWATH DAL NEAR THE LAND OF ALI MOHAMMAD SHEIKH S/O MUMMA SHEIKH R/O NAIRA	Pulwama	1.188	200/=	2%	DEE	30 Days	CDF
9.	Constt of BT at HIGH SCHOOL MACHAMA	Tral	2.34	200/=	2%	DEE	30 Days	PM SHRI

Position of A/A:- Accorded

Position of T/S:- Accorded

The Bidding documents consisting of qualifying information, eligibility criteria, specifications, Drawings, bill of quantities (B.O.Q), Set of terms and conditions of contract and other details can be seen/downloaded from the departmental website www.jktenders.gov.in as per schedule of dates.

1.	Date of Issue of Tender Notice	10-10-2025
2.	Online Bid submission Start Date	10-10-2025 from 06:55 PM
3.	Online Bid Submission End Date	20-10-2025 up to 06:55 PM
4.	Date and time of opening of Online Bids	21-10-2025 at 09:00 AM or any convenient day in the office of the Executive Engineer REW Pulwama
5.	Note:- Fee Receipt and EMD shall be deposited after the financial bids opened. Incase The original Tender Document Fee Receipt and EMD is not Deposited within 5 days after the Financial Bids Opened for all responsive bidders Who have participated online, the Department shall take action as per Rules.	

Special Condition 01:

Only the eligible contractors of respective Panchayat Halqa shall take part in the tendering process for works under District Capex with Advertised Cost 3.0 Lacs or below for District Capex works only. Bidders must upload any document viz residential certificate/ Adhar Card/ Ration Card/ Electricity Bill showing panchayat name, as residence proof that he/she is residing the respective Panchayat Halqa (Applicable for DEE Class contractors in call Ist only).

SCOD:- Contractors Strictly not eligible

The Bidders who had participated in 2023-24/2024-25 and has not completed the works within stipulated time frame/ who had left the work midway/ who had not started/ taken up the works are strictly not eligible. Any such participation may lead to cancellation of their bid and No claim shall be entertained in this regard.

Conditions for Bidders:

Every Participating supplier/ contractor to mandatorily disclose the Bank Account No. which is linked with their GSTIN at the time of bid submission. No Payment shall be released by Govt. Deptt./ Agency to any other Bank Account except the one linked with GST Registered number of the Successful bidder. As per Circular No. 01 (Adm) FD of 2025 Dated 08/ 07/ 2025 issued by Govt. of JandK Finance Department Civil Secretariat Jammu/Srinagar.

1. As per Government Order No. 238-F of 2021 Dated 07-09-2021, in case of inadequate response to a tender, participation from adjoining Panchayats will be permitted (i.e in 2nd call of tendering preceding condition will be applied).

2. Contractors who failed to execute the allotted work/works during the previous financial year (2024-25) are not eligible for-tendering for the current financial year (2025-26).

3. Any Bidder who will go down more than 10% of Advertised Cost shall upload the Additional Security online in shape of CDR/ FDR during tendering process as per Unbalanced Bid Table mentioned in NIT at S. No 09 (Non uploading of Additional Security will let to the rejection of the tender).

4. The bids of Responsive bidders shall be opened online on same Web Site in the Office of Executive Engineer REW Division Pulwama (Tender receiving authority).

5. In Addition to Earnest Money Deposit (Bid Security), the 1st lowest Bidder has to produce an amount equal to 5% of allotted cost as Performance Security in the shape of CDR/ FDR within 05 days before fixation of contract. The EMD (Bid Security/ Earnest money) of 2% of advertised cost of successful bidder shall be released after receipt of 5% Performance Security, which will be released after successful completion of the DLP/ Maintenance Period.

6. The 1st lowest responsive (Successful) shall submit all the hard copies of uploaded documents within 05 Days before fixation of Contract. Failure to produce the documents shall render the L1 as non-responsive and he shall be debarred to participate in any tendering process up to 12 months after forfeiting the CDR and case for debarring of the Contractor is forwarded to Higher Authorities for a period of 01 Year.

7. The Earnest Money Deposit (EMD@2% of Advertised Cost) in the shape of CDR/ FDR of the unsuccessful Bidder shall be released after opening the Tender on production of Treasury Challan.

8. The Tender Opening Authority reserves the right to accept or reject any or all tenders or any part of any tender without assigning reason thereof.

9. The bids for the work shall remain valid for a period of 120 days from the date of opening of technical bids

10. Unbalanced Bid: The bidders have to produce additional security in shape of CDR/ FDR of recognize scheduled/ commercial Bank, pledged to Executive Engineer REW Division Pulwama. The CDR/ FDR shall be valid for maximum six months or more after the last date of receipt to bids along with the bid document as per following break up:

Additional Security online in shape of CDR/ FDR

(As Finance Department Circular No. FD-Code/ 441/ 2024-02-158 Dated 08-08-2025)

S.NO.	Percentage of Unbalanced Bid viz; Advertised cost on account flow rates	Additional Security Advertised value of work as percentage of Advertised cost
1	Up to and including 10% below	NIL
2	Greater than 10% up to 20% below	1%
3	Greater than 20% up to 30% below	3%
4	Greater than 30% up to 40% below	5%
5	Greater than 40% up to 50% below	7%

22. Specification/Quality Control:- All items of works shall conform to specific actions as per IRC/ MORTH/ NBO/ CPWD/ SSR/ Any other prescribed specifications.

23. Insurance:- Insurance cover to Labour/ Machinery/ Work/ Plant material/ Equipment by the contractor shall be mandatory.

24. Laws Governing the Contract:- The contract shall be governed by Laws of the land.

25. Court's Jurisdiction:- In-case of any disputes/ differences between contractor and Department the jurisdiction shall be JandK State.

26. The tender/ bid is liable to rejection if it does not fulfill the requirements as laid down in NIT.

27. All other terms conditions are as per PWD Form 25(Double agreement Form).

Xen/REW/Pul/ 4251-57

Dated:- 10/ 10/ 2025

DIPK-7165-25

DT: 14/ 10/ 2025

Sd./=

Executive Engineer

REW Division Pulwama

CMYK

Big honour to lead India, I'm kind of getting used to it: Gill after series whitewash over WI

IAN S

NEW DELHI: India captain Shubman Gill said it is a 'great honour for him to lead the Test side after sealing his first series win as the skipper through a 2-0 series win over West Indies at the Arun Jaitley Stadium on Tuesday. India chased down 121 in the first hour of day five to win by seven wickets and get 12 valuable World Test Championship points.

"It's a really big honour (to lead India), I'm kind of getting used to it. Managing all the players, leading this team is a great honour. It's about taking the right options in the given situation. I try to make the most probable decision in the given situation that we are in that game. And sometimes you have to take a bold decision, depending on which player can get you certain runs or can get you those wickets," said Gill at

the close of the game.

Gill explained the rationale behind enforcing the follow-on after India took a 270-run lead in the match. "We were around 300 runs ahead. We thought even if we scored like 500 runs and we have to get 6 or 7 wickets on day 5, it could be a tough day for us. So, that was the thought process."

He also spoke about the importance of grooming Nitish Kumar Reddy for overseas challenges, though he didn't get to bowl a ball in the match. "He didn't really get to bowl in this match. We don't want players to only play matches overseas. That puts a lot of pressure on the players. We want to groom certain players that we think can help us win matches overseas because that's been a challenge for us."

On his own batting mindset as a number four, Gill said, "Batting is something that I've



been doing since I was 3 or 4 years old. So, when I want to go out there, I just want to make decisions as a batsman. The one thing that you always strive for is how can you make your team win a match. And as a batsman, when I'm going out there, that's the only thought that I have."

Looking ahead to the Australia white-ball tour, which starts on October 19 in Perth and marks Gill's first assignment as ODI captain, the right-handed batter said with a smile, "It's a long flight, maybe we can plan on the flight."

West Indies captain Roston Chase, meanwhile, found encouragement in his team's spirited fightback despite the series defeat. "The positives for us in this match was that Campbell and Hope played well and scored hundreds. They fought for us, we batted 100 overs after a long time, that was another positive. Taking

the game to the 5th day, that was great for us."

Chase highlighted the planning that went into their second innings effort of 390, thanks to centuries from John Campbell and Shai Hope. "We were always discussing and trying to find ways how we could bat through those 80 overs. We came up with a lot of ideas, batting against spin, sweeping, using our feet, and it was just about the guys going out there and executing the plans we'd spoken about."

He signed off by expressing confidence in the squad's potential in future Tests. "I think the guys we have here are some of the best players in the Caribbean. So it's just for us to use this last Test match as a stepping stone and a confidence booster going into the upcoming series. We just have to keep improving as much as we can from here."

ASEEM Foundation Facilitates Visit of Students from Pune to LoC in Keran



GMK NEWS NETWORK

KERAN: In a heartwarming initiative aimed at fostering national integration and strengthening the bond between citizens and the Armed Forces, 06 Rashtriya Rifles (SIKH) and ASEEM Foundation organised a three-day educational and motivational visit for seven students native to Maharashtra, on the Line of Control (LC) in the remote and rugged region of Keran.

The visit provided the young participants with a rare and eye-opening opportunity to witness the life of soldiers serving in extreme conditions, where sub-zero temperatures, isolation, and operational challenges form part of their daily routine. The students interacted closely with the troops, observed their living conditions, and

learned about the unwavering dedication and discipline that define life on the nation's frontlines.

Company commander 06 Rashtriya Rifles (SIKH) said, "This initiative was undertaken to inspire young minds by exposing them to the courage and commitment of our soldiers who guard the nation's borders with selfless devotion. We believe such experiences instill pride, patriotism, and a deeper sense of responsibility among the youth."

The Commanding Officer 06 Rashtriya Rifles (SIKH) remarked, "It was a pleasure to host these bright young students and share with them a glimpse of a soldier's life. Their enthusiasm and curiosity were truly motivating, and such interactions strengthen the connect between the Army and the people we serve."

Sharing his experience, a student participant said, "Meeting the soldiers and seeing how they live and work in such difficult conditions has changed how I see the word 'service'. I will never forget their warmth, courage, and love for the nation."

The students expressed heartfelt gratitude to ASEEM Foundation and the Indian Army 06 Rashtriya Rifles (SIKH) for making the visit possible. For most, it was their first experience in such an environment — one that left them inspired and deeply moved by the resilience and spirit of the soldiers.

This initiative stands as a testament to ASEEM Foundation's commitment towards youth engagement and nation-building, while reinforcing the spirit of civil-military harmony in the country's remotest border regions.

PCCF Reviews Biodiversity Conservation, Eco-Tourism Initiatives in B'pora

GMK NEWS NETWORK

BANDIPORA: Principal Chief Conservator of Forests (HoFF), Jammu and Kashmir, Suresh Kumar Gupta, conducted an extensive tour of Bandipora Forest Division to review biodiversity conservation efforts and assess the progress of eco-tourism initiatives being undertaken by the Forest Department.

During the visit, the PCCF was accompanied by Conservator of Forests, Srinagar Circle, Saurabh Sharma, Divisional Forest Officer (DFO) Bandipora, Waseem Farooq Mir, DCF, and Range Officers from Khuihama, Gurez, and Ajas Ranges.

At Kanzalwan Park in Gurez Range, Gupta interacted with members of Biodiversity Management Committees (BMCs) and local representatives. The interaction focused on implementation of the Biological Diversity Act, 2002, strengthening of BMCs, and enhancing community participation in biodiversity documentation and conservation.

The PCCF appreciated the proactive role of local communities and BMC members in protecting their natural heritage. He



emphasized the need to blend traditional ecological knowledge with scientific forest management for sustainable conservation outcomes.

Later, the PCCF along with senior officers visited the under-construction Habbra Khatoun Park in Gurez, where he reviewed ongoing eco-tourism development works being executed by the Forest Department. The team inspected landscaping, fencing, and pathway construction works being carried out under the eco-tourism promotion initiative aimed at showcasing the natural beauty of Gurez Valley.

Gupta underlined the importance of developing eco-friendly tourism infrastructure that attracts visitors while ensuring livelihood generation for local communities through homestays, eco-guiding, and handicrafts, maintaining ecological balance

at the same time.

Speaking on the occasion, Conservator of Forests, appreciated the efforts of Bandipora Forest Division in integrating biodiversity conservation, habitat restoration, and eco-development works, particularly in remote areas like Gurez. He also emphasized convergence with other departments to promote nature-based tourism and improve community welfare.

DFO Bandipora briefed the visiting dignitaries about various ongoing initiatives, including eco-restoration of degraded forest areas, establishment of biodiversity parks, soil and moisture conservation works, plantation drives, and development of eco-tourism sites across the division. He reiterated the department's commitment to conserving ecological wealth while fostering sustainable livelihoods.

FICCI announces Anant Goenka as President-Elect for year 2025-26

GMK NEWS NETWORK

SRINAGAR: FICCI National Executive Committee Meeting (NECM) Tuesday announced Anant Goenka as President-Elect of FICCI for the year 2025-26.

Goenka is currently the Senior Vice President of FICCI. He will succeed Mr Harsha Vardhan Agarwal as President of apex business Chamber at the conclusion of the 98th Annual General Meeting, which is slated on 28-29 November 2025 in New Delhi.

Anant Goenka is the Vice Chairman of RPG Group, a USD 5 bn conglomerate with interests in the tyre, infrastructure, pharma, IT and speciality sectors.

He is the former Chairman of the Automotive Tyre Manufacturers Association (ATMA).

Goenka was the Managing Director & CEO of CEAT through a transformative 10-year period from 2012 to 2023, during which the company witnessed a 25X rise in market capitalisation, received Light-house recognition from the World Economic Forum,



and won the prestigious Deming Grand Prize in 2023, making it the first tyre company in the world to receive this accolade.

Prior to joining CEAT, Anant worked with Unilever and KEC International. He was the recipient of the 'Kabiller Science of Empathy Prize' from the Kellogg School of Management in 2023. Anant has also been recognised by Forbes as the 'Next Generation Business Leader of the Year' in 2017 and as 'India's 40 under 40 Business Leaders' by Economic Times-Spencer Stuart.

Anant has an MBA from the Kellogg School of Management and a BS Economics from the Wharton School, University of Pennsylvania.

DC G'bal chairs district level NCORD Committee meeting

GMK NEWS NETWORK

GANDERBAL: Deputy Commissioner (DC) Ganderbal, Jatin Kishore, Tuesday convened a meeting of the District Level NCORD Committee to review and strengthen measures aimed to curb drug abuse in the district.

Senior Superintendent of Police Ganderbal, Khalil Poswal was also present in the meeting.

At the outset, a detailed review was held on various aspects of drug prevention including identification of hot spots, follow up of cases registered under the NDPS Act, surveillance of educational institutions, and awareness campaigns under IEC and Nasha Mukht Panchayat initiatives besides destroying the channels/ networks and sources of drug peddling.

Officers from Health, Drug Control, Education, Excise, Social Welfare, Tehsildars, BDOs and police besides others concerned briefed the chair regarding activities carried out by their respective departments to curb drug menace in the district.

The DC emphasized on strengthening inter-departmental coordination to track and apprehend those involved in drug trafficking,

and promote community-level awareness efforts.

The DC laid strong emphasis on tracking suspected couriers, and directed to implement enhanced surveillance measures across key transportation hubs to intercept the flow of illicit materials.

He directed officers from the Drug Control department to ensure sealing of medical establishments that fail to comply with installation of CBS and CCTV systems, and called for stringent action against drug peddlers. He also directed the Excise department to intensify drives on destruction of illicit crops.

The DC directed CMO for establishing a facility for drugs testing at the District Hospital. He also directed BDOs and Social Welfare department to enhance awareness under Nasha Mukht Abhiyan to sensitize the public about the ill effects of drug abuse.

DC directed Tehsildars to re-verify all 126 panchayats and submit a report within a week for declaration of Nasha Mukht Panchayats.

He stressed to put curbs on sale and consumption of cigarettes and other tobacco products around educational institutions and levy fines on those found guilty.

DLSA Sgr Empowers Widows through Awareness on Welfare Schemes



GMK NEWS NETWORK

SRINAGAR: District Legal Services Authority (DLSA), Srinagar, launched a special awareness campaign aimed at sensitizing people about the various benefits and welfare schemes available for widows.

Under this campaign, several programmes, drives, door-to-door campaigns, and awareness activities were organized in district Srinagar and also at the Legal Aid Clinic, Zila Sainik Bhawan.

A dedicated team of Para Legal Volunteers (PLVs) was selected and deputed for the said campaign, which was conducted in pursuance of the advisory issued by the National Human Rights Commission (NHRC) on the protection of human rights of widows.

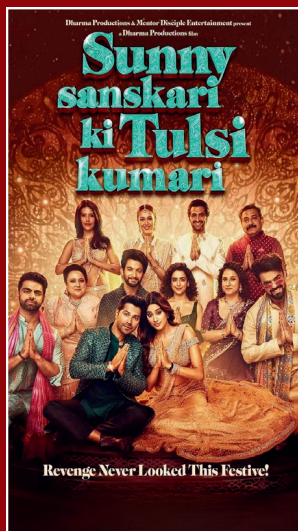
The campaign was organized under the leadership Chief Justice of the High Court of Jammu & Kashmir and Ladakh, and Patron-in-Chief, J&K Legal Services

Authority, Justice Arun Palli, and Executive Chairman, J&K Legal Services Authority, Justice Sanjeev Kumar.

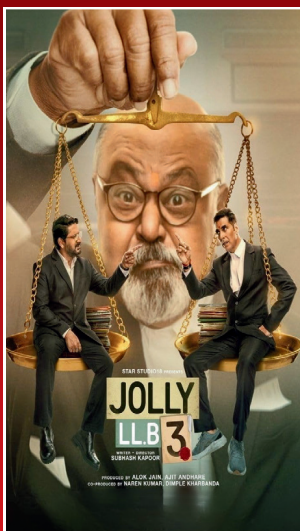
The initiative was carried out under the directions of Member Secretary, J&K Legal Services Authority, Shazia Tabassum, and under the chairmanship of Principal District and Sessions Judge, Srinagar, Tasleem Arief. The overall supervision of the campaign was ensured by Sub-Judge/Secretary, DLSA Srinagar, Sajad Ur Rehman.

At Zila Sainik Bhawan, the awareness programme was organized in collaboration with the District Social Welfare Department and Human Rights and Anti-Corruption Forum.

Panel Lawyer, Advocate Laila Khalid, and Assistant Legal Aid Defence Counsel, DLSA Srinagar, Safa addressed the gathering and emphasized the importance of understanding and availing various welfare schemes meant for widows.



SUNNY SANSKARI KI TULSI KUMARI (UA13+)
HINDI - 02:10 PM, 07:15 PM



JOLLY LLB 3 (UA16+)
HINDI - 12:00 PM, 05:05 PM



KANTARA A LEGEND: CHAPTER 1 (UA16+)
HINDI - 11:00 AM, 02:30 PM, 05:40 PM, 06:00 PM



SAIYAARA (U/A16+)
HINDI - 11:10 AM

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