

# Good Morning Kashmir

17th Year Of Publication



Eid Mubarak TO OUR READERS

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## Tears, Faith Mark Last Friday Of Ramadan In Kashmir

Valley Bids Tearful Farewell To Holy Month; Emotional Scenes At Shrines, Mosques



REHAN QAYOOM MIR

**SRINAGAR:** A mixture of joy and sorrow filled the air across Jammu and Kashmir on the last Friday of Ramadan, as thousands gathered in mosques and shrines, not just in prayer, but in farewell too. "Afsoos, Azee Govham Juddaa, Aai Maah-e-Ramadan Alwada" (O beloved month you are departing, O Ramadan, Good-bye), whispered many, as the Valley witnessed deeply emotional scenes, with tears in their eyes, hands raised in dua and hearts heavy at the thought of the holy month coming to an end. Devotees gathered in large numbers at mosques and

shrines across the Valley and parts of Jammu, with many lingering longer than usual, reluctant to let go of the spiritual calm Ramadan brings. "It feels like a guest we love is leaving," Abdul Rasheed from Khanyar said. "One waits all year for Ramadan, and suddenly it is over." At the historic Jamia Masjid Srinagar, thousands offered congregational prayers, but the absence of chief cleric Mirwaiz Umar Farooq added to the emotional weight of the day. "It feels incomplete without his sermon," said a young worshipper. The mosque management claimed that the Mirwaiz •P-06

## J&K To Observe Eid-ul-Fitr Today

LG Sinha, CM Omar, Others Extend Greetings

REHAN QAYOOM MIR

**SRINAGAR:** Mosques and Eidgahs across Jammu and Kashmir are being prepared to host thousands of worshippers for the special Eid prayers on Saturday morning, as the region gears up to celebrate Eid-ul-Fitr, marking the culmination of the holy month of Ramadan. According to the details available, the Eid congregation in the Valley are expected to take place at Asar-i-Sharif at Hazratbal, Khanqah-e-Muala, Ziarat Syed Sahib at Sonwar, Janab Sahib Soura, Asar-e-Sharif Kalashpora, Asar-e-Sharif Lal Bazar and other mosques and shrines. Imams and clerics will deliver sermons on the occasion highlighting the essence of festival. On the Eid eve, markets across Srinagar, Budgam, Anantnag, Baramulla, Pulwama, Bandipora and other areas remained crowded with shoppers despite rain and chill.

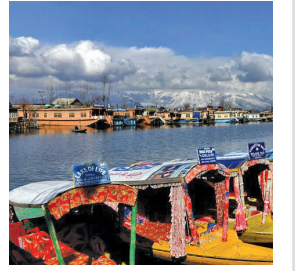


"Eid is about joy, gratitude, and sharing," said Mohammad Sultan from Nishat, Srinagar. "We pray for peace, health and happiness for everyone and teach our children the importance of charity and kindness." Religious scholars urged devotees to help those in need and spreading the true spirit of Eid throughout the community. Meanwhile, Lieutenant Governor Manoj Sinha, Chief

Minister Omar Abdullah and others extended Eid greetings to people and prayed for peace and prosperity of the region. Lieutenant Governor, Manoj Sinha in his message said, "On the auspicious occasion of Eid-ul-Fitr, I extend my heartiest greetings and good wishes to all. The festival of Eid-ul-Fitr, which marks the auspicious culmination of the holy month of Ramzan, is an occasion of

profound spiritual and social significance. The sacred festival embodies the noble spirit of sacrifice and the joy of sharing. On this auspicious day, let us recommit to humanity's service, uplifting the lives of the poor and needy. May Eid usher in peace, prosperity and happiness for all." Chief Minister Omar Abdullah while extending Eid-ul-Fitr and Nauroz greetings to people said, "Eid is a divine celebration after a month of fasting, prayers and self-discipline during Ramadan. The festival is an occasion to offer gratitude to the Almighty and to celebrate the values of compassion, generosity and unity nurtured during the holy month." "Eid is a joyous occasion that brings people together to celebrate the blessings of Ramadan. It strengthens the bonds of community and reaffirms the values of mutual respect and brotherhood. It is a time to spread happiness, •P-06

**Dry Spell Likely From Today, MeT Predicts**  
J&K Higher Reaches Receive Snowfall, Rain In Plains



SAJID RAINA

**SRINAGAR:** Jammu and Kashmir witnessed light to moderate rainfall in the plains and snowfall in the higher reaches over the past 24 hours, the Meteorological Department said on Friday. Officials said snowfall was recorded in higher altitude areas, including Gurez, Keran, Tangdhar, Uri, Gulmarg and Pahalgam, while most plains received light to moderate rain. The MeT Centre Srinagar informed that weather conditions on March 20 are expected to remain partly to generally cloudy, with spells of light rain in plains and light snowfall over higher reaches at many places towards late afternoon and evening. Improvement is expected thereafter. From March 21 •P-06

## J&K To Host Mega Travel Mart In April To Boost Tourism



AGENCIES

**SRINAGAR:** In a major push to showcase the region's tourism potential, the Jammu and Kashmir Tourism Department is set to organize the Kashmir Travel Mart (KTM) next month. Chief Minister Omar Abdullah announced on Friday that the two-day event will be held on April 14 and 15. The mart aims to bring together approximately 250 stakeholders from over 20 states across the country.

"The event will highlight the region's immense tourism potential through craft safaris, curated destination tours, and B2B engagements, offering stakeholders a rich and immersive experience of Kashmir's culture, heritage, and warm hospitality," office of the chief minister Omar Abdullah posted on X. Describing it as a significant initiative, the office of Chief Minister said the travel mart is aimed at strengthening tourism linkages and further •P-06

## Regular Fuel Unchanged Premium Petrol Prices Hiked By Rs 2 Per Litre

AGENCIES

**NEW DELHI:** Premium petrol prices have been hiked by around Rs 2-2.3 per litre, even as regular petrol and diesel rates remain unchanged across the country. The hike applies to high-octane fuels such as Indian Oil's XP95 and Hindustan Petroleum's Power petrol, based on dealer inputs from select cities. The revised prices reportedly came into effect from today. At some outlets, IOCL's XP95 is now priced at around Rs 101.80 per litre, while HPCL's premium petrol has also seen a similar increase across various pumps. The increase in premium petrol prices comes at a time when global crude oil prices have surged sharply.



Brent crude has been trading firmly above the \$100 per barrel mark amid escalating tensions in West Asia and fears of supply disruptions. Higher crude oil prices increase input costs for oil marketing companies such as Indian Oil, HPCL and BPCL. At the same time, the rupee has fallen to record lows against the US dollar, making crude imports more expensive for India, which depends heavily on imported oil. As a result, oil companies appear to have opted for a selective price hike in premium •P-06

## Stranded Indian Students Offered Alternative Exit Via Armenia

Many Remain Stuck In Iran; Families Urge Faster, Coordinated Assistance

JAHANGEER GANAIE

**SRINAGAR:** In a significant development amid ongoing evacuation challenges, Indian students stranded at the Azerbaijan border have now been given the option to exit via Armenia, offering a potential breakthrough for those facing prolonged delays. As per the details obtained, nearly 150 Indian students remain stranded at the Azerbaijan border, particularly in the Astara region, where delays in the issuance of mandatory exit codes have left them in a state of uncertainty for around a week. Officials and coordinators involved in evacuation efforts have now advised stranded students to consider an alternative route through Armenia. Under this



arrangement, students are expected to receive visas on arrival in Armenia. However, they will be required to arrange and book their own travel tickets back to India after crossing the border. A large number of affected students belong to institutions such as the Islamic Azad University and the Iran University of Medical Sciences. Meanwhile, evacuation efforts have seen

partial success. Around 200-300 students have already reached Armenia, from where they are expected to return to India over the next few days, depending on flight availability. Many of them are currently waiting for confirmed flight schedules as airlines continue to operate limited but regular services. However, the situation remains challenging for others. Approx-

mately 400 students are still stranded in different parts of Iran, awaiting transportation to Armenia as part of the ongoing evacuation process. Authorities are working to facilitate their movement at the earliest. Several students from prominent institutions, including Tehran University of Medical Sciences, Shahid Beheshti University of Medical Sciences, and Urmia University of Medical Sciences, have already managed to return safely to India. Dr Mohammad Momin Khan, who has been closely monitoring the situation, stated that flights are operating on a daily basis to assist in the evacuation. He, however, noted that the Armenia route has so far proven to be relatively smoother compared to the Azerbaijan border, •P-06

**Eid Mubarak**

May this Eid bring blessings with bliss into your lives

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DIPK NB:3639/25 DATED:20/03/2026

# CM extends Eid, Nauroz greetings to people of J&K

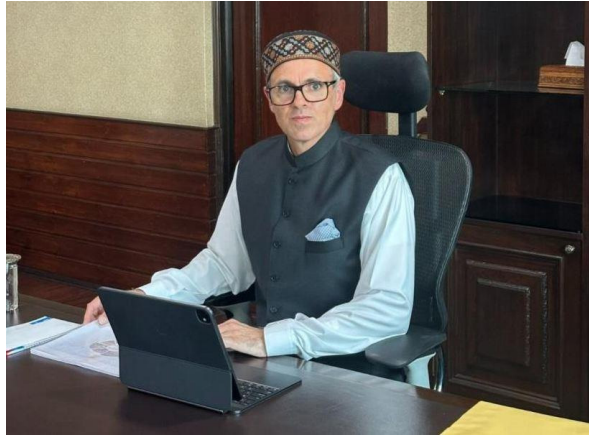
GMK NEWS NETWORK

**SRINAGAR:** Chief Minister Omar Abdullah has extended warm greetings to the people of Jammu and Kashmir, as well as to those celebrating across the globe, on the auspicious occasions of Eid-ul-Fitr and Nauroz.

In his message on these festive occasions, the Chief Minister underscored the spiritual significance of Eid as a divine celebration after a month of fasting, prayers and self-discipline during Ramadan.

He noted that the festival is an occasion to offer gratitude to the Almighty and to celebrate the values of compassion, generosity and unity nurtured during the holy month.

"Eid is a joyous occasion that brings people together to celebrate the blessings



of Ramadan. It strengthens the bonds of community and reaffirms the values of mutual respect and brotherhood. It is a time to spread happiness, extend kindness and lend a helping hand to those in need," he said.

The Chief Minister further observed that the

festival reflects the rich ethos of communal harmony, shared heritage and cultural inclusivity that defines Jammu and Kashmir, reinforcing the spirit of unity and peace.

On this occasion, he prayed for lasting peace, sustained progress and prosperity for the people of

Jammu and Kashmir, and conveyed his best wishes to all those celebrating Eid-ul-Fitr worldwide.

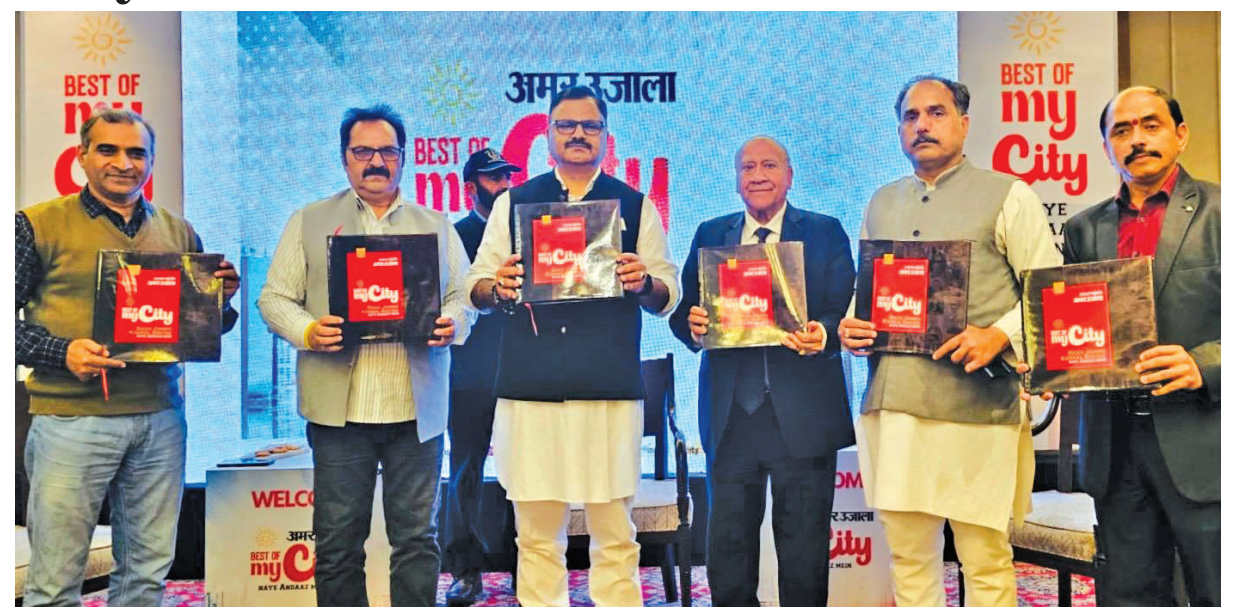
The Chief Minister also extended warm greetings to the people on the auspicious occasion of Nauroz.

He said that Nauroz festival marks the arrival of spring and the beginning of the Persian New Year, symbolizes renewal, hope, harmony and prayed for peace to prevail in the world.

He said that the festival, celebrated with great enthusiasm in various parts of the region, reflects a rich cultural heritage and the spirit of togetherness.

The Chief Minister prayed for sustained peace, development, and prosperity in Jammu & Kashmir and hoped that the festival would bring joy and positivity to every household.

# Rana highlights urban heritage, water sustainability at 'Best of My City' Book launch



GMK NEWS NETWORK

**JAMMU:** Minister for Jal Shakti, Forest, Ecology & Environment and Tribal Affairs, Javed Ahmed Rana, Friday attended the launching ceremony of coffee table book "Best of My City" at Jammu.

Being organized by Amar Ujala, the event was attended by the prominent citizens, officials and stakeholders from diverse sectors.

The Minister lauded the initiative, emphasizing that such publications serve as an important medium to showcase the cultural richness, historical legacy and developmental journey of cities. He commended Amar Ujala for curating a visually compelling and comprehensive portrayal of urban life, noting that the book reflects the spirit, diversity and aspirations of the people.

While appreciating the creative effort, Rana also used the occasion to draw attention to pressing environmental concerns, particularly the alarming decline in groundwater levels. He underscored the urgent need for collective action towards water conservation and sustainable resource management.

# Rana extends Eid-ul-Fitr, Nauroz greetings

GMK NEWS NETWORK

**JAMMU:** Minister for Jal Shakti, Forest, Ecology, Environment and Tribal Affairs, Javed Ahmed Rana, on Friday conveyed his heartfelt greetings to the people on the auspicious occasion of Eid-ul-Fitr, saying that the festival inspires all to lead a peaceful life and work for the prosperity of society.

Describing Eid as a festival of gratitude and togetherness, the Minister said that it reflects the essence of patience, self-discipline and spiritual growth observed during the holy month of Ramadan.

Rana emphasized that the occasion serves as a reminder to strengthen bonds of harmony and extend support to the poor and underprivileged and share happiness with them.

Highlighting the values associated with the festival, the Minister also expressed hope that the festival

would bring happiness, prosperity and well-being to all and further reinforce the values of unity and brotherhood across the region.

"On this auspicious occasion, let us spread the feelings of love, kindness and compassion while working collectively for the betterment of our society," the Minister added.

While extending Nauroz greetings, Javed Rana said that Nauroz marks the arrival of the spring season and symbolizes renewal, hope and positivity. He added that the festival reflects the enduring values of peace, harmony and cultural diversity.

Rana expressed hope that the occasion would further strengthen the bonds of unity and togetherness among the people and inspire collective efforts towards building a harmonious society.

He also prayed for peace, progress and prosperity of the people of Jammu and Kashmir.

Stressing the importance of reviving traditional water systems, he called for renewed focus on the restoration and recharge of hand pumps, bore wells and other indigenous water sources.

Highlighting the government's proactive approach, the Minister reaffirmed

its commitment towards strengthening the water infrastructure across Jammu & Kashmir.

Rana further emphasized that efficient implementation, coupled with rigorous monitoring, will be key to enhance service delivery and ensuring long-term water security for the

people. Reiterating Omar Abdullah led government's vision, he called for collaborative efforts among all stakeholders to achieve sustainable development and responsible resource management, ensuring a balanced and resilient future for coming generations.

# Kupwara villages seek basic transport, residents walk kilometres daily



SUHAIL RATHER

**KUPWARA:** Residents of Mirwayan and Bomang villages in north Kashmir's Kupwara district have sought immediate introduction of basic transport services, saying the absence of connectivity has left them effectively cut off despite their proximity to the town.

The two villages, located around seven kilometres from Kupwara town, have never had a regular passenger vehicle service, locals said.

They said residents are forced to walk for nearly 20 minutes to reach the nearest point to board transport.

"We have never seen a passenger vehicle operating from our villages to Kupwara. Most households have been compelled to purchase their own vehicles, often on loans, due to

the lack of public transport," a resident said.

The lack of connectivity has also affected students and working individuals, locals said, adding that those studying in Srinagar and Baramulla face difficulties commuting, especially during late hours.

"Our children are often forced to stay back in town or with relatives as there is no transport available to reach the village after evening hours," another resident said.

Residents expressed dissatisfaction over what they termed years of official inaction and unfulfilled assurances.

They urged the authorities to introduce mini-buses or passenger vehicles to improve connectivity.

The absence of transport services has disrupted daily life and raised concerns over development in the area, they added (KNS).

# Javid Dar greets people on Eid-ul-Fitr; prays for peace, prosperity

GMK NEWS NETWORK

**SRINAGAR:** Minister for Agriculture Production, Rural Development and Panchayati Raj, Cooperative and Election Department, Javid Ahmad Dar Friday extended heartfelt greetings to the people of Jammu and Kashmir on the auspicious occasion of Eid-ul-Fitr, wishing them peace, prosperity, happiness and well-being.

In his message, the Minister highlighted the profound spiritual and social significance of Eid-ul-Fitr, which marks the culmination of the holy month of Ramzan a period devoted to fasting, prayer, reflection and self-discipline. He said the festival is an occasion to express sincere gratitude to Almighty Allah for granting strength and resilience to observe the fasts and for guiding believers on the path of righteousness.

Javid Dar noted that Eid-ul-Fitr symbolizes the values of compassion, charity, forgiveness and brotherhood, which are essential for building a harmonious and progressive society.

He urged the people to imbibe these virtues in their daily lives and extend a helping hand to the underprivileged,



thereby reinforcing the spirit of inclusiveness and social responsibility.

The Minister further said that festivals like Eid serve as a reminder of the importance of unity in diversity and provide an opportunity to strengthen the bonds of communal harmony and mutual respect among different sections of society. He called upon the people to celebrate the occasion with joy and simplicity while upholding the rich traditions of togetherness and cultural harmony.

Expressing hope for a brighter and more prosperous future, Javid Dar said that such auspicious occasions inspire collective efforts towards peace, development and progress. He reiterated the commitment of the government towards ensuring the welfare and upliftment of all sections of society.

# Sakeena Itoo extends Eid-ul-Fitr, Nauroz greetings

GMK NEWS NETWORK

**SRINAGAR:** Minister for Health and Medical Education, Social Welfare and Education, Sakeena Itoo has extended warm greetings and heartfelt wishes to the people of Jammu and Kashmir on the joyous occasions of Eid-ul-Fitr and Nauroz.

In her greetings, the Minister said that Eid-ul-Fitr symbolizes compassion, generosity and gratitude, marking the culmination of holy month of reflection, self-discipline and spiritual rejuvenation. She urged people to embrace the

true spirit of the festival by strengthening bonds of brotherhood, extending support to the underprivileged and fostering unity within society.

While extending her greetings on Nauroz, the Minister noted that the festival represents renewal, hope and the arrival of spring, inspiring optimism and collective progress. She emphasized that such occasions remind society of shared traditions and values that promote inclusiveness and mutual respect.

The Minister also prayed for peace, progress and prosperity of entire Jammu and Kashmir.

# JK Hoteliers Club hails CM's tourism push, backs upcoming event



GMK NEWS NETWORK

**SRINAGAR:** The Jammu and Kashmir Hoteliers Club on Friday welcomed the initiatives taken by Omar Abdullah for revival of tourism in the Valley, saying such steps are needed to boost the sector.

Chairman of the club, Mushtaq Ahmad Chaya, said the stakeholders are "highly thankful" to the Chief Minister for focusing on tourism and taking measures aimed at its growth. He said the government has remained proactive in addressing issues concerning the sector.

Chaya said the tourism department is working actively for promotion and expressed hope that the upcoming event will prove to be a significant platform for showcasing Kashmir as a destination. "It will be one of its kind for tourism," he said.

He added that stakeholders would extend full support to the event, describing such initiatives as the need of the hour for the Valley's economy.

Secretary General of the club, Tariq Ghani, also appreciated the role of the tourism department and the Chief Minister for taking steps towards tourism revival.

Chaya expressed optimism that tourism will see a strong revival this year with government support. He said the presence of a "young and dynamic" tourism minister reflects the administration's focus on the sector and its potential to generate livelihoods.

The hoteliers' body said sustained efforts and collaborative initiatives between the government and stakeholders would help strengthen the tourism industry in Jammu and Kashmir. (KNS).

*Eid Mubarak*

May this blessed occasion of Eid fill your life with joy, peace, and prosperity. Wishing you and your family endless happiness, good health, and success. May your heart be filled with gratitude and your home with warmth and love.

Warm Wishes,  
**Jasib Shabir**  
Social Worker  
Save Youth Save Future Foundation

**GOVERNMENT OF JAMMU & KASHMIR**  
**OFFICE OF THE EXECUTIVE ENGINEER (R&B) DIVISION TANGMARG.**  
**NOTICE INVITING E-TENDER (CIVIL WORKS)**  
Dated:- 18-03-2026

NIT No: 148 / R&B of 2025-26

For and on behalf of the Lt. Governor, UT J&K, e-tenders (In single cover system) are invited on Percentage basis from approved and eligible Contractors registered with J&K Govt., CPWD, Railways and other State/Central Governments for the following works:-

S. No	Name of Work	Adv. Cost (Rs. In Lacs)	Cost of T/Doc. (In Rupees)	Earnest money (In Rupees)	Time of completion	M.H of Account	Class of Contractor	Project Authority	Tender call
1	2	3	4	5	6	7	8	9	10
1	Repair/ Up-gradation by way of construction of Retaining Wall including surface drain at various Spots in Allahpora Larkipora and Bonsharan Roads.	11.22	600/-	22440/-	25 days	3054-M&R	D/C/B	R&B Deptt.	1 <sup>st</sup>

Position Of AAA: Accorded  
Position of T.S: Accorded  
Position of funds: Assured

- 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 viewed/downloaded from the departmental website www.jktenders.gov.in as per schedule of dates given below--

1	Date of Issue of Tender Notice	18-03-2026
2	Period of downloading of bidding documents	19-03-2026
3	Bid submission Start Date	19-03-2026
4	Bid Submission End Date	27-03-2026 4:00 PM
5	Date & time of opening of Bids (Online)	28-03-2026 11:00 AM

- Bids must be accompanied with cost of Tender document in shape of Treasury Challan (Dated between bid submission start date and bid submission end date) with NIT No., Serial No. and name of work to be deposited in M.H. 0059 in favour of Executive Engineer R&B Division Tangmarg (tender inviting authority)
- All the bidders must upload Earnest money / Bid security equal to 2% of advertised cost in the shape of CDR/FDR/BG pledged to Executive Engineer R&B Division Tangmarg (tender receiving authority) (The Date of earnest money/Bid security should be between the Bid Submission start date and Bid submission End date, otherwise bids shall be rejected).
- The Successful bidder will have to provide performance security @ 5% of contract value in the form of CDR/FDR/BG pledged to Executive Engineer R&B Division Tangmarg (tender receiving authority) as per rule-171 (l) of GFR 2017. The earnest money/ Bid security @2% shall be released to the successful bidder only on receipt of Performance Security @ 5% of Contract value which shall be released after successful completion of DLP / maintenance period.
- The date and time of opening of Bids shall be notified on Web Site www.jktenders.gov.in and conveyed to the bidders automatically through an e-mail message on their e-mail address. The bids of Responsive bidders shall be opened online on same Web Site in the Office of Executive Engineer R&B Division Tangmarg (tender receiving authority).
- The earnest money/ Bid security in favour of unsuccessful bidder shall be released only after submission of original Treasury Challan.
- The bids for the work shall remain valid for a period of 120 days from the date of opening of Technical bids.
- The earnest money shall be forfeited, if-
  - Any bidder/ tenderer withdraw his bid/ tender during the period of bid validity or make any modifications in the terms and conditions of the bid.
  - Failure of Successful bidder to furnish the required performance security within the specified time limit.
  - Failure of Successful bidder to execute the agreement within 28 days after fixation of contract.
  - Failure of successfully bidder to submit the performance security within the time period (as per JKPWD Engineering Manual 2020) i.e 21 Days from the issuance of latter of acceptance, after that the work will be put to fresh tenders without any notice to the contractor and the EMD will be forfeited.

No: R&B / Divn./ Tang/9038-48  
Dated: 18-03-2026

Sd/-  
Technical Officer

DDPK-12042-25  
DT: 20/03/2026

Sd/-  
Executive Engineer  
R&B Division Tangmarg.

# “Whether Strait of Hormuz or other water passage, India supports free navigation”: MEA

AGENCIES

**NEW DELHI:** India has reiterated its strong support for safe and free navigation through key global maritime routes, including the Strait of Hormuz, amid the West Asia conflict, the Ministry of External Affairs said on Friday.

Addressing the inter-ministerial briefing, MEA spokesperson Randhir Jaiswal said India has consistently maintained that shipping routes across the world must remain open and secure for global trade and energy supplies.

Responding to a question from a reporter, Jaiswal said, “Your question about the Strait of Hormuz. See, whether it is the Strait of Hormuz or any other water passage in the world, it has been our side, India’s side, that we are in favour of safe and free navigation or movement of our ships.”

He added that Prime Minister Narendra Modi has raised the issue with several world leaders during recent conversations.

“On this issue, our Prime Minister has talked to many leaders of the world, about which I had given the details a little while ago. And on this



issue, our talk is going on because it is important for us, not only for us, for the world,” he said.

Jaiswal underlined the strategic importance of the Persian Gulf for global energy supplies, noting that several Indian ships are operating in the area.

“We have 22 ships there and from that area, Persian Gulf, a lot of fuel is supplied to the world. So it is very important for us and for the world,” he added.

He said India has been placing special emphasis on ensuring the security of maritime routes in the region.

“Because of this, you

must have seen that we are giving special emphasis on it, and our Prime Minister also talked to many leaders on this. And on this we are talking,” Jaiswal said.

Earlier, Prime Minister Narendra Modi spoke with five world leaders on Thursday to discuss the evolving situation in West Asia, and stressed the need for dialogue and diplomacy, while condemning attacks on energy infrastructure.

Addressing an inter-ministerial briefing, MEA spokesperson Randhir Jaiswal said the Prime Minister held conversations with leaders of Oman, Malaysia, France,

Jordan, and Qatar.

“Prime Minister has spoken to five world leaders yesterday. He spoke to leaders of Oman, Malaysia, France, Jordan and Qatar. In these conversations, Prime Minister put forth India’s position on the ongoing conflict in West Asia. He highlighted the need to prioritise dialogue and diplomacy for de-escalation and the subsequent restoration of peace and stability,” Jaiswal said.

He added that the leaders also raised concerns over attacks on energy infrastructure and stressed the importance of safe maritime routes. (ANI)

# Constipation no longer a minor complaint, doctors warn

‘Prolonged constipation can cause piles, fissures, serious complications’

JAHANGEER GANAIE

**SRINAGAR:** Doctors in Kashmir are warning that constipation – long dismissed as a minor inconvenience – is becoming increasingly prevalent due to low dietary fibre intake, sedentary lifestyles and dependence on processed foods, and can lead to serious complications if left unaddressed.

Constipation is typically identified by fewer than three bowel movements per week, accompanied by hard stools, difficulty during passage and a lingering sensation of incomplete evacuation. While occasional episodes are common, persistent or chronic constipation requires medical attention.

Dr Aabid Reshie, a general physician at DHSK, said diet was the primary factor in digestive health. “Fibre is essential as it increases stool bulk and facilitates smoother movement through the intestines,” he said, adding that insufficient fibre intake,



low water consumption and processed food dependence were the leading contributors to the condition.

Dr Reshie added that modern lifestyle patterns – long hours of sitting, minimal physical activity, irregular eating schedules and ignoring the natural urge for bowel movements – were aggravating the problem across all age groups. Stress, he said, was another factor that negatively impacted bowel function.

Doctors pointed out that constipation was not always lifestyle-related and

in haemorrhoids, anal fissures, faecal impaction, rectal prolapse and mental distress. “Repeated straining exerts pressure on the rectal region, increasing the likelihood of painful and sometimes severe conditions,” said Dr Rayees Ahmad Lone.

Doctors recommend consuming fibre-rich foods – fruits, vegetables, whole grains and legumes – drinking six to eight glasses of water daily and engaging in regular physical activity such as walking. Establishing a regular bowel routine and not delaying the urge to pass stool are also important.

They advised anyone experiencing persistent constipation lasting more than three weeks, severe pain during bowel movements, blood in stools or sudden changes in bowel habits to seek prompt medical evaluation, as these symptoms may indicate underlying conditions requiring timely treatment—(KNO)

# 1.53 Lakh sheep transported to Kashmir in Ramadan

REHAN QAYOOM MIR

**SRINAGAR:** More than 1.53 lakh sheep were transported to Kashmir in the holy month of Ramadan. The figures available reveal that as many as 1,53,000 sheep were transported into Kashmir during the holy month of Ramadan.

The figures further reveal that over 900 trucks carrying livestock arrived in the Valley from February 19 till March 19.

General Secretary of the Mutton Dealers Association, Mehraj-ud-Din told KNO that from February-19 till March-12, around 30 trucks of sheep were arriving daily to Kashmir.

“This steady supply kept markets well-stocked during most of the fasting month,” he said.

Demand surged sharply in the last week between March-13 and March-19. During that period, 255 trucks carrying sheep entered the Valley, showing a clear spike in consumption,” he added.

He said each truck carries nearly 170 sheep, that amounts to 1,53,000 sheep that were transported to Kashmir valley during the Ramadan.

Traders said the continuous inflow has ensured availability of mutton across markets, even as demand peaks during iftar and evening meals.

Residents also said the surge reflects both seasonal demand and Kashmir’s strong preference for mutton, especially during religious occasions.

Pertinently, the mutton price had taken a jump to Rs 740 per kg last week after a revision by the Butchers’ Association—(KNO)



# PM speaks to King of Bahrain; condemns attacks on energy infra in West Asia

AGENCIES

**NEW DELHI:** Prime Minister Narendra Modi on Friday spoke to King Hamad Bin Isa Al Khalifa of Bahrain and while discussing with him the current situation in West Asia, condemned attacks on the energy and civilian infrastructure in the region.

During his telephonic conversation with the King of Bahrain, the prime minister reiterated the importance of ensuring freedom of navigation and keeping shipping lines open and secure.

“Had a fruitful discussion with the King of Bahrain, His Majesty King Hamad Bin Isa Al Khalifa. Conveyed warm greetings on the occasion of Eid al-Fitr to him and the people of Bahrain.”

“We discussed the current situation in the West Asian region. Condemned attacks on the energy and civilian infrastructure in the region, underscoring their adverse impact on



global food, fuel and fertiliser security,” Modi said in a post on X.

The prime minister also thanked the king for his continued support for the well-being of the Indian community in Bahrain.

This was the second time Modi spoke to the king of Bahrain since the US and Israel attacked Iran on February 28. The Islamic Republic also retaliated by attacking several of its Gulf neighbours.

The prime minister has also spoken to several other world leaders, including those from Saudi Arabia, Jordan, the UAE, France, Malaysia, Israel and Iran since the conflict began. (PTI)

# Adequate security, traffic plans in place for Eid-ul-Fitr: IGP

Greets people on Eid, Navroz, Navratri, Ram Navmi

GMK NEWS NETWORK

**SRINAGAR:** Inspector General of Police (IGP) Kashmir V K Birdi Friday said that adequate security and traffic arrangements have been put in place across Kashmir during Ramdhan and ahead of upcoming festivals.

IGP said police have made arrangements in markets to manage traffic and ensure movement of people. He added that all districts in the Kashmir Valley have been directed to maintain security and regulate markets in view of Eid and the day of Arafah.

The IGP said security



arrangements will be in place at Eid prayer venues, while traffic plans have also been prepared to avoid congestion. He said police stations have been instructed to assist the public to ensure movement.

He further said that several festivals, including Eid, Arafah, Navroz, Navratri and Ram Navmi, are approaching, and measures have been taken to ensure celebrations. (KNS)

# On Eid eve, SSP Traffic urges people to follow traffic advisories

Outlines parking, traffic arrangements for Eid congregation prayers at Dargah

REHAN QAYOOM

**SRINAGAR:** As Jammu and Kashmir gears up to celebrate Eid-ul-Fitr on Saturday, Senior Superintendent of Police (SSP) Traffic Ajaz Ahmed Bhat has appealed to the people to follow traffic advisories and ensure safety of the children.

Talking to the reporters here, SSP Bhat, said, “Arrangements for the major Eid congregation at the Dargah on city outskirts have been finalised.”

While sharing the detailed parking guidelines, the SSP said, “Vehicles coming from Tailbal and Habbak have been allocated parking at Naseem Bagh. Vehicles from Dalgate and Downtown areas can enter through Sir Syed Gate of University, where parking spaces are arranged. For the elderly, rickshaw services are available to reach Asar-e-Sharif comfortably.”

SSP Bhat also addressed concerns over reckless driving by teenage boys: “Many teenagers take bikes without supervision, causing accidents and distress to families



and society. Traffic police take action against violators, including their parents, wherever notices are served,” he said.

The SSP appealed directly to parents, urging them to supervise their children: “Keep your children and their bikes under control. If someone gives a child a license, ensure they wear proper gear, especially helmets and drive safely. On Eid, we often see laxity in supervision, but please prevent unsafe activities and guide your children responsibly.”

“Until people understand the value of being responsible citizens, accidents will continue. Let’s make Eid a time of celebration, safety and responsibility,” he said—(KNO)

# 2 drug peddlers arrested in Awantipora; Contraband substance recovered: Police

AGENCIES

**SRINAGAR:** Continuing its drive against the drug peddlers, Police in Awantipora have arrested two drug peddlers from Reshipora, Awantipora.

According to a statement issued, a Police party of Police Post Reshipora at a checkpoint established at Reshipora-Panzgam Crossing, arrested 02 drug peddler identified as Nazim Hamid son of Ab Hamid Mir resident of Kawani and Faisal Ahmad Bhat son of

Gulzar Ahmad Bhat resident of Dogripora. The arrested persons were travelling in a vehicle (swift) and during search 320 grams of Charas like substance wrapped in maize husk was recovered from their possession. Vehicle bearing registration number JK13J-0219 used in the commission of crime has also been seized. Accordingly, a case vide FIR Number 64/2026 under relevant section of law has been registered at Police Station Awantipora and investigation has been initiated.

# BRO intensifies snow clearance on Mughal, Basohli-Bhaderwah roads

AGENCIES

**JAMMU:** As heavy snowfall disrupted traffic movement in several parts of the Jammu region, the Border Roads Organisation has intensified snow clearance on the Mughal Road and the Basohli-Bani-Bhaderwah road, officials said on Thursday.

Following heavy snowfall in the area on Tuesday, Mughal Road, connecting the twin border districts of Poonch and Rajouri in the Jammu region with south Kashmir’s Shopian, was closed for vehicular traffic. “Snow clearance is underway on Mughal Road



in Poonch after heavy snowfall disrupted connectivity. The Border Roads Organisation’s 79 RCC team is working round the clock to reopen the route swiftly,” officials said.

The BRO’s 52 RCC has cleared the road from Hirpora to Peer Ki Gali, they said, adding that the heavy snowfall on Thursday night made the operation difficult.

The BRO’s Border Roads Task Force under Project ‘Sampark’ also carried out an operation to ensure the recovery of an SUV trapped in heavy snow on Mughal Road, they said.

After heavy snowfall disrupted traffic movement on the Basohli-Bani-Bhaderwah road, the BRO has intensified the clearance operations, officials said,

adding that fresh snowfall took place on Thursday.

Doda district has remained cut off from Kathua for the past two days due to heavy snowfall, with additional deployment of men and machinery to restore traffic, they said.

Another operation is underway to clear a massive landslide at Malai Nallah on the Reasi-Mahore road in Reasi district, they added.

There were multiple landslides on the Reasi-Arnas-Mahore road at Chassana, Malai Nallah and Kansauli, and efforts are being made by the BRO to clear the route, officials said.(PTI)

No: 1/3/Horti/2022-2023-C-4431

**GOVERNMENT OF INDIA**

**ARCHAEOLOGICAL SURVEY OF INDIA SRINAGAR CIRCLE**

141 A/D Green Belt Park, Gandhi Nagar, Jammu - 180004

Dated: 13 MAR 2026

**AUCTION NOTICE**

The auction of fruits of the below mentioned fruitful trees as and where basis is, will be held within the premises of the monument namely Sun Temple, Martand, Anantnag on 25-03-2026 at 2:00 PM.

Sl. No.	Name of Fruit Trees	No. of Trees
1	Walnut Trees	52 Nos
2	Apple Trees	170 Nos
3	Cherry Trees	05 Nos
4	Pear Trees	03 Nos

- The auction will take place on the following terms and conditions:-**
- The bidders will have to deposit a sum of Rs. 5,000/- in the form of Demand Draft as security in favour of the Superintending Archaeologist, ASI, Srinagar Circle, before one hour of the auction to participate in the bid and cash amount will not be accepted under any circumstances. The security amount will be refunded to unsuccessful bidder.
  - The initial bid will start from Rs. 1,00,000/-.
  - On fall of the hammer, the highest bidder has to deposit the full amount on the next working day in the form of Demand Draft in favour of the Superintending Archaeologist, ASI, Srinagar Circle, failing which the security deposit will be forfeited and the bidder will be blacklisted.
  - The undersigned reserves the right to accept or reject the highest bid without assigning any reason.
  - All the fruits on the trees will have to be plucked upto ending of October, 2026 of ripening started, after obtaining the proper authority from the office, failing which Rs. 500/- per day as watch and ward charges will have to be paid.
  - The successful bidder will be responsible for any damage caused to the structure of the monument or any part thereof. The successful bidder will furnish a list of persons engaged for the work to the concerned Horticulture Assistant/Site In-charge.
  - There is no guarantee regarding water supply or other requirements by the department. The department does not undertake any responsibility of ensuring continuous water supply for fruit trees, though authorities will try to maintain the fruit crops in proper condition in the interests of Government and without prejudice to the other day to day horticultural operations.
  - The officer /In-charge reserves the right to dig, plough, burrow, grassing and other purposes whatsoever at any time during the period of contract. The successful bidder shall have no claim for any compensation.
  - The fruits should be removed from the premises after plucking every day. In any case, the garden staff will not be responsible for any theft of fruits.
  - The department is not liable to handover possession of the fruit plant area. The successful bidder will not be entitled to carry any vehicle for any purpose in the Garden and on the lawns or inside the garden/monument.
  - The contractor will not be entitled to any compensation due to damage by natural calamities.
  - The department is not liable for the security of fruit plants after declaration of successful bidder till harvesting of crop.

DIPK-12019-25  
DT: 20/03/2026  
Superintending Archaeologist (I/C)  
Archaeological Survey of India  
Srinagar Circle

Good Morning **Kashmir**

EDITORIAL

## Eid Feasts, Exploited Faith

The arrival of over 1.55 lakh sheep into Kashmir during the holy month of Ramadan should have been a reassuring sign for consumers. With more than 900 trucks carrying livestock into the Valley, supply was not just adequate—it was abundant. Markets remained well-stocked, and there was no real shortage that could justify panic or price shocks. And yet, in the final days leading up to Eid, the price of mutton shot up to an astonishing 740 per kilogram. This is not economics. This is exploitation. Every year, the script remains the same. As soon as a religious occasion approaches—be it Ramadan or Eid—the butcher lobby springs into action, not to serve the people, but to squeeze them. The sudden price hike, despite a steady and even increased supply, exposes a harsh truth: the issue is not scarcity, but unchecked greed. The figures tell their own story. When 255 trucks carrying sheep entered the Valley in just one week, it clearly indicated a surge in supply to match rising demand. Under normal market conditions, increased supply should stabilize prices. But in Kashmir's mutton market, logic is routinely thrown out the window. The so-called justifications offered by the association sound increasingly hollow. Year after year, "revised rates" are announced with little regard for regulation or public distress. There is an unmistakable pattern of hoarding, artificial scarcity, and coordinated price manipulation—especially during festivals when people have little choice but to buy. What makes the situation more troubling is the apparent sense of impunity. The butcher community, or at least a dominant section within it, behaves as if it is above the law. Government-approved rate lists are ignored with ease, and enforcement remains either weak or invisible. Consumers, left with no alternatives, are forced into silent submission. This is not just about rising prices—it is about dignity. It is about the right of ordinary people to celebrate their festivals without being economically exploited. When faith and festivity are turned into opportunities for profiteering, it erodes trust within society itself. Authorities cannot afford to remain passive spectators. Market regulation must be enforced with seriousness, not symbolism. Hoarding and price manipulation should invite strict penalties, not token warnings. The administration must send a clear message that no group, however influential, can override the law. Eid is a time of compassion, restraint, and fairness. It is deeply ironic—and disturbing—that at such a time, sections of society choose to act in ways that are neither ethical nor humane. Kashmir deserves better. Its people deserve to celebrate without being held hostage to artificial price hikes. Until accountability replaces impunity, this cycle of exploitation will continue to stain the spirit of every festival.

# Eid, Toys, And The Innocence We Lost



PEER MOHAMMAD AMIR QURESHI

Not all toys are made of plastic. Some are made of memories, stitched together with love, sacrifice, and the quiet magic of childhood. This is not just a story about toys, it is a story about a time when even the smallest things carried the weight of entire worlds. There are certain days when a simple thought refuses to leave you. It revisits your mind repeatedly, not merely as an idea, but as a quiet tremor that touches the deepest chords of your heart. I believe such moments arrive in everyone's life, subtle, unannounced, yet unforgettable. One such moment found me. While scrolling through Facebook, I came across a birthday post shared by my teacher for his little son. The caption was brief and innocent: "To have toys of his choice." It appeared ordinary, almost casual. Yet something about those words lingered within me. The phrase carried more than celebration; it carried privilege, the privilege of choice, the luxury of desire fulfilled without hesitation. That very evening, as I sat at my shop absorbed in the rhythm of routine, a man entered. His appearance reflected modest means, but his eyes radiated affection. He picked up

*On one side stood a shed-like structure, not built with cement or bricks, but woven from tree branches and dried grass. Stacks of hay were piled high, and I remember a man climbing them with a long wooden pole, adjusting and arranging the bundles for the animals.*

single species standing in orderly rows. It was wild, generous, and beautifully confused. Tall poplar trees guarded its edges like silent sentinels. In the middle stood apple trees, plum trees, and those mysterious trees that bore fruit resembling apples, but smaller, delicate, almost miniature versions of the real ones. Those tiny fruits have long since vanished, as if they belonged only to that chapter of my life. On one side stood a shed-like structure, not built with cement or bricks, but woven from tree branches and dried grass. Stacks of hay were piled high, and I remember a man climbing them with a long wooden pole, adjusting and arranging the bundles for the animals. It was rustic, imperfect, yet to us, it was a stadium grander than any arena in the world. We played there freely. No one complained. No one chased us away. That patch of earth belonged to our laughter. Then, one unforgettable day, as the match was at its peak and I was lost in the thrill of batting, someone came running toward me, calling out breathlessly: "Amira... Amir...! Dady ha che amit!" Your father has arrived! My father, who at that time used to sell shawls in Kolkata, had returned home. Cricket, competition, friendship, everything lost its importance in that instant. I dropped the bat without a second thought and ran toward home, my friends chasing behind me, curiosity and excitement

refused to set. Evening felt as distant as the galaxies themselves. I waited and waited, glancing at the sky repeatedly, wishing darkness would descend faster, because only in the night could their glow reveal its true magic. When night finally arrived, I walked deliberately, slowly, pressing my heels just to watch them shimmer. Each step was a celebration. Each flash felt like applause from the universe. From that day onward, I developed a strange habit, I became mesmerized by lights. Streetlights, fireworks, reflections on water—anything that shimmered held me captive. But nothing ever matched the wonder of those yellow shoes that once turned an ordinary courtyard into my personal constellation. Sometimes I think, it wasn't the shoes that glowed. It was my childhood. I was overwhelmed with happiness that day, the yellow light shoes, the Airbus toy, my world had expanded beyond imagination. I do not even remember when sleep claimed me that night. Perhaps I fell asleep holding my dreams too tightly. Yet among all my childhood treasures, one toy still echoes through my memory more vividly than the rest. It was a puzzle cube. Not an ordinary one, this cube carried the alphabets from A to Z, each letter accompanied by a small drawing. Z for Zebra, B for Ball, 'C for Cat' a tiny universe of learning resting in a child's palms. But strangely, the letter 'A' was missing from its visible

I kept twisting its sides, determined to uncover the missing letter 'A'. I rotated it repeatedly, fascinated by how patterns changed and images shifted. I was certain that if I tried enough times, the letter would reveal itself. But childhood curiosity is often stronger than childhood patience. In my repeated attempts to discover that hidden "A," the cube slipped, strained, and finally broke. I remember the silence that followed. The pieces in my hands felt heavier than before. The magic had fractured. Looking back now, I realize something profound, perhaps the letter "A" was never missing from the cube. Perhaps it was teaching me something far greater: That not everything reveals itself immediately. That some things require time. And that childhood, like that cube, is delicate, once broken, it never returns in the same shape again. Yet even today, when I see a puzzle or hear the hum of a highway, a small boy stands beneath a mulberry tree, calling out for his father, believing the world can be solved, one letter at a time. As my father was about to return home that evening, my elder brother quietly advised me to sleep early and place the broken cube on a shelf, hidden, out of sight, so that my father would not discover what had happened. I obeyed. But it was not sleep that came to me, it was hesitation. Even as a child, I carried a certain fear, a quiet



faces. At that time, I was very young. Our shop stood beside the National Highway, a relentless river of speeding vehicles. Every day, I would carry midday meals to my father. Before leaving home, he would always warn me, "Don't cross the road by yourself. Stand near the mulberry tree and call me." That mulberry tree still stands there, a silent witness to my childhood. I would stand beneath it and shout, "Daedaa... Daedaaa!" And my father would come, take my small hand into his firm grasp, and guide me across that roaring highway filled with rushing cars and impatient horns. In his hand, I felt invincible. One afternoon, I noticed that puzzle cube displayed in the shop. My heart clung to it instantly. I was certain my father would give it to me when I left. But he did not. I consoled myself, perhaps he would bring it home at night after closing the shop. When I reached home, I spoke of nothing else. I told my mother again and again, perhaps a thousand times, about the cube with engraved animals and letters. I described it in such detail that even she must have memorized it without seeing it. Finally, slightly irritated by my persistence, she said, "Go and bring it." Permission granted. Excitement blinded caution. The shop was nearly a kilometer away, and in my eagerness, I forgot the most important rule. I forgot to call my father to help me cross the highway. When I suddenly appeared before him, he looked astonished. "What are you doing here?" I replied innocently, "Mummy chay dapan ye diyoer." Mother is asking for this cube. He paused and asked, "How does your mother know about it?" But he handed it to me. In that moment, I was over the moon. The cube in my hands felt no less than magic. I ran back home, clutching it like a sacred possession. I proudly told my elder brother, "This is mine. It belongs to me. No one else has any right over it." It was not just a toy, it was ownership, discovery, identity.

reluctance before my father. And perhaps, truth be told, a part of that hesitation still lingers within me. That night, I went to bed unusually early. Not out of rest, but out of pretense. I closed my eyes and pretended to sleep, as though silence could conceal both the broken toy and my fragile guilt. Then came the memories of Eid, not the Eid of today, but the Eid of childhood. Those were nights when sleep would abandon us completely. I would lie awake, imagining how my new clothes would look, how they would fit, how I would walk among friends wearing them. Excitement would not let my eyes close. Ah, those carefree days... how swiftly they passed. I do not remember when that eagerness faded, when the desire to wear new clothes for Eid quietly dissolved into indifference. Today, the festival arrives, but that restless joy no longer accompanies it. Back then, Eid was incomplete without toys. I would rush eagerly to the market, my heart set not on sweets, but on playthings. My mother would often caution me, "Don't waste money on firecrackers, bring something to eat instead." But childhood has its own logic. I would return with toy pistols, revolvers filled with tiny yellow bead-like bullets, or those metal guns in which a strip of firecracker would roll. The moment the trigger was pressed, it would produce that sharp crack, followed by a faint, lingering smell of burnt powder. That sound... that scent... it was chaos, joy, and celebration woven together. Those toys were never just objects. They were moments of rebellion, excitement, and identity, small declarations of happiness in a child's world. Today, when I look back, I realize, it wasn't the toys, the clothes, or even the festival itself that made those days special. It was the innocence with which we lived them.

Author is a columnist. He can be mailed at [ehsaanamy133@gmail.com](mailto:ehsaanamy133@gmail.com)

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Editor, Owner, Printer, Publisher

Javed Ashraf Shah

Associate Editors

Mir Suhail

Sulaiman Muhammed Shah

Legal Advisor

Bashir Sidiq

Bureau Chief Jammu:

Harbans Nagokay

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Regd No: 109555

Office No: 0194-3593724

Email:

[goodmorningkashmir@gmail.com](mailto:goodmorningkashmir@gmail.com)

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■ Eid-ul-Fitr

# The Festival Of Gratitude, Humanity And Brotherhood

MOHD AMIN MIR

**E**id-ul-Fitr stands as one of the most radiant festivals in the Islamic calendar, marking the culmination of the sacred month of Ramadan. It is not merely a celebration of the end of fasting; rather, it is a profound spiritual milestone that symbolizes gratitude, self-purification, compassion, discipline, equality, and universal brotherhood. For millions across the globe, including the people of Jammu and Kashmir, Eid-ul-Fitr is both a religious duty and a social covenant, a reminder that faith must translate into character, and worship must reflect in conduct.

In a world increasingly divided by conflict, mistrust, and material pursuits, Eid-ul-Fitr arrives each year as a gentle but powerful reminder of humanity's shared destiny. It is a festival that dissolves barriers of class and caste, transcends geographical boundaries, and calls upon human beings to renew their commitment to justice, mercy, and collective harmony.

As the crescent moon is sighted and hearts overflow with joy, the air resonates with the timeless greeting: Eid Mubarak. Yet behind these words lies a deeper message, a message of service, integrity, social responsibility, and unity. It is in this spirit that the Jammu & Kashmir Patwaris Association extends its heartfelt greetings to all countrymen, reaffirming its commitment to ethical public service and communal harmony. The history of Eid-ul-Fitr is intrinsically linked with the advent of Islam in the 7th century. When Prophet Muhammad (peace be upon him) migrated from Makkah to Madinah in 622 CE, an event known as the Hijrah, he found the people of Madinah celebrating certain traditional festivals. According to Islamic tradition, he informed them that Almighty Allah had replaced those days with two better festivals: Eid-ul-Fitr and Eid-ul-Adha.

Thus, Eid-ul-Fitr emerged not as a cultural inheritance but as a divinely ordained occasion connected directly to the month of Ramadan. Ramadan itself is the month during which the Holy Qur'an was revealed as guidance for mankind. Fasting during Ramadan became an obligatory pillar of Islam, a spiritual discipline designed to purify the soul, cultivate self-restraint, and develop empathy for the less fortunate.

Eid-ul-Fitr, therefore, is the celebration of successful spiritual endurance. It is a thanksgiving festival, an expression of gratitude to the Almighty for granting believers the strength to observe fasting, engage in prayer, perform acts of charity, and reform their moral character.

From the early days of Islam, Eid prayers were performed collectively in open grounds, symbolizing unity and equality. Rich and poor, ruler and subject, scholar and laborer stood shoulder to shoulder in prayer. This image of unity continues to define Eid celebrations today.

To understand the importance of Eid-ul-Fitr, one must understand the transformative nature of Ramadan. Fasting is not merely abstinence from food and drink; it is abstinence from negativity, anger, dishonesty, and injustice. It is a training ground for the soul.

During Ramadan, believers wake before dawn for Sehri, observe daily prayers with greater devotion, recite the Qur'an, and engage in increased charity. Nights are illuminated by special congregational prayers known as Taraweeh. The final ten nights carry heightened spiritual significance, including the revered night of Laylat-ul-Qadr (the Night of Power), believed to be better than a thousand months.

When Ramadan concludes, Eid-ul-Fitr symbolizes spiritual rebirth. It is as though a believer emerges from a month-long journey cleansed of sins, fortified in discipline, and recommitted to ethical living. The joy of Eid is therefore not indulgent, but grateful; not excessive, but



reflective.

One of the most significant features of Eid-ul-Fitr is Zakat-ul-Fitr (also called Sadaqat-ul-Fitr), a mandatory charity given before the Eid prayer. Its purpose is twofold: to purify the fasting person from any shortcomings committed during Ramadan, and to ensure that even the poorest members of society can participate in the festivities. This charitable obligation underscores

*In a world increasingly divided by conflict, mistrust, and material pursuits, Eid-ul-Fitr arrives each year as a gentle but powerful reminder of humanity's shared destiny. It is a festival that dissolves barriers of class and caste, transcends geographical boundaries, and calls upon human beings to renew their commitment to justice, mercy, and collective harmony.*

Islam's emphasis on social justice and economic equity. Eid cannot be complete if hunger exists in one's neighborhood. The act of giving transforms individual celebration into collective happiness. In contemporary societies marked by widening economic disparities, the philosophy of Zakat-ul-Fitr offers a powerful model for inclusive celebration. It teaches that joy multiplied is joy shared.

In Jammu and Kashmir, Eid-ul-Fitr carries a unique cultural flavor shaped by centuries of spiritual

tradition, Sufi influence, and communal coexistence. From the historic congregational prayers at the revered shrines and Eidgah grounds to the warmth of family gatherings, the festival reflects both devotion and heritage. The valleys and towns resonate with Takbeerat (proclamations of God's greatness), children don new clothes, elders exchange greetings, and households prepare traditional dishes. The fragrance of Kehwa, the sweetness of Sheer Khurma, and the spirit of hospitality create an atmosphere of shared joy. Importantly, Eid in Jammu and Kashmir has always been an occasion of inter-community goodwill. Neighbors from different faiths exchange greetings, reinforcing the region's composite culture. In times when social harmony faces challenges, such gestures carry profound meaning.



At its core, Eid-ul-Fitr is a proclamation of humanity. The month of fasting teaches empathy — a wealthy person experiences hunger and understands the pain of the deprived. This lived experience transforms compassion from abstract virtue into practical responsibility. The Qur'anic message emphasizes that righteousness is not merely ritual performance but moral conduct. Thus, Eid becomes a checkpoint — a question posed to every believer: Has Ramadan changed you? Are you more patient, more honest, more compassionate?

Eid-ul-Fitr is perhaps the most visible manifestation of Muslim unity. Millions gather in synchronized prayer, bowing and prostrating in harmony. This collective act symbolizes equality before the Creator. Yet the concept of brotherhood in Islam extends beyond the Muslim

community. The Prophet Muhammad (peace be upon him) established covenants with people of different faiths, emphasizing mutual protection and respect. The Constitution of Madinah stands as one of history's earliest examples of pluralistic governance. Therefore, the brotherhood celebrated on Eid is inclusive. It calls upon believers to contribute positively to the societies in which they live, to uphold law and order, and to respect diversity.

In a country as vast and varied as India, this message resonates deeply. Unity in diversity is not a slogan but a living principle — one that festivals like Eid reinforce year after year. Ramadan's discipline does not end with Eid. It must translate into ethical conduct in professional and civic responsibilities. For public servants, this responsibility carries special weight. Integrity, transpar-

ency, and accountability are not administrative slogans; they are moral obligations. A fasting person who refrains from food but engages in dishonesty contradicts the very spirit of Ramadan. Eid therefore becomes an occasion for renewed commitment — a pledge that public duty will be performed with sincerity and fairness.

On this auspicious occasion of Eid-ul-Fitr, the Jammu & Kashmir Patwaris Association extends its heartfelt greetings to all countrymen across India and beyond. The Association recognizes that public service is a sacred trust. Patwaris, as custodians of land records and revenue administration, play a crucial role in safeguarding citizens' rights. Land is not merely property; it is identity, livelihood, and heritage. The Association believes that the ethical transformation fostered during Ramadan

must reflect in professional conduct throughout the year.

It extends warm greetings of Eid Mubarak to every farmer, laborer, teacher, soldier, entrepreneur, and civil servant — acknowledging that nation-building is a collective effort.

India's strength lies in its pluralism. Festivals of different faiths are shared experiences. Eid-ul-Fitr, like Diwali, Christmas, Baisakhi, and other celebrations, contributes to the mosaic of Indian culture. The greeting of Eid is not confined to one community. It is an invitation to shared joy. When neighbors visit each other's homes and exchange sweets, they reaffirm social bonds that no political rhetoric can weaken.

In times when polarization threatens harmony, the ethical message of Eid becomes especially relevant: compassion over hatred, dialogue over division, justice over prejudice.

In an age dominated by digital distraction and material aspiration, Ramadan's restraint is countercultural. It teaches mastery over desire — a quality essential for leadership and success. Young minds must understand that Eid is not merely about new clothes or festivities; it is about inner transformation. Women play a central role in Ramadan and Eid preparations — nurturing families, organizing charity, and sustaining tradition. Their contribution often remains unrecognized but is foundational. Islamic history itself highlights the moral and intellectual contributions of women. From the earliest days of Islam, women participated actively in social, economic, and educational spheres.

Eid therefore is also a moment to appreciate the dignity and empowerment of women within the framework of faith and family.

Eid-ul-Fitr is a vibrant celebration, but its roots run deep into rich legends that add layers of meaning to the festivities. One such fascinating tale recounts the very birth of Islam's holy book, the Quran. Legend has it that during the holy month of Ramadan, Prophet Muhammad received a divine revelation from Allah, delivered through the angel Jibril. Ramadan serves as a time to commemorate this momentous occasion.

Another story unveils the origins of Eid celebrations themselves. According to this legend, Prophet Muhammad encountered people celebrating two days with great joy and festivities. Recognising the importance of marking the end of a holy month with celebration, he declared two special days of Eid for Muslims, a tradition that continues to this day.

A final legend sheds light on the spirit of Eid. It's said that Prophet Muhammad's father-in-law once requested singing girls to stop their performance upon his arrival. However, upon realising it was Eid, a day of celebration, Muhammad allowed the music to continue. This simple act highlights the spirit of Eid — a time for joy, merriment, and togetherness.

Eid-ul-Fitr is more than just a festival, it's an invitation to experience the warmth of Indian hospitality, to witness age-old customs come alive, and to create memories that will stay with you long after the festivities have ended. So, come, and immerse yourself in the magic of Eid-ul-Fitr!

Jammu and Kashmir, like many regions, has witnessed periods of turbulence. In such contexts, festivals become moments of collective healing. Eid-ul-Fitr invites introspection: How can communities rebuild trust? How can public institutions strengthen credibility? How can citizens contribute positively to peace? The answers lie not in grand declarations but in daily conduct — honesty in transactions, fairness in judgment, kindness in speech. As the crescent moon announces Eid-ul-Fitr, it also heralds responsibility. The month of fasting may conclude, but the journey of righteousness continues.

The author can be mailed at miramin354@gmail.com

# St. Joseph's Church celebrates 100 Years of faith, service

AMANJEET SINGH

**BARAMULLA:** In a momentous celebration of faith and legacy, St. Joseph's Church, Baramulla, observed its centenary, marking 100 years of dedicated missionary service, compassion, and community building. The grand event brought together an esteemed gathering of civil and military leaders, religious dignitaries, and the local community, all united to honor an institution that has profoundly shaped the region for a century.

The centenary celebrations were held at the St. Joseph's Campus, paying tribute to the visionary missionaries who established the church in 1925. What began as a modest initiative to serve a small minority community has evolved into a cornerstone of society.

Today, the institution includes a prominent educational wing with over 70 classrooms educating more than 4,000 students, complemented by a hospital that continues to provide vital care to thousands in the valley.

The commemorative events commenced at 10:30 a.m. with a Solemn Eucharistic Celebration, marking a century of spiritual legacy. The service was presided over by Archbishop Anil Couto of Delhi, who led the faithful in a moving thanksgiving for the Church's enduring mission. He was accompanied by a distinguished circle of clergy, including Bishop Ivan Albert Perreira of the Diocese of Jammu-Srinagar, Bishop Jose (Auxiliary Bishop of Faridabad), Bishop Ignatius (Emeritus Bishop of Shimla-



Chandigarh), and Bishop Deepak (Auxiliary Bishop of Delhi). The atmosphere was

marked by deep devotion as clergy and community members traveled from across the Union Territory and other

parts of the country to participate. Following the religious service, the program opened with a reverent rendition of

the national anthem and a warm welcome address by Rev. Fr. Soosai Rajan, Parish Priest and Vice Principal of St. Joseph School, Baramulla.

A highlight of the afternoon was a captivating dance-drama performed by students, which vividly depicted the missionaries' inspiring journey—from their humble and challenging beginnings to a century of unwavering humanitarian commitment.

The event was graced by high-ranking officials who spoke on the institution's impact. The Chief Guest was Javid Ahmad Dar, Cabinet Minister for Agriculture Production, Rural Development & Panchayati Raj, Cooperative, and Election Departments. The Guest of Honour was Major General Manoj Joshi, General Officer Commanding,

19 Infantry Division, Chinar Corps, Indian Army.

The gathering also saw attendance from key local leaders, including Mr. Javed Hassan Beigh (MLA Baramulla), Mr. Irfan Hafiz Lone (MLA Wagoora-Kreeri), and senior security officials such as Mr. Maqsood-ul-Zaman (DIG Police North Kashmir) and Mr. Gurvinderpal Singh (SSP Baramulla), alongside Deputy Commissioner Mr. Syed Fakhruddin Hamid.

The celebration concluded with a Vote of Thanks proposed by Rt. Rev. Bishop Ivan Albert Perreira. The event ended on a heartfelt note of optimism, affirming that the core values of faith, compassion, and excellence instilled over the last 100 years will continue to guide and inspire future generations of Baramulla.

## B'pora finalizes arrangements for "Vande Mataram" Special Phase celebrations

GMK NEWS NETWORK

**BANDIPORA:** District Administration Bandipora on Friday finalized the preparations for the celebration of "Vande Mataram" Special Phase, commemorating 150 years of national pride, scheduled to be observed from March 23 to March 31, 2026.

The preparations were reviewed during a virtual meeting chaired by Additional Deputy Commissioner (ADC) Bandipora, Zaffar Husson Shawl, to discuss and finalize necessary arrangements for the smooth conduct of the programme across the district.

During the meeting, detailed discussions were held regarding the organization of activities aimed at ensuring wide participation from educational institutions and the general public to mark the historic occasion. The ADC stressed the importance of coordinated efforts among departments to cele-

brate the spirit of patriotism and honour the sacrifices of the nation's bravehearts.

It was informed that a series of activities including mass singing of "Vande Mataram," awareness programmes, and cultural events would be organized across schools, colleges, and public institutions during the celebration period.

The meeting also highlighted the need to create awareness about the historical significance of "Vande Mataram" and encourage public involvement in the celebrations.

Among others, the meeting was attended virtually by Programme Officer ICDS Bandipora; Sub-Divisional Magistrates of Sumbal and Gurez; principals of degree colleges across Bandipora, Ajas, Sumbal, Hajin, Gurez and Tulail; Deputy Superintendent of Police (Headquarters); District Information Officer; Assistant Regional Transport Officer, and other concerned officers.

## Ladakh LG meets Prime Minister Modi

GMK NEWS NETWORK

**NEW DELHI:** The Lieutenant Governor of Ladakh, Vinai Kumar Saxena, on Friday met Prime Minister Narendra Modi in the national capital.

The office of the Lieutenant Governor reiterated the commitment to fulfil the Prime Minister's vision for Ladakh's development and mark it among the top tourist sites on the world's tourism map.

The office of the Lt. Governor, Ladakh, shared on X, "LG, VK Saxena, today called on Prime Minister @narendramodi ji and sought his valuable guidance and blessings. Saxena has expressed his resolve to fulfil PM's larger vision for the development of Ladakh and positioning it as a leading destination on the world's tourism map."

Taking it to X, the Prime Minister's office also wrote, "Lieutenant Governor of Ladakh, Vinai Kumar Saxena, met Prime Minister @narendramodi."

Earlier on March 14, Kumar welcomed the decision of the Union Home Ministry to revoke the detention of social activist Sonam Wangchuk, stating that it was a positive step by the Central Government towards fostering an



environment of peace, harmony, stability and mutual trust in the Ladakh region.

According to an official release, the Lieutenant Governor emphasised that Ladakh has always been known for the patriotic spirit, nationalism, and peaceful nature of its people. He observed that these values are deeply embedded in the culture and traditions of the region and have played a vital role in maintaining harmony and

social cohesion.

Saxena stated that all concerns and issues can be resolved amicably through constructive dialogue and mutual understanding. He underlined that there is no place for agitation, bandhs, or violence in Ladakh and stressed that such actions do not contribute to meaningful progress. Instead, he said, the path of cooperation and peaceful engagement should be followed to achieve lasting solutions.

## DSEJ Extends Eid Greetings, Invoking Compassion, Shared Humanity

GMK NEWS NETWORK

**JAMMU:** The Director School Education Jammu, Dr. Naseem Javaid Chowdhary extended his heartfelt greetings to students, their parents, the teaching fraternity, and all staff members of the Directorate.

In his message, Dr. Chowdhary observed that Eid is not confined to rituals or festivity alone; it is, at its core, a reminder of compassion, gratitude and the dignity of sharing. It calls upon individuals to look beyond themselves, to acknowledge the unseen, to uplift the unheard and to strengthen the quiet bonds that hold communities together.

Addressing the student community, he emphasized that the essence of Eid resonates deeply with the purpose of education,

instilling discipline, nurturing empathy and guiding individuals toward becoming responsible and conscientious members of society.

To the teaching fraternity and staff, he acknowledged their steadfast commitment in shaping not only academic growth but also the moral and social fabric of the younger generation.

Extending his wishes to parents, he recognized their invaluable role as the first guides and mentors, whose influence continues to shape values and character far beyond the classroom.

He expressed hope that the spirit of Eid would inspire all to carry forward its message in their daily lives, not merely as a moment of celebration, but as a sustained commitment to kindness, harmony and mutual respect.

## FROM THE FRONT PAGE .....

### Tears, Faith Mark

continues to remain under house arrest, drawing concern among devotees.

Meanwhile, at Hazratbal Dargah, a sea of people queued for prayers, many seen in tears, quietly praying not just for themselves but for those suffering across the world.

"This Ramadan felt different," said a woman from Ganderbal. "Every prayer included people in war, in hardship. Today, it felt heavier."

Across districts of Kashmir and parts of the Jammu division, similar scenes unfolded, as mosques overflowed with worshippers marking the spiritual significance of the day.

Amid these emotional gatherings, National Conference president Dr Farooq Abdullah expressed concern over the ongoing Middle East conflict, urging an immediate end to hostilities.

"I pray that this war comes to an end, peace is restored, and people can live in comfort and safety," he told reporters in Srinagar.

"It will have very severe consequences. Not only our country, but the entire world will be affected. That is why this war must stop as soon as possible," Dr Farooq added.

Notably, across Jammu and Kashmir, the last Friday of Ramadan was marked by an overwhelming outpouring of faith and emotion, as mosques, shrines and Eidgahs in districts including Anantnag, Baramulla, Kupwara, Budgam, Pulwama, Bandipora, and Srinagar witnessed massive congregations—(KNO)

### J&K To Observe

extend kindness and lend a helping hand to those in need," he said.

The Chief Minister observed that the festival reflects the rich ethos of communal harmony, shared heritage and cultural inclusivity that defines Jammu and Kashmir, reinforcing the spirit of unity and peace.

The Chief Minister also extended warm greetings to the people on the auspicious occasion of Nauroz.

He said that Nauroz festival marks the arrival of spring and the beginning of the Persian New Year, symbolizes renewal, hope, harmony and prayed for peace to prevail in the

world.

Deputy Chief Minister, Surinder Choudhary also extended warm greetings to the people on the auspicious occasions of Eid-ul-Fitr and Nauroz.

He said that both the festivals hold immense religious and cultural significance and reflect the rich composite heritage of Jammu and Kashmir.

The Deputy Chief Minister extolled that Eid-ul-Fitr marks the culmination of holy month of Ramzan-ul-Mubarak, symbolising compassion, gratitude and generosity. He said that Nauroz, to be celebrated on March 21, heralds the arrival of spring and is observed with great religious as well as cultural fervour and joy.

### Dry Spell Likely From

to 25, the weather is likely to remain generally dry across the Union Territory, with a brief spell of light rain or snowfall at isolated places on March 23.

For the subsequent period from March 26 to 28, officials have forecast generally cloudy conditions with light rain in the plains and snowfall over the higher reaches at a few places. Another spell of light to moderate rain in plains and snowfall in higher reaches is expected at many places between March 29 and 31, the MeT office said.

Meanwhile, the department has issued an advisory stating that day temperatures are expected to rise gradually from March 21 onwards.

It warned of the possibility of thunder and gusty winds with speeds reaching 40-50 kmph, along with hailstorms at isolated locations.

Farmers have been advised to resume agricultural operations from March 21, keeping in view the expected improvement in weather conditions, officials said.

The Jammu and Kashmir Disaster Management Authority on Friday issued an avalanche warning for higher reaches of north Kashmir, cautioning that areas above 2,600 metres in Baramulla and Kupwara districts are likely to face medium danger levels over the next 24 hours.

The authority advised residents, especially those in vulnerable locations, to remain alert and avoid venturing into avalanche-prone zones, stressing strict adherence to safety

guidelines as conditions remain conducive for avalanche activity.

Officials also urged the public to follow regular updates and take necessary precautions to ensure safety—(KNO)

### J&K To Host Mega Travel

positioning Kashmir as a premier global travel destination. (KNS)

### Premium Petrol Prices

petrol variants, instead of raising prices of regular petrol and diesel, which are more widely used.

The government has said the increase is limited to premium fuels and not a broader revision.

"Only premium category petrol prices have increased. Prices of petrol and diesel have been deregulated, and any price hike is a corporate decision," Sujata Sharma, Joint Secretary in the Ministry of Petroleum and Natural Gas, said.

It may be noted that there has been no change in regular petrol and diesel prices, which continue to remain stable across major cities including Delhi, Mumbai, Bangalore, Hyderabad and Chennai.

Fuel prices for standard petrol have remained unchanged for an extended period despite volatility in global crude oil markets, as policymakers remain cautious about inflation.

Since premium petrol accounts for a smaller share of consumption, it allows companies to adjust prices without affecting the broader public. For most consumers, the immediate impact is limited as regular petrol prices remain unchanged.

However, users of high-octane fuels such as XP95 and Power petrol will see a marginal increase in fuel expenses.

At the same time, the move signals that cost pressures are building in the fuel system. If crude oil prices remain elevated, broader fuel price adjustments cannot be ruled out.

### Stranded Indian

where procedural delays continue to hamper movement.

Parents of stranded students have expressed growing concern, urging

Eid Al-Fitr Mubarak

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**IT IS SAFE TO CONSUME 1 TO 2 TABLESPOONS OF** ground flaxseed daily. Consuming flaxseeds with water in the morning can kick-start your metabolism and improve digestion.

# This Is The **RIGHT WAY** To Eat Flaxseeds For Maximum Benefits

**F**laxseeds can boost your overall nutrient intake instantly, making them an excellent addition to your daily diet. These tiny seeds are a good source of alpha-linolenic acid (ALA), a type of plant-based omega-3 fatty acid. These fats are known to support heart health, reduce inflammation, and promote brain health. Flaxseeds are also loaded with dietary fibre, which aids digestion, helps maintain regular bowel movements, and can contribute to weight management by promoting a feeling of fullness. Additionally, flaxseeds are known to promote healthy cholesterol levels, balance hormones, and offer powerful antioxidant properties.

While flaxseeds are highly beneficial, not many use them correctly. Consuming flaxseeds in their original form may not help you receive maximum nutrition. Here's the right way to these seeds that can help you reap all the benefits.

#### Best way to consume flaxseeds

Whole flaxseeds have a tough outer shell that often resists digestion, meaning they may pass through your system without releasing their nutrients.

To get the maximum health benefits from flaxseeds, you should consume them in ground (milled) form. Grinding them makes it easier for the body to absorb their nutrients.

You can use a coffee grinder or food processor to break the seeds. This will help unlock the omega-3 fatty acids (ALA), lignans (antioxidants), and soluble fibre inside. However, ground flaxseed can go rancid quickly due to oxidation. For maximum potency, grind in smaller quantities or store larger batches in an airtight container in the refrigerator or freezer.

You can also consume them after soaking. Soak whole or ground seeds in water overnight. This creates a gel-like substance that can improve gut health and boost hydration.

#### How much to consume and when

It is safe to consume 1 to 2 tablespoons of ground flaxseed daily. Consuming flaxseeds with water in the morning can kick-start your metabolism and improve digestion. You can also consume a tablespoon before meals. This can help you feel full faster, which may aid in weight management.



#### Ways to use flaxseeds

Blend ground flaxseeds into your smoothies for an easy nutrition boost.

Incorporate ground flaxseeds into baked goods like muffins, pancakes, and bread. A common substitution is using 1 tablespoon of ground flax mixed with 2.5 tablespoons of water as a replacement for one egg.

You can sprinkle ground flaxseeds on top of salads, yogurt, or oatmeal for added texture and nutrition.

#### nutrition.

You can also use flaxseed oil in salad dressings or drizzled over cooked vegetables, but avoid using it for high-heat cooking as it can degrade its beneficial properties.

#### Other tips to follow

Keep flaxseeds in an airtight container in the refrigerator or freezer to maintain freshness and prevent them from going rancid.

If you're new to flaxseeds, start with a small

amount, which is about 1 tablespoon per day, to allow your digestive system to adjust and gradually increase as needed.

Since flaxseeds are high in fibre, ensure you're drinking plenty of water throughout the day to help with digestion.

Try to pair flaxseeds with other nutrient-dense foods to enhance their overall health benefits.

If you are pregnant, nursing, or have hormon-

al-related health conditions, speak with your doctor before adding large amounts to your diet.

Incorporating flaxseeds into your diet is a simple yet effective way to boost nutrition and support overall health. Whether you add them to your morning smoothie, sprinkle them on salads, or use them in baking, they can help you enhance overall nutrient intake effortlessly.

(courtesy NDTV.com)

## Milk Alone Is Not Enough For Your Child's Growth, Nutritionist Explains Why

**I**n many Indian homes, milk is seen as the ultimate growth drink. From toddler years to teenage exams, a daily glass is almost non-negotiable. Parents often measure nutrition by it. If the child drinks their milk without fuss, it feels reassuring.

Milk does offer important nutrients. It



provides calcium for bones and protein for growth. But real growth is bigger than one glass. A child's body needs a mix of nutrients every single day. And no single food,

not even milk, can do that job alone.

Nutritionist Lovneet Batra has shared an important reminder on Instagram. "Think milk alone is enough for your child's growth? Think again," she writes. Her message is simple. Milk is good, but it is not a complete food.

#### Milk Is Not Nutritionally Complete

Milk provides calcium and protein. But it does not give enough iron, fibre, or vitamin

C. These nutrients are important for brain development, immunity, digestion and steady growth. No single food can meet all of a child's needs.

#### Growth Depends On Variety

Children grow well when they eat a mix of foods - dals, vegetables, fruits, whole grains, nuts, eggs or other protein sources. A balanced plate matters more than one daily habit. Along with food, deep sleep

and physical activity also support proper growth.

#### Too Much Milk Can Reduce Appetite

When kids drink too much milk, they may feel full. That often means they eat less solid food. Over time, this can reduce iron intake and limit food diversity. And real nutrition comes from proper meals, not just liquids.

#### Some Children May Not Tolerate Milk

If a child feels bloated, constipated, or

uncomfortable after drinking milk, it is okay to cut back. Milk is optional if the overall diet is balanced and nutrient-rich.

Lovneet Batra's final message is practical. "Balanced meals matter more than a glass of milk." Children can grow perfectly healthy without daily milk, as long as their meals are diverse and consistent. Good sleep and active play also play a big role.

(courtesy NDTV.com)

# Iranian Navy at the bottom of the sea, claims Trump



**WASHINGTON:** President Donald Trump said Friday that Iran's navy was now "at the bottom of the sea" as he opened a White House event honouring the Navy Midshipmen with an extended defence of US military action against Tehran.

Speaking at the Commander-in-Chief's Trophy presentation in the East Room, Trump began his remarks with a sweeping claim about the ongoing conflict. "We're doing extremely well in Iran," he said, adding that "they had a Navy two weeks ago, they have no Navy anymore, it's all at the bottom of the sea, 58 ships knocked down in two days."

He asserted that US forces faced little resistance. "It's not even a contest," Trump said, adding, "We have the greatest navy anywhere in the world. It's not even close."

Trump again stressed that preventing Iran from acquiring nuclear weapons remained central to US policy. "We're not going to let them have nuclear weapons because if they had them, they'd use them, and we're not going to let that happen," he said. "It should have been done a long time ago by other Presidents."

The president described the scale of military operations as unprecedented, saying Iranian capabilities had been dismantled across domains. "Their Navy's gone, their air force is gone, their anti-aircraft is all gone, it's all gone, their radar is all gone," he said, adding that "their leaders are all gone."

He suggested that the situation had left Iran without a functioning leadership structure. "We want to talk to them, and there's nobody to talk to," Trump said. "We have nobody to talk to, and you know what? We like it that way."

Trump praised senior defence officials involved in the operations. He said Secretary of War Pete Hegseth "is doing a fantastic job" and described Chairman of the Joint Chiefs Dan Caine as "doing a great job as good as anybody's ever seen."

He also referred to past military decisions to underline his leadership approach, recalling a campaign against ISIS. "He did it in less than four weeks; he defeated ISIS," Trump said.

The remarks came during a ceremony to honour the Navy Midshipmen football team, which Trump described as having achieved "one of the most impressive seasons in Navy football history."

He congratulated the team for its 11-2 record and victory over Army, calling the season "truly a season for the ages." Trump also said he would host the players at the Oval Office and present them with medals.

During the event, Trump signed an executive order to reserve the second Saturday in December exclusively for the Army-Navy football game. "Nobody's playing football... the only game that's going to be played," he said, adding, "we'll probably get sued at some point... but we win those suits."

The president also touched briefly on domestic issues, including media criticism and his support for banning transgender athletes from women's sports.

The ceremony was attended by military officials, lawmakers, former administration officials, players, coaches, and academy leadership.

In closing, Trump linked the team's success to military service, noting that graduating players would soon become officers. "We have the greatest military in the world," he said, adding, "We're proving that."

# CBI grills Anil Ambani for 2nd consecutive day in Rs 2,929 crore SBI fraud case

IAN S

**NEW DELHI:** Reliance Group chairman Anil Ambani was interrogated by the CBI here for seven hours on Friday for the second day in a row in connection with the alleged Rs 2,929.05 crore SBI fraud case.

The CBI had registered an FIR on August 21, 2025, following a complaint filed by SBI over allegations of fraud to the tune of Rs 2,929.05 crore on the public sector bank, in which Reliance Communications Limited, Anil D. Ambani and others, including unknown public servants, are accused.

During the investigation of this case, the CBI had summoned accused Anil Ambani for interrogation on Thursday at the CBI Head Office in Delhi. Since the interrogation remained incomplete on Thursday, he was summoned again to the CBI office on Friday, a senior official said.

A criminal case was registered against Reliance Communications Limited, Anil D Ambani



and others unknown including unknown public servants on the complaint dated August 18, 2025 from the State Bank of India (SBI) which is the lead bank in the consortium of 11 banks-- Bank of India, Central Bank of India, UCO Bank, Union Bank of India, e-Corporation Bank, Canara Bank, e-Syndicate Bank, Indian Overseas Bank, IDBI Bank Limited, and e-Oriental Bank of Commerce that had extended loans to the Anil Ambani group.

The complaint is based on a forensic audit report that alleges large-scale diversion and misutilization of loan funds through

interlinked and circuitous transactions among group entities during the period 2013-17, resulting in wrongful loss of Rs 2929.05 crore to SBI out of total exposure of Rs 19, 694.33 crore involving 17 public sector banks, according to an official statement.

Subsequent to the registration of the case, separate complaints were received from Punjab National Bank, Bank of India, Union Bank of India, UCO Bank, Central Bank of India, IDBI Bank and Bank of Maharashtra.

Further, another case has been registered against Reliance Communications Limited, Anil D Ambani

and others unknown, including unknown public servants, on February 25, 2026, on the basis of a complaint dated February 24, 2026, received from Bank of Baroda, which includes exposure of e-Dena Bank and e-Vijaya Bank, the statement explained.

Also, another case has been registered against Reliance Communications Limited, its directors Anil D Ambani, Manjari Ashok Kacker and others unknown, including unknown public servants, on March 5, 2026, on the basis of a complaint dated February 2, 2026, received from Punjab National Bank, which includes exposure of e-United Bank of India.

The CBI obtained search warrants from the court of the Special Judge for the CBI, Mumbai and conducted searches at two official premises of Reliance Communications Limited, residential premises of Anil D Ambani, all in Mumbai, on August 23, 2025. Several incriminating documents were taken into possession during the searches, the statement added.

# India sends medical aid to Afghanistan after Pakistan's brutal airstrikes on Kabul

IAN S

**NEW DELHI:** India on Friday delivered a 2.5-tonne consignment of emergency medicines, medical disposables, kits and equipment to Afghanistan to support the medical treatment of those injured in Pakistan's recent attack on hospital in Kabul.

Ministry of External Affairs (MEA) spokesperson Randhir Jaiswal stated that India will continue to provide humanitarian support to Afghanistan in this difficult time.

"To support the medi-

cal treatment and swift recovery of those injured in the heinous attack on 16 March, India delivers a 2.5-tonne consignment of emergency medicines, medical disposables, kits and equipment to Kabul.

India stands in solidarity with the Afghan people and will continue to extend all possible humanitarian support in this difficult hour," Jaiswal posted on X.

India delivered assistance to Afghanistan after Pakistani strike on Monday night targeted the 2,000-bed Omid Addiction Treatment Hospital in Kabul's

Pul-e-Charkhi area, killing over 400 people and injuring more than 250 others.

On Tuesday, India condemned the Pakistani airstrikes on a hospital and rehab centre in Kabul and said that Islamabad is "now trying to dress up a massacre as a military operation".

Unequivocally condemning the attack, MEA said, "This is a cowardly and unconscionable act of violence that has claimed the lives of a large number of civilians in a facility which can be no means be justified as a military

target. Pakistan is now trying to dress up a massacre as a military operation."

India said that the "heinous act of aggression" by Pakistan is also a "blatant assault" on Afghanistan's sovereignty and poses as a direct threat to regional peace and stability.

"It reflects Pakistan's persistent pattern of reckless behaviour and its repeated attempts to externalise internal failures through increasingly desperate acts of violence beyond its borders," the MEA said.

# Loomer meets Dalai Lama, lauds him for standing firm against threats to freedom

IAN S

**DHARAMSHALA:** American far-right activist Laura Loomer on Friday met Tibetan spiritual leader Dalai Lama in Himachal Pradesh, hailing him as "a global beacon of peace, compassion, and wisdom."

Taking to social media platform X, Loomer wrote, "Today, I had the profound honour of meeting with His Holiness the Dalai Lama, a global beacon of peace, compassion, and wisdom, and the spiritual leader of Tibet. I travelled all the way to the private monastery of His Holiness in Dharamshala, India, a hillside city in the Indian state of Himachal Pradesh where the Tibetan government-in-exile also lives."

She also reflected on the lasting impact of the inspiring meeting, noting Dalai Lama's steadfast commitment to non-violence and values that hold relevance amid current global turbulence.

"In a world filled with division and chaos, sitting down with the Dalai Lama was truly inspiring. His calm presence, deep insights on inner peace, and unwavering commitment to non-violence left a lasting impact on me. It is truly incredible that at the fragile age of 90 years old, the Dalai Lama is still standing firm against threats to freedom and human dignity, values that resonate deeply in these turbulent times," Loomer mentioned.

Emphasising the Dalai Lama's courage in confronting challenges and threats from the Chinese Communist Party (CCP), she further added, "Meeting someone who has dedicated his life to promoting harmony and service to others while facing lifelong immense challenges and threats from the Chinese Communist Party was a reminder that true strength comes from kindness, compassion, resilience, and moral clarity."

Loomer termed the meeting a "rare and meaningful encounter" which she would cherish for life. "May the Dalai Lama's message of compassion and service to others continue to guide us all," the American activist added.

**GOVT. OF JAMMU AND KASHMIR**  
**DISTRICT EMPLOYMENT AND COUNSELLING CENTRE ANANTNAG**  
 (Tele/Fax: 01932-222220, E-mail: [dyeccang@gmail.com](mailto:dyeccang@gmail.com))  
**PUBLIC NOTICE REGARDING JOB FAIR**

District Employment & Counselling Centre, Anantnag is going to organize a one day Job Fair at ITI Anantnag on 24.03.2026 (Tuesday). This Job fair is aimed to provide a suitable and convenient platform to the educated unemployed youth/Job-seekers and facilitate their interaction with the Private employers/Job-providers for "Training cum Placement" in the Private Sector. Furthermore, educated unemployed youth will also be made aware about incentive based self employment schemes and youth flagship programmes implemented by various Govt. Line departments. Hence, all the desirous educated unemployed youth of District Anantnag are advised to participate in the scheduled Job Fair on 24.03.2026 at 10:30 am.

For any query feel free to contact:  
**Office of the Deputy Director,**  
**District Employment & Counseling Centre, Anantnag**  
**Email : [dyeccang@gmail.com](mailto:dyeccang@gmail.com)**  
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**Eid Mubarak**

**Movies Schedule SATURDAY, 21 MARCH**

**DHURANDHAR THE REVENGE (A)**  
 HINDI - 12:30 PM, 01:30 PM, 05:00 PM, 06:00 PM  
 HINDI ATMOS - 02:30 PM, 07:00 PM

**BATT KOCH (U)**  
 KASHMIRI - 11:45 AM

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