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Good Morning Kashmir

17th Year Of Publication

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Glad to address the first convocation of Cluster University of Jammu. Of 163 gold medals, 130 went to our daughters, a historic achievement. I stressed the effective use of technology and ethical judgment. Technology tells us what we can do, the humanities teach us what we should do. I asked graduating youth to treat demographic dividend as a demographic responsibility.

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CUJ Convocation

AI Will Give Speed But Humans Must Provide Direction: LG

Says AI Should Be Guided By Civilisational Values, Accountability



GMK NEWS NETWORK

JAMMU: Lieutenant Governor Manoj Sinha Saturday said that artificial intelligence can provide speed, but humans must provide direction, emphasizing that while technology tells us what we can do, the humanities teach us what we should do.

"AI will have speed and data, but humans will provide direction, compassion and the courage to ask new questions. AI should be guided by civilisational norms, values and accountability, and that its development should rest on human welfare, not just profit and productivity," LG Sinha said while addressing the first convocation of Cluster University of Jammu. He said the graduating students of this maiden convocation are the pioneering torchbearers of the university's tradition, and congratulated all graduates, gold medallists and their parents. Hon'ble Governor of Tamil Nadu, Shri Rajendra Vishwanath Arlekar also graced the occasion.

The Lieutenant Governor specially complimented the women students, noting that 130 of the 163 gold medals had been won by daughters. He observed that when given opportunities, daughters do not merely attain positions but redefine the meaning of achievement. He said their gold medals are badges of confidence for generations to come.

"Daughters across higher-education institutions in Jammu Kashmir are writing new chapters of success in their own names," the Lieutenant Governor said.

He highlighted the intellectual heritage of Jammu Kashmir and noted that Maharishi Kalhana, author of the Rajatarangini, Maharishi Abhinavagupta, and the saint-poets Yogini Lalleshwari and Sheikh-ul-Alam, promoted harmony among faiths and the pursuit of truth. He said the graduates were carrying • P-06

"AI WILL HAVE SPEED AND DATA, BUT HUMANS WILL provide direction, compassion and the courage to ask new questions. AI should be guided by civilisational norms, values and accountability, and that its development should rest on human welfare, not just profit and productivity,"

AAWAAZ 2026

Artists Call For Institutional Support To Sustain Kashmir's Cultural Heritage

Advisor Sogami Assures Artists Of Govt Support, Financial Assistance

SUHAIL MIR



SRINAGAR: Artists, cultural figures and representatives of the creative community on Saturday called for greater government support to sustain Kashmir's art, music, language and cultural heritage, saying the lack of institutional backing was affecting the livelihoods of local artists and the preservation of traditional art forms.

The concerns were raised at the first-ever Artist Convention 2026, titled AAWAAZ – The Collective Voice of Artists, organised by The Kashmir Music Club, Srinagar, in collaboration with Good Morning Kashmir.

The one-day convention brought together prominent artists, actors, musicians, cultural personalities and former officials from various cultural institutions to discuss the challenges facing the artistic community and explore ways to protect and promote Kashmir's cultural heritage.

Advisor to the Chief Minister, Nasir Aslam Wani, who attended the convention as the chief guest, urged participants to prepare and submit a comprehensive roadmap highlighting their concerns, challenges and suggestions for strengthening the cultural sector in Jammu and Kashmir.

Assuring the artists of the government's support, Wani said that whenever they require assistance, including financial support, the government would stand by them and extend all possible help to promote and preserve the region's rich cultural heritage.

Wani also assured the gathering that he would take up the issues of the community with Chief Minister Omar Abdullah and other relevant stakeholders.

Addressing the gathering, Peoples Democratic Party MLA Waheed ur Rehman Para said the relationship between the government • P-06

AAWAAZ Must Continue Beyond The Convention

JAVED SHAH

SRINAGAR: The coming together of artists, musicians, intellectuals and cultural enthusiasts under the banner of AAWAAZ has opened an important conversation that Jammu and Kashmir can no longer afford to ignore. Conceived jointly by Kashmir Music Club and Good Morning Kashmir Media House, the convention has broken the ice on an issue that has remained neglected for far too long, the gradual disappearance of our rich cultural heritage.

Our music, traditional art, cuisine, folklore, language and age-old customs are not simply things associated with our past. They define who we are • P-06

Deputy CM Draws 'Thug' Jibe From NC MLA



REHAN QAYOOM

SRINAGAR: The infighting within the ruling National Conference has once again come out in the open, with party legislator Javid Iqbal Choudhary describing Deputy Chief Minister Surinder Choudhary as a "thug."

Reacting to an Instagram post questioning his absence from a function attended by Deputy Chief Minister Surinder Choudhary in Rajouri district, Javid, who represents the Budhal constituency, said that the Deputy Chief Minister did not deserve his presence and went on to call him a "thug."

"The Dy CM is a thug and does not deserve my presence at his functions. My self-respect and the interests of my people come first," Javid wrote.

The Deputy Chief Minister's handling of the Roads and Buildings (R&B) Department has come under sharp criticism from ruling party legislators on several occasions.

During the June 3 meeting at Dachigam, as many as 20 legislators reportedly raised complaints against the Deputy Chief Minister.

In a memorandum • P-06

Kulgam Terror Attack

Search Operation Continues For 4th Day, DGP Visits Multiple Sites

UMAISAR GULL GANIE

KULGAM: The massive search operation to track down the terrorists involved in the firing on a party of Central Reserve Police Force (CRPF) in South Kashmir's Kulgam district continued for the fourth consecutive day on Saturday.

An official said that dog squads were pressed into service to assist search teams. Security has also been tightened along the Jammu-Srinagar National Highway and adjoining areas to prevent any suspicious movement.

Meanwhile, Director General of Police (DGP) J&K, Nalin Prabhat visited multiple ongoing operation sites in Kulgam today and reviewed the security situation in the aftermath of the Kulgam terror attack, that left



three CRPF personnel injured.

During the visit, the DGP interacted with officers deployed on the ground, took stock of the ongoing search operations and issued directions to strengthen the security grid and intensify counter-insurgency operations in the district.

Meanwhile, CRPF Director General Gyanendra Pratap Singh chaired an operational conference at the Group Centre CRPF in Srinagar to review the prevailing security situation and operational preparedness across Kashmir.

According to a CRPF statement, the conference was attended by senior officers, including SDG (Operations) Vitul Kumar, SDG J&K Zone Sandeep Khirwar, IG Operations Kashmir Sector Vineet Brijlal, IG Srinagar Sector Pawan Kumar Sharma and ground commanders of Valley-based CRPF units.

During the meeting, the DG directed senior officers to intensify counter-insurgency operations across the Valley, strengthen the security grid, improve real-time coordination among security forces and maintain heightened operational readiness to neutralise terrorist elements and • P-06

Gulmarg Freezes At Minus 1.6°C

Dry Weather Expected Across J&K



SAJID RAINA

SRINAGAR: Gulmarg recorded the lowest minimum temperature in Kashmir at minus 1.6 degrees Celsius, while Shopian was the coldest among the plains at 0.9 degrees Celsius, as fresh rainfall and snowfall in higher reaches marked Saturday's weather across Jammu and Kashmir, officials said.

According to the Meteorological Centre here, Srinagar recorded a minimum temperature of 7.4 degrees Celsius, which was 6.1 degrees above the seasonal normal, while Qazigund also recorded 7.4 degrees Celsius, 6.3 degrees above normal.

Pahalgam recorded a minimum temperature of 2.8 degrees Celsius, 4 degrees above normal, while Kupwara settled at 4.7 degrees Celsius, 4.4 degrees above normal. Kukernag recorded 6.3 degrees Celsius against the normal of 2.2 degrees, while Gulmarg settled at minus 1.6 degrees Celsius, one degree below normal.

According to • P-06

Govt Jobs Cannot Absorb Every Graduate, Says CM

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SRINAGAR: Chief Minister Omar Abdullah on Saturday called for sustained investment in higher education infrastructure, academic autonomy and faculty strength, while urging young graduates to explore entrepreneurship and emerging economic opportunities rather than relying exclusively on government jobs.Buy Maps

Addressing the first-ever convocation of Cluster University of Jammu at Abhinav Theatre, the Chief Minister said the institution represented a significant educational experiment aimed at bringing together the region's established academic institutions and modernising higher education.

Governor of Tamil Nadu Rajendra Vishwanath Arlekar attended the convocation as the chief guest, while Lieutenant Governor Manoj Sinha, who is also the Chancellor of the University, presided over the function.

Higher Education Minister Shamim Firdous, Member of Parliament from Jammu Jugal Kishore Sharma, Jammu West MLA Arvind Gupta and Vice-Chancellor of Cluster University of Jammu Professor K.S. Chandrasekhar were also present.

Buy Maps

Congratulating the graduating students and gold medallists, Omar described them as pioneers whose achievements would lay the foundation for future generations. He also acknowledged the contribution and sacrifices of their parents, families and teachers in shaping their academic journeys.

Highlighting the university's institutional model, the Chief Minister said it was conceived as a collegiate federation bringing together five established institutions: GGM Science College, MAM College, SPMR College of Commerce, Government College for Women, Gandhi Nagar, and Government College of Education.

He said pooling academic resources, faculty, libraries and laboratories, while promoting multidisciplinary learning, had helped establish a collaborative model of higher education.

Referring to the university's placement in the 151–200 band of the National Institutional Ranking Framework (NIRF), he termed it an encouraging achievement but stressed the need for further improvements.

He called for sustained investment in common infrastructure, digital • P-06

Traffic Resumes On Zojila Pass After Snow Clearance



FILE PHOTO

GMK NEWS NETWORK

SRINAGAR: Vehicular movement has resumed on the Zojila Pass along the Srinagar-Leh National Highway after the Border Roads Organisation (BRO) cleared accumulated snow from the high-altitude stretch, officials said on Saturday.

Officials said personnel of the BRO's 122 Road Construction Company carried out snow-clearance operations to restore the road's motorability and facilitate the resumption of traffic.

Following the clearance, one-way vehicular movement has been permitted • P-06

"No Compromise On Meat Quality"

Javed Rana Announces Joint Operations Across J&K

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SRINAGAR: Amid growing concerns over the quality and safety of meat supplied to consumers in Jammu and Kashmir, Minister for Food, Civil Supplies and Consumer Affairs Javed Ahmed Rana on Saturday said the government has launched coordinated operations involving multiple departments to ensure quality checks and prevent any compromise with public health.

Rana said that Legal Metrology also falls within the ambit of his department and plays an important role in checking quality and ensuring compliance with prescribed standards.

He said that although certain responsibilities had been transferred to the Health Department after 2019, the matter has now been taken up again, with the relevant departments being brought together for coordinated action.

The minister said a detailed meeting was held involving the Legal Metrology Department, Food Safety Department and Health and Medical Education Department to discuss their respective responsibilities and strengthen monitoring of meat quality.

He added that the government is keeping a close watch on the situation and has initiated joint • P-06

FDA seizes, destroys 1,600 kg of buffalo meat in Budgam

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BUDGAM: The FDA, J&K, along with the Railway Police, railway authorities and the District Administration, Budgam, seized and subsequently destroyed approximately 1,600 kg of buffalo meat at Budgam Railway Station following the detection of serious violations relating to its declaration, transportation and maintenance of prescribed cold-chain conditions.

The enforcement action was initiated following specific information received from the railway authorities regarding the transportation of a consignment of buffalo meat. Acting promptly on the information, the Food Safety Team, Budgam, inspected the consignment and it was observed that adequate refrigeration or dry-ice arrangements had not been made to maintain the prescribed transportation temperature of -18°C or below, thereby compromising the mandatory cold-chain requirements.

The consignment was further subjected to preliminary testing through the Food Safety on Wheels facility, which indicated that the meat was unfit for human consumption.

Accordingly, the entire consignment, weighing approximately 1,600 kg, was seized and subsequently destroyed in accordance with the applicable provisions of the Food Safety and Standards Act, 2006, and the prescribed procedures for disposal of food articles unfit for human consumption.

It is pertinent to mention that, in an earlier enforcement action, the Food Safety Authorities had seized approximately 2,600 kg of meat in Srinagar. The FDA, J&K, continues to maintain strict vigilance across all districts to prevent the transportation, distribution and sale of unsafe and non-compliant food commodities, with stringent legal action being initiated against violators in accordance with the provisions of the Food Safety and Standards Act, 2006, and the rules and regulations framed thereunder.

The Department has urged consumers to remain vigilant and report any instance of the sale or distribution of unsafe or adulterated food through the official email at cfsjandk.fnd@jk.gov.in.

Div Com directs DCs to Achieve Agristack, SVAMITVA targets

Reviews facilities at Migrant Transit Accommodations, Progress of Work on Srinagar Ring Road

GMK NEWS NETWORK



SRINAGAR: Divisional Commissioner Kashmir, Anshul Garg, on Saturday chaired an extensive review meeting to assess the progress of various revenue-related initiatives, public service delivery, rehabilitation measures and key infrastructure projects across the Kashmir Division.

The meeting reviewed the implementation and progress of AgriStack, SVAMITVA, Property Card Distribution, Jan Sugam, Revenue Plus, RCCMS and JK SAMADHAN, besides CCTV coverage of migrant labourer clusters, the status of transit accommodations for PM Package employees, SRO-43 cases of terror victims, filling of vacant posts of Lumberdars and Chowkidars, constitution of District-level Media Cells, pending honorarium of Lumberdars and Chowkidars, transfer and disposal of mutation appeals by SDMs, removal of bottlenecks in various phases of Srinagar Ring Road, SBU and RKCTC projects, and disposal of pending public grievances.

The meeting was attended by Deputy Commissioners of various districts, Relief and Rehabilitation Commissioner, Additional Commissioners and Assistant Commissioner Central, OSD to the Divisional Commissioner and Deputy Director Planning, among other officers.

While reviewing the progress of AgriStack, the Divisional Commissioner directed all Deputy Commissioners to ensure achievement of prescribed daily targets and bridge the existing gap through optimal utilisation of available manpower. He instructed that officers remain stationed in their respective areas and utilise holidays to maintain the pace of work and achieve the targets within the stipulated timelines.

He also directed the Deputy Commissioners to compile and submit a list of villages situated on State land where generation of Farmer IDs is not feasible.

Reviewing the progress under SVAMITVA, the Divisional Commissioner stressed the need to reconcile the gap between surveys received and returned under Map-1 and Map-2. He specifically directed the Deputy Commissioners of Anantnag, Baramulla and Budgam to expedite the process and ensure timely completion of pending work.

The Divisional Commissioner also reviewed the status of issuance of various certificates under Jan Sugam, including Income Certificates, Legal Heir Certificates, RBA/OBC/ST/SC Certificates, Unemployment Certificates, Agriculture Certificates and Property Certificates.

He further assessed the progress of Revenue Plus services, including issuance of Fards, attestation of mutations, Change of Land Use (CLU) permissions, extracts of Girdawari and Jamabandi, and copies of mutation records.

Taking note of the disposal of mutation appeals following the delegation of powers to Sub-Divisional Magistrates (SDMs), he directed Deputy Commissioners to assess the improvement in disposal rates and ensure expeditious resolution of pending cases.

GMC Sgr observes World Diabetes Day with Community Outreach Programmes

GMK NEWS NETWORK



SRINAGAR: The Department of Endocrinology, Government Medical College (GMC) Srinagar, in collaboration with Super Speciality Hospital (SSH), Saturday observed World Diabetes Day through a series of awareness, screening and community outreach programmes under the global theme "Early Action on Diabetes."

The programme was held under the guidance of Principal/Dean, GMC Srinagar, Prof. (Dr.) Iffat Hassan.

Addressing the gathering, Prof. (Dr.) Iffat Hassan described diabetes as one of the fastest-growing public health challenges and stressed that prevention through healthy lifestyle choices remains the most effective strategy. She said the theme underscores the importance of early diagnosis, regular screening and timely treatment to prevent complications. She urged people to adopt healthy eating habits, maintain an ideal body weight, avoid tobacco and engage in at least 30 minutes of physical activity daily to reduce the risk of diabetes and its cardiovascular, kidney and eye-related complications.

Speaking on the occasion, Prof. (Dr.) Mohammad Hayat Bhat, Head, Department of Endocrinology, advised that every adult should undergo blood sugar screening at least once, while individuals with risk factors such as family history, obesity, hypertension, sedentary lifestyle or gestational diabetes should be screened regularly. He emphasized that uncontrolled diabetes can silently damage the heart, kidneys, eyes and nerves, making early detection, strict glycaemic control, balanced nutrition, regular exercise and adherence to treatment essential.

Masarat Hashim, Administrator, Associated Hospitals, GMC Srinagar, appreciated the efforts of the Department of Endocrinology in organising the awareness programme. He reaffirmed the institution's commitment to providing all necessary administrative and logistical support for such public health initiatives and urged patients and the general public to take greater responsibility for their health through regular health check-ups, healthy lifestyle practices and timely medical consultation.

Dr. Shahnaz, Associate Professor, Department of Endocrinology, highlighted the importance of public awareness and community participation in diabetes prevention and self-management. She appreciated the enthusiastic participation of students, healthcare workers and members of the general public in the Diabetes Run.

The highlight of the celebrations was the 3rd Edition of the Diabetes Run, flagged off from Nishat Garden Gate to Duck Park and back, with over 300 participants, including faculty members, doctors, nursing staff, postgraduate residents, interns, MBBS students and members of the general public. Winners in the men's and women's categories were felicitated.

A special interactive session for children living with Type 1 Diabetes was also organised to provide education, counselling and support for children and their parents.

A Free Diabetes Screening and Patient Education Camp was conducted at the lawns of Super Speciality Hospital, where more than 500 patients underwent screening. Participants received blood glucose testing, risk assessment and counselling on nutrition, physical activity, foot care, medication adherence and lifestyle modification. An exclusive screening facility for faculty members was also arranged.



DLSA Srinagar Celebrates Children's Day in slum areas

Distributes Sweets, Educational Kits among Children

GMK NEWS NETWORK

SRINAGAR: On the occasion of Children's Day, the District Legal Services Authority (DLSA), Srinagar, organized a special outreach programme under the direction of Naseer Ahmad Dar, Chairman DLSA (Principal District and Sessions Judge) Srinagar and under the supervision of Tabassum Qadir Parray Secretary DLSA Srinagar, in the slum areas of Srinagar to celebrate the day with underprivileged children.

On the occasion, PLVs of DLSA Srinagar distributed sweets and educational kits among the children. During the programme, the children and their parents were made aware of the rights of children, the importance of education in shaping their future, and the need to ensure that every child gets an equal opportunity to learn and lead a dignified life.

They were also sensitized about the availability of free legal aid services through DLSA Srinagar and the procedure for approaching the authority for legal assistance whenever required.

The programme aimed at spreading awareness about child rights, promoting education and ensuring access to justice for underprivileged and marginalized sections of society.

Agri Deptt organises Awareness Activities under Khet Bachao Abhiyan

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BANDIPORA: The Agriculture Production and Farmers Welfare Department, District Bandipora, has been actively implementing the nationwide Khet Bachao Abhiyan–Rabi 2026 across the district from 22 October to 30 November 2026, with the objective of promoting soil health, balanced fertiliser application and sustainable agricultural practices among the farming community.

As part of the ongoing Khet Bachao Abhiyan, awareness activities were conducted at village Guzerbal in Zone Athwatoo and Panchayat Halqas Chittaybanday B and C in Zone Nadihal, to promote the protection of agricultural land and sensitise the farming community.

Under the campaign, farmers are being sensitised about the importance of judicious and balanced use of chemical fertilisers, integrated nutrient management, natural farming and the adoption of environment-friendly agricultural practices.

Special emphasis is being laid on soil health management through soil testing, promotion of organic manure, bio-fertilisers and green manuring, besides encouraging farmers to adopt scientific nutrient management practices in accordance with soil health requirements and recommended fertiliser doses.

The campaign also focuses on crop diversification, particularly the promotion of pulses and oilseeds, effective utilisation of paddy fallow land, crop residue management, water conservation and integrated farming systems to enhance farm productivity and farmers' income.

The field functionaries of the Agriculture Department, including Subject Matter Specialists, Zonal Heads and Agricultural Extension Officers, are actively mobilising farmers and ensuring wider dissemination of technical information through village-level awareness programmes and demonstrations.

Dir Agri reviews Khet Bachao Abhiyan implementation in Kashmir division

GMK NEWS NETWORK

SRINAGAR: Director Agriculture Kashmir, Sartaj Ahmad Shah, Saturday conveyed a meeting to review the progress under Khet Bachao Abhiyan in Kashmir Division.

The meeting was attended by joint Director Agriculture Extension Jammu and all the Chief Agriculture Officers of Kashmir division through virtual mode.

Director Agriculture underscored the importance of this vital nationwide campaign being implemented from 22nd October to 30th November for the promotion of sustainable agriculture, improvement of soil health and encouragement of the judicious use of agricultural resources with minimum intervention of chemical fertilizers and pesticides.

Director Agriculture instructed all the Chief Agriculture Officers to ensure participation of maximum number of farmers in these awareness programmes at Panchayat, block and district level during this nationwide campaign. Shah directed the concerned officers to achieve all the targets earmarked under this campaign.

SWD Budgam organises awareness-cum-enrollment drive at Kanigund

GMK NEWS NETWORK



BUDGAM: Social Welfare Department (SWD), Budgam, through SANKALP – Hub for Empowerment of Women (SANKALP-HEW), under Mission Shakti, organised an Awareness-cum-Enrollment Drive at Kanigund, Beerwah, with the objective of promoting women empowerment, creating awareness about government welfare schemes and sensitising the community about child rights.

During the programme, participants were sensitised about the role and objectives of SANKALP – Hub for Empowerment of Women and the various support services available for women. Emphasis was laid on interdepartmental convergence and facilitating linkages with different government departments to ensure that eligible women can access the benefits of various welfare schemes and livelihood opportunities. The participants were also informed about the importance of handholding support in facilitating the enrollment process, addressing their queries and guiding them in availing the benefits of available government initiatives.

Furthermore, an awareness session on child rights, care and protection was conducted, highlighting the importance of safeguarding children's rights, ensuring their safety and well-being, and creating a protective and supportive environment for every child.

Showkat Mahiuddin Retains Sopore Chemists' Association Presidency



BILAL DAR

SOPORE: Showkat Mahiuddin Lone, popularly known as Shahji, has been re-elected president of the Druggists and Chemists Association Sopore for a second consecutive term, defeating his rival, senior chemist Altaf Ahmad Sofi, in an election held on Saturday.

According to the election results, Lone secured 73 votes against Sofi's 43, winning by a margin of 30 votes. Of the 122 registered voters, 116 cast their ballots, reflecting significant participation by members of the association.

With his re-election, Lone will continue to lead the organisation for another term, having secured the confidence of the majority of participating members.

Speaking to reporters after the declaration of results, Lone thanked the members for reposing their trust in him and said he would work towards the welfare, growth and overall development of the association.

He said his priority would be to take the organisation forward by addressing the concerns and challenges faced by chemists and druggists in Sopore while ensuring that every member's voice is heard.

DC Pulwama flags off Waste Collection Vehicles for Door-to-Door Solid Waste Management



GMK NEWS NETWORK

PULWAMA: Deputy Commissioner (DC) Pulwama, K.K. Sidha, Saturday flagged off 11 dedicated waste collection vehicles for door-to-door solid waste collection and management services across all 11 blocks of the district, marking a significant step towards strengthening sanitation infrastructure and ensuring scientific waste management at the grassroots level.

The flag-off ceremony was attended by ADDC Pulwama, Gulzar Ahmad Bhat; ACD Pulwama; ACP Pulwama; BDOs and other concerned officials of the Rural Development Department.

The initiative, being implemented by the Rural Development Department (RDD), aims to streamline door-to-door waste collection, promote segregation of waste at source and ensure its proper disposal through an organised collection and management mechanism across rural areas of the district.

Speaking on the occasion, the Deputy Commissioner stressed the importance of responsible waste management practices, particularly segregation of recyclable and non-recyclable waste at source. He urged people to refrain from dumping garbage in water bodies, near religious places or other public spaces, emphasising that such practices adversely affect the environment and public health.

He called upon the public to make proper use of the newly flagged-off vehicles and extend cooperation to the concerned field functionaries for effective implementation of the initiative.

DLSA Budgam celebrates Children's Day

GMK NEWS NETWORK



BUDGAM: District Legal Services Authority (DLSA) Budgam, celebrated Children's Day with great enthusiasm and fervour at Little Angels Garden School, Budgam, with the objective of spreading awareness among children about their rights, duties, safety, education and overall development.

On the occasion, Advocate Feroz Ahmad Khan attended the programme as the Resource Person and delivered an informative and insightful lecture on the significance of Children's Day and the importance of protecting and promoting the rights and interests of children. He highlighted various aspects of child rights, including the right to education, right to equality, right to protection against exploitation and abuse, and the importance of providing children with a safe, healthy and supportive environment for their growth and development.

The Resource Person also sensitized the students about the role and functioning of Legal Services Authorities in providing free and competent legal services, particularly for the protection of children and other vulnerable sections of society. He emphasized that every child deserves equal opportunities, care, protection and access to education, irrespective of their social or economic background. The students were also encouraged to remain aware of their rights and responsibilities and to actively participate in educational and extracurricular activities.

The interaction with the students provided an opportunity to educate and encourage young minds about the importance of their rights, dignity, safety and responsibilities in society.

CM Omar attends first convocation of Cluster University of Jammu

Calls for stronger academic infrastructure, timely examinations

GMK NEWS NETWORK



JAMMU: Chief Minister Omar Abdullah Saturday attended the first-ever convocation of Cluster University of Jammu at Abhinav Theatre here, describing the institution as a bold educational experiment conceived to bring together the region's strongest academic traditions and modernise higher education.

Governor of Tamil Nadu Rajendra Vishwanath Arlekar attended the convocation as the Chief Guest, while Lieutenant Governor Manoj Sinha, who is also Chancellor of the University, presided over the occasion. Minister for Higher Education Shamim Firdous; Member of Parliament, Jammu, Jugal Kishore Sharma; MLA Jammu West, Arvind Gupta; and Vice-Chancellor Cluster University Jammu, Professor K.S. Chandrasekhar were also present.

Congratulating the graduating students and gold medallists, the Chief Minister described them as pioneers whose achievements would lay the foundation for future generations. He also acknowledged the contribution and sacrifices of parents, families and teachers in shaping the academic journeys of the graduates.

Highlighting the distinctive character of Cluster University of Jammu, Omar Abdullah, who was a special guest on the occasion, said the institution was conceived as a collegiate federation bringing together five established institutions—GGM Science College, MAM College, SPMR College of Commerce, Government College for Women, Gandhi Nagar, and Government College of Education.

He said the concept of pooling academic resources, faculty, libraries and laboratories while encouraging multidisciplinary learning had helped create a collaborative model of higher education. Referring to the University's placement in the 151–200 band of the National Institutional Ranking Framework (NIRF), he described it as an encouraging achievement.

The Chief Minister, however, stressed the need for sustained investment in common infrastructure, digital connectivity, modern laboratories and hostel facilities, particularly for students from far-flung areas such as Poonch, Rajouri, Doda and Kishtwar.

He also emphasised the importance of timely academic calendars and examination cycles, asserting that no student should lose an academic year waiting for examinations or the award of a degree.

"My government is committed to providing our universities with the necessary institutional support, academic autonomy, faculty strength and infrastructure to enable them to become genuine centres of knowledge, innovation and regional problem-solving," he said.

Addressing the graduating students, the Chief Minister said rapid technological changes, particularly the emergence of artificial intelligence, had transformed the employment landscape, making continuous learning, critical thinking, judgement and empathy increasingly important.

He urged young graduates to look beyond conventional career paths and explore entrepreneurship and emerging economic opportunities, observing that government employment alone could not absorb every graduate.

"Sustainable prosperity in Jammu and Kashmir will come when our youth move beyond being exclusively job seekers and become value creators, innovators and entrepreneurs," he said.

Identifying agribusiness and food processing, sustainable tourism, cultural heritage, renewable energy, disaster resilience and the digital economy as sectors with significant potential, the Chief Minister called upon graduates to leverage their academic knowledge to develop enterprises and generate employment.

He pointed out that Jammu and Kashmir's agricultural produce, including basmati rice, Bhaderwah rajmash, saffron, walnuts, kaladi and citrus fruits, offered considerable scope for value addition, branding and access to wider markets.

Similarly, he said, graduates could explore opportunities in heritage tourism, eco-tourism, digital media, renewable energy, climate-resilient infrastructure and technology-enabled services.

The Chief Minister said his government was determined to support young entrepreneurs by strengthening the start-up ecosystem, simplifying clearances and improving access to credit.

Emphasising the importance of character and social responsibility, Omar Abdullah urged graduates to remain lifelong learners, respect the dignity of labour, uphold integrity, stay connected with their communities and prioritise their mental and physical well-being.

Sagar tours major Grid Stations in Jammu, Reviews Power Infrastructure

Directs Completion of augmentation works within six months

GMK NEWS NETWORK



JAMMU: Minister for Power Development Department (PDD), Revenue, Relief and Rehabilitation, Elections and Disaster Management, Relief, Rehabilitation and Reconstruction (DMRRR), Ali Mohammad Sagar, Saturday, conducted an extensive tour of Jammu city and its adjoining areas to review the existing power infrastructure, assess ongoing augmentation works and take stock of public grievances.

During the tour, the Minister inspected major Grid Stations at Gladni, Canal Road and Janipur and reviewed the infrastructure requirements of other important areas, including Bari Brahmana, Sidra, Jagti, Akhnoor and Kalakote. He stressed the need to strengthen the transmission and distribution network to ensure reliable and uninterrupted electricity supply in view of the growing domestic, commercial and industrial demand.

At Gladni Grid Station, a major source of power supply to Jammu city, the Minister was informed that the station receives power through Salal and Kishenpur and has a 220/132/33 kV system. The station presently has four 132/33 kV transformers of 50 MVA each, providing a total transformation capacity of 200 MVA.

He was further informed that an additional capacity of 80 MVA is under execution and is expected to be commissioned within six months. The augmentation is aimed at improving power supply to Gandhi Nagar, Channi Himmat, Bathindi and adjoining areas. The existing emergency backup arrangements were also reviewed to ensure continuity of supply during contingencies.

Reviewing the proposed augmentation at Canal Road Grid Station, the Minister was apprised that the existing capacity of approximately 120 MVA is proposed to be enhanced to 150 MVA. The augmentation will strengthen power supply to Jewel Chowk, Subash Nagar, Canal Road, Satwari, Army and Air Force establishments, Cantonment areas and adjoining localities up to Talab Tillo. The requirement of an additional load of around 30 MW was also discussed.

At Janipur Grid Station, the Minister reviewed the existing power infrastructure and was briefed on the proposed augmentation and transformer replacement works. The existing arrangement comprises three 50 MVA transformers, providing a transformation capacity of 150 MVA. He was informed about the proposed addition of 80 MVA capacity and replacement of an existing 50 MVA transformer, with the works targeted for completion within six months.

Special focus was laid on Bari Brahmana, considering its expanding industrial base and growing domestic power requirements. The Minister stressed the need for a comprehensive assessment of load requirements in Bari Brahmana, Sidra, Jagti, Akhnoor and Kalakote to ensure that the infrastructure is strengthened in anticipation of future demand.

Directing the concerned officers to expedite all ongoing works, Sagar said that strengthening the power infrastructure remains a priority of the government and that consumers must receive reliable and quality electricity supply. He emphasised that grid augmentation, replacement of ageing equipment and creation of adequate backup arrangements must be undertaken in a planned and time-bound manner.

'From Festivities to Funeral'

School wall collapse claims grade-3 girl's life on Children's Day

RIYAZ BHAT

SRINAGAR: Unlike other schools wherein the kids don special dresses and uniform for the skit and other celebrations on Children's Day, a quieter, devastating scene unfolded in Kupwara, where a young girl lost her life after a boundary wall collapsed on her.

For the family of the 9-year-old kid who lost her life on the day meant for laughter and celebration turned into a nightmare in a government school in Kupwara on Children's Day, when a school wall collapsed, leaving a grade-3 girl student dead.

While the authorities have ordered an inquiry into the incident, Children's Day 2026 in Kashmir will be remembered not for the celebrations, but for the terrifying moment.

Director of School Education Kashmir (DSEK) in a communique in this regard said, "In view of the unfortunate death of student of Class 3rd within the School premises and pending enquiry, Head of the Institution (HoI) UPS Bandpora, Zone Drugmulla, Kupwara is placed under suspension with immediate effect."

DSEK said that during the period of her suspension, she shall remain attached with the office of Chief Education Officer, Kupwara. "Further, Hakeem Tanveer Ahmad, (JKAS), Joint Director-North is appointed as Inquiry Officer who shall conduct the in-depth inquiry into the circumstances that has caused the untoward incident."

The director said that the Inquiry Officer shall submit his report within 03 days.

In a separate communique, DSEK said that the report submitted by Chief Education Officer, Kupwara states that on 14-11-2026 during the lunch break students of Government UPS Bandpora, Zone Drugmulla having 175 enrolled students, were playing in the school lawn.

"During, this period some students reportedly moved towards the rear side of the school building where a boundary wall adjoining the school premises collapsed.

As per the information received from CEO Kupwara, one student of Najar Mohalla, Bandpora Drugmulla, Class-3, aged 9 years, came under the debris of the collapsed wall," it reads.

The communique said that the student was immediately shifted to Sub District Hospital Kupwara, where she was declared dead by the attending medical authorities. "The exact cause of the collapse of the boundary wall is yet to be ascertained and requires detailed investigation by the technical officers."—(KNO)

JKEDI convenes 2nd sitting of Screening Committee meeting for seed funding



GMK NEWS NETWORK

JAMMU: The Jammu and Kashmir Entrepreneurship Development Institute (JKEDI), the designated Nodal Agency for implementation of the J&K Startup Policy 2024–27, Saturday convened the second sitting of the Startup Screening Committee meeting here at its Regional Office Bari Brahmana, to evaluate startup proposals seeking seed funding assistance under the policy.

A total of 108 applications were received for seed funding assistance under the initiative, out of which 86 applications were found to have complete documentation and were considered ready for placement before the Screening Committee.

The screening exercise was conducted in two sittings to facilitate the evaluation of eligible applicants from across the Union Territory. During the first sitting, held at JKEDI Headquarters, Pampore, Kashmir, 63 aspiring entrepreneurs presented their business ideas before the committee. In today's second sitting at Bari Brahmana, another 25 applicants pitched their startup ideas and business proposals for consideration under the seed funding component of the policy.

The Committee evaluated the proposals on various parameters, including innovation, business viability, scalability, market potential, problem-solving capabilities, feasibility and the potential of the proposed ventures to generate employment and contribute to the economic development of Jammu and Kashmir.

The exercise provided aspiring entrepreneurs an opportunity to present their innovative business concepts before a panel of experts and receive valuable observations and feedback to strengthen their business models and enhance their prospects for commercialisation.

The seed funding component of the J&K Startup Policy 2024–27 provides financial assistance of up to ₹20 lakh to eligible startups, in four installments, to support prototype development, product development, market entry and business expansion, subject to the prescribed eligibility conditions and operational guidelines.

LoP, MLA Kishtwar, DC pay floral tributes to Martyrs of Kiyar-Dachhan

GMK NEWS NETWORK



KISHTWAR: Leader of Opposition in the Jammu and Kashmir Legislative Assembly Sunil Kumar Sharma (MLA Paddar-Nagseni), MLA Kishtwar Shagun Parihar and Deputy Commissioner Kishtwar Pankaj Kumar Sharma paid floral tributes to the two Special Police Officers (SPOs) of Jammu and Kashmir Police Rashpal Kumar and Babhi Chand, who were martyred in the upper forest area of Deharna village in Marwah on November 11, 2026.

The deceased SPOs were residents of the remote Kiyar area of Tehsil Dachhan. They were killed while on their way to Deharna to perform their official duty.

Upon receiving information about the incident, the Leader of Opposition, MLA Kishtwar and Deputy Commissioner Kishtwar, accompanied by officers of the civil and police administration, visited Kiyar-Dachhan to take stock of the situation and meet the bereaved families.

They remained in the area till the last rites of the deceased were performed, extending support and expressing solidarity with the grieving families in this difficult time.

The Leader of Opposition, MLA Kishtwar, DC and other officers paid floral tributes to the departed souls, visited the bereaved families and conveyed their heartfelt condolences.

During their interaction with the bereaved families, the Deputy Commissioner assured them that all possible assistance would be extended by the District Administration.

He further informed that cases for compassionate appointment of eligible dependent family members under the Jammu and Kashmir Rehabilitation Assistance Scheme, 2022 (formerly SRO-43) along with compensation admissible under the applicable rules, would be dully processed as per the prescribed procedure.

The Deputy Commissioner also interacted with local residents and assured them that issues concerning road connectivity, mobile network coverage and other developmental requirements of the Kiyar area would be assessed by the concerned departments and taken up on priority for appropriate action.

60,000 vehicles blacklisted for having 5 or more pending challans: DIG Traffic

REHAN QAYOOM MIR



SRINAGAR: Deputy Inspector General of Traffic J&K Haseeb-ur-Rehman on Saturday said that J&K Traffic Police have blacklisted nearly 60,000 vehicles having five or more pending traffic challans, while smart cameras are increasingly detecting violations such as red-light jumping, riding without helmets and driving without seat belts.

Talking to reporters here, the DIG, said the department has implemented the Intelligent Traffic Management System (ITMS), with intelligent traffic lights set to be introduced as part of a major push to modernise traffic regulation and enforcement across the Union Territory.

He said technology-driven surveillance has significantly increased the detection of violations, with cameras catching offenders even in the absence of traffic personnel at the spot.

"Whether someone jumps a red light, drives without a seat belt or rides without a helmet, the cameras are detecting these violations. This is also creating a deterrent against traffic rule violations," he said.

Rehman said nearly 60,000 vehicles stand blacklisted for having five or more pending challans, adding that the measure is intended to discourage repeated violations and improve compliance with traffic rules.

He said the government is also working on infrastructure development and the introduction of modern traffic-management facilities, which would bring further improvements to the traffic system in J&K.

On the directive to remove black coverings from auto-rickshaws and ensure transparent coverings, the DIG said the measure is aimed at addressing concerns related to drug trafficking, women's safety and child protection.

"Transparency is necessary because there are several issues, including the drug menace, activities of drug peddlers, women's safety and child safety. Keeping these concerns in mind, this measure has been taken," he said.

He, said the department is also open to suggestions from auto-rickshaw operators and other stakeholders regarding the implementation of the directive, including any genuine concerns over the time required or possible improvements.

He said officers would hold further discussions on the matter and assured that constructive suggestions from the public would be considered—(KNO)

Children's Day

Sakina Itoo urges collective pledge to protect every child



KNO DESK

Srinagar: On occasion of Children's Day, Minister for Health & Medical Education and Social Welfare, Sakina Masood Itoo on Saturday called upon society to take a collective pledge to safeguard the innocence, health, and aspirations of every child.

Taking to microblogging site X, the minister post "Behind every little smile lies a thousand dreams, and behind every child lies the hope of a better tomorrow. No child should ever have to suffer in silence, lose their innocence to hardship, or be denied the joy of a healthy and happy childhood."

"On Children's Day, let us pledge to protect every smile, nurture every dream and ensure that every child receives the love, nutrition, healthcare and opportunities they deserve," Itoo said.

"A child's smile is the purest measure of a society's happiness, and their well-being is our greatest responsibility" she said.

Nearly half of Kashmir's diabetics unaware of condition, doctors warn

JAHANGEER GANAIE

SRINAGAR: Kashmir is witnessing a steady rise in diabetes cases, with nearly half of those suffering from the disease remaining unaware of their condition, doctors said on World Diabetes Day on Saturday, stressing the need for early diagnosis, regular screening and lifestyle modifications.

Doctors said diabetes was no longer restricted to urban areas, as cases were increasingly being reported from both rural and urban parts of Kashmir, and cautioned that the absence of noticeable symptoms in many patients often results in delayed diagnosis, exposing them to serious health complications.

Dr Tanveer Ahmad, an endocrinologist, said that diabetes is a chronic condition that develops either when the pancreas fails to produce sufficient insulin or when the body cannot effectively utilise the insulin produced. The disease is broadly classified into Type 1, Type 2 and gestational diabetes, he said, adding that genetic predisposition and environmental factors can contribute to its development.

He said common symptoms include excessive thirst, frequent urination, unexplained weight loss, fatigue, weakness, mood changes, blurred vision, slow-healing wounds and recurrent infections, though many people do not experience noticeable symptoms, making periodic screening



particularly important. "The best way to prevent Type 2 diabetes is to adopt healthy eating habits, avoid ultra-processed foods, remain physically active and reduce weight if one is overweight or obese," the endocrinologist said.

Nearly half of the people suffering from diabetes remained unaware of their condition, said Dr Shahnawaz Ahmad. He advised people above 35, especially those with obesity, hypertension, a family history of diabetes, polycystic ovary conditions or a history of diabetes during pregnancy, to undergo blood sugar screening at least once a year. "People with these risk factors should not wait for symptoms to appear," he said, recommending at least 45 minutes of brisk walking every day.

Dr Rafaqat described diabetes as a silent killer and stressed that dietary regulation, regular exercise and weight management could play a significant role in controlling it. He cautioned against unnecessary steroid use and self-medication, saying such practices could adversely affect blood sugar levels, and said diabetes education is as important as treatment.

Doctors warned that prolonged exposure to uncontrolled blood sugar could lead to cardiovascular diseases, diabetic neuropathy, nephropathy and retinopathy, besides an increased risk of cognitive decline, with the risk rising with the duration of diabetes and poor blood sugar control.

Good Morning Kashmir

EDITORIAL

Rotten Meat, Rotten Oversight

The discovery of nearly two tonnes of putrid meat at Budgam Railway Station over two days is not merely a crime story, it is a public health emergency that was narrowly averted. That it happened twice in quick succession, with the second consignment arriving just a day after the first was seized, speaks volumes about the brazenness of those involved and the systemic failures that allow such dangerous cargo to travel through our railway network.

The facts, as reported, are deeply disturbing. On Friday, approximately 1,600 kilograms of buffalo meat arrived at Budgam station in ordinary packaging, without ice or refrigeration, reeking of decay. Veterinary experts declared it unfit for human consumption. The containers were leaking blood. By Saturday, another 380 kilograms of similarly rotten meat was intercepted. The question that demands an answer is simple: how did these consignments travel hundreds of kilometres through a supposedly monitored transportation system without raising alarms until they reached their destination?

The railway authorities' role in this affair requires scrutiny. The consignments were unmarked and not booked in the name of any identifiable person, a glaring lapse that suggests either staggering incompetence or wilful complicity. When police are forced to question railway officials about how such cargo was accepted without proper documentation, it is clear that the first line of defence in our food safety chain has collapsed.

The pattern is unmistakable, a thriving network of unscrupulous traders is exploiting the gaps in our food safety infrastructure to push dangerous products into the market. The question is not whether more such consignments are in transit, but how many have already slipped through undetected.

While the swift action by the Railway Police, Food Safety Department, and district administration deserves recognition, the episode raises uncomfortable questions about whether enforcement is reactive rather than preventive. The system functioned, but only because railway staff noticed a foul smell. What happens when the next consignment is not so conspicuously rotten? What about meat that is contaminated but not yet putrid? The detection of adulterated or unsafe food cannot depend on chance observations.

The people of Jammu and Kashmir deserve better. They deserve to know that the meat they buy for their families is safe. They deserve a food safety apparatus that works proactively, not merely reactively. And they deserve assurances that the Budgam seizures are not just isolated incidents in an ongoing game of cat and mouse, but the beginning of a genuine crackdown on those who would endanger public health for profit.

Good Morning Kashmir

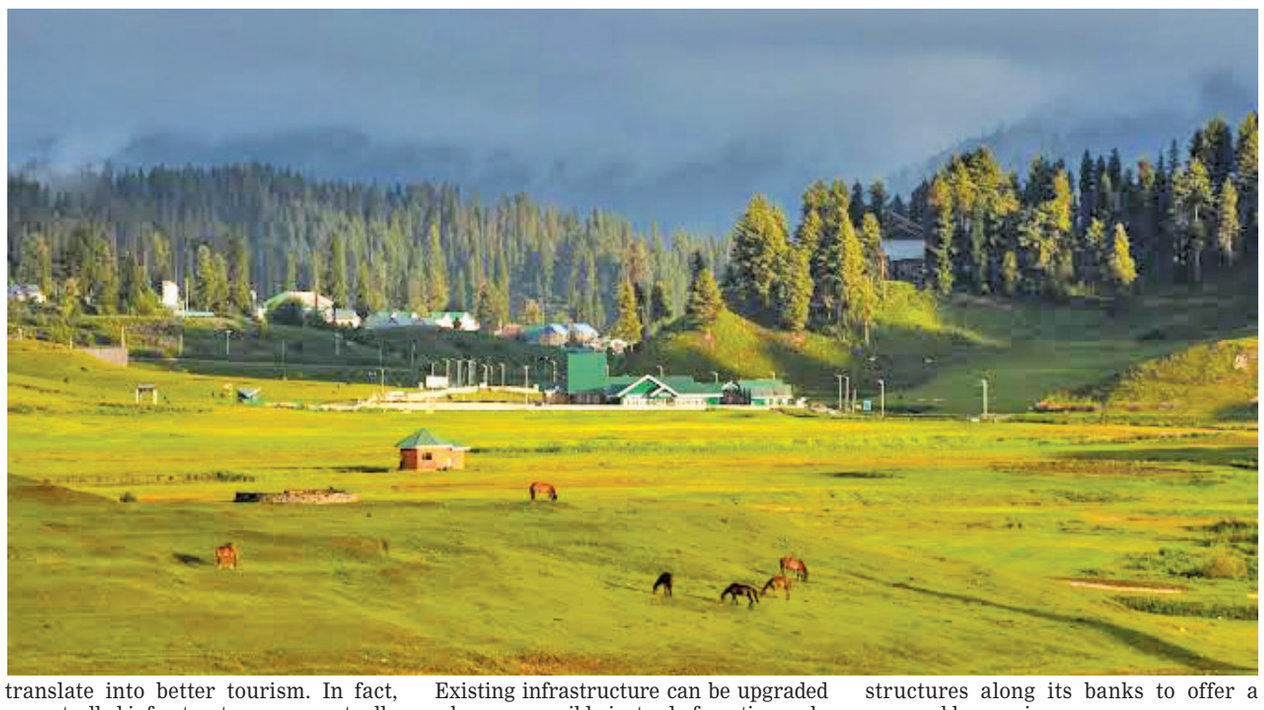
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Let Nature Breathe

Kashmir's Tourist Destinations Need Preservation More Than Construction



DR RIZWAN RUMI



Kashmir is blessed with a beauty that millions of people travel thousands of miles to experience. Its green meadows, snow-covered mountains, flowing streams, dense forests, alpine lakes and peaceful landscapes are not merely tourist attractions; they are a priceless natural inheritance. Yet, as tourism continues to grow, an important question deserves our attention: Are we developing our tourist destinations to make them more attractive, or gradually changing the very character that makes them special?

There is no denying that tourism is an important pillar of Jammu and Kashmir's economy. Thousands of families depend on it for their livelihood, and the sector deserves thoughtful investment, better infrastructure and institutional support. Roads, sanitation, drinking water, emergency services, parking facilities and other essential amenities are necessary to make tourist destinations accessible, safe and comfortable. However, development must have limits, and those limits should be determined by environmental considerations rather than commercial ambitions alone.

The real concern is not development itself but unnecessary construction in places whose greatest attraction is their untouched natural beauty. When every open meadow becomes a potential construction site, every roadside turns into a commercial establishment and every scenic location is surrounded by concrete structures, we risk losing something that cannot be recreated.

Destinations such as Gulmarg, Pahalgam, Sonamarg, Doodhpathri, Yousmarg and other emerging tourist locations should not be treated as ordinary urban spaces waiting to be filled with buildings. Their identity lies in their natural surroundings. Visitors come to these places to experience open landscapes, fresh mountain air, flowing water, silence and a sense of closeness to nature. They do not necessarily travel to Kashmir to find the same crowded commercial environment that exists in cities.

We must understand that more construction does not automatically translate into better tourism. In fact, uncontrolled infrastructure can eventually weaken the very attraction on which the tourism economy depends. Excessive hotels, restaurants, roadside structures and commercial establishments can increase pressure on water resources, generate additional waste, disturb natural drainage systems and put fragile ecosystems under stress. Once a natural landscape is damaged, restoring its original character may become extremely difficult.

What Kashmir needs is not a construction race but a carefully planned tourism model. Every destination should have a scientifically assessed carrying capacity, determining how many visitors and how much infrastructure its environment can sustainably support. Construction permissions should follow strict environmental assessments, land-use regulations and long-term planning. Sensitive meadows, forest areas, water bodies and ecologically fragile zones must remain protected from unnecessary commercial expansion.

There is also a need to distinguish between essential facilities and avoidable construction. Clean public toilets, proper waste disposal systems, drinking water points, designated parking spaces, emergency medical facilities, rescue services and well-maintained walking paths can significantly improve the tourist experience without changing the natural landscape. Existing infrastructure can be upgraded wherever possible instead of continuously opening new areas for construction.

Local communities must also remain at the centre of tourism planning. Homestays, local food outlets, traditional handicrafts, pony operators, guides and small businesses can benefit from tourism without requiring large concrete structures everywhere. A sustainable tourism economy should create opportunities for local people while protecting the environment on which their livelihoods depend.

The administration has an important responsibility in this regard. Tourism policies should focus not only on increasing visitor numbers but also on preserving the quality of the destinations they visit. Strict monitoring, transparent construction permissions, scientific waste management and effective enforcement of environmental regulations are essential. Tourism departments, development authorities, local bodies and environmental experts must work together rather than approach development in isolation.

We should also learn to appreciate that some places do not need to be developed beyond a certain point. Sometimes, the best intervention is to leave nature undisturbed. A meadow does not need a row of buildings to become attractive. A mountain does not need a commercial complex to welcome visitors. A stream does not need concrete structures along its banks to offer a memorable experience.

Kashmir has inherited a natural treasure that generations before us protected, often without even realising its economic value. We have a responsibility to pass it on to future generations in a condition that is as beautiful and meaningful as we received it. Tourism should improve people's lives, generate employment and strengthen the local economy, but it should never come at the cost of destroying the landscape that sustains it.

Perhaps the time has come to redefine what we mean by tourism development. Success should not be measured merely by the number of hotels constructed, commercial establishments opened or visitors accommodated. It should also be measured by the number of forests preserved, meadows protected, water bodies kept clean and natural landscapes saved from unnecessary intervention.

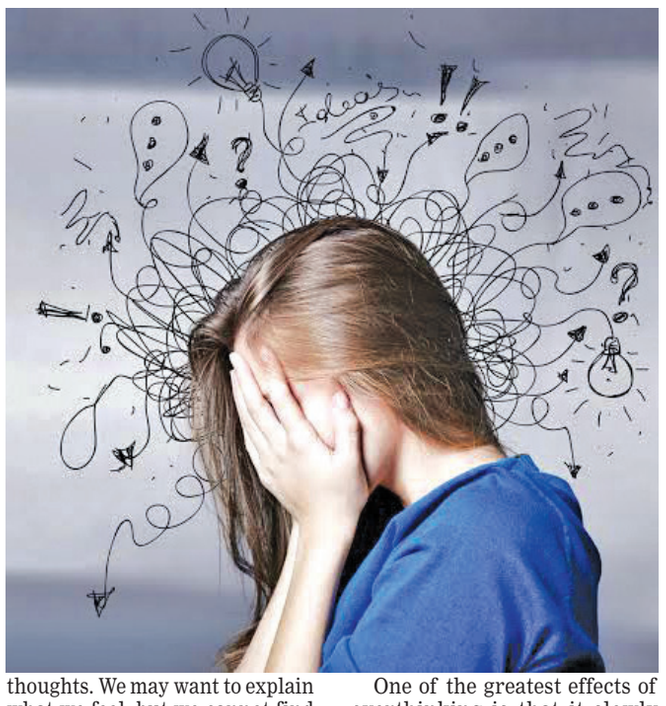
Kashmir does not need to become a concrete version of the cities tourists leave behind. Its greatest strength is that it is different. Let us develop what is necessary, regulate what is excessive and preserve what is irreplaceable. The beauty of Kashmir should remain its identity, not become a casualty of its own popularity.

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When Overthinking Steals Our Peace

"An Overthinking Mind Lives Between The Regrets Of Yesterday And The Fears Of Tomorrow, Forgetting The Peace Of Today."

DEEBA BASHIR



There are moments when nothing seems wrong around us, yet nothing feels right within us. We sit among people but feel lost in our thoughts. We smile, we talk, and we continue with our daily lives, but somewhere inside, our minds refuse to rest. We worry about things we cannot change, fear things that have not happened, and question things that may not even matter tomorrow. This is the silent power of overthinking—it takes us away from the present and traps us in a world of endless questions, imaginary fears, and unanswered thoughts.

Overthinking is not simply thinking too much; it is losing ourselves in thoughts that bring us no peace. It often begins with a small worry, a past mistake, an uncertain decision, or a fear about the future. Slowly, one thought leads to another until our minds become crowded with questions. We start asking ourselves, "What if I fail?" "What if things do not work out?" "What if I disappoint the people who believe in me?" Instead of finding answers, we create more doubts and make our worries heavier than they need to be.

The saddest part of overthinking is that nobody can see how tired our minds have become. People can see our smiles, hear our laughter, and watch us carry on with our responsibilities, but they cannot always understand what is happening inside us. Sometimes, we appear perfectly fine while silently struggling with our own thoughts. We may want to explain what we feel, but we cannot find the right words. And sometimes, we remain silent because even we do not understand why our minds refuse to calm down.

Overthinking makes us suffer over things that may never happen. We imagine the worst possible situations and begin to feel afraid of a future that has not even arrived. We replay old conversations, regret our decisions, and wonder whether we could have done something differently. In doing so, we forget one important truth: the past cannot be changed, and the future cannot be completely controlled. Yet, we sacrifice our present moments worrying about both.

One of the greatest effects of overthinking is that it slowly weakens our confidence. We begin to doubt our abilities, question our worth, and compare our journey with those of others. When we see people achieving their goals, we sometimes wonder why our lives are moving differently. We forget that everyone has a different story, different responsibilities, and different struggles. Just because someone reaches a destination before us does not mean we will never reach ours. Life is not a race, and our worth is not measured by how quickly we achieve success.

Overthinking can also affect our concentration, sleep, relationships, and everyday happiness. We may sit with a book in front of us, but our minds remain occupied with worries. We may spend time with our families and friends, yet fail to enjoy those precious moments because our thoughts are somewhere else. Even when we have time to rest, our minds continue working. Eventually, we feel mentally exhausted without understanding why. We become so busy thinking about life that we forget to live it.

However, the solution is not to stop thinking completely. Thinking helps us learn, understand, and make better decisions. The real challenge is learning when to stop thinking about things that are beyond our control. We must understand that not every thought is a fact, not every fear is a prediction, and not every problem needs an immediate answer.

We can begin by focusing on what we can do today instead of worrying about everything that might happen tomorrow. Talking to someone we trust, writing our thoughts in a diary, spending time in nature, praying if it brings us comfort, and taking short breaks from our daily routine can help us feel calmer. We should also learn to treat ourselves with kindness. Making mistakes does not make us weak, and having difficult days does not mean we are failing. We are human beings, and we are allowed to struggle while learning to become stronger.

Most importantly, we must remember that asking for help is not a weakness. If overthinking becomes overwhelming and starts affecting our daily lives, speaking to a trusted person or a mental health professional can help us understand our feelings and manage our thoughts.

Life will never be completely free from problems. There will always be uncertain days, difficult decisions, and situations that do not happen according to our wishes. But we do not have to lose our peace over everything we cannot control. Sometimes, we need to take a deep breath, trust the process, and remind ourselves that we can face tomorrow when it comes.

In conclusion, overthinking may not destroy a person physically, but it can gradually steal their peace, confidence, and happiness. It can make us prisoners of our own thoughts, keeping us trapped between yesterday's regrets and tomorrow's fears. That is why we must learn to protect our mental peace and give ourselves permission to live without questioning every little thing.

Remember, you do not have to figure out your entire life in one day. You do not need to have every answer or make every decision perfectly. Sometimes, doing your best and allowing things to unfold with time is enough.

Stop living in the fear of what might happen and start appreciating what is happening. Your life is not waiting for your worries to end; it is happening right now. Do not let the thoughts in your mind steal the beautiful moments that life is offering.

"Sometimes, we suffer not because of what life brings us, but because of what our minds convince us might happen."

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

Beyond Borders

How Chhath Puja Defines The Unity In India's Diversity



OMKAR DATTATRAY

The unity in diversity is the characteristic and hallmark of Indian culture, but there is diversity in the Hindu community and religion. There are very few festivals which are celebrated in the length and breadth of India. One such festival is the Chhath festival, which is celebrated in Bihar, western UP, Jharkhand, West Bengal, and the Nepalese provinces of Madhesh and Lumbini. It is a four-day festival dedicated to the sun god, and the sun is worshipped, and it is also celebrated to protect and conserve the environment, and thus this festival is very important, as nature is worshipped during the festival, and so this festival has great significance for the nature and its various forms and manifestations.

The auspicious four-day festival of Chhath Puja is celebrated with much pomp and show in northern India and Nepal. The annual four-day festival is right around the corner, and devotees are gearing up to celebrate the festival with pomp and gaiety. Chhath Puja also known as Surya Shashti, Chhath, Chhathi, Chhat, Chhathi, Chhsth Parv, Dala Puja, Pratihar and Dala Chhath. Since Chhath is dedicated to sun god, it is the God of energy and life. It is especially celebrated by the women flock, and they observe a complete fast which is rigorous and pray to Lord Surya and Chhathi Maiya for their own and families as well as children's welfare. Argya is also offered to Sun God and chhathi Maiya. Chhath Puja is celebrated after six days of Diwali on the sixth day of the month of Kartik. In fact, the preparations for Chhath Puja are started a day after Diwali by beginning to eat only the Satvik diet without onion and garlic. The meals are prepared most hygienically, and the food is eaten only after taking a bath.

This year Chhath Puja is on 15 November 2026 .It began on November 11 with Nahay Khay and Chhath Puja and Usha Argya on November 15 .Very rigorous, and rituals are followed by the devotees who observe fast to please Sun God and Chhathi Maiya. There are many legends and stories associated with the origins of Chhath Puja, and some even find mention in the Rig Veda. According to Hindu mythology. The Draupadi and Pandavas used to observe the Chhath Puja to regain their Kingdom and resolve their issues. Another legend has it that Karna, who was the son of Lord Surya and Kunti, used to perform Chhath Puja. As already mentioned, the devotees offer Argya and pray to Lord Surya and Chhath Maiya during Chhat puja to receive their blessings for the prosperity and well-being of the children and the whole family.

Holy mantras from the Rig Veda are chanted to please Lord Surya and Chhath Maiya. It is also said that the sages of the Vedic period used to perform Chhath Puja by exposing themselves to direct sunlight to gain energy from sun rays. Women generally observe a 36-hour fast during Chhath Puja to gain blessings from Sun and Chhathi Maiya. The first day of Chhath is called Nahay Khay-devotees take bath in holy water like river Ganga ,women who observe fast eat a single meal And devotees paepare Prasad for Suya Bhagwan .The second and third days are Kharna and Chhath Puja women observe an arduous nirjala vrat during these days. On the fourth day, women offer Argya to the Sun God and Chhathi Maiya and seek their blessings. It is believed that the beginning of Chhath Puja was from the Mahabharat Period.



First of all, Surya putur Karan had performed the Puja of Sun God. Karan was the true and staunch devotee of Sun God and he used to remain in water upto his back and used to give Argya to Sun God. The question arises: why is the Puja of Chhath Maiya performed? Shastras say that Mata Chhathi is the Manas Putri of Lord Bhramah. Some also believe that Chhath Maiya is the sister of Sun God.It is also believed that by performing Puja of Chhath Mayia one gets the blessing of long life. One gets a child by performing the Puja of Chhathi Mayia. The sun is visible to every being and is the basis of life of all creatures on earth. Along with Sun God, Chhathi Maiya is also worshipped on this day. According to Vedic astrology, Chhathi Maiya protects the children from diseases and problems and gives them long lives and good health.

The festival of Chhath Puja is celebrated by men and women for long life of their children and prosperity in the family, this four-day festival involves worshipping the Sun God and Chhathi Maiya. According to legends, Chhati Maiya is an incarnation of one of the famous forms of the goddess Durga Davi Katyayani, who is worshipped on the sixth day of Navratri. She is also said to be the daughter of Lord Brahma ,the creator of the world. The legend states that during the creation of the world, Lord Brahma divided himself into two parts, one of male and another of female. The part which is divided into females became Mother Nature, and she further divided herself into six parts, out of which the last part was full of motherly love for all beings and hence was called Shashti or Chhathi. Since Goddess Chhati, or Chhathi Maiya, is considered to be the epitome of motherly love ,on the sixth day after the birth of a child, the goddess is worshipped and said to bless the child with good health, long life and success in later life.

Another legend states she is the sister of the Sun God, and therefore, in Chhath, both Chhati Maiya and the Sun are worshipped. It is said that the festival of Chhath was introduced when King Priyavrat, who was the son of the first man, Manu, was blessed by Goddess Chhathi, who then revived his dead child. In UP and Bihar, there is special importance for Chhath Puja. Chhath is not only a festival but a great festival which is celebrated for four consecutive days. It starts with bathing and eating and comes to close with the offering of Argya to the sunset and sunrise. This festival comes twice a year, once in the month of Chatira and then a second time in Krtika. The festival celebrated on the sixth day of Chaitra is called Chatie Chhath, and the festival celebrated on the sixth day of Kartika is Known as Kartike Chhath. It is celebrated for family blessings and prosperity and for obtaining the fruits willed by the devotees.

The festival of Chhath has a historical importance as well. It is believed that Lord Rama is associated with the inception of Chhath Puja. It is said that when Lord Rama returned to Ayodhya, then he and his wife, Sita, observed a fast in honour of Sun god and broke it only with the setting sun. It is one such ritual which subsequently evolved in Chhath Puja. Now apart from the religious significance of thanking the Sun for providing us a good life, there is some science too attached to the rituals of this festival. The rituals demand to pray at the riverbank or stand at the riverbank for long hours, and there is an explanation to it. The ultraviolet rays of the sun are at their lowest during sunrise and sunset, and that is why the sun rays are most beneficial at these two times. These sun rays help in detoxifying the mind, body and soul by removing all negative energies.

This is the only Hindu festival or perhaps the only festival in the world that signifies the rising and setting sun. The most unique feature of this Chhath Puja is that there is no idol worship, unlike most of the festivals of Hindu religion. Some people amply opine that the sun is necessary for the life of every creature on earth, and this festival is a way to pay tribute to it irrespective of caste, creed, gender, race and social stigma. In brief, the Chhath Puja festival is the unique festival which is celebrated in north India and Nepal. May Chhath Maiya bring peace and prosperity to Jammu and Kashmir, which is still in the grip of militancy as sporadic militant acts occur here.

The author is a columnist, social, KP activist

Beyond Survival

Kashmir's Children Deserve To Thrive



DR. RATAN BHATTACHARJEE

A child's world should be measured by the distance between a school gate and a playground, by the excitement of a new book, the warmth of a family evening and the freedom to dream. In Kashmir, however, childhood has often had to negotiate a more complicated landscape. Alongside the familiar concerns of growing up, examinations, friendships, family expectations, many children have encountered uncertainty, interrupted routines and the emotional consequences of living. Their story is not simply one of suffering. It is also a story of resilience, aspiration and an urgent demand for a childhood that belongs to them.

The question, therefore, is not merely whether children in Kashmir attend school or whether educational institutions function. It is whether they can grow up with confidence, emotional security and equal opportunities. A school may reopen, but the anxiety created by past uncertainty does not necessarily disappear when the classroom door opens. Kashmir's children are not a single, uniform group. Their experiences differ according to geography, family circumstances, economic background and access to public services. A child growing up in Srinagar may have different opportunities from one living in a remote mountain village or a border district. For some, the principal challenge is academic competition; for others, it may be the distance to school, inadequate transport, family income or the absence of reliable digital access. Any meaningful discussion of childhood in Kashmir must recognise these differences rather than reduce an entire generation to one political narrative. The emotional dimension of childhood requires equal attention. Prolonged uncertainty, exposure to violence, sudden changes in routine and the anxiety of family members can affect a young person's sense of security.

It would, however, be misleading to describe every Kashmiri child as traumatised. Many children demonstrate remarkable adaptability, humour, ambition and emotional strength. They continue to study, participate in cultural programmes, play sports and imagine futures beyond their immediate surroundings. Resilience is a genuine strength, but it should never become an excuse for society to ignore distress. Children should not be expected to develop extraordinary courage merely to experience an ordinary childhood. Research on education and childhood in Jammu and Kashmir has increasingly emphasised the relationship between conflict, schooling and peace education.



The modern child inhabits a world dramatically different from that of previous generations. Technology has transformed education, communication and recreation. Smartphones, tablets, online games and digital classrooms have opened extraordinary possibilities. Children can explore distant countries, discover scientific wonders and communicate across continents without leaving their homes. However, the same digital revolution has introduced a paradox. The child is increasingly connected to the world but may remain disconnected from the people sitting beside them. A family dinner table, once a place of conversation, storytelling and shared laughter, is often occupied by individual screens. Parents check office messages, children watch videos, and grandparents struggle to compete with digital entertainment for attention. Physical proximity no longer guarantees emotional intimacy. The child may have hundreds of online friends but nobody to whom they can comfortably express their fears.

The problem becomes more complicated when childhood is transformed into a permanent competition. From an early age, children are expected to demonstrate academic excellence, develop communication skills, participate in extracurricular activities and prepare for a future that adults themselves cannot confidently predict. School examinations, coaching centres, admission tests, Olympiads and performance assessments increasingly dominate their daily routines. Education should certainly encourage discipline, intellectual curiosity and ambition. But when achievement becomes the only measure of a child's worth, learning loses its joy. A child who secures ninety-five per cent may be asked why the score was not ninety-eight. Another who struggles academically may begin to believe that disappointment is the only identity available to them. Comparisons between siblings, classmates and neighbourhood children can silently damage self-esteem. The tragedy is that adults frequently mistake pressure for motivation. The growing dependence on digital entertainment deserves particular attention. Social media platforms, short-form videos and online gaming are designed to hold attention. Children, whose capacities for self-regulation are still developing, can find it difficult to disengage. Hours that could have been devoted to outdoor games, reading, painting, music or imaginative play disappear into an endless digital stream.

The issue is not that technology is inherently harmful. It is an indispensable part of contemporary life. The challenge lies in establishing boundaries and ensuring that technology serves childhood rather than controlling it. Parents cannot reasonably demand that children abandon smartphones while remaining permanently attached to their own devices. Responsible digital behaviour must begin with adult example.There is also a growing emotional dimension to the crisis. Children experience loneliness, insecurity, bullying, academic anxiety and fear of rejection. Cyberbullying can follow them from school into their bedrooms. The traditional schoolyard conflict may once have ended when the child returned home; online harassment can continue throughout the night. A humiliating photograph, an insulting comment or exclusion from a digital group can become a source of persistent distress.

Schools have an important responsibility in this situation. They cannot remain examination-producing institutions alone. A meaningful educational environment must recognise emotional development alongside intellectual achievement. Teachers should be trained to identify signs of distress, social withdrawal, bullying and sudden behavioural changes. Counselling facilities, inclusive classrooms, sports programmes, creative activities and open conversations should become integral components of school life.The classroom must also become a place where failure is treated as an opportunity to learn rather than a permanent mark of inadequacy. Every child does not possess identical abilities. Some excel in mathematics, others in literature, music, sports, drawing, scientific imagination or interpersonal communication. A genuinely progressive education system recognises these differences instead of forcing every child into a single competitive mould.

The importance of grandparents and extended families should not be overlooked. Intergenerational relationships offer children a sense of continuity and belonging. Stories about family history, childhood memories, traditional games, festivals and local cultures can enrich their imagination. Children of working parents may spend long hours in institutional care or under digital supervision. There is nothing inherently wrong with working parents or changing family arrangements. The concern is whether adequate emotional support accompanies these changes.Unfortunately, shrinking playgrounds, traffic congestion, urban construction and excessive academic schedules have reduced opportunities for outdoor recreation in many communities. Schools and local authorities must therefore protect accessible playgrounds, parks and safe public spaces. A city that provides shopping malls but neglects playgrounds is failing its youngest citizens.

The United Nations Convention on the Rights of the Child recognises children's rights to education, protection, participation, recreation and development. These are not decorative principles. They represent obligations for governments, educational institutions, families and communities. Children's voices must be heard when decisions affecting their lives are made. They are not merely future citizens; they are citizens of the present.Perhaps the most important lesson is that childhood cannot be postponed. Adults often promise children happiness after examinations, after admission to a prestigious institution, after securing a successful career. But childhood has no waiting room. The years of spontaneous discovery, friendship, imagination and wonder pass irreversibly.

We must therefore reconsider what we mean by a successful childhood. Children need ambition, but they also need affection. They need discipline, but they also need.

The arts can offer another valuable route towards emotional expression. Drawing, painting, storytelling, theatre, music and poetry allow children to communicate experiences that they may find difficult to explain directly. A 2024 study on an arts-based intervention in a Kashmir school explored how creative activities could support the well-being of students. Such initiatives deserve wider institutional attention, particularly in schools where children have limited access to counselling and extracurricular opportunities. Kashmir possesses a rich cultural inheritance that can enrich the education of its younger generation. Its poetry, folk narratives, crafts, music, traditional knowledge and multilingual literary traditions provide a powerful foundation for learning. Children should have opportunities to read Kashmiri literature alongside English, Urdu, Hindi and other languages relevant to their education. Local stories and cultural memory can strengthen a sense of belonging without narrowing a child's outlook. The purpose of education should be to make young people confident in their heritage and equally open to the wider world.

Most importantly, children must not be made instruments of political hostility or communal suspicion. Their classrooms should be spaces where differences are understood through dialogue and mutual respect. Peace education must not be reduced to slogans; it should be practised through everyday relationships, inclusive teaching and the protection of every child's dignity. A young person must be able to encounter different ideas without inheriting hatred or fear. The future of Kashmir will not be determined only by political agreements, administrative decisions or economic projects. It will also be shaped by the confidence, education and imagination of its children. Kashmir's children deserve to be known for their achievements, not defined by the uncertainties surrounding them. Their childhood should not be a waiting room for a more peaceful tomorrow. It should be a meaningful, joyful and protected part of life today. A child's morning ought to begin with the school bell, the laughter of friends and the excitement of discovery - not with the fear of what they day may bring .

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AI Will Give Speed

forward a tradition of knowledge more than a thousand years old.

The Lieutenant Governor said India is witnessing a historic period of transformation and emerging as one of the world's largest and fastest-growing major economies with the national resolve of building a developed India by 2047. He highlighted the country's digital public infrastructure, unprecedented growth in the space sector, research and innovation and rising investment in quantum technology, artificial intelligence, semiconductors, green energy and biotechnology.

"Building a developed India by 2047 is our national resolve. By then, many of you will be at the highest peaks of your careers. Therefore, a developed India is not a slogan for another generation; it will be the essence of your life's achievements. It will be a symbol of the success of your tenure, and it will be the greatest pursuit and accomplishment of your lives," he said.

The Lieutenant Governor said India now has nearly 223,000 startups and 135 unicorns, and that many founders come from small towns, reflecting a genuine democratisation of opportunity and entrepreneurship.

Offering a fresh perspective on the "demographic dividend", Lieutenant Governor said he preferred to call it a "demographic responsibility".

"Society would benefit when youth connect farmers to markets, women's self-help groups become employment-generating enterprises, and engineers develop affordable medical tools for remote areas," he said.

The Lieutenant Governor highlighted the significance of humanities.

"Technology tells us what we can do, while the humanities teach us what we should do. The nation needs engineers as well as historians, and scientists as well as musicians.

"If we wish to strengthen the intellectual wealth and capability of society, we need scientists as well as musicians. For this, young generation must be prepared to struggle with unwavering courage.

Turn crises into opportunities. This is what great personalities did, and the world remembers them today. I believe that talent has no fixed address, and greatness does not arrive after checking postal addresses of certain individual. Greatness seeks courage and struggle," he said.

The Lieutenant Governor also offered three practical suggestions for internships. First, present a well-studied solution to a company's challenge rather than simply seeking an opportunity, strive to be so valuable that the team feels one's absence, and choose internships that teach something new.

On artificial intelligence, he said the relationship between AI and humans would be one of partnership, not competition. He noted that AI will change the way we work, but determining the purpose of work will remain a human responsibility. The Lieutenant Governor also observed that AI can provide new answers based on old knowledge, but the courage to discover new questions will remain with human beings.

On the occasion, the Lieutenant Governor also gave five resolutions to the students. First, never stop learning, create opportunities rather than only seek them, uphold honesty and ethics, support those who follow, and express love for the nation through action.

"Your degree is not the end of your journey; it is a step to begin a new one. I believe that today's skills may become irrelevant ten years from now, but the habit of continuous learning will never become irrelevant. Therefore, make the pursuit of knowledge a permanent part of your nature.

Knowledge without character is meaningless. Therefore, do not merely aim to be a topper, become individuals who have the courage to speak the truth, the resolve to do what is right, and who treat every human being with dignity and respect.

The future awaits you. Move forward with courage. Give compassion and sensitivity a place in your heart. Take the light of knowledge into your hands and begin a new journey of life. I reiterate that technology will expand in the future, but the responsibility to give that future a new meaning will belong to human intelligence, to all youth," the Lieutenant Governor said.

Vice-Chancellor, Cluster University of Jammu, Prof. K. S. Chandrasekar presented the University report on the occasion

Chief Minister Shri Omar Abdullah; Minister for School Education, Higher Education and Jal Shakti, Ms. Shamim Firdous; Registrar, Cluster University of Jammu, Ms Ankur Mahajan, HoDs, faculty members, students and their parents attended the convocation ceremony.

Member of Parliament, Shri Jugal Kishore Sharma; Member of Legislative Assembly from Jammu West, Shri Arvind Gupta; Heads of various Educational Institutions, prominent citizens and senior officials of Civil and Police administration were also present.

Artists Call

and the artistic community had largely remained limited to individual events, without sustained engagement with artists and an understanding of their struggles.

He said the challenges faced by artists, including limited opportunities, a small audience base and inadequate institutional support, had prevented the sector from reaching its potential.

He called for a sustained engagement between policymakers and the artistic community rather than limiting government interaction to cultural events.

Para also assured the artists of his support and said he would raise their genuine concerns during the upcoming winter session of the Jammu and Kashmir Legislative Assembly.

He stressed the need to recognise artists at the community level and extend institutional support to them, saying their contribution was crucial to protecting Kashmir's language, art and culture.

The convention was also attended by MLA Tangmarg, Farooq Ahmad Shah.

Several prominent artists and cultural personalities participated in the discussions, including Waheed Jeelani, Mehmeet Syed, Gulzar Ganaie, Mir Sarwar, Kapil Mattoo, Shazia Bashir, actor Zameer Ashai, Dr Ayash Arif, G.M. Wani, Umar Imtiyaz, Shahzad Rasool, Talha Jahangir, Bashir Bawani, Shamshad Kralwari, Shafiq Qureshi, Nisar Naseem and Naseema Shifai.

Former cultural and broadcasting officials attending the convention included former Radio Kashmir directors Bashir Arif and Rukhsana Jabeen, former Doordarshan officials Shahzadi Saima and Shabir Mujahid, former Secretary of the J&K Academy of Art, Culture and Languages Zafar Manhas, and Joint Director Information Kashmir, Shahnawaz Bukhari.

Amin Bhat, chairman of Adbi Markaz Kamraz, was also present.

The participants discussed the need for a comprehensive mechanism to address the professional and financial challenges faced by artists, create sustainable opportunities and strengthen institutional support for the promotion of local art and cultural traditions.

AAWAAZ Must

and what makes our society distinct. Unfortunately, many of these traditions are slowly fading away. Several traditional art forms are struggling to survive, our folk musicians and artists are finding fewer platforms, and the younger generation is gradually losing touch with the cultural roots of its own land.

It is painful to see a heritage that has survived generations now struggling to find its place in modern society. If this neglect continues, we may eventually be left with memories of traditions that once gave Kashmir its unique cultural identity.

The initiative taken by Kashmir Music Club and Good Morning Kashmir deserves appreciation for bringing this subject into the public domain and providing people associated with different art forms an opportunity to come together. More importantly, it has created an opportunity for an honest and much-needed discussion about the challenges confronting our cultural institutions and artistic community.

However, AAWAAZ should not end with the conclusion of the convention. The real purpose of such an initiative will be defeated if the enthusiasm generated by the gathering is not carried forward. The group and the platform must continue, with regular discussions on the declining state of our culture, heritage, music, cuisine, literature and traditional arts.

There is much to discuss and even more to do. Our artists need recognition, our traditional musicians need platforms, our craftspeople need support, and our cultural institutions need to be revived and strengthened. The government, too, must move beyond occasional functions and formal assurances and develop a meaningful policy for the preservation and promotion of our indigenous culture.

Equally important is the need to involve younger generations. Unless children and young people are introduced to their cultural roots, no amount of official patronage can guarantee the survival of traditions passed down through centuries.

AAWAAZ has given this scattered community an opportunity to speak in one voice. That voice must not fall silent after one successful gathering. It should become a continuing forum for ideas, debate, collective action and engagement with the authorities.

The initiative has made a beginning. Now it needs continuity, commitment and collective ownership. We cannot afford to watch our heritage disappear and wake up one day to realise that what we inherited from generations before us is no longer there to pass on.

A society that forgets its cultural roots gradually loses its identity. Saving that identity must become a collective responsibility.

Deputy CM Draws

submitted to the National Conference leadership, 17 dissident legislators demanded that the Deputy Chief Minister be divested of the R&B portfolio—(KNO)

Search Operation

dismantle their support networks.

The conference also reviewed strategies for sustained and intensified counter-insurgency operations across the region.

Pertinently, on Wednesday, three CRPF personnel were injured when terrorists opened fire on a security checkpoint near Nowpora Akhran in Kulgam district. One of the injured personnel was airlifted to Srinagar for specialised medical treatment.

Since the attack, security forces have intensified search operations across several villages in the district.

Around 500 suspected overground workers (OGWs) have reportedly been questioned as part of the investigation.

The National Investigation Agency (NIA) has also joined the investigation and is collecting evidence from the attack site. Security agencies have expanded surveillance and intensified searches to track down the attackers and identify their possible support network—(KNO)

Dry Weather Expected

details accessed, Sonamarg recorded a minimum temperature of 2 degrees Celsius, Kulgam 4.4 degrees, Ganderbal 6.3 degrees, Baramulla 7.3 degrees and Bandipora 8.7 degrees Celsius.

In the Jammu division, Jammu city recorded a minimum temperature of 15.3 degrees Celsius, while Banihal registered 6 degrees, Bhaderwah 3.8 degrees, Batote 7.8 degrees, Katra 13.8 degrees and Kathua 15.6 degrees Celsius.

Meanwhile, several parts of Jammu and Kashmir witnessed rainfall during the past 24 hours, while higher reaches received fresh snowfall. The Meteorological Centre said generally cloudy weather with a brief spell of light rain in the plains and light snowfall over higher reaches was expected at scattered to many places towards Saturday afternoon and evening.

The weather department has forecast generally dry conditions across Jammu and Kashmir from November 15 to 21, although cloudy weather is likely towards November 20 and 21. Dry weather is also expected from November 22 to 25.

The department has advised farmers to resume agricultural activities from November 15 onwards. It has also cautioned about the possibility of thunder and gusty winds at isolated places towards Saturday afternoon and evening—(KNO)

Govt Jobs Cannot

connectivity, modern laboratories and hostel facilities, particularly to support students from far-flung areas such as Poonch, Rajouri, Doda and Kishtwar.

Emphasising the importance of academic discipline, Omar said universities must ensure timely academic calendars and examination cycles so that no student loses an academic year while waiting for examinations or the award of a degree.

"My government is committed to providing our universities with the necessary institutional support, academic autonomy, faculty strength and infrastructure to enable them to become genuine centres of knowledge, innovation and regional problem-solving," he said.

Addressing the graduates, he said rapid technological changes, particularly the emergence of artificial intelligence, had transformed the employment landscape, making continuous learning, critical thinking, sound judgement and empathy increasingly important.

He urged young people to move beyond conventional career choices and explore entrepreneurship, observing that government employment alone could not accommodate every graduate.

"Sustainable prosperity in Jammu and Kashmir will come when our youth move beyond being exclusively job seekers and become value creators, innovators and entrepreneurs," he said.Learn Hindi

Identifying agribusiness and food processing, sustainable tourism, cultural heritage, renewable energy, disaster resilience and the digital economy as sectors offering significant opportunities, the Chief Minister called upon graduates to use their academic knowledge to establish enterprises and generate employment.

He said agricultural products such as basmati rice, Bhaderwah rajmash, saffron, walnuts, kaladi and citrus fruits offered considerable potential for value addition, branding and access to wider markets.

Graduates could also explore opportunities in heritage and eco-tourism, digital media, renewable energy, climate-resilient infrastructure and technology-enabled services, he added.

Omar said his government was committed to supporting young entrepreneurs by strengthening the start-up ecosystem, simplifying clearances and improving access to credit.

Emphasising character-building and social responsibility, he urged graduates to remain lifelong learners, respect the dignity of labour, uphold integrity, stay connected with their communities and prioritise their mental and physical well-being.

He also asked them to carry Jammu and Kashmir's pluralistic cultural ethos and heritage wherever their professional journeys took them and contribute their skills, experience and ideas to the development of their home region.

The Chief Minister expressed confidence that the university's first graduating batches would make meaningful contributions to society and help shape Jammu and Kashmir's future.Learn Hindi

Later, Omar Abdullah and other dignitaries presented medals and certificates to the graduating students.

Traffic Resumes On

on the Zojila stretch.

Authorities have advised commuters to strictly adhere to the traffic advisory and cooperate with officials deployed along the route to ensure safe and smooth movement.

Javed Rana Announces

operations to ensure that meat supplied to consumers meets the required quality standards.

"Nobody will be allowed to compromise with the quality of meat or play with people's health," the minister maintained.

The minister's remarks come amid recent enforcement action in Budgam, where around 1,600 kilograms of rotten meat was seized at Budgam Railway Station following an alert by Railway Police to the Food Safety Department.(KNO)





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Justice Kumar celebrates Children's Day with Children at Paresha and Palash Homes

GMK NEWS NETWORK



SRINAGAR: In a heartfelt gesture reflecting compassion, commitment and institutional concern towards the welfare and well-being of children, Justice Sanjeev Kumar, Judge, High Court of Jammu & Kashmir and Ladakh and Executive Chairman, Jammu & Kashmir Legal Services Authority, celebrated Children's Day with the children residing at Paresha (Children Home for Girls) and Palash (Children Home for Boys), at Ishber, Nishat, Srinagar, on Saturday.

The celebration was organised in an atmosphere of warmth, affection, enthusiasm and exuberance, with the objective of making the children feel valued, encouraged and empowered, while reaffirming the collective responsibility of institutions and society towards safeguarding the rights, dignity, safety and overall development of every child. The occasion served as a meaningful platform to strengthen the bond between the institutional authorities and the children and to reiterate the importance of providing them with a safe, nurturing, inclusive and enabling environment.

The Executive Chairman was accompanied by Shazia Tabasum, Member Secretary, J&K Legal Services Authority; Naseer Ahmad Dar, Principal District & Sessions Judge, Srinagar; Naseer Ahmad, Director, School Education, Kashmir; Jahangir Ahmad Bakhshi, Joint Registrar Protocol, Srinagar, High Court of J&K and Ladakh; Dr. Mukhtiyar Ahmad, District Social Welfare Officer, Srinagar; Wajahat Majeed, Joint Secretary, Cricket Association of Jammu & Kashmir; Showkat Ahmad Mir, Superintendent, Palash; Sitander Kour, Superintendent, Paresha; Feroz Ahmad, Convener Jammu & Kashmir Alternative Care Network; and, along with other officers and officials.

During the visit, the Executive Chairman interacted with the children residing in both homes and engaged with them in a warm, friendly and encouraging atmosphere. He patiently listened to their experiences, aspirations and interests and encouraged them to pursue their education, cultivate positive values, develop their individual talents and remain confident in their abilities. He emphasized that every child deserves equal opportunities, care, affection, protection and a dignified environment in which to grow and realise their full potential.

The Executive Chairman underscored that children constitute the foundation of the nation's future and that their protection, education, health, emotional well-being and holistic development must remain a collective priority. He observed that children residing in institutional care deserve particular attention, sensitivity and sustained support so that they may grow up with confidence, self-respect and a sense of belonging. He further emphasised the importance of ensuring that no child is deprived of opportunities to participate in educational, cultural, recreational and sporting activities.

The celebration witnessed several vibrant cultural and recreational activities, with the children enthusiastically participating and showcasing their talents.

A special highlight of the programme was the traditional Kashmiri Rauf performance presented by the boys and girls of Paresha and Palash, which beautifully reflected the rich cultural heritage and artistic traditions of Kashmir. The performance was appreciated by the Executive Chairman and the accompanying dignitaries.

Adding further cheer and excitement to the celebrations, various recreational activities, including musical chairs and spoon race, were organised for the children. The enthusiastic participation of the boys and girls transformed the occasion into a memorable celebration filled with laughter, joy and youthful energy.

Diabetes care must protect organs, improve quality of life: Doctors

JAHANGEER GANAIE

SRINAGAR: On World Diabetes Day, health experts called for a comprehensive approach towards diabetes management, saying treatment should focus not only on controlling blood sugar levels but also on protecting patients from long-term complications and ensuring a better quality of life.

Dr Shariq Rashid Masoodi, Senior Consultant, Endocrinology, Diabetes and Metabolic Medicine at DSM Clinics Kashmir, said people should not wait for diabetes to manifest through symptoms before taking action, as early screening, timely diagnosis and appropriate treatment can make a significant difference.

He said diabetes care must go beyond blood sugar control and focus on protecting vital organs, including the heart, kidneys, eyes and nerves, while also addressing associated metabolic risks.

Dr Masoodi said people living with diabetes require continuous medical attention and a comprehensive treatment approach to minimise the risk of complications and maintain their overall health.

He added that access to quality diabetes care should be ensured for everyone, irrespective of their financial circumstances, disability or geographical location.

"On World Diabetes Day, my message is simple: don't wait for diabetes to announce itself. Take action early. Let us make a commitment to support those living with diabetes, challenge myths and stigma, and turn awareness into meaningful action," he said.



Another endocrinologist, Dr Khursheed Ahmad, said greater attention was needed towards understanding how diabetes affects an individual's everyday life and how people diagnosed with the condition could cope with it while maintaining a healthy and productive life.

He said diabetes should not be considered a barrier to living a normal life, provided patients remain consistent with medical advice and make necessary changes to their daily routines.

Dr Khursheed stressed that lifestyle modifications, particularly changes in food habits and regular physical exercise, could help delay or even defer the onset of diabetes among people at risk.

He said people needed to adopt healthier lifestyles and remain conscious of their dietary choices and physical activity to reduce the long-term burden of the disease.

The experts said diabetes management requires sustained efforts, patient education and accessible healthcare services, adding that timely intervention and comprehensive care can help protect lives and improve the quality of life of those affected—(KNO)

SWD celebrates Children's Day 2026 at Anganwadi Centre Hazratbal

GMK NEWS NETWORK

SRINAGAR: Social Welfare Department (SWD), through SANKALP – Hub for Empowerment of Women (HEW) Srinagar, celebrated Children's Day 2026 at an Anganwadi Centre in Hazratbal with great enthusiasm and active participation of children, Anganwadi workers and local community members.

The programme was organized with the objective of promoting child welfare, recognizing the importance of childhood and creating awareness about the rights, health, nutrition, education and overall development of children.

On the occasion, various fun-filled and recreational activities were organized for children, providing them with an opportunity to showcase their talents and enjoy the spirit of the celebration. The children participated enthusiastically in the activities, making the event joyful and memorable.

The programme also highlighted the importance of providing children with a safe, healthy, nurturing and supportive environment. Emphasis was laid on the role of parents, caregivers and the community in ensuring proper nutrition, early childhood care, education and holistic development of every child.

The Department reiterated its commitment towards strengthening community-level initiatives for child welfare through Anganwadi Centres and Mission POSHAN, ensuring that every child receives the care, protection and opportunities necessary for a healthy and bright future.

The celebration concluded with a message of love, care and encouragement for children, recognizing them as the foundation of a progressive and prosperous society.

Kashmir DCs directed to set up district-level social media cells

New cells to counter misinformation, improve public outreach

REHAN QAYOOM

SRINAGAR: Deputy Commissioners (DCs) across Kashmir have been directed to operationalise 'District-level Social Media Cells' to ensure timely dissemination of information and effective public outreach. The move is aimed at strengthening digital governance and improving government-public communication,

The directions were issued on Saturday during a high-level review meeting, where the need for effective public engagement, timely information dissemination and monitoring through the proposed cells was stressed.

According to details obtained, the progress of various administrative initiatives, security arrangements at migrant labourer clusters, facilities at migrant transit accommodations and major infrastructure projects were reviewed.

The meeting comes amid a growing need to strengthen the administration's digital communication and response mechanisms.

On October 30, Lieutenant Governor Manoj Sinha had also called for setting up district-level social media cells to swiftly counter misinformation while chairing a high-level security review meeting with Deputy Commissioners, SSPs and senior officials in Kashmir Division.

The proposed cells are aimed at strengthening the administration's response to misinformation through timely dissemination of verified information and helping prevent rumours and misleading content from affecting public order—(KNO)

Pulwama admin organises Yoga Sessions on World Diabetes Day

GMK NEWS NETWORK

PULWAMA: District Administration Pulwama, in collaboration with the District Ayush Office Pulwama, Saturday organised a special yoga session at the DC Office Complex, Pulwama, to mark World Diabetes Day 2026, observed under the theme "Early Action on Diabetes."

Deputy Commissioner Pulwama, K.K. Sidha, participated in the session along with ADC Pulwama, Dr. S.M. Ashraf, CPO Pulwama, Aashiq Khanday, ACR Pulwama, Shabaaz Ahmad Bodha, ACD Pulwama, DSWO, DYSSO and other district officers and officials.



During the session, participants performed various yoga asanas under the guidance of yoga practitioners, highlighting the role of yoga and regular physical activity in maintaining overall health and preventing lifestyle-related diseases, particularly diabetes.

Speaking on the occasion, the Deputy Commissioner expressed concern over the growing prevalence of diabetes and its adverse impact on human health. He observed that sedentary lifestyles, lack of physical activity, excessive sugar consumption, prolonged screen time, inadequate sleep and stress are among the key factors contributing to lifestyle-related diseases.

Emphasising the importance of preventive healthcare, he called for greater awareness and timely intervention, urging people to adopt healthier routines through regular exercise, yoga, balanced nutrition, adequate sleep and effective stress management.

The Deputy Commissioner also highlighted the significance of Children's Day, observed on November 14, and stressed the need to inculcate healthy habits among children from an early age. He encouraged them to participate in outdoor activities, remain physically active, follow a balanced diet and limit excessive screen time.

CIPMC organises "Khet Bachao Abhiyan" at Lar Ganderbal



GMK NEWS NETWORK

GANDERBAL: The Central Integrated Pest Management Centre (CIPMC), Srinagar, in collaboration with the Agriculture Department, Ganderbal, Saturday organised a farmer awareness programme under the banner of "Khet Bachao Abhiyan" at Lar, Ganderbal.

During the programme, Abir Shankhari, APPO (WS), highlighted the importance of the National Pest Surveillance System (NPSS) and Integrated Pest Management (IPM) practices for the timely identification and effective management of pests and diseases affecting crops. He sensitised farmers about the judicious use of pesticides in accordance with the approved list of the Central Insecticides Board and Registration Committee (CIB&RC) and stressed adherence to necessary safety precautions during pesticide application to prevent adverse health effects.

Ghulam Ahmad Rather, SMS SDL, delivered an informative lecture on the safe and judicious use of pesticides, emphasising the importance of adopting scientific practices to ensure crop protection while safeguarding human health and the environment.

Kawal Nain Singh, SA, conducted practical demonstrations on the installation and use of yellow sticky traps and delta traps. He also explained the application of biopesticides and highlighted the importance of conserving beneficial insects and natural enemies in agricultural fields as part of sustainable pest management.

Syed Murtaza, AEO Lar, spoke about various aspects of natural farming and encouraged farmers to adopt eco-friendly agricultural practices, including the use of neem oil and other natural oils for crop protection.

The programme also featured an interactive session during which farmers raised various queries and shared their field-level concerns. The resource persons responded to their queries and provided practical guidance and solutions in a simple and farmer-friendly manner.

OFFICE OF THE CHILD DEVELOPMENT PROJECT OFFICER MISSION POSHAN PROJECT NARWAW

To,
Miss Jameela Akhter,
Anganwadi Worker AWC Kala Mohalla Khadniyar,
Zone Old Town Baramulla.

Subject: SHOW CAUSE NOTICE REGARDING CONTINUOUS AND PROLONGED UNAUTHORISED ABSENCE FROM OFFICIAL DUTIES SINCE THE YEAR 2024 WITHOUT ANY SANCTIONED LEAVE OR PRIOR PERMISSION.

Whereas, it has been brought to the notice of this office that Miss Jameela Akhter, Anganwadi Worker, posted at Anganwadi Centre Kala Mohalla Khadniyar, Zone Old Town Baramulla, has remained continuously absent from her assigned duties since the year 2024 without obtaining prior permission or sanction of leave from the competent authority and without furnishing any satisfactory justification for her prolonged absence.

Whereas, the post of Anganwadi Worker carries significant responsibilities in the effective implementation of the Integrated Child Development Services (ICDS)/Mission Poshan Scheme at the grassroots level, particularly with regard to the delivery of essential nutritional, health and childcare services to pregnant and lactating women, children in the age group of 0–6 years and other eligible beneficiaries. An Anganwadi Worker is expected to discharge her assigned duties regularly, maintain proper records and ensure uninterrupted delivery of the services envisaged under the scheme.

Whereas, despite the repeated verbal directions and instructions issued by the concerned Supervisor, you have failed to report back to your place of posting and resume your assigned duties. Furthermore, this office, in order to provide you an opportunity to explain your position and resume your official responsibilities, had issued notices vide No. CDPO/N/Estt/2025-26/303 dated 10-07-2025 and No. CDPO/POSHAN/2026/947-50 dated 17-07-2026, whereby you were specifically directed to resume your duties within the stipulated period of one month and furnish an explanation regarding your continued absence.

Whereas, notwithstanding the aforesaid notices and repeated opportunities extended to you, you have neither reported for duty at your designated Anganwadi Centre nor submitted any written explanation or documentary evidence justifying your absence. Your continued silence and failure to comply with the official directions issued by this office have rendered the efforts made by the departmental authorities to secure your return to duty unsuccessful.

Whereas, the Supervisor concerned has also reported that you are not traceable at your place of posting and have remained unavailable for the discharge of your official responsibilities. Your prolonged absence has consequently resulted in serious disruption in the routine functioning of the concerned Anganwadi Centre and has adversely affected the delivery of essential services to the registered beneficiaries.

Whereas, the duties and responsibilities entrusted to an Anganwadi Worker are essential for the effective implementation of various components of Mission Poshan, including the identification and registration of eligible beneficiaries, maintenance and updating of records on the Poshan Tracker application, regular home visits, monitoring of the nutritional status of children, identification and follow-up of SAM/MAM beneficiaries, implementation of Pradhan Mantri Matru Vandana Yojana (PMMVY), distribution of Supplementary Nutrition (SNP), and coordination of health and nutrition-related activities at the community level.

Whereas, due to your continued absence, the aforementioned activities have remained adversely affected, thereby causing inconvenience to the beneficiaries and compromising the effective delivery of services at the Anganwadi Centre. Such circumstances have also given rise to public grievances and have placed additional administrative responsibilities upon the supervisory staff for ensuring continuity of essential departmental activities.

Whereas, your continuous and unexplained absence for a period exceeding two years, without any sanctioned leave, prior permission or satisfactory communication with the competent authority, prima facie indicates gross negligence, dereliction of duty, lack of devotion to assigned responsibilities and disregard for the official instructions issued by the departmental authorities.

Whereas, the conduct exhibited by you, particularly your failure to respond to repeated official communications and resume duties despite being afforded sufficient opportunities, constitutes a serious matter requiring examination by the competent authority in accordance with the applicable engagement conditions, departmental guidelines and rules governing the engagement of Anganwadi Workers.

Whereas, the department is under an obligation to ensure uninterrupted delivery of nutritional and other essential services to the beneficiaries and cannot allow the functioning of an Anganwadi Centre to remain adversely affected on account of the prolonged and unexplained absence of the official entrusted with its day-to-day functioning.

NOW, THEREFORE, in view of the facts and circumstances narrated hereinabove, you are hereby called upon to SHOW CAUSE within a period of 07 (seven) days from the date of receipt of this notice, as to why appropriate disciplinary action, including termination of your engagement as Anganwadi Worker, should not be initiated against you for your prolonged unauthorised absence, failure to discharge your assigned duties and non-compliance with the repeated directions issued by this office.

You are further directed to comply with the following instructions:

1. Submit a detailed written explanation within the stipulated period, clearly indicating the reasons and circumstances which compelled you to remain absent from your duties since 2024.
2. Furnish documentary evidence, medical certificates or any other supporting records, if applicable, in substantiation of the reasons cited for your absence.
3. Explain why you failed to respond to the earlier notices issued by this office vide the references mentioned above and why you did not resume your duties despite being specifically directed to do so.
4. Report immediately at your designated place of posting and intimate this office regarding your resumption of duties, unless restrained by any lawful or duly substantiated circumstances.
5. Clarify whether you intend to continue discharging your responsibilities as an Anganwadi Worker and ensure regular attendance and performance of all duties assigned to you under Mission Poshan.

Please note that the present notice is being issued to provide you with a final reasonable opportunity to explain your position and place your defence on record before any further decision is taken by the competent authority.

Take further notice that, in case you fail to submit your written explanation within the stipulated period, or the explanation furnished by you is found unsatisfactory and unsupported by valid documentary evidence, the matter shall be placed before the competent authority for consideration and appropriate action under the applicable rules, guidelines and terms and conditions of engagement. Such action may include termination of your engagement, subject to the prescribed procedure, without prejudice to any other action permissible under the applicable provisions.

In the event of non-submission of any reply within the stipulated period, the matter may be considered on the basis of the available official record and the competent authority shall be at liberty to proceed further in accordance with the prescribed procedure, without issuing any further notice, wherever permissible under the applicable rules.

You are, therefore, advised to treat this matter with utmost seriousness and submit your explanation within the prescribed timeline, failing which the consequences arising out of your continued unauthorised absence shall be your responsibility.

No: CDPO/POSHAN/2026/1223-29
Dated: 12-11-2026

DIPK-7678-26
DT: 14/11/2026

Child Development Project Officer
Mission Poshan Project Narwaw

U19 Asia Cup Final: 'I was just waiting for that one ball,' says Mohit Ulva on hitting winning boundary

IANS



MUSCAT (OMAN): Mohit Ulva said his belief in himself and faith in God helped him stay calm under pressure as he struck the winning boundary off the final delivery to guide India U19 to a thrilling one-wicket victory over Pakistan in the U19 Asia Cup final at Al Amerat near Muscat in Oman on Saturday.

Named Player of the Match for his crucial unbeaten 49, Ulva played a decisive role in India's successful chase of 338 at the Al Amerat Cricket Ground (Ministry Turf 2) on Saturday. India finished at 339/9 in 50 overs to clinch the title for a record-extending ninth time.

Reflecting on his mindset during the tense final over, Ulva said he was confident of getting the job done despite India's position in the match.

"Nothing much. I just had belief in myself and faith in God. My Asia Cup hadn't been particularly great until then. I knew I was a bowler, but I also believed that I was an all-rounder. However, I hadn't got enough opportunities to prove myself yet. But I always believed that I could do it," he said after the match.

India needed eight runs from the final six deliveries, with Pakistan requiring just one wicket to seal the title. The equation came down to three runs from the last ball, but Ulva held his nerve and struck Ahmed Hussain for a boundary to complete the chase. "I was just waiting for that one ball. I knew I could hit a boundary and finish the game. I had complete faith in God. I knew it was my day and I would finish the game," he said.

Ulva also credited the support he received from Manal Chauhan and Chigurupati Venkata, who remained at the other end during the closing stages. Manal scored 47 off 32 balls and shared a 57-run partnership with Ulva before being dismissed in the 47th over.

"The momentum he created by going out to bat before me and setting things up was incredible. I just had to go out there and deliver," Ulva said about Manal's contribution.

He also praised Venkata for boosting his confidence during the tense finish. "He kept telling me, 'No, you can do it. Just go out and play. You will finish it.' The belief he gave me, that the two of us could get the job done on the last ball, strengthened my own confidence," he added.

Ulva said batting at number 10 had also worked in his favour, describing it as a lucky position for him. He revealed that the team had entered the chase with confidence, believing the flat pitch and their strong batting lineup gave them a chance to chase the target.

Captain Lakshya Raichandani led the chase with 80, while Aaryavir Sehwag contributed 58. After India slipped to 254/8, Manal and Ulva revived the innings before Venkata joined the latter to take India across the finish line.

"Before I went out to bat, sir personally came up to me and said, 'You can do it. Just believe in yourself.' So, I went out there and simply watched the ball and hit the ball. I wasn't thinking about what was happening or what might happen next. I wasn't overthinking anything. I was just watching the ball and playing my shots," Ulva said.

YDS Organises Theatre Seminar on "Theatre and Media Studies" at Amar Singh College

GMK NEWS NETWORK



SRINAGAR: Young Dramatists Society (YDS), Srinagar, successfully organised a One-Day Theatre Seminar titled "Theatre and Media Studies" on 12th November 2026 at the New Auditorium, Amar Singh College, Srinagar, in collaboration with the Abdul Ahad Azad Chair, Cluster University Srinagar.

The seminar was supported by the J&K Academy of Art, Culture and Languages, the Department of Information and Public Relations, Government of Jammu and Kashmir, and Life Insurance Corporation of India (LIC).

The programme was graced by Prof. (Dr.) Mohammad Mubin, Vice-Chancellor, Cluster University Srinagar, as the Chief Guest. Prof. (Dr.) Tehmina Yousuf, Principal, Amar Singh College Srinagar, attended as the Guest of Honour. Prof. Khurshid Ahmad was the Special Guest, while Prof. Syed Wilayat Hussain Razvi was also present as a Guest of Honour. Dr. Shaista Ahmad, Coordinator, Abdul Ahad Azad Chair, Cluster University Srinagar, was among the distinguished dignitaries present on the occasion.

The seminar witnessed the participation of prominent theatre personalities, writers, scholars, media professionals and theatre experts, who shared their valuable perspectives on the relationship between theatre and mass media, the changing dimensions of theatrical expression and the role of media in promoting performing arts and cultural heritage.

A special felicitation ceremony was also organised to honour and acknowledge the contributions of distinguished personalities from the theatre fraternity for their dedication towards the promotion and preservation of theatre and performing arts.

An important highlight of the seminar was the presentation of two theatrical performances. Young Dramatists Society presented "Gaash Chhu Mumkin," a play addressing mental health awareness, while "Negative," a theatrical presentation by Sheikh Mohammad Hanief and Dr. Sohan Lal Koul, added an artistic and thought-provoking dimension to the programme.

The performances received appreciation from the audience and highlighted the importance of theatre as a powerful medium of social awareness, communication and creative expression.

The programme concluded with a vote of thanks delivered by Altaf Hussain, Secretary, YDS, who expressed gratitude to the dignitaries, supporting institutions, participating theatre personalities, media representatives and the audience for making the seminar successful. Syed Javid Gilani, Vice-President, YDS, and Mushtaq Baqal, President, YDS, also acknowledged the collective efforts and cooperation of everyone associated with the event.

The seminar proved to be a meaningful platform for interaction, intellectual exchange and appreciation of the evolving relationship between theatre and media, reaffirming the commitment of Young Dramatists Society towards the promotion of Kashmiri theatre and cultural heritage.

WPL 2027 second half likely to move from Brabourne to Wankhede due to ICC venue norms

IANS



NEW DELHI: The second half of the Women's Premier League (WPL) is likely to be moved from the Cricket Club of India's Brabourne Stadium to the Wankhede Stadium due to the ruling of the International Cricket Council (ICC) on venue exclusivity for its events.

"Yes, there is a discussion going on about making this happen. It is because the ICC Women's Champions Trophy is happening, and as per ICC protocols, there should be a gap of 15 days for a venue to host the major tournament. So that window will fall in between the WPL second half.

"If the WPL second half happens in Mumbai's CCI, including the final, you won't get that 15-day gap. So that is what the WPL committee is discussing at the moment. As of now, they are into solving it, and once discussions are over, an official word is expected to arrive soon," said a source tracking the development to IANS on Saturday.

As per the existing schedule, the fifth edition of the WPL opens on January 14, 2027, in Vadodara, where defending champions and two-time winners Royal Challengers Bengaluru take on Mumbai Indians. Vadodara will host the first 11 of the 22 games till January 24, before the action moves to Mumbai from January 26.

The league stage of WPL 2027 ends on February 3. The Eliminator, to be played between the second- and third-placed teams, is slated to happen on February 5, while the table-topper goes straight into the final, to be played on February 7.

The inaugural ICC Women's Champions Trophy, a six-team event, runs from February 14 to 28 and will be staged at the CCI in Mumbai and the Vadodara International Cricket Stadium – the venues which are currently earmarked for WPL 2027. As per the rules, the ICC takes over the venues roughly three weeks before a global event begins, and keeps the venues under its exclusive control throughout that entire stretch of time.

SAFF Championship: India beat Bhutan by 2-1 to make way in final

IANS



DHAKA: India defeated Bhutan by 2-1 in the SAFF Championship semifinals to make their way into the final at the National Stadium here on Saturday.

P.V. Vishnu and Chinglensana Singh scored the goals for India, while Kinzang Tashi Tobden pulled one back for his team to push for a win, but the defending champions romped home.

Naushad Moosa's Blue Tigers drew first blood when Vishnu scored in the ninth minute after an assist from Khaiminthang Lhungdim. India kept doing the good work and doubled the lead near the half-hour mark when Chinglensana found the back of the net after Bhutan failed to clear a corner.

India went 2-0 up at the half-way mark, but Bhutan pressed much more in the second half as they looked for a first. They got their opening goal in the 48th minute. Tobden headed a Chencho Gyeltshen delivery to the net, and although the offside flag was up, the goal was later allowed after a VAR review.

India could have got a penalty for Nima Wangdi's arm inside the box, but the decision was overturned. Suhail Bhat hit the crossbar in his effort late in the game as India held a 2-1 win despite Bhutan's late attempt.

India have made it to the finals now and will be facing the winner of the other semifinal between Pakistan and Bangladesh.

India are the most successful team in the SAFF Championship, having won the title nine times. They are the two-time defending champions of the South Asian tournament and have made the final in every edition since 2005.

Meanwhile, Pakistan have never reached the final of the tournament, as they have had a best third-place finish. Bangladesh have won the title once in 2003, and they were also the finalists in 2005.

Naseer Khan Maroofkhil picks joint-most wickets for Afghanistan on Test debut

IANS



SHARJAH: Afghanistan's new spinner Naseer Khan Maroofkhil starred on his Test debut as he picked up seven wickets in the first innings of the second match against Zimbabwe at the Sharjah Cricket Stadium here on Saturday.

The 20-year-old Naseer picked up 7-151 in his 44 overs as the left-arm finger did the damage against Zimbabwe, who made 339 in 114.5 overs on the back of a century from Brendan Taylor and a 96 from Innocent Kaia.

Naseer's seven wickets are now the joint most an Afghanistan player has taken on his Test debut in an innings, joining Ziaur Rahman, the speedster who also picked seven wickets on his debut against the same side in Harare last year.

Naseer starred for Afghanistan as they battled out against the Chevrons. He got 4-118 on Day 1 and added three more strikes on the second day. The spinner picked the likes of Innocent Kaia, Ben Curran, captain Brian Bennett and Wessly Madhevere on the opening day as Zimbabwe ended the first day on 250/5.

Taylor, who started Day 2 on 96, completed his century early on Day 2 but was later removed on 119 by Naseer LBW, and he also got Graeme Cremer and Vincent Masekesa on back-to-back deliveries right after lunch on Day 2.

Naseer was the cornerstone in turning things around for Afghanistan. The Chevrons were going strong at 200/1 on Day 1 before he turned things around and picked three wickets in the next eight overs as Zimbabwe lost 3-12 in that phase, finishing Day 1 on 250/5 after being at 200/1 at one stage with Kaia and Taylor set.

The Chevrons fell to his plot and were dismissed while trying to attack the 20-year-old. Naseer continued his work on Day 2 too, with crucial wickets to dent Zimbabwe's hopes of going past 350.

Jasprit Bumrah will pose unique set of challenges in Test series, says Will Young

IANS



MOUNT MAUNGANUI: New Zealand batter Will Young said the return of Jasprit Bumrah to the Indian line-up would make the upcoming two-game Test series, starting on November 19, a stern examination for the hosts, though he felt his own side's bowlers were equally capable of testing the visitors.

Bumrah will be available for the marquee Test series after missing the series-winning tour of Sri Lanka in August due to a knee injury. The two-match series marks the first red-ball face-off between the two sides since the Black Caps secured a stunning 3-0 sweep in India in 2024.

"I think that the Test series that we had in India a couple of years ago is long gone. We've got a brand-new challenge in front of us which is two massive Tests against India at home. It's at Wellington and Christchurch, two of the marquee Test venues in New Zealand I'd like to think. So it's going to be a completely different set of challenges.

"As you said Bumrah coming into the side will pose a unique set of challenges with that as well. He's one of the best bowlers in the world. So we've got our work cut out for us but I think we've got some brilliant bowlers too. So the Indian batsmen will have to adapt to what we bring to the Test series too. So as I said before it's all set for a really interesting two Test match series," Young told reporters on the eve of the ODI series decider on Saturday.

Both teams are firmly in contention for next year's World Test Championship (WTC) summit clash at The Oval. While New Zealand, the 2021 winners, occupy the second rung on the WTC table behind table-toppers and current champions South Africa, two-time runners-up India are placed fourth.

Asked whether New Zealand's series win in India in 2024 would have any bearing this time, Young said the tour had given the whole group a lot of belief. He recalled how the side had regrouped after a loss to Sri Lanka before heading to India.

"I think it did. I think that series was really good for the whole group and the confidence that the whole group gained from that. I think in various ways, I think before we went to India for that test series we lost against Sri Lanka 2-0 and we managed to double down on what we were thinking, to have a plan against each bowler and back yourself to express yourself and to take the positive option.

"So it's nice in a way to have that challenge of facing world class bowlers. But this time it's different, it's in New Zealand so the conditions are slightly different. Yesterday wind was a massive factor which isn't always the case in India. So, it's nice to be in the setup long enough now for batters to get a feel for what a bowler brings and then depending on what conditions you face on the day you can bring out those skills."

Before the Tests, though, there is the matter of the ODI series, and Young had kind words for the pace bowling unit India have fielded in it. "I think it's a really well-balanced attack. You've obviously got the left arm of Arshdeep who can move the ball both ways.

"(Auqib) Nabi has shown that he can move the ball both ways. Kamboj unfortunately didn't get to face, but he looks like a hell of a bowler too and I'm sure we'll see more of him in the Test series and then Brar, he's got a lot of passion.

"He's got a really effective short ball as we've seen throughout the series and to be honest most New Zealand sides have a Brar type bowler who can hit the wicket and get a bit of energy out of the surface. So I just look at that seam bowling attack that India have brought to this one-day series and I think it's a really well-balanced attack," he concluded.

