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17th Year Of Publication

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On the martyrdom anniversary of the great revolutionary and leading fighter of the Ghadar Movement, Shaheed Kartar Singh Sarabha Ji, I pay my humble respects and tribute to him.

LeT Terrorist Killed In Kulgam Encounter



GMK NEWS NETWORK

KULGAM: One Lashkar-e-Taiba (LeT) terrorist has been killed in the ongoing encounter in the Laroo area of Kulgam district, while his body has yet to be recovered. The exchange of gunfire between security forces and terrorists has stopped. However, search operations are continuing in the area to locate and recover the body.

On Monday, after being spotted in Laroo village of Kulgam, two suspected terrorists opened fire at the personnel, sources said. Immediately after, joint teams of police, army and paramilitary forces cordoned off the area and after a brief shootout, one of the suspected terrorists was killed, sources were quoted as saying by reports.

Though the police recovered the body, they have officially not confirmed the identity of the suspect. "We have called the family; • P-06

Courage Displayed By Jawans Foiled Nefarious Designs: DG CRPF

REHAN QAYOOM

SRINAGAR: Lauding the courage of CRPF personnel who thwarted the recent terrorist attack in South Kashmir's Kulgam district, Special Director General (SDG), CRPF, J&K Zone, Sandeep Khirwar, on Monday said the force is maintaining heightened alertness and operational discipline to prevent such incidents from recurring.

On the sidelines of the inauguration of the fourth edition of the CRPF Cup at Sher-e-Kashmir Cricket Stadium here, Khirwar said, "The courage displayed by the jawans foiled the nefarious designs of the terrorists." • P-06

623 MW Power Deficit Likely During Peak Winters In J&K, Ladakh

RIYAZ BHAT

SRINAGAR: Jammu and Kashmir and Ladakh are likely to witness a power deficiency of over 16 percent during the peak solar and non-solar hours in the month of December.

An official said that the regions may face power deficiency of nearly 16.3 percent during the peak solar and non-solar hours.

According to the official figures available, Jammu and Kashmir and Ladakh is likely to face power paucity of 623 MWs against the available power position during the peak solar and non-solar hours in the month of December.

Stating the revised anticipated power supply position for December-2026 for both the Union Territories, the official said that there will likely be a peak availability of 3190 MW against the requirement of 3813 MW—keeping a loophole of 623 MW during the peak solar and non-solar hours.

Earlier this week, KNO carried news that the onset of cold weather has pushed Kashmir into a daily power deficit of nearly 4,400 megawatt-hours (MWh)—leaving consumers to contend with



scheduled curtailments amid plummeting temperatures.

An official had informed that "Over 24 hours, we face an actual power demand of 34,400 MWh. However, the power availability fluctuates from 29,000, 31000 MWh. There is a deficiency of nearly 4400 MWh."

The official further said that on an average, there is a power deficiency of nearly 150 MW.

"On an average, we have a power availability of 1280 MW against a total requirement of 1435 MW," he said.

HE further said, "Since yesterday, the peak power demand has increased by 50 MW. Till yesterday we were facing a peak non-solar power demand of 1650 MW which increased to 1700 MW today."

As already reported, Hydro power generation in Jammu and Kashmir declines by nearly 80 percent.

An official had informed that the hydel power generation from the J&K owned projects was fluctuating between 250-280 Megawatt (MW).

"During the past week, the average power generation from the local generation projects was fluctuating from 250-280 or 270-300 MW," the official said—(KNO)

Kashmir Braces For Rain, Snow

SAJID RAINA

SRINAGAR: As night temperatures plummeted to minus 3.5 degrees Celsius at Gulmarg and Pahalgam, the weatherman on Monday predicted that Jammu and Kashmir is likely to witness a brief spell of rain and snowfall over the next 15 hours.

Independent weather forecaster Faizan Arif Keng said that a relatively weak Western Disturbance is expected to bring light to moderate rain and snowfall over a short period.

He said the system has a potential to keep minimum temperatures on the lower side, which could result in a further drop in the snowline. Consequently, if snowfall occurs, Gulmarg and Sonamarg have higher chances of witnessing it.

Keng said snowfall accumulation of 4–5 inches or even higher could not be ruled out at a few locations in the higher reaches.

He added that Jammu and Kashmir is all set to witness dry weather for the next 10–15 days following the passage of the Western Disturbance.

Meanwhile, night temperatures continued to remain below normal at several places across • P-06

CIK Chargesheets Six In Raising Funds For TRF



GMK NEWS NETWORK

SRINAGAR: Counter Intelligence Kashmir (CIK) on Monday filed a chargesheet before the Hon'ble Court of Special Judge Designated Under NIA Act (TADA/POTA), Srinagar in case FIR 04/2026 u/s 13, 38,39,40 ULA (P) Act, 61(2),152 BNS of P/S CIK, against six accused in a conspiracy to raise and route funds to the banned Resistance Front (TRF) in J&K.

According to the statement, Mukhtar Ahmad Baba, a TRF-linked terrorist operating from Pakistan, used hawala and other covert channels to send funds into J&K. Besides three Srinagar residents, Erfan Gul, Shazia Nazir and Riyaz Ahmad Gojri, travelled to Saudi Arabia ostensibly for Umrah, who met Baba's associates and received TRF funds to distribute among terrorists, separatists and overground workers.

The statement said the digital devices containing key evidence were seized during searches.

It said that • P-06

Minister Sakina Itoo Talks Tough On Food Safety Violations

Says Offenders Will Face Full Force Of Law

GMK NEWS NETWORK

SRINAGAR: Minister for Health & Medical Education Sakina Masood Itoo on Monday said that those violating food safety norms will face the full force of the law.

In a post on X, the minister said that food safety is non-negotiable and any violations will invite strict action.

She said that the Food & Drug Administration (FDA) has inspected 85 meat units across Jammu and Kashmir and issued 16 notices in as many cases.

The minister added that 11 cases have been recommended for legal proceedings.

"Enforcement will

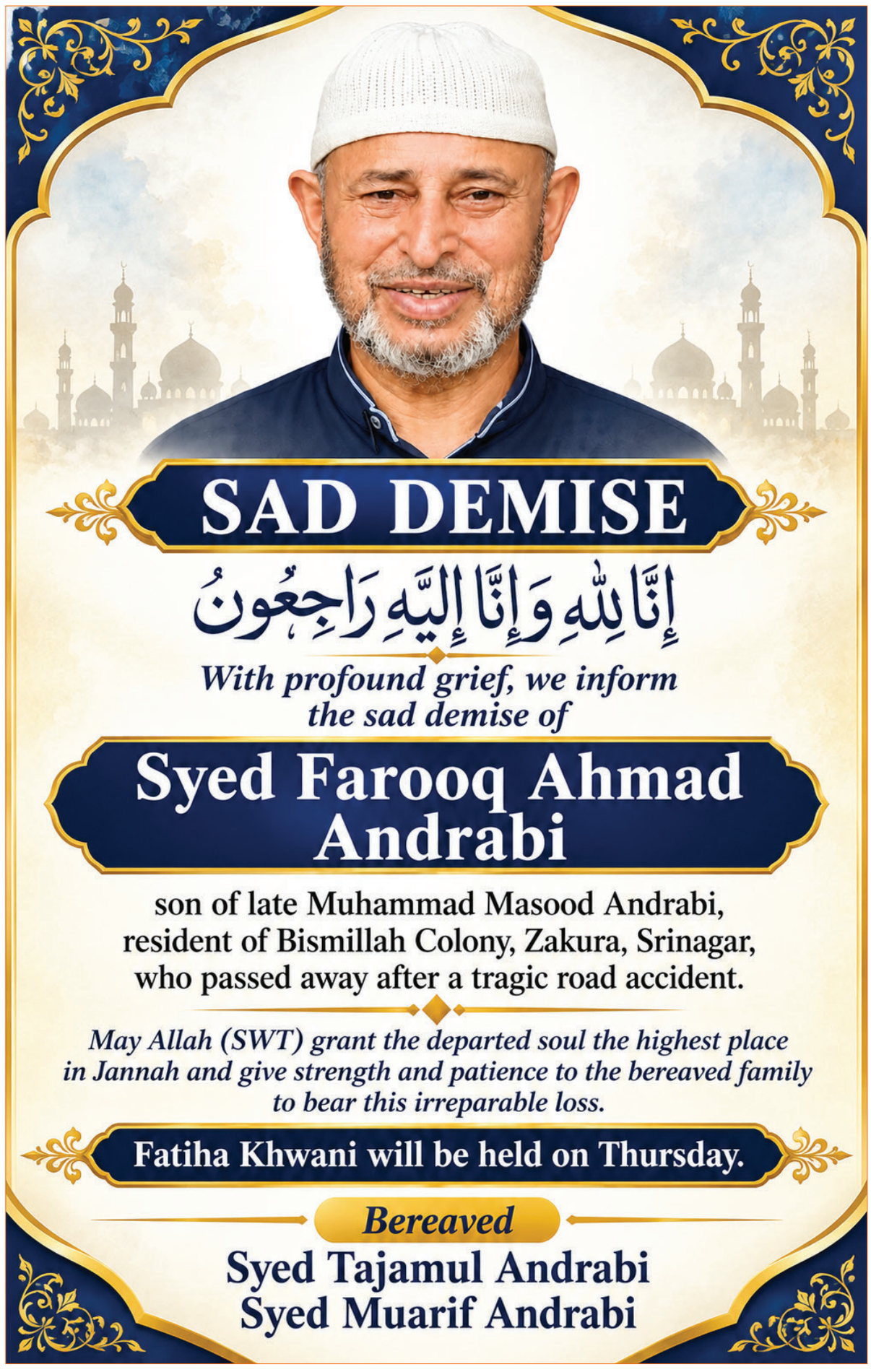


be intensified, accountability ensured, and those found violating food safety standards will face the full force of the law," she said.

She said there would be zero tolerance for practices that endanger public health.

"Protecting the health of our people remains our highest priority," she added.

Continuing its enforcement activities to ensure • P-06



Red Fort blast

SC Gives Nod To Transfer Of Cases From J&K, Haryana To Delhi

GMK NEWS NETWORK

SRINAGAR: The Supreme Court of India on Monday allowed the National Investigation Agency's (NIA) plea seeking the transfer of two cases related to the 2025 Red Fort blast from Jammu and Kashmir and Haryana to Delhi, according to a Livelaw report.

The report said the cases are allegedly linked to a larger conspiracy involving a 'doctor module' behind last year's bomb explosion near the Red Fort metro station.

Pertinently, A bomb exploded inside a Hyundai car near Gate No. 3 of the Red Fort metro station on November 10, 2025. The driver was identified as Dr Umar Nabi of • P-06

DSEK Revises School Timings Across Kashmir

GMK NEWS NETWORK

SRINAGAR: The Directorate of School Education Kashmir (DSEK) Monday ordered change in school timing for all educational institutes of Kashmir division from November-17

DSEK in an order said that the elementary classes from nursery to 8th standard shall function from 10:30 am to 2:30 pm and in case of 9th to 12th standard, the school timing shall be 10:30 am to 3:30 pm.

It also said that the timing shall be applicable in both rural and urban schools of Kashmir division.

As already reported, amid freezing morning temperatures, parents of school children of • P-06

Journalists Must Balance Freedom Of Expression With Responsibility: I&B Min

IANS

NEW DELHI: The Minister for Information and Broadcasting Ashwini Vaishnaw on Monday underlined the vital role of media in strengthening democracy, calling upon media professionals to adapt to the rapidly evolving media landscape and technological advancements.

Addressing the National Press Day celebrations organised by the Press Council of India (PCI) here, the minister underscored the importance

of upholding responsible journalism and the media's responsibility towards society.

Vaishnaw highlighted the unprecedented pace of technological transformation, observing that the next five years could witness changes greater than those experienced over the previous two decades.

He encouraged young journalists to embrace change and continuously upgrade their skills.

Emphasising accountability of digital platforms, the minister raised significant questions over whether community guidelines are enough in the face of increasing misinformation, deepfakes, misleading advertisements, digital arrests and harmful content affecting children.

He stressed the need to deliberate • P-06

Div Com reviews arrangements for Annual Jhiri Mela

GMK NEWS NETWORK



JAMMU: Divisional Commissioner Jammu, Vikas Kundal, Monday visited Jhiri to review the arrangements for the annual Jhiri Mela, scheduled to be held from November 23 to December 3.

On his arrival at the historic Baba Jitto Shrine, the Divisional Commissioner paid obeisance and subsequently inspected the Mela venue to assess the status of preparations being undertaken by various departments.

He was accompanied by MLA Marh Surinder Kumar, DIG Jammu-Samba-Kathua Range Shridhar Patil, Deputy Commissioner Jammu Minga Sherpa, SSP Jammu Joginder Singh and other senior officers.

The Divisional Commissioner also chaired a comprehensive review meeting with the officers of concerned departments to assess the level of preparedness and take stock of the arrangements for the smooth and orderly conduct of the Mela.

During the meeting, the concerned officers apprised him of the arrangements put in place with regard to security, sanitation, road connectivity, drinking water supply, healthcare facilities, traffic regulation, parking management, fire safety and other essential services.

Emphasising seamless inter-departmental coordination, the Divisional Commissioner directed the establishment of a Joint Control Room with designated representatives of all concerned departments to facilitate real-time coordination, effective monitoring and prompt resolution of issues during the Mela.

He further directed the installation of CCTV cameras at vulnerable and sensitive locations to ensure comprehensive surveillance and strengthen the overall security apparatus.

Taking stock of fire safety preparedness, he directed the deployment of fire tenders and installation of fire hydrants at appropriate locations to ensure an effective emergency response. He also stressed that all Jhullas (swings) must undergo mandatory safety inspection and obtain the requisite safety certification before being permitted to operate during the Mela.

The Divisional Commissioner underscored that all departments must ensure close coordination, timely execution of assigned responsibilities and completion of requisite arrangements well ahead of the commencement of the Mela, with a focus on ensuring the safety, convenience and comfort of pilgrims and visitors.

As part of the preparatory measures, the Divisional Commissioner also launched a sanitation drive at Jhiri, aimed at ensuring cleanliness and hygiene in and around the Mela venue. Officers, officials, local residents, students and staff members participated in the drive.

DC Srinagar reviews progress of developmental works

Stresses optimal, accelerated execution of works to achieve targets

GMK NEWS NETWORK



SRINAGAR: Deputy Commissioner (DC) Srinagar, Akshay Labroo on Monday convened a comprehensive meeting of all executing agencies and line Departments here at Meeting Hall of the DC Office Complex to review the physical and financial progress of approved developmental works taken up under the District Capex Budget 2026-27 across the district.

The meeting was attended by Chief Planning Officer, Fayaz Ahmad Dar, IAS Probationer, Aakash Garg, Secretary SMC, Tahir Magrey, Assistant Commissioner Development, Tariq Ahmad Reshi, Chief Education Officer, Ghulam Mohi-Ud Din, Assistant Commissioner Panchayats, Bashir Ahmad Para, Executive Engineers of R&B, PHE, KPDCL, SMC, UEED, Block Development Officers and all other District and Sectoral Officers.

During the meeting, the Deputy Commissioner undertook an executing-agency-wise detailed review of the progress achieved in the tendering process, allotment of approved works, commencement of projects and completion of developmental works so far under the District Capex Budget 2026-27. He also took stock of the works taken up under the savings plan.

On the occasion, the DC was apprised that 99 percent of the works have already been allotted, with 87 percent works started on ground, while over 60 percent works have been completed on ground.

While appreciating the efforts of the Officers, the Deputy Commissioner directed all executing agencies to maintain the momentum and further accelerate the pace of work on the ground to ensure timely completion of projects.

The DC underscored the need to make optimal use of the ongoing working season to accelerate the physical execution and financial progress of developmental works. He further stressed strict adherence to prescribed technical standards and stipulated timelines to ensure quality execution, timely completion of projects and effective delivery of developmental benefits to the public.

Reviewing the status of developmental works approved under the savings plan for the current financial year, the Deputy Commissioner directed the concerned executing agencies to accord these works priority, expedite the execution process and ensure visible progress on the ground within the stipulated timelines, while maintaining the prescribed quality standards.

Man hit to death by vehicle in Zakura outskirts

GMK NEWS NETWORK

SRINAGAR: A man died after being hit by a vehicle near Zakura Petrol Pump on the outskirts of Srinagar city, officials said on Monday.

An official said that the man was found lying injured on the roadside and was subsequently shifted to hospital for treatment.

The official said the man had been hit by a vehicle, following which he collapsed on the roadside. However, doctors at the hospital declared him brought dead on arrival.

The deceased has been identified as Syed Farooq Ahmad Andrabi son of Syed Muhammad Masood Andrabi, a resident of Zakura, while a probe into the incident has been initiated.

JKEDI Pulwama commences EDP under RAMP

GMK NEWS NETWORK



PULWAMA: The Jammu and Kashmir Entrepreneurship Development Institute (JKEDI), in collaboration with the Jammu & Kashmir National Rural Livelihoods Mission (JKNRLM), organised two six-day Entrepreneurship Development Programmes at Aglar, Pulwama, under the Raising and Accelerating MSME Performance (RAMP) Scheme.

The program has been designed to equip rural youth and aspiring entrepreneurs with practical skills in business planning, opportunity identification, financial management, marketing, and enterprise sustainability. These initiatives form part of JKEDI's ongoing efforts to promote self-employment and strengthen the entrepreneurial ecosystem in rural areas of the Union Territory.

The program witnessed presence and active engagement of various dignitaries including Mohammad Ashraf, Block Development Officer, Shadimarg/Ichegoza; Raiyees Manzoor, District Nodal Officer, JKEDI Pulwama; Sajad Wali, Principal Govt Hr. Sec. Litter; Dr Imran Ahmad, District Officer NRLM Pulwama; Other dignitaries and staff members of various allied Departments.

Experts interacted with the participants. They encouraged the trainees to embrace entrepreneurship as a viable career option and urged them to take their businesses to the next level.

Through such collaborative capacity-building programmes, the JKEDI continues to sow and nurture the seeds of entrepreneurship across Pulwama District, empowering youth to become job creators rather than job seekers.

DC Shopian chairs Civil-Military Liaison Meeting



GMK NEWS NETWORK

SHOPIAN: Deputy Commissioner (DC) Shopian, Charandeep Singh, Monday chaired a Civil-Military Liaison Meeting to discuss various issues requiring collective action and consensus among the stakeholders.

The meeting was attended by the Senior Commanding Officer, 02 Rajput, Zawoora Manloo; Commanding Officer, 44 RR, Lassipora; Commanding Officer, 55 RR, Panzgam; Commanding Officer, 34 RR, Behigagh; Commanding Officer, 14 Bn CRPF, Batpora Shopian; Commanding Officer, 178 Bn CRPF, Zainapora; Officer Commanding, 52 RCC, C/o 56 APO; Additional Deputy Commissioner, Shopian; ASP Shopian, ACR Shopian, SDM Zainapora, DFO Shopian, all Tehsildars and other concerned officers from civil administration and Army.

The agenda included issues related to requisition, de-requisition and land transfer. Detailed deliberations were held on each agenda item, with particular focus on issues requiring coordinated action for their early resolution.

District-wise mutation, compensation and other important matters requiring action from the civil and Army authorities were also discussed threadbare.

The DC directed the concerned officers to take necessary action at their respective levels at the earliest to ensure timely disposal of the issues.

He exhorted all stakeholders to maintain seamless coordination and ensure timely sharing of information on all concerned matters for effective resolution of issues and strengthening civil-military cooperation.

DC Ganderbal reviews SANJY 2026 execution, ongoing Works



GMK NEWS NETWORK

GANDERBAL: To review the overall execution of the Shri Amarnath Ji Yatra (SANJY) 2026, a meeting was convened Monday under the chairmanship of the Deputy Commissioner Ganderbal, Shreya Singhal, at the Conference Hall, Mini Secretariat Complex, Ganderbal.

The meeting was attended by the Senior Superintendent of Police Ganderbal, Harshal R. Mahajan, Additional Deputy Commissioner, Ganderbal, Dr. Syed Faheem A. Bihaqi, Assistant Commissioner Revenue Ganderbal, Dr. S. Salah ud Din, ACD Ganderbal, SDM Kangan, Superintending Engineer, KPDCL, besides sectoral heads and other concerned departmental officers.

At the outset, the ADC briefed the Chair on the overall conduct of SANJY 2026, highlighting the arrangements made by various departments, key achievements, and operational aspects of the Yatra.

During the meeting, the concerned departments presented detailed assessments of the works undertaken, funds allocated and utilized, progress of ongoing projects, and challenges encountered during SANJY 2026. The deliberations focused on identifying gaps and areas requiring further improvement, particularly in strengthening transit camp facilities, augmenting water and power supply infrastructure, improving sanitation and waste management, enhancing disaster preparedness and medical facilities along the Baltal Axis.

While appreciating the coordinated efforts of all departments and stakeholders in ensuring the smooth conduct of SANJY 2026, the DC emphasized that the meeting was aimed at undertaking a comprehensive assessment of the works executed, reviewing pending activities and identifying priority interventions well in advance of the next Yatra.

The DC directed all concerned departments and executing agencies to expedite pending works and initiate necessary follow-up on administrative clearances. She further emphasised that the lessons learnt during SANJY 2026 should be duly incorporated into future planning to address identified gaps and further strengthen the infrastructure, facilities and services provided to pilgrims along the Baltal Axis.

DDC Shopian reviews Physical, Financial Progress under DCP

GMK NEWS NETWORK

SHOPIAN: District Development Commissioner (DDC) Shopian, Charandeep Singh Monday chaired a comprehensive review meeting of the District Capex Plan 2026–27 to assess the physical and financial progress of ongoing developmental works across the district.

During the meeting, Chief Planning Officer (CPO) Shopian, Mudasir Ahmed presented a detailed sector-wise abstract highlighting the current status of approved works, fund releases and expenditure.

Out of 1,794 approved works under the District Capex Plan 2026–27, 1,268 works (70.7%) have been taken up for execution, while 847 works (47.2%) have been completed till date.

Against a total approved cost of Rs 4,669.54 lakh, an amount of Rs1,640.19 lakh has been released during the current financial year.

Departments have recorded a cumulative expenditure of Rs 378.82 lakh, representing 23.1% utilization of the released funds.

The DDC reviewed the performance of executing agencies including R&B (Shopian and Zainapora), Jal Shakti (PHE), Education, Health & Medical Education, Irrigation, Urban Development (UDD) and Youth Services & Sports.

While R&B Zainapora achieved 100% utilization of released funds and Education recorded 68.6%, the DDC expressed concern over slow expenditure in sectors like PHE (6.3%) and Youth Services & Sports (0%).

Taking serious note of lagging expenditure in certain departments, the District Development Commissioner directed all sectoral and executing officers to expedite the tendering and execution process to ensure 100% physical completion and optimal utilization of released funds well within the stipulated timeframe.

Emphasizing financial accuracy and transparency, the DDC instructed the concerned departments particularly KPDCL and engineering wings to reconcile discrepancies in annual allocation figures and ensure strict alignment between physical reporting and financial abstracts prior to final certification.

Officers were further directed to maintain strict quality control on ground and conduct regular field inspections to remove bottlenecks hindering project completion.

The meeting was attended by Executive Engineers of R&B, PHE, Irrigation and KPDCL, Chief Education Officer, Chief Medical Officer and other district and sectoral officers.

Six Youth selected to represent Shopian at VBYLD 2027

GMK NEWS NETWORK



SHOPIAN: The District Youth Services and Sports Office (DYSSO) Shopian successfully organised a district-level Viksit Bharat Young Leaders Dialogue (VBYLD) 2027 Challenge Track Monday at the Meeting Hall, Shopian, featuring a presentation round.

The programme was inaugurated by District Youth Services and Sports Officer (DYSSO) Shopian, Mohd Ayoub Bhat, who interacted with the participants and encouraged them to present their ideas with confidence and clarity.

Youth selected through the preliminary rounds of VBYLD 2026–27 from across Shopian district participated in the event, presenting their perspectives on the assigned theme, "Safeguarding the Himalayan Frontiers".

A panel of jury members evaluated the presentations based on content, creativity, thematic understanding and presentation skills.

Following a comprehensive assessment, the jury selected the top six participants to represent District Shopian at the next level of the competition.

The event was also graced by Divyanshu Jaiswal, District Youth Officer (DYO) Pulwama, who shared valuable insights and tips with the participants, motivating them to excel in the upcoming rounds.

Speaking on the occasion, DYSSO Shopian expressed gratitude to the jury members for their valuable time and impartial evaluation, candidates for their enthusiastic participation, NIC Team, District Information Officer and the concerned officials for their cooperation.

The programme marked a significant step toward fostering young leadership, creativity, and constructive civic engagement among the youth of the district.

ADDC B'pora inaugurates Training Programme for selected SHG Members



GMK NEWS NETWORK

BANDIPORA: Additional District Development Commissioner (ADDC) Bandipora, Nazir Ahmad Mir, Monday inaugurated a training programme at the Rural Self Employment Training Institute (RSETI), Bandipora, for selected members of Self Help Groups (SHGs) belonging to Imaan Cluster of Bonakoot Block, who have been selected to operate the Rural Mart at Pethkoot.

The training programme aims to equip the selected SHG members with essential entrepreneurial skills, business management techniques and practical knowledge required for the effective establishment and operation of the Rural Mart.

Speaking on the occasion, ADDC Bandipora emphasised the importance of skill development and capacity building in empowering rural women and creating sustainable livelihood opportunities. He urged the participants to actively engage in the training and make the best use of the opportunity to strengthen their entrepreneurial capabilities.

He further highlighted that Rural Marts can play a significant role in providing market linkages to local products, promoting rural entrepreneurship and strengthening the economic prospects of rural communities.

The programme is expected to enhance the managerial and operational capabilities of the selected SHG members, enabling them to efficiently manage the Rural Mart and contribute towards strengthening the rural economy of the district.

Dir Agri reviews district-wise expenditure performance under various Schemes

GMK NEWS NETWORK



SRINAGAR: Director Agriculture Kashmir, Sartaj Ahmad Shah, Monday chaired a review meeting at Directorate of Agriculture Lalmandi to assess the physical and financial progress achieved by all the districts under HADP, JKCIP, CSS, Capex, Revex and SASCI.

The meeting was attended by all the chief Agriculture officers of Kashmir division along with drawing and disbursing officers.

During the review, the Director instructed the chief agriculture officers to identify all the bottlenecks which are hampering the pace of expenditure, and sought their timely removal for achieving all the physical and financial targets within shortest possible time. The director undertook a detailed assessment of district-wise expenditure achievements, financial progress and the implementation status of various schemes. He also reviewed the pace of execution of approved activities under each component of various schemes, and the progress achieved against the targets set for the current financial year.

The Director called for expediting the pace of expenditure for those districts which are lagging behind, and instructed the concerned chief Agriculture officers to achieve all the allocated targets within a week.

Shah stressed on achievement of all physical targets earmarked for each district under JKCIP and directed all the district officers to implement this international funded project as per the guidelines within stipulated time period. He also instructed the concerned officers to submit the success stories under JKCIP on priority basis.

Harud Festival showcases Kashmir's rich cultural heritage at Gulmarg



WARIS FAYAZ

GULMARG: Kashmir's cultural heritage will remain at the centre of upcoming tourism events, with the Directorate of Tourism planning a seven-day carnival in Gulmarg towards year-end to celebrate the festive season and welcome the New Year.

Speaking on the sidelines of the Harud Festival organised at Gulmarg, Director Tourism Kashmir Syed Qamar Sajjad, as reported, said the festival was organised for both locals and tourists. He said visitors come to Kashmir with different interests, including those with a deep interest in its culture and those who want to explore and understand its traditions. The department would continue to promote Kashmir's cultural heritage through upcoming tourism events and festivals, Sajjad said.

The Director added that Gulmarg would host a seven-day carnival towards the end of the year to celebrate the festive season and welcome the New Year, with a special focus on showcasing Kashmir's culture and traditions to visitors.

The festival featured performances by local artists, who presented traditional Kashmiri songs and music, creating a vibrant cultural atmosphere.

Traditional arts and crafts formed another major attraction, with skilled artisans demonstrating Ari work, Sozni embroidery, papier-mâché and willow craftsmanship. Dedicated stalls showcased the diversity of the Valley's indigenous handicrafts, allowing visitors to witness the intricate processes involved in their creation.

A traditional village setup recreated the rural lifestyle of Kashmir, with students from various schools portraying different aspects of village life, customs and everyday cultural practices.

Live painting sessions added an artistic dimension to the celebrations, while food stalls offered visitors an opportunity to savour traditional Kashmiri cuisine—(KNO)

Railway Protection Force DG takes stock of security on Katra-B'la railway line

AGENCIES



JAMMU: Railway Protection Force (RPF) Director General Jitendra Kumar on Monday conducted an in-depth inspection of the Shri Mata Vaishno Devi Katra-Baramulla railway section, which connects Kashmir with the rest of the country, to review and further strengthen security arrangements, an official of the Northern Railway's Jammu Division said.

Senior divisional security commissioner of the Jammu Division, Aditya, along with other senior officers and staff of the RPF, were present during the inspection, the official said.

He said the inspection covered various railway stations, tunnels, bridges, tracks, signalling system and sensitive locations, including the world's highest railway arch bridge, the Chenab Bridge, and India's first cable-stayed rail bridge, the Anji Bridge. BuyMaps

The RPF DG reviewed in particular the security deployment, CCTV surveillance, access control, patrolling arrangements and emergency management at the Chenab and Anji bridges, the official said.

Appreciating the alertness and preparedness of the personnel deployed at both the major bridges, Kumar gave necessary directions to further strengthen the security cordon.

Additionally, a detailed review of security arrangements was carried out at major stations, including Katra, Banihal, Anantnag, Srinagar and Baramulla, covering CCTV surveillance, lighting, passenger safety, platform patrolling, baggage-screening systems and emergency-response mechanisms, the official said.

He said clear instructions were given for continuous monitoring of tunnels, bridges and railway tracks and to keep a strict vigil on suspicious activities.

The DG also chaired a coordination meeting with railway officials and representatives of various security agencies, emphasising the need for enhanced inter-agency coordination.

He reviewed the functioning of the RPF personnel deployed at major stations and directed them to remain vigilant, respond promptly to security concerns and maintain courteous and cordial behaviour towards passengers, the official said.

The Jammu Division has urged rail passengers to promptly report any suspicious object or activity noticed during their journey by calling Railway Helpline 139 or informing the nearest RPF or Government Railway Police (GRP) personnel.

44% consultant posts, 25% medical officer posts vacant in J&K

JAHANGEER GANAIE

SRINAGAR: If you fall sick in the peripheral areas of Jammu & Kashmir, the first healthcare facility you are likely to visit is not a medical college hospital but a district hospital, sub-district hospital, or primary health centre. However, these institutions are grappling with a severe shortage of manpower, with 25 per cent of Medical Officer posts and 44 per cent of Consultant posts lying vacant.

In its reply to a questionnaire from the Estimates Committee of the J&K Legislative Assembly, the Health & Medical Education Department, stated that against a sanctioned strength of 791 Consultant posts, only 445 are in position, leaving 346 vacancies.

Similarly, against the sanctioned strength of 2,534 Medical Officer posts, only 1,901 are in position, leaving 633 vacancies.

The department said it is according priority to filling vacancies in rural, remote, far-flung, and border areas of Jammu & Kashmir.

It submitted that the objective is to strengthen healthcare delivery and ensure equitable access to medical services across the Union Territory.

The department further stated that 306 Medical Officers have recently been posted in peripheral and far-flung areas of J&K. It added that 81 more Medical Officers will be appointed and posted after the completion of verification by the Criminal Investigation Department (CID)—(KNO)

Ensure timely payment of electricity dues: Finance Deptt to departments

Only Rs 496 crore of Rs 763 crore electricity allocation utilized by departments

REHAN QAYOOM

SRINAGAR: The Finance Department of J&K Government has expressed concern over the non-payment of electricity bills by several government offices within the stipulated time frame, saying the delays have resulted in the accumulation of substantial arrears against various departments and subordinate offices.

In a circular, the Finance Department said that the failure to settle electricity dues on time has not only led to mounting outstanding liabilities but has also caused avoidable financial losses to the government in the form of late payment surcharges and penalties.

The department stated that timely payment of electricity dues is essential for maintaining the financial viability of power utilities, ensuring reliable power supply, and reducing the Average Cost of Supply (ACS)-Aggregate Revenue Requirement (ARR) gap.

It further pointed out that the pre-qualification criteria under the Revamped Distribution Sector Scheme (RDSS) mandate 100 per cent payment of current electricity dues by all government departments, local bodies and autonomous bodies during the year under evaluation.

It has advised departments to put in place an effective mechanism for the prompt settlement of electricity bills to prevent the accumulation of arrears and avoid any additional burden on the government exchequer.

The Finance Department has directed all Directors Finance and Financial Advisors to ensure strict compliance with these instructions.

According to details, Rs 763.91 crore was budgeted and released under Detailed Head 008 (Electricity Charges) for various departments during 2026-27. Against this, an expenditure of Rs 495.89 crore had been incurred, leaving an unspent balance of Rs 268.03 crore available for the settlement of electricity dues—(KNO)

AIMSA sets Nov 18 deadline on PG residents' stipend revision

JAHANGEER GANAIE

SRINAGAR: The All India Medical Students Association (AIMSA) has given the Jammu and Kashmir government a final deadline of November 18 to resolve the long-pending demand for revision of stipends paid to postgraduate (PG) medical and dental residents, warning that peaceful protests will be launched across the Union Territory from November 19 if the issue remains unaddressed.

AIMSA President Dr Mohammad Momin Khan, said the association had been repeatedly raising the concerns of PG residents, but the government had yet to take a concrete decision on the matter.

He urged Lieutenant Governor Manoj Sinha to intervene personally and ensure that the genuine demands of resident doctors are addressed without further delay.

Dr Khan said the association had now given the government a final opportunity to resolve the issue through dialogue and appropriate administrative intervention, adding that failure to act by November 18 would leave the residents with no option but to resort to peaceful and democratic protests from the following day.

The development comes after AIMSA, during a press conference at Government Medical College (GMC) Jammu earlier this month, had sought an urgent revision of the existing stipend structure, highlighting the disparity between the remuneration of PG residents in J&K and several other states.

The association pointed out that postgraduate medical residents in Jammu and Kashmir currently receive Rs 64,000 during their first year and Rs 67,000 in subsequent years, arguing that the amount does not adequately reflect their demanding clinical responsibilities, extended duty hours and contribution to patient care.

AIMSA representatives said that PG residents form an integral part of the healthcare system, performing duties in emergency services, wards and other critical areas while simultaneously undergoing rigorous academic and clinical training.

The association had also submitted a representation to Chief Minister Omar Abdullah, seeking his intervention for an early resolution of the issue.

Earlier, AIMSA had set November 12 as the deadline for the government to provide a concrete response and initiate steps towards addressing the stipend-related grievances.

However, with the demand remaining unresolved, the association has now extended a final deadline till November 18, making it clear that protests would commence from November 19 in the absence of a favourable response.

AIMSA has reiterated that it wants the matter resolved through dialogue but said the concerns of PG medical and dental residents should not be ignored, particularly when they shoulder significant responsibilities in government hospitals across Jammu and Kashmir—(KNO)

World Diabetes Day 2026

Landmark Book "Diabetes Simplified for Kashmir" released



GMK NEWS NETWORK

SRINAGAR: On the occasion of World Diabetes Day 2026, a special academic and awareness event was organised by a distinguished group of endocrinologists and physicians, to deliberate on the growing burden of diabetes and the need for region-specific approaches to its prevention and management.

The programme commenced with an introductory address by Dr. M. Hayat Bhat, Head of the Department of Endocrinology, Government Medical College, Srinagar, who highlighted the significance of World Diabetes Day.

The highlight of the programme was the Lecture of Excellence delivered by Prof. Ab. Hamid Zargar, former Director, SKIMS, who provided valuable insights into the local diabetes scenario. He discussed the evolving challenges, regional issues and research contributions in the field of diabetes over the past three decades, underscoring the importance of locally relevant research and evidence-based interventions.

A major highlight of the occasion was the release of the book "Diabetes Simplified for Kashmir", jointly authored by Dr. Shahnawaz Mir, Associate Professor, Department of Endocrinology, GMC Srinagar; Dr. Nasir Shamas, Consultant Physician and HOU, JLNM Hospital; and Prof. M. Hayat Bhat, Head, Department of Endocrinology, GMC Srinagar.

The book is among the first comprehensive attempts to address diabetes through the lens of Kashmir's unique regional context. It offers insights into local dietary habits, cultural practices, food preferences, lifestyle patterns and their implications for diabetes, while providing practical, evidence-based recommendations for prevention and management. The initiative aims to bridge the gap between scientific knowledge and its practical application in the everyday lives of the local population.

The book was formally released by an eminent panel comprising Prof. Ab. Wahid, Prof. Saleem Khan, Prof. Shariq Masoodi, Prof. Nazir Mushtaq, Saleem Beigh and Prof. A.R. Nasti.

The distinguished panel unanimously emphasised the importance of such locally relevant publications in promoting health literacy, awareness and sensitisation among the Kashmiri population. They appreciated the authors for undertaking an initiative that brings scientific knowledge closer to the community by incorporating its cultural and dietary realities.

Dr. Shahnawaz Mir expressed gratitude to his teachers, students, patients, researchers and all those who contributed to and supported the initiative. He acknowledged their collective role in making Diabetes Simplified for Kashmir a meaningful academic and public-health endeavour.

The gathering was notable for its diverse participation, with doctors, researchers, innovators, writers, historians, journalists, conservationists, students, dieticians and entrepreneurs in attendance, reflecting the multidisciplinary nature of the fight against diabetes.

Beyond conventional medical interventions, the programme also highlighted the importance of dietary innovation and physical activity in diabetes prevention and control. Special emphasis was laid on the consumption of high-fibre foods and low-glycaemic-index alternatives. Information was shared about "Sugar Cut Rice", an innovative low-GI rice initiative by Aadil Jeelani, as an example of efforts to explore healthier food choices for the community.

DC Kulgam flags off over 100 young trekkers for Pahalgam



GMK NEWS NETWORK

KULGAM: Deputy Commissioner (DC), Kulgam, Shahzad Alam Monday flagged off a group of more than 100 young trekkers from the Mini Secretariat, Kulgam to Pahalgam.

Speaking on the occasion, the Deputy Commissioner appreciated the efforts of the Youth Services and Sports Department, Kulgam, for providing young people with opportunities to participate in adventure activities and promoting a healthy and active lifestyle. He encouraged the young trekkers to actively engage in sports and other constructive activities, while staying away from social evils and negative influences.

The Deputy Commissioner also emphasized the importance of sports and adventure activities in nurturing discipline, confidence, teamwork and a positive outlook among youth.

The flag-off ceremony was attended by District Youth Services and Sports Officer, Kulgam, Narinder Pal Singh, along with other officials of the Youth Services and Sports Department, Kulgam.

The duration of the camp for the selected boys of the six zones of the district is five days.

J&K Govt approves Rs 22.71 crore to revive stalled Batamaloo Mini Secretariat

RAJA SYED RATHER



SRINAGAR: The Jammu and Kashmir government has approved Rs 22.71 crore for the construction of a Mini Secretariat along with an Integrated District Disaster Management and Mitigation Centre at Batamaloo in Srinagar, paving the way for the revival of a project that has remained stalled for several years.

As per Government Order No. 57-JK (Rev) of 2026, issued by the Revenue Department, administrative approval has been granted for an estimated expenditure of Rs 2,271.07 lakh. The project cost has been assessed on the basis of estimates vetted by the Engineer-in-Chief, Public Works (R&B) Department.

The proposed facility will serve as an administrative hub while also housing infrastructure for district-level disaster preparedness, management and mitigation.

The project dates back to October 2017, when the proposal for establishing a Mini Secretariat at the erstwhile General Bus Stand in Batamaloo was taken up during a District Development Board meeting. Its foundation stone was subsequently laid by the then Chief Minister Mehbooba Mufti in January 2018.

Initially, the complex was planned to accommodate multiple government offices under one roof, with the objective of improving public service delivery and reducing the need for people to visit different offices spread across Srinagar.

However, its execution remained delayed due to financial and administrative issues.

The matter was brought up in the Legislative Assembly in March 2025, when Education Minister Sakina Itoo informed the House that Rs 9.82 crore had already been spent on the project. She said the original technically vetted cost stood at Rs 48.23 crore, while a revised Detailed Project Report amounting to Rs 80.26 crore had been submitted by the executing agency and was under consideration. The pile foundation work had also been completed.

The project received fresh attention in September 2026 after Chief Minister Omar Abdullah reviewed stalled projects under the Revenue Department and directed concerned departments and district administrations to resolve pending issues and initiate work on languishing and new Mini Secretariat projects within a month. The Batamaloo project was among those reviewed.

MVD Suspends 99 Driving Licences in Pulwama Over Traffic Violations

GMK NEWS NETWORK

SRINAGAR: The Motor Vehicles Department (MVD) Pulwama has suspended 99 driving licences across the district for various traffic violations, including overspeeding, dangerous driving, driving under the influence of intoxicants and jumping red lights.

The action followed joint enforcement drives conducted by the MVD and Traffic Police, during which motorists were found violating road safety regulations and provisions of the Motor Vehicles Act.

The violations included riding without helmets, driving without seat belts, rash and negligent driving, overspeeding, driving under the influence of alcohol or intoxicants, jumping traffic signals, dangerous overtaking, overloading of passengers or goods, and unauthorised commercial use of vehicles.

Other violations involved the dangerous use of mobile phones while driving and operating vehicles without valid registration certificates, fitness certificates or insurance documents.

In a separate action, the department also suspended a driving licence following recommendations from District Police Budgam after the licence holder was implicated in an offence under the Narcotic Drugs and Psychotropic Substances (NDPS) Act.

Good Morning Kashmir

EDITORIAL

Respect The Artist

Artists of any community are gifted individuals who see, feel and express things in ways that others often cannot. Whether a musician, poet, painter, writer, actor or performer, an artist carries a rare combination of creativity, imagination and sensitivity. It is a special gift from God, one that enables them to touch hearts, challenge thoughts and give expression to emotions that often remain unspoken.

Artists are much more than entertainers. They are the voices and storytellers of their communities. Through their work, they preserve traditions, keep history alive and pass cultural values from one generation to another. The music we listen to, the poetry we cherish, the paintings we admire and the stories we remember all become part of our collective identity. Without artists, a society may continue to grow materially, but it gradually loses its cultural richness and emotional depth.

There is, however, something about an artist that society often struggles to understand. Artists are sensitive by nature, possess strong individualities and sometimes have an ego that others mistake for arrogance. But an artist's ego is often nothing more than self-respect and a desire to protect his or her creative dignity. An individual who gives so much of himself or herself to art cannot be expected to surrender personal identity or creative freedom merely to please others. Like everyone else, artists deserve respect, recognition and the freedom to express themselves.

Sadly, we have developed a habit of celebrating artists on special occasions while overlooking their everyday struggles. We applaud them on stage, invite them to cultural functions and speak proudly of their achievements, but rarely make a serious effort to address their concerns. Recognition without respect and appreciation without support mean very little. Artists need platforms, opportunities, institutional backing and an environment where their talent can flourish.

This becomes particularly important in Kashmir, a land whose cultural identity has been shaped by generations of poets, musicians, writers, craftsmen and performers. Our rich musical and artistic traditions are not merely a part of our past; they are an inheritance that we must protect. If we fail to encourage our artists and provide opportunities to younger generations, much of this priceless heritage may disappear with time.

We must also learn to respect artists as individuals, not just value them for what they can offer at a performance or public gathering. They have their opinions, emotions, sensitivities and differences. They may disagree, question and sometimes refuse to conform. That is part of their individuality, and it should not be held against them. The worth of a society is not measured only by its economic progress, buildings or institutions. It is also reflected in how it treats those who enrich its cultural and intellectual life. Artists deserve a place of honour, not occasional applause. They deserve genuine respect, not ceremonial recognition.

A community that respects its artists protects its own identity. After all, artists do not merely create art; they keep the soul of a society alive.

Good Morning Kashmir

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International Students' Day

Carrying The Legacy Of Student Activism Forward



SHOIAB MOHMMAD BHAT



Every year, 17 November is observed as International Students' Day to recognise the courage, sacrifices and contributions of students across the world. The day carries an important historical message. It reminds us of the students who stood against oppression, raised their voices for freedom and defended their right to education even when they knew that doing so could put their lives at risk.

The history of International Students' Day goes back to 17 November 1939, in the present-day Czech Republic, where Nazi troops brutally repressed students in the city of Prague, in Czechoslovakia, during the Second World War. The nation was occupied by Nazis and people were experiencing limitations on their freedom and rights at the time.

The events leading to this tragedy began in October 1939, when students organised demonstrations against the Nazi occupation. During one such protest, a medical student named Jan Opletal was seriously injured and later died on 11 November. His funeral procession on 15 November became another demonstration against the occupation, as thousands of students gathered to express their opposition.

The Nazi authorities responded with severe measures. On 17 November 1939, their forces raided student hostels, arrested hundreds of young people and executed nine student representatives and leaders without trial. More than 1,200 students were sent to concentration camps, while Czech universities and colleges were ordered to close.

These events were one of the blackest days in the history of the student movement. The students had been asking for freedom and against injustice, and they were being imprisoned, beaten and killed. Their bravery served as a symbol of resistance and the significance of safeguarding education and individual rights.

To honour their sacrifices, 17 November was declared International Students' Day in 1941 by the International Students' Council in London. Since then, the day has been remembered as a symbol of student courage, academic freedom and the right to education.

Students Have a Greater Role in Society

A student is not just a student because of their academic achievements or results of their examinations. Skills of discipline, confidence, critical thinking, responsibility and respect for others should also be developed through education. These attributes enable youths to comprehend the obstacles they face and their duty as citizens.

Students have been involved in freedom, equality, social justice and educational rights movements throughout history. Their involvement illustrates that young people can be a part of the conversation and can draw attention to issues that need to be raised with the public.

Students today can make a big difference in tackling a variety of social issues such as environmental protection, women's empowerment, awareness of mental health issues, digital safety, unemployment, and educational inequalities. You may find that something as small as helping a classmate, supporting an awareness programme for your community, or sharing information that has value can make a difference.

Education Is More Than Degrees and Certificates

One of the important messages of International Students' Day is the value of education. Education provides knowledge, develops understanding and helps individuals make informed decisions. It also teaches people how to communicate, respect different opinions and deal with difficult situations.

These days, students have numerous learning opportunities available. There are various methods of gaining knowledge that are available through institutions such as schools, colleges, universities, libraries, and digital platforms. Learning is becoming more accessible through online courses, educational videos and digital resources.

Just because information is available does not necessarily imply knowledge or understanding. Students need to be able to analyze information, check facts and think on their own. They need to not blindly follow the information that they see on social media and also understand the significance of responsible communication.

The purpose of education should be to prepare students for life, employment and social responsibilities. Values and the knowledge and skills for making responsible decisions are as crucial as degrees and certificates for professional opportunities.

Students in the Digital Age

With technology, the student's role has been significantly transformed. Students primarily relied on textbooks, teachers, and libraries for information in the past. Digital platforms have opened opportunities for learning, sharing ideas and communication that are not restricted by geographical boundaries today.

Learners have opportunities to use technology to grow their skills and explore new areas of interest, to engage in learning conversations and to share their creative products with a broader audience. Digital platforms are also being used by many young people to write, research, run an awareness campaign and/or a business.

But there are responsibilities involved with these opportunities. Students' academic and personal lives may be impacted by excessive screen time, misinformation, cyberbullying and distractions on the internet. Hence, digital literacy and responsible use of the Internet should be crucial elements of education in the modern world.

Pupils should be aware of the fact that social media can be used in a positive or negative way. Digital spaces can be valuable for education and development if they are used to share learning materials, to foster positive dialogue and to raise awareness around social issues.

The Responsibility of Educational Institutions and Families

Students' development is the joint responsibility of the school and parents. All teachers, parents, schools and society have a part to play in forming the environment in which the youth can learn and develop.

Opportunities for schools and colleges should go above and beyond classroom teaching. Confidence and leadership skills can be developed through debate, seminars, sports, cultural programmes, research activities, and community programmes.

Teachers should foster students' questions, opinions, and participation in the discussion. Students learn from mistakes in a healthy learning environment without fear and know their strengths.

Parents also have a vital part to play in supporting their child's interests, listening to what they have to say, and helping to steer them in the right way to make good decisions. Students have different abilities and interests and these need to be recognised.

Equality of educational opportunities is also crucial. All children, boys and girls, regardless of their age, gender, background or financial status, have the right to quality education and to reach their potential. Special consideration should be given to those students with financial, geographical or social barriers.

Remembering History and Inspiring Future Generations

International Students' Day is more than an annual observance. It is an opportunity to remember those students who faced extraordinary difficulties while standing for their beliefs and rights. The events of 17 November 1939 remind us that education and freedom are valuable rights that must be protected.

The sacrifices of those nine student leaders and the suffering of more than 1,200 students should never be forgotten. Their story continues to remind young generations that courage, knowledge and responsibility can play an important role in shaping society.

This day is a time for students to think about what they can do to help their communities, as well as their own roles. They can start with simple things: respect others; assist others in need; be responsible with technology; educate; speak up against injustice in a peaceful and constructive manner.

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Epilepsy Is Not A Curse But A Treatable Disease

Society's Misconceptions Are A Greater Illness Than Epilepsy Itself



SHWETA GOYAL



Epilepsy is not merely a medical condition; it is also a test of the mindset of our society, where superstitions, misconceptions and social prejudices continue to remain deeply rooted despite numerous scientific facts. Considering a person possessed by evil spirits when they suffer an epileptic seizure, regarding them as inauspicious, distancing oneself from them, or resorting to faith healing and superstitious rituals instead of medical treatment is not only unfortunate but can also pose a serious threat to the patient's health and life. The irony is that although effective treatment for this condition is available in modern medical science, those affected by it still often face greater social neglect and discrimination than the disease itself. With the objective of raising awareness about this challenge and dispelling myths associated with epilepsy, National Epilepsy Day is observed in India every year on 17 November.

Epilepsy is a chronic neurological disorder related to the brain, in which abnormal disturbances in the brain's electrical activity can cause a person to experience recurrent seizures. It can affect individuals of any age group. According to the World Health Organization (WHO), approximately 50 million people worldwide are living with epilepsy, and nearly 80 per cent of them belong to low- and middle-income countries. The burden of this disease is also considerable in India. According to India's study on neurological disorders published in The Lancet Global Health, the estimated number of people living with epilepsy in the country was approximately 10.1 million in 2019. These figures highlight the widespread prevalence of the problem and the need for effective healthcare services.

The history of National Epilepsy Day is also linked to this very objective of creating awareness. At its general body meeting held in Indore in 1990, the Indian Epilepsy Association decided to observe 17 November every year as National Epilepsy Day. Subsequently, organisations such as the Epilepsy Foundation of India also played an important role in this direction. Established in Mumbai in 2009, this organisation, under the leadership of its founder, Dr Nirmal Surya, made significant efforts to create awareness among people living with epilepsy and promote their treatment, rehabilitation and social dignity. The fundamental objective of this day is to spread scientific information about epilepsy, encourage timely diagnosis and treatment, and promote a positive attitude towards patients in society.

Epileptic seizures do not always occur in the same manner. Generally, people imagine a seizure as a condition in which a person falls to the ground, jerks their arms and legs violently and starts frothing at the mouth.

However, the reality is much broader. Some people may experience a partial or complete loss of awareness for a few moments, stare blankly or become unresponsive to activities happening around them. In certain cases, jerking of a particular part of the body, unusual sensations, sudden fear, confusion or changes in behaviour may be observed. Some seizures affect both sides of the brain, causing a person to suddenly lose consciousness and experience uncontrolled physical movements. Medically, these are broadly classified as focal-onset and generalized-onset seizures.

There can be several causes of epilepsy. Congenital structural abnormalities in the brain, genetic factors, serious head injuries, brain infections, strokes and certain other neurological disorders are among its possible causes. According to the World Health Organization, the exact cause of the disease cannot be identified in approximately half of all cases. It is also important to understand that every seizure does not necessarily indicate epilepsy. Seizures may also occur due to fever, low blood sugar, certain metabolic disturbances and other medical conditions. Therefore, it is not appropriate to reach any conclusion without proper investigations and consultation with a specialist.

Numerous misconceptions about epilepsy prevail in society, and it is extremely important to dispel them. The first misconception is that epilepsy occurs due to divine wrath, sins or the influence of evil spirits. There is no scientific basis for this belief. The second misconception is that epilepsy is a contagious disease and can spread through physical contact with a patient, sharing meals with them or touching them. The reality is that epilepsy is absolutely non-contagious. The third misconception is that a person living with epilepsy is intellectually weak and cannot lead a normal life. However, most people with epilepsy have normal intellectual abilities and, with appropriate treatment, can actively participate in education, employment, family life and social activities. Similarly, it is also incorrect to believe that epilepsy has no available treatment. According to the World Health Organization, with proper diagnosis and regular treatment, approximately 70 per cent of people with epilepsy can become seizure-free.

Regular medication plays an important role in the treatment of epilepsy. Doctors prescribe medicines according to the patient's age, type of seizure, underlying cause of the disease and other health conditions. Some patients may require medication for an extended period, while in certain specific circumstances, surgery or other treatment options may also prove beneficial. The most important thing is that even when seizures are brought under control, patients should not discontinue their medication on their own. Any decision to change or stop medication should be taken only on the advice of a specialist doctor. Adequate sleep, a regular daily routine, a balanced diet and stress management are also beneficial. However, since seizures do not occur for the same reasons in all patients, it is essential to identify individual triggers. In some susceptible individuals, flashing lights, sleep deprivation or irregular medication may trigger seizures.

One of the most practical aspects of epilepsy awareness is educating people about the correct first aid to be provided when someone experiences a seizure. If a person has a seizure, the first step should be to remain calm and remove potentially dangerous objects from their surroundings. A soft object should be placed under their head to protect them from injury, and the duration of the seizure should be monitored. Most importantly, absolutely nothing such as a spoon, cloth, finger, water or any other object should be put into their mouth. Inserting objects into the mouth during a seizure can damage the teeth, jaw and airway. Once the jerking movements stop, if the person is unconscious or not fully alert, they should be carefully turned onto their side, and someone should stay with them until they regain normal awareness. Immediate medical assistance should be sought if a seizure lasts longer than five minutes, another seizure occurs immediately afterwards, the person experiences difficulty breathing, suffers a serious injury or experiences a seizure for the first time.

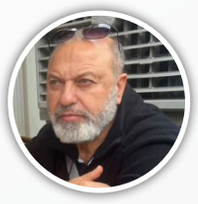
The impact of epilepsy is not limited to the physical health of the patient. Social stigma and discrimination can also affect their self-confidence, education, employment, marriage and family life. In many cases, parents begin hiding their children's condition, such children are viewed differently in schools, and even at workplaces, unnecessary doubts are raised about the capabilities of people living with epilepsy. This situation needs to change. Teachers and students in schools should be provided with accurate information about epilepsy. Looking down upon someone because of their medical condition and isolating them from social life reflects our collective insensitivity. What is needed is to treat people living with epilepsy with respect rather than pity, adopt scientific treatment rather than superstition, and create an environment of cooperation rather than neglect. The battle against epilepsy can be won not merely through medicines but also through awareness, sensitivity and social acceptance.

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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

New Era Of Medical Education In Kashmir – But Will Our Mbbs Graduates Get Jobs?

AIIMS Jammu And Awantipora Bring New Opportunities—And Responsibilities Amid Kashmir's Changing Aspirations And Growing Medical Workforce.



DR. FIAZ MAQBOOL FAZILI



For generations, becoming a doctor has been among the most cherished aspirations of Kashmiri families. Yet, for many students, particularly girls, pursuing medical education meant leaving home, travelling long distances and adjusting to unfamiliar environments far beyond the Valley.

This piece highlights a powerful conversational expression of the changing aspirations of Kashmiri families, rather than as a criticism of students who studied abroad.

For a geographically isolated region like Kashmir, this was never merely an educational decision. It involved financial resources, accommodation, safety, family acceptance and, above all, the willingness of parents to send their children outside the region for several years.

The difficulties were often more pronounced for conservative families, where parents were understandably reluctant to send their daughters to distant cities, sometimes beyond Banihal and into other parts of the country.

This is why the expansion of medical education within Jammu and Kashmir deserves to be welcomed as a significant social and educational development.

There is a popular expression that captures this changing reality: "Ab Bangladesh janey ki zaroorat nahi."

It reflects the hope that students who once had to look towards Bangladesh or other foreign destinations for medical education can increasingly find opportunities closer to home.

The objective should be simple: a Kashmiri student should not have to leave the region merely because adequate medical education opportunities are unavailable locally.

From scarcity to opportunity: A changing landscape

The medical education landscape of Jammu and Kashmir has changed considerably.

According to the Union Ministry of Health and Family Welfare's reply in the Rajya Sabha on February 10, 2026, the Union Territory had 12 medical colleges, comprising 11 government and one private institution, with an aggregate annual MBBS intake capacity of 1,676 seats for the 2025–26 academic session. The reported postgraduate intake was 815 seats.

The establishment of medical colleges in districts such as Anantnag, Baramulla, Doda, Kathua, Rajouri and Udhampur has brought professional education closer to communities that historically had fewer opportunities.

This decentralisation is particularly important in a region where geographical barriers have shaped educational choices.

For a family in Kupwara, Bandipora, Gurez, Karnah, Kishtwar or Doda, access to a medical college within a reasonable distance can make a substantial difference.

It is not simply about the number of seats. It is about giving children, especially girls, the opportunity to pursue professional education without the additional burden of leaving their families and familiar surroundings at a young age.

AIIMS Awantipora and Jammu: A landmark opportunity

The establishment of AIIMS Awantiporeabd Jammu is another important development.

Medical colleges closer to home, AIIMS Awantipora and Jammu, geographical isolation, changing aspirations of Kashmiri families and the growing number of medical graduates present both an opportunity and a responsibility for Jammu and Kashmir.

With an annual MBBS intake of 100 students, AIIMS Jammu represents a major addition to the region's medical education infrastructure. It also brings opportunities for advanced clinical training, postgraduate education, research and specialised healthcare.

The presence of an institution of national importance creates an environment in which local students can aspire to academic and professional excellence without necessarily looking towards distant metropolitan centres.

The larger vision should also include strengthening AIIMS Kashmir at Awantipora as the project develops, so that the benefits of advanced medical education and tertiary healthcare reach the Valley as well.

For ordinary Kashmiri families, these developments represent something more profound than additional medical seats: they represent access, dignity and a greater sense of educational security.

But the important question remains: Will these MBBS graduates get jobs?

This is where the discussion must become realistic.

Expanding medical colleges is one part of the responsibility. Ensuring that graduates have meaningful career opportunities is another.

Every year, hundreds of students graduate from medical colleges within Jammu and Kashmir. In addition, students who pursue MBBS abroad return after fulfilling the prescribed requirements of the National Medical Commission.

The resulting medical workforce is growing, and understandably, young graduates and their parents are concerned about employment.

However, it would be incorrect to assume that all these doctors must necessarily be accommodated in government service.

There are several possible career pathways:

1. Government Medical Officer posts: Recruitment in district hospitals, sub-district hospitals, community health centres and primary health centres remains an important avenue.

2. Contractual and NHM appointments: National Health Mission programmes and other healthcare initiatives provide opportunities in rural, peripheral and underserved institutions, although contractual employment cannot substitute for a stable career structure.

3. Private hospitals and nursing homes: The expansion of private healthcare, diagnostic facilities and specialist hospitals can create additional employment, provided professional standards and fair remuneration are maintained.

4. Postgraduate education: MD, MS, DNB and other specialist qualifications provide opportunities for professional advancement. Expanding postgraduate seats should therefore be a priority.

5. Medical teaching and research: As medical colleges develop, there will be growing requirements for qualified faculty, clinical researchers and academic professionals, subject to the prescribed postgraduate and other eligibility requirements.

6. Public health and specialised services: Emergency medicine, anaesthesia, family medicine, community health, epidemiology and other disciplines can offer meaningful career opportunities while addressing local healthcare needs.

The real challenge is to develop all these avenues simultaneously rather than allowing government recruitment to remain the only perceived destination for MBBS graduates.

According to the Union Ministry of Health and Family Welfare's reply in the Rajya Sabha on February 10, 2026, the Union Territory had 12 medical colleges, comprising 11 government and one private institution, with an aggregate annual MBBS intake capacity of 1,676 seats for the 2025–26 academic session. The reported postgraduate intake was 815 seats.

Foreign medical graduates: Competition or an additional resource?

Another important dimension is the number of Kashmiri students who pursue medical education abroad and return to India.

Foreign Medical Graduates have invested considerable time and resources in their education. Those who fulfil the NMC's applicable eligibility, examination, internship and registration requirements deserve fair professional opportunities.

Their presence should not be portrayed as a confrontation with graduates of local medical colleges.

Both groups are part of the same healthcare workforce.

The more relevant question is whether Jammu and Kashmir's healthcare infrastructure is expanding sufficiently to absorb its growing number of qualified doctors.

A doctor shortage in a remote district can coexist with competition for jobs in an urban centre. This apparent contradiction underlines the importance of geographical workforce planning.

Kashmir's geography must shape its employment policy

Jammu and Kashmir cannot be treated as a geographically uniform region.

The requirements of Srinagar are different from those of a remote health centre in Gurez, Karnah, Machil or the mountainous areas of Kishtwar.

Many peripheral hospitals require doctors but struggle to attract and retain them because of difficult living conditions, inadequate accommodation, limited specialist facilities and professional isolation.

This is where government policy must become innovative.

Doctors serving remote areas should receive appropriate hardship allowances, residential facilities, professional support and opportunities for postgraduate training.

A structured rural service programme, developed through consultation with medical graduates and professional bodies, could help bridge the gap between available doctors and underserved populations.

The need for a five-year medical workforce policy

The government should publish an annual medical workforce assessment covering:

- The number of MBBS graduates emerging from local institutions.
- The number of returning Foreign Medical Graduates meeting registration requirements.
- Government sanctioned posts, actual vacancies and recruitment timelines.
- Contractual and NHM employment opportunities.
- Private healthcare sector employment.
- Available postgraduate and superspeciality seats.
- District-wise doctor availability and healthcare requirements.

Such a policy would allow students and parents to make informed career decisions instead of relying on uncertainty and speculation.

Medical colleges should also be judged by the quality of teaching, availability of faculty, clinical exposure, hospital infrastructure and postgraduate opportunities, rather than merely the number of MBBS seats.

A new confidence for Kashmiri families

The expansion of medical education is also an important social development.

For ordinary Kashmiri families, these developments represent something more profound than additional medical seats: they represent access, dignity and a greater sense of educational security.

For a region where geographical isolation, financial limitations and conservative family attitudes have sometimes restricted the mobility of young women, having good medical institutions closer to home can gradually change aspirations.

Parents may become more confident about encouraging their daughters to pursue medicine. Students from economically weaker families may find it easier to access professional education. Communities in remote districts may develop a stronger connection with modern healthcare institutions.

This is the larger dividend of medical education expansion.

But opportunity must be accompanied by quality, and education must be supported by employment prospects.

The success of this transformation will not be measured merely by how many medical colleges we establish or how many MBBS seats we create. It will be measured by how many competent doctors we train, how many meaningful careers we enable, and how effectively we improve healthcare access for the people of Jammu and Kashmir.

Perhaps the time has come when a Kashmiri parent can confidently tell a daughter or son: pursue your dream of becoming a doctor; you no longer have to look beyond the region simply to find an opportunity.

And that, ultimately, is the real meaning of the phrase: "Ab Bangladesh janey ki zaroorat nahi."

--he narrative should shift from an employment-crisis argument to a broader question of educational opportunity, geographical inclusion, gender-sensitive access and the future employability of Kashmir's medical graduates.

The central message should be optimistic but realistic: Kashmir needs more medical colleges because geography, social conservatism and family concerns have historically restricted access to professional education, particularly for girls. AIIMS and the expansion of local medical institutions represent an opportunity to change that reality. But expansion must be accompanied by a clear employment policy, fair recruitment and postgraduate opportunities.

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IGP Traffic inspects National Highway

Reviews Accident Prone Stretches, Landslide Zones

GMK NEWS NETWORK



JAMMU: Inspector General of Police, Traffic J&K, Mohammad Suleman Choudhary Monday conducted a comprehensive inspection of the Jammu-Srinagar National Highway to assess accident-prone stretches including Dalwas, Peerah, Seri, Kela Morh, Monkey Morh in Ramban, vulnerable landslide zones including Tharad, Dewal in Udhampur and the progress of ongoing construction works including Digdol, Khooni Nalla and Ramsoo Viaduct.

He was accompanied by SSP Traffic NHW Ramban K.M. Priyanka, Dy.SP Traffic Ramban Vinod Kumar, Dy.SP Traffic Banihal S. Surinder Pal Singh, Dy.SP Traffic Udhampur Pankaj Soodan, DTIs and officers of NHAI.

The IGP reviewed critical locations requiring immediate attention and emphasized the need for appropriate road safety measures including installation of crash barriers, parapets and rumble strips wherever required, in coordination with NHAI. He further directed for timely removal of obstructions to ensure safe and smooth movement of traffic.

He impressed upon NHAI officers to expedite the ongoing construction of Khooni Nalla Tunnel and Panthyal Tunnel, besides completing the turn correction work at Ramsoo. "These projects are vital for improving road safety and reducing traffic congestion along the highway," he added.

In view of the approaching winter season and expected rainfall, the IGP stressed the need for comprehensive preparedness to deal with possible landslides, shooting stones and other weather related eventualities. He stressed upon NHAI and other concerned agencies to ensure adequate availability and strategic deployment of men and machinery, including snow-clearance equipment, cranes and recovery vehicles, at vulnerable locations for prompt response to any emergency. He also emphasized regular monitoring of vulnerable stretches and ensuring proper drainage, road signage and safety arrangements.

Traffic officers were directed to maintain close coordination with NHAI and other agencies, keep a strict vigil on vulnerable locations and ensure timely dissemination of road and weather-related advisories. They were further instructed to ensure efficient traffic regulation and extend necessary assistance to commuters.

The IGP reiterated the department's commitment to road safety and emphasized that all concerned agencies must work in close coordination to ensure safer, smoother and uninterrupted movement of traffic along the National Highway, particularly during the challenging winter months.

DLSA Udhampur promotes NALSA Scheme at grassroots level

GMK NEWS NETWORK

UDHAMPUR: The District Legal Services Authority (DLSA), Udhampur, under the guidance of Chairperson (Principal District & Sessions Judge), Kalpana Revo and under the supervision of Secretary, Sumati Sharma, on Monday organised a Mega Awareness Programme to promote various schemes of the National Legal Services Authority (NALSA) here at Village Ghordi, Tehsil Ramnagar.

On the occasion, Secretary, DLSA Sumati Sharma visited Village Ghordi and convened a meeting at the Block Development Office, which was attended by the Block Development Officer, former Panchs and Sarpanchs besides Para Legal Volunteers (PLVs) of Tehsil Ramnagar. The programme also marked the inauguration of a Temporary Legal Aid Clinic in the village with the objective of bringing free legal services closer to the people at the grassroots level.

During the meeting, Panel Lawyer DLSA Advocate Sanjeev Kumar Bavouria sensitised the participants to various NALSA schemes, including NALSA SHIKSHA Scheme, SPRUHA Scheme, Veer Parivar Sahayata Yojana, NALSA DAWN Scheme, SAMVAD Scheme and other schemes relating to senior citizens, children, persons with disabilities, victims of human trafficking, acid attacks and workers in the unorganised sector.

The participants were also informed about the objectives and benefits of these schemes and the procedure for reaching out to eligible beneficiaries. Emphasis was laid on identifying deserving persons at the village level and ensuring that the benefits of various legal services and welfare schemes reach those who need them the most.

The Secretary DLSA Udhampur highlighted the important role of local administration and PLVs in spreading legal awareness and identifying eligible beneficiaries. She stressed the need for active coordination among all stakeholders to ensure the effective implementation of NALSA schemes and to make free legal aid accessible to the weaker and disadvantaged sections of society.

FROM THE FRONT PAGE .....

LeT Terrorist Killed

the identity will be revealed after proper identification," a senior officer was quoted as saying The Indian Express.

Police sources, however, said the man is likely to be Umar Nisar Dar.

They claimed Dar was an aide of Lashkar commander Bhat who has been on the police radar ever since the July 8 gunfight where his associate Zakir Ganai was killed.

The encounter comes amid a massive search operation that has been underway across several areas of Kulgam district for the past six consecutive days. Security forces have been conducting extensive searches, including house-to-house searches, in several villages as part of the operation.

The joint operation involves the Army's 9 Rashtriya Rifles, the 18th Battalion of the Central Reserve Police Force (CRPF), and the Jammu and Kashmir Police. Further details are awaited.

Courage Displayed By

He said, "CRPF is maintaining alertness, discipline and coordination among colleagues to achieve success in ongoing operations."

Asked about the ongoing operation in Kulgam, which has entered its fifth day, Khirwar said the operation had been launched to ensure that those responsible for the attack were brought to justice. "We have launched the operations. We owe it to the people of J&K, to our own forces and our injured colleagues that the perpetrators are brought to justice," he said.

Pertinently, three CRPF personnel were injured in a terrorist attack at Nowpora Akhran in Kulgam district on November 11, following which security forces launched an operation to track down the assailants.

Earlier, inaugurating the T20 tournament, Khirwar said more than 100 teams had applied for participation, of which 16 were shortlisted due to limited capacity. "This is our normalcy. Our youth want to participate fully. Like in the rest of the nation, we participate in sporting events and live a normal life," he said—(KNO)

Kashmir Braces

Kashmir, with Gulmarg and Pahalgam recording the season's lowest minimum temperature at minus 3.5 degrees Celsius each, according to the Meteorological Centre Srinagar.

As per the latest temperature data issued by the Meteorological Centre Srinagar, Srinagar recorded a minimum temperature of 0.5 degrees Celsius, which was 0.8 degrees below the seasonal normal of 1.3 degrees Celsius.

Gulmarg's minimum temperature was 2.9 degrees below its seasonal normal of minus 0.6 degrees Celsius, while Pahalgam recorded a departure of 2.3 degrees below its normal of minus 1.2 degrees Celsius.

Qazigund recorded a minimum of minus 0.4 degrees Celsius against the normal of 1.1 degrees Celsius, while Kupwara settled at minus 0.2 degrees Celsius against the normal of 0.3 degrees Celsius.

Kokernag recorded a minimum temperature of 1.4 degrees Celsius, which was 0.8 degrees below its seasonal normal of 2.2 degrees Celsius.

In Jammu division, Jammu city recorded a minimum temperature of 11.6 degrees Celsius against the normal of 13.2 degrees Celsius, while Katra settled at 12 degrees Celsius.

Banihal recorded a low of 8 degrees Celsius, Batote 7 degrees and Bhaderwah 2 degrees Celsius—(KNO)

CIK Chargesheets

Erfan Gul, Shazia Nazir, Riyaz Ahmad Gojri have been charged under BNS Sections 61(2) and 152 and UAPA Section 13.

It also said that Mohammad Iqbal Naima (Dubai), Shamima Shawl (London), Mukhtar Ahmad Baba (Pakistan) who all are absconding, charged under BNS Sections 61(2) and 152 and UAPA Sections 13, 38, 39 and 40.

Minister Sakina

food safety and prevent the sale of substandard, unsafe and expired food products, Food and Drugs Administration, J&K (FDA), conducted inspections of meat processing units, meat shops and other establishments dealing with meat and meat products.

During the latest enforcement drive, a total of 108 inspections were conducted across various districts, and five food samples were lifted for laboratory analysis to assess their compliance with the prescribed standards under the Food Safety and Standards Act, 2006.

As part of the enforcement action, five cases were recommended for proceedings under Section 56 of the Act, which provides for a penalty of up to 1 lakh for manufacturing or processing food under insanitary or unhygienic conditions. Additionally, one case was initiated under Section 58 in connection with the sale of expired food articles, attracting a penalty of up to 2 lakh, subject to adjudication.

Taking cognizance of violations of food safety requirements, the FSSAI licences of three establishments, viz. M/s Nadam Poultry, Anantnag; M/s Asalam Chicken, Anantnag; and M/s The Frozen Hub, Kothanwal, Jammu, were suspended for violations of the provisions of the Food Safety and Standards Act, 2006.

Furthermore, expired food articles worth approximately 77,500 were destroyed to prevent their further sale and consumption. In another enforcement action, three cases were compounded under Section 69 of the Act, with a total compounding fee of 3,000 realized.

FDA, J&K, reiterated that enforcement activities will continue across all districts, with particular focus on establishments involved in the processing, storage, transportation and retail sale of meat and meat products.

Food Business Operators have been advised to maintain the highest standards of hygiene during the handling, processing and storage of meat and meat products and to ensure that no expired, unsafe or non-compliant food articles are offered for sale. Any violation shall invite stringent action under the relevant provisions of the Food Safety and Standards Act, 2006.

Consumers are also urged 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. (KNO Inputs)

SC Gives Nod To

Al-Falah University. The NIA alleged that a "white-collar" network of professionals, including doctors, was behind the attack.

The J&K Police's State Investigation Agency (SIA) arrested 10 accused, including four doctors, while arrests were also made in Haryana. One of the arrested doctors has also been charged in the Delhi blast case.

The NIA approached the Supreme Court seeking the transfer of cases registered in J&K and Haryana to Delhi for a joint trial and clubbing of FIRs. A bench of Justices Prashant Kumar Mishra and Shree Chandrashekhar allowed the plea and ordered the clubbing of three FIRs.

DSEK Revises School

winter zones of Kashmir division were demanding for a change in school timings.

The parents of school children were urging the School Education Department to revise the timing in educational institutes of the region from 10 am to 3 Pm in Srinagar and 10:30Am to 3:30 outside the Srinagar Municipality Limits.

The parents had urged the government to revise the school timing. "In view of the cold temperatures in the morning, the government must change the school timing from 10 am to 3 Pm in Srinagar and 10:30 Am to 3:30 outside the Srinagar Municipality Limits. The School Education Department must prioritize the health and wellbeing of the students."

Pertinently, the government in mid-October had ordered a change in school timing for all government and private schools from October-15 asking schools falling in the Srinagar municipal limits to function from 10am to 3:30 Pm and 10: 30 am to 4 pm to the school falling outside the Srinagar municipal limits—(KNO)

Journalists Must

on how this changing media landscape be governed to empower citizens and address emerging challenges.

Chanchal Kumar, Secretary, Ministry of Information & Broadcasting, emphasised that journalism must strike a balance between public engagement and credibility.

He observed that popularity must not take precedence over truth, nor should virality outweigh verification.

Highlighting the growing influence of TRPs, clicks and digital engagement, he stressed the importance of editorial judgement, fact-checking and distinguishing news from opinion. He underlined that AI could assist journalism but cannot assume the responsibility of a journalist.

Delivering the keynote address, seasoned journalist Rajat Sharma emphasised that there is a thin line between sensationalism and responsibility, foregrounding the importance of editorial judgement and responsible reporting.

PCI Chairperson Justice (Retd.) Ranjana Prakash Desai reaffirmed the Council's commitment to protecting press freedom and improving journalistic standards. Underlining the rapid transformation in the media landscape, she observed that technological advancements have made information accessible to millions within seconds.

She observed that anyone with a phone and internet connection can now become a news disseminator, but not everyone reporting the news is trained in or bound by journalistic ethics.





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Guns no longer roar in every lane of Kashmir: BJP leader

WARIS FAYAZ

BARAMULLA: BJP General Secretary Mohammad Anwar Khan on Monday credited the Centre for the improvement in the security situation in Jammu and Kashmir, claiming that incidents of violence and killings have declined significantly compared to the past.

Talking to reporters here in North Kashmir, Khan, while referring to the recent killings of Special Police Officers (SPOs), said that earlier guns would roar in every lane of Kashmir, resulting in the deaths of local youth, but such incidents were now limited to a few cases.

"Since the day BJP has taken responsibility of law and order, the situation has changed. Earlier, guns would roar in every lane of the Valley and our youth would get killed. Now, such incidents are limited to a few cases, and these too will eventually become a thing of the past," he said.

Khan accused opposition parties of politicising the killings and alleged that the Congress, National Conference and Peoples Democratic Party had failed to ensure normalcy in Jammu and Kashmir during their tenures.

He also said that the political landscape had changed under the PM Modi led government, claiming that electoral participation and the number of votes polled had increased over the years.

"There was no accountability earlier. Today, there is accountability, and the Omar Abdullah-led government is being questioned over its actions," he said.

Targeting the NC government, Khan alleged that it had failed to fulfil several promises made during the Assembly elections, including free electricity, ration and employment.

He said the BJP was functioning as a strong opposition with its 29 MLAs and raising people's issues before the government.

"Our MLAs are with the people and continue to raise their concerns. They even boycotted three days of the recent Assembly session," he said.

Khan further said that the BJP remained connected with people throughout the year and would continue to remind the NC government of its electoral commitments.

"BJP is always on the ground. It is not like other parties that are seen among people only during elections," he added—(KNO)

SWD Budgam organises training programme on POSH Act at Chadoora

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-Training Programme on the Sexual Harassment of Women at Workplace (Prevention, Prohibition and Redressal) Act, 2013 (POSH Act), at Town Hall, Chadoora.

The programme witnessed participation from Anganwadi Workers , Supervisors, representatives of the National Rural Livelihoods Mission (NRLM) and teachers.

The programme was aimed at sensitising participants about the legal provisions of the POSH Act, institutional mechanisms for prevention and redressal of workplace sexual harassment, and the importance of ensuring a safe, dignified and harassment-free working environment across different institutions and workplaces.

The programme commenced with the registration of participants, followed by an introductory address by Asifa Manzoor, Gender Specialist, SANKALP-HEW Budgam. She highlighted the significance of awareness and capacity-building initiatives in strengthening gender sensitivity and promoting safe working environments.

Advocate Zakir Khateeb elaborated on the provisions and objectives of the POSH Act, 2013, with particular emphasis on the prevention of sexual harassment, statutory safeguards available to women, complaint redressal procedures and the responsibilities of workplaces under the Act.

Suhail Ahmed from Police Station Chadoora deliberated on the role of police in addressing complaints relating to sexual harassment, applicable legal procedures, reporting mechanisms and the importance of timely intervention and institutional coordination in providing support to affected women.

Afroza Ahad, District Mission Coordinator, SANKALP-HEW Budgam, sensitised the participants about the SHe-Box Portal, explaining its online complaint registration facility, accessibility and significance as a mechanism for reporting workplace sexual harassment. She also emphasised the importance of awareness regarding available institutional and digital grievance redressal platforms.

The programme also featured an interactive discussion, during which participants raised queries and exchanged views regarding the implementation of the POSH Act, responsibilities of institutions and the role of institutional mechanisms in ensuring workplace safety and dignity.

Afroza Ahad, District Mission Coordinator, expressed gratitude to the resource persons, representatives of the concerned departments and participating officials for their valuable contributions and active participation.

The initiative forms part of the ongoing awareness and outreach activities being undertaken by the Department of Social Welfare, Budgam, through SANKALP-HEW under Mission Shakti, to promote awareness of women's legal rights, strengthen institutional response mechanisms and facilitate inter-departmental convergence for the protection, safety and empowerment of women.

DLSA G'bal organises awareness programmes under DAWN, BVMB Campaigns



GMK NEWS NETWORK

GANDERBAL: Continuing its district-wide awareness initiatives, District Legal Services Authority (DLSA), Ganderbal, organised awareness programmes at Qamaria Model School, Saloora, and Government High School (GHS), Shallabugh, under the NALSA DAWN (Drug Awareness and Wellness Navigation) Fortnight Awareness Campaign and the Bal Vivah Mukt Bharat Campaign.

The programmes were organised under the chairmanship of Abdul Nasir, Chairman, DLSA Ganderbal, and under the supervision of Sheikh Babar Hussain, Secretary, DLSA Ganderbal, in collaboration with the Chief Education Officer, Ganderbal.

At Qamaria Model School, Saloora, Advocate Younis Saleem Wani, Panel Lawyer, conducted an awareness session on Dowry and Maintenance Laws, sensitising students about the legal provisions relating to dowry prohibition, women's rights and maintenance laws. He also highlighted the legal consequences of misuse of social media, including cyber offences, cyberbullying, online harassment and the importance of responsible use of digital platforms.

At Government High School, Shallabugh, Advocate Aslam, Panel Lawyer, sensitised students about the harmful consequences of child marriage, its legal implications and the importance of protecting children's rights.

Tanveer Ashraf, Assistant Legal Aid Defence Counsel, also conducted an awareness session under the NALSA DAWN Campaign, highlighting substance-use risks, preventive measures and the importance of seeking timely help and assistance.

Both programmes aimed at strengthening legal literacy among students, promoting awareness about their rights and responsibilities, and encouraging them to become informed and responsible members of society.

The awareness activities form part of the ongoing fortnight-long campaigns, which shall continue up to 27th November 2026 across the district through educational institutions and community outreach programmes, with the active involvement of Para Legal Volunteers and other concerned stakeholders.

DLSA Budgam inaugurates 60-Days Mega Drive for implementation of NALSA



GMK NEWS NETWORK

BUDGAM: District Legal Services Authority (DLSA) Budgam, Monday inaugurated 60-Days Mega Drive for implementation of NALSA Schemes at Grassroots Level under Phase-I (Part-II) at village Mujpathri Khansahib Budgam with the objective of strengthening awareness and ensuring effective implementation of various legal services and welfare schemes at the grassroots level.

The programme was conducted under the supervision of the Chairman, DLSA Budgam, O. P. Bhagat, and the guidance of Secretary, DLSA Budgam, Tabassum Qadir Parray.

Advocate Zahoor Ahmad Malik and Advocate Aamir Hamid Mir, Panel Lawyer, DLSA Budgam attended the programme as resource persons and deliberated on the objectives and significance of various NALSA schemes. They highlighted the importance of taking legal services and welfare initiatives to the doorsteps of the common people, particularly vulnerable and marginalised sections of society.

The resource persons also sensitised the participants about the role of legal services institutions in ensuring access to justice, awareness of legal rights and the availability of free legal aid to eligible beneficiaries. Emphasis was laid on the active involvement of Paralegal Volunteers (PLVs) in identifying eligible beneficiaries, disseminating information and facilitating access to various government welfare schemes and legal services.

The programme witnessed the participation of PLVs and members of the general public, who were encouraged to actively contribute towards the successful implementation of NALSA schemes at the grassroots level.

Through such initiatives, DLSA Budgam reiterates its commitment to strengthening legal awareness, promoting access to justice and ensuring that the benefits of legal services and welfare schemes reach every eligible individual.

DC Pulwama orders inspection of Coaching Institutes

GMK NEWS NETWORK

PULWAMA: Deputy Commissioner (DC), Pulwama, K.K Sidha has ordered the constitution of a District-Level Committee to conduct comprehensive inspections of coaching centres to ensure the safety, security and welfare of students enrolled in coaching institutes operating across the district.

The order aims to ensure strict adherence to prescribed safety and security regulations, statutory provisions and other mandatory requirements governing the functioning of coaching institutes, with particular focus on student welfare and transparency in institutional operations.

A District-Level Committees have been constituted under the chairmanship of the Additional Deputy Commissioners of Pulwama, Tral and Awantipora, with jurisdiction-specific representation from various departments, including Revenue, Police, Municipal Bodies, Fire and Emergency Services, Power Development Department, Health, Education and Labour.

The committees will undertake physical inspections of coaching centres within their respective territorial jurisdictions, focusing on verification of registration and statutory authorisations, building infrastructure and safety arrangements, basic amenities and hygiene, student welfare and accessibility, as well as transparency in fee structures, courses offered, faculty particulars and other relevant information.

Mechanise sanitation work, secure every workers' rights: NCSK Chairperson

GMK NEWS NETWORK

JAMMU: Chairperson of the National Commission for Safai Karamcharis (NCSK), Bhagwat Prasad Makwana, Monday called for an end to all forms of manual scavenging in Jammu and Kashmir. He directed officers to give priority to mechanised sanitation and to guarantee insurance, training, protective gear and social security to every sanitation worker.

He was chairing a meeting at the Convention Centre here to review the implementation of the Prohibition of Employment as Manual Scavengers and their Rehabilitation Act, 2013 in the Union Territory.

The meeting was attended by District Magistrate Jammu, Minga Sherpa; Director Social Welfare Jammu-cum-Managing Director, J&K Scheduled Castes, Scheduled Tribes and Backward Classes Development Corporation, Ranjeet Singh; Director, Urban Local Bodies, Jammu, Kapil Sharma; Secretary, J&K Advisory Board for Welfare and Development of Scheduled Castes, Seema Bharti; Joint Commissioner (Administration), Jammu Municipal Corporation; Additional Superintendent of Police, Jammu; Deputy Director Information (PR), Jammu; District Social Welfare Officer, Jammu; Assistant Labour Commissioner, Jammu. Officers of the State Programme Management Units of the NAMASTE Scheme (Rural and Urban) and representatives of Safai Karamcharis were also present.

Makwana said the law leaves no room for ambiguity. Cleaning dry latrines, sewers, septic tanks, open nallahs or railway tracks by hand, in towns or in villages, amounts to manual scavenging and is prohibited under the Act. Such work may be permitted only in exceptional circumstances, with the approval of the competent authority and depending on the gravity of the situation, he said, adding that machines must always come first.

The Chairperson sought a detailed account of how the Act is being implemented in J&K. He directed that the District Vigilance Committee constituted under the Act be reconstituted.

On worker safety, Makwana directed that every sanitation worker be provided insurance cover, proper training and PPE kits. He also directed officers to ensure that EPF and ESI contributions are deposited for all workers.

The Chairperson said the Act can protect sanitation workers only if they know their rights under it. He directed the administration to hold awareness camps with the participation of multiple departments. At these camps, workers are to be informed about welfare schemes such as the Pradhan Mantri Awas Yojana, Pradhan Mantri Jan Dhan Yojana and Ayushman Bharat, and offered free health check-ups.

Stressing the dignity of the community, Makwana directed that derogatory and prohibited caste terms must not be used in any form. He said caste certificates for communities engaged in sanitation work should be issued under the name "Valmiki". He also explained the protection that the Scheduled Castes and Scheduled Tribes (Prevention of Atrocities) Act, 1989 gives the community against caste-based abuse and humiliation.

Turning to the living conditions of sanitation workers, the Chairperson raised the long-pending issue of land rights for families who have lived in different localities of Jammu. He directed that the residential areas of sanitation workers be developed on priority, and that community halls be built for their social functions. He said the abrogation of Article 370 has given the Valmiki Samaj domicile and employment rights in Jammu and Kashmir that were denied to it for decades.

Makwana said Prime Minister Narendra Modi is deeply sensitive to the concerns of sanitation workers and every underprivileged section of society. He said the Prime Minister launched the Swachh Bharat Mission to restore dignity to labour and sanitation work. Manual scavenging had persisted for ages, he said, and the Government is determined to end it completely. He sought the cooperation of the States and Union Territories in this effort.

He added that the children of sanitation workers can now avail education loans up to Rs 10 lakh for studies in India and up to Rs 20 lakh for studies abroad. Workers themselves can raise loans of up to Rs 50 lakh to set up their own businesses. Under the Swachhta Udyami Yojana, sanitation workers can avail loans of up to Rs 15 lakh individually, and up to Rs 50 lakh as self-help groups or cooperatives, to purchase mechanised sanitation equipment and vehicles.

GOVERNMENT OF JAMMU & KASHMIR

OFFICE OF THE EXECUTIVE ENGINEER IRRIGATION DIVISION ANANTNAG

NOTICE INVITING E-TENDERS

Notice Inviting short term E-Tenders-NIT No.32 of 2026-27

For and on behalf of Lt. Governor of J and K U.T, e-tenders on percentage rate basis are invited in Single cover system from approved and eligible contractors registered with J& KU.T Govt./CPWD/Railways/other govts/UT's for the following works: -

S. NO.	NAME OF WORK	Estt Cost (Rs in lacs)	Earnest Money (EMD) Rs	Time for completion	Class of Contract	Cost of Tender document (Rs)	Major Head of Account	Tender opening authority
1	C/O Confluence point and lining wall at tail end of Narupora Ladi.	4.99	14970/=	20 days	DEE	200/-	CDF Scheme, (42- Kokernag ST)	Ex. Engineer

Remittance Head:-0702

Position of AAA: - (1)Accorded vide District Development Commissioner Anantnag's AA order No. 552 -DDCA of 2026.dated 10/11/2026 issued under No. DDCA/CDF-42-Kokernag ST /2026-27/9298-9303 dated 10/11/2026

Position ofTS.- (1). Accorded vide This office TS order No. 15-DB of 2026-27 dated 16/11/2026 issued under No. IDA/DB/6266 dated 16/11/2026

Position of Funds: - Budgetary Provision

The NIT Consisting of qualifying information, eligibility criteria , specifications , bill of quantities (BOQ) set to terms and conditions of contract and other details can be seen/ downloaded from the departmental website. www.jktenders.gov.in as per the schedule of dates detailed below :-

1.	Publishing date	16.11.2026	06.00PM
2.	Download Date Starts	16.11.2026	06.00PM
3.	BID Submission Date Starts	16.11.2026	06.00PM
4.	BID Submission Date Ends	28.11.2026	06.00 PM
5.	Date of opening of tenders	30.11.2026	11:00 AM

The bids shall be deposited in electronic format on the website www.jktenders.gov.in and The bids uploaded shall be opened online on above mentioned date by the Executive Engineer Irrigation Division Anantnag in presence of the bidders who may wish to be present. In case of holiday or office happening to be closed on the date of opening of the bid, the same will be opened on the next working day at the same time and venue.

1. Bidders must ensure to upload scanned copies (on 100dpi) of all necessary documents like Cost of Tender document in the form of Treasury Challan in favour of Executive Engineer Irrigation Division Anantnag , latest GST clearance certificate including GSTR-3B and GSTR-1 .Registration card duly renewed along with Verification, Affidavit (1st Class Magistrate/Notary),BID Security in the form of EMD for an amount detailed above.. (EMD CDR shall be deposited separately for each item of work). The date of CDR/FDR/TDR/affidavit should be between the bid submission start date and bid submission end date. After opening of tenders online, the 1st lowest bidder shall be asked to deposit the CDR/ FDR/additional performance security pledged to tender receiving authority and other documents in original. The CDR/ FDR /TDR/ additional performance security and other documents in original shall be deposited within two Days positively after opening of tenders. The EMD in the shape of CDR/FDR/TDR of the successful bidder will be retained as performance security deposit till expiry of defect liability period, whereas the EMD of unsuccessful bidders will be returned/released latest by 30 days after award of the contract.
   The check list of documents for cover 1st is attached with the NIT & bidders are advised to recheck the uploaded documents as per the Check list.
2. Additional Performance Security shall be taken from the first lowest bidder/selected bidder (within 02 days after opening of the tenders) in the shape of CDR/FDR/TDR as per the Circular issued by the Finance Department vide No. FD-Code/441/2021-02-158 dated 08-08-2025 if the bid percentage is below 10% . The additional performance guarantee/security shall be treated as a part of performance security.
3. The CDR/ FDR/TDR/Security Deposit uploaded during tendering shall be properly verified from the issuing bank before awarding the contract. Furthermore if at any stage the CDR/APS/FDR/TDR/Security Deposit are found to be false/or forged/fraudulent, action as warranted under rules shall be initiated against the contractor as laid down in Procurement of Manual of works GFR 2017 besides blacklisting the contractor from tendering process.
4. If the successful bidder is seriously unbalanced or front loaded in the opinion of the Tender Opening Committee. The Tender opening Committee may in such cases seek written clarifications from the bidder, including detailed price analyses of its bid price in relation to scope, schedule, resources mobilization, allocation of risks and responsibilities and any other requirements of the bid's documents besides Additional Performance Security as per above breakup. If, after evaluating the price analyses, procuring entity determines that the bidder has substantially failed to demonstrate its capability to deliver the contract at the offered price, the Tender Opening Committee may reject the bid/proposal. A bid which contains several items in Bill of Quantities those are unrealistically priced low and which cannot be substantiated satisfactorily by the bidder may be rejected as non-responsive.
5. Contractor / Bidder who fails to submit the CDR/FDR /TDR/ Treasury Challan as required, & APS (if applicable)their EMD will be forfeited besides they will be barred/prohibited from participating in the Tendering process for a period of Six Months (06 Months) in the first instance. Their online uploaded tenders will not be considered for the said period.
6. Contractor who shall be allotted the work has to start the work within the stipulated time period after the date of allotment as the work is of very important nature.
7. The department shall not be responsible for delay in online submission of bids due to any reason what so ever.
8. The tenders shall remain valid for 90 days.(Ninety Days)
9. As soon as the contract is fixed with the successful bidder, he has to enter into an agreement with the department.
10. The earnest money shall be forfeited if:-

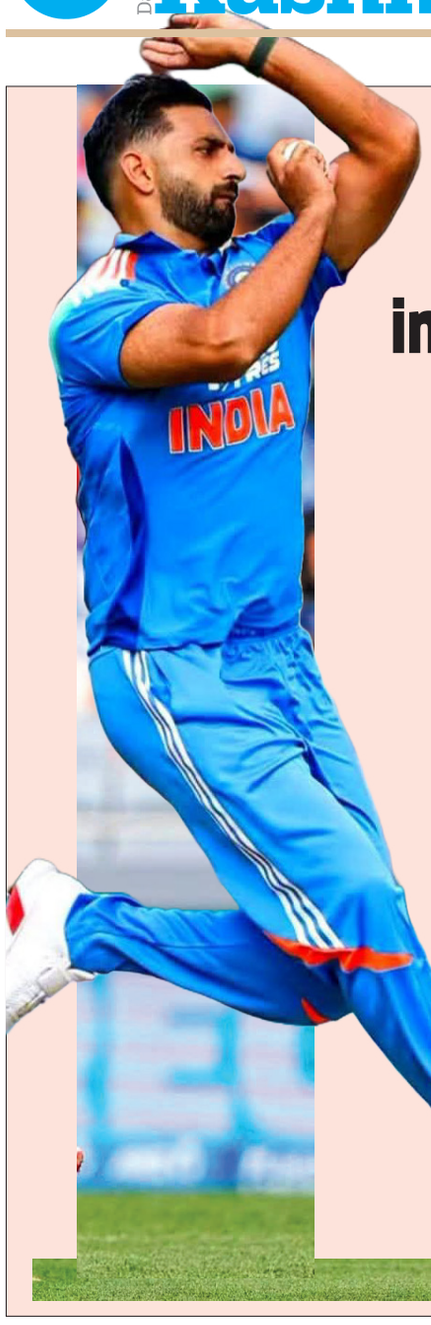
a. Any bidder withdraws his bid during the period of bid validity or makes any modification in terms & condition of the bid.
b. The successful bidder fails to execute an agreement with the department timely after fixation of contract; however non-drawl of agreement will not prevent the contract from being enforced upon him.

32. All the guidelines/terms & conditions as laid down in relevant Schemes, including the guidelines/terms & conditions as laid down in the Accord of Administrative Approval, shall be applied strictly.
33. Other terms & conditions shall be the same as laid down in the PWD Form-25.

No. IDA/6268-85
Dated: 16/11/2026

DIPK-7725-26
DT: 16/11/2026

Sd/-
Executive Engineer
Irrigation Division Anantnag



Auqib Nabi receives Impact Player of the Series medal in India's 3-1 ODI series win

IANS

NEW DELHI: Right-arm fast bowler Auqib Nabi was named the winner of the Impact Player of the Series after India secured a 3-1 ODI series win over New Zealand at Bay Oval. Nabi was handed the medal inside the Indian team dressing room by team physiotherapist Thulasi Ram Yuvaraj.

"Congrats everyone. It was an exciting match and what an amazing series we have witnessed. I am very sure it is very difficult for whoever has made this decision because each and everyone in the team has outperformed in various aspects of this game."

"This person whom I am going to give this medal, I know him for some time. He is a hardworking, committed, very meticulous in his preparations. He speaks very less. He makes sure his ball speaks in the field. So, it is none other than Auqib," said Thulasi in a video posted on bcci.tv on Monday.

Across the series, Nabi claimed five wickets in 31 overs at an average of 32 and an economy rate of 5.16. His best returns with the ball were 2-31 at Hnry Stadium in Wellington. "Thank you for this. I am very grateful for this. I am very happy that we have won the series and I have made a contribution in it. Thank you," said Nabi.

Nabi will be staying back in New Zealand alongside fellow fast bowler Arshdeep Singh to help India prepare for the two-match Test series starting at Basin Reserve in Wellington on November 19. It is followed by the second Test starting at Hagley Oval in Christchurch on November 27.

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

Mir Saifullah declares open U-17 Girls' Cricket Championship at floodlit JU

GMK SPORTS DESK



JAMMU: Minister for Youth Services and Sports, Planning Development and Monitoring Department, and ARI Trainings, Mir Saifullah, Monday declared open the 70th National School Games U-17 Girls Cricket Tournament at the floodlit University of Jammu grounds, amid an impressive, colourful and well-attended opening ceremony.

The six-day national championship, featuring 29 teams from States, Union Territories and recognised school sports organisations, is being organised by the Department of Youth Services and Sports, Jammu and Kashmir, under the aegis of the School Games Federation of India (SGFI) from November 15 to 20, 2026. The tournament is being played across seven venues, with several matches staged under floodlights at the University of Jammu and Tawa grounds.

Addressing the gathering, the Minister lauded the organisers for staging a "fantastic" sporting spectacle that promotes physical fitness, teamwork and discipline among young athletes.

He said such events provide a vital platform for talented girls to demonstrate their skills, build confidence and pursue sporting excellence at the national level.

"For me, all participants are champions, and champions are geniuses. I hope all teams have come prepared after rigorous groundwork," Saifullah remarked.

The Minister urged players to uphold the spirit, sanctity, dignity and discipline of the game, adding that enthusiastic spectators play an important role in elevating players' performance. He also commended the Department of Youth Services and Sports for its meticulous arrangements and thanked Director General, Youth Services and Sports, Anuradha Gupta, for involving him in the inaugural ceremony.

Earlier, in her welcome address, Ms. Anuradhs Gupta highlighted the Department's achievements, noting that Jammu and Kashmir had successfully hosted two national-level events this season and emerged champions in both. She expressed confidence that the J&K U-17 girls' team would perform with distinction in the championship.

Before the ceremonial toss, the Minister was introduced to the participating contingents. He also showcased his cricketing skills by facing a few deliveries, formally inaugurating the tournament amidst cheers from players, officials and spectators.

Among those present on the occasion were Joint Director, Youth Services and Sports, Jammu, Inderjeet Singh Parihar; Joint Director, Youth Services and Sports, Kashmir, Mohd Rashid Kohli; Additional Secretary YSS Tinna Mahajan, Deputy Director YSS Planning Megha Boagia; and a galaxy of senior officials, coaches, team managers and dignitaries.

The championship has brought together young cricketers from across the country, transforming Jammu into a vibrant arena of talent, competition and sporting camaraderie.

Meanwhile, twelve matches were played across six venues today, while the thirteenth clash between Jammu & Kashmir and Uttarakhand was underway under floodlights at Jammu University.

At JP World School, Haryana produced a dominant display to defeat Chandigarh by 40 runs. Haryana posted 157 for 3 in the allotted overs, powered by a blistering unbeaten

CRPF T20 Cricket Cup kicks off in Srinagar, 16 teams in fray

REHAN QAYOOM



SRINAGAR: The fourth edition of the CRPF T20 Cricket Cup kicked off at Sher-e-Kashmir Stadium here on Monday, with 16 teams set to compete in 31 matches over six days.

The tournament, was inaugurated by Special Director General (SDG), CRPF, J&K Zone, Sandeep Khirwar, in the presence of senior CRPF officers, including IG Srinagar Sector Pawan Kumar Sharma and IG Kashmir Operations Sector Vineet Brijlal, besides representatives of the Jammu and Kashmir Cricket Association (JKCA), Kashmir University and other organisations.

Addressing the inaugural ceremony, SDG Khirwar said the tournament reflects CRPF's continued efforts to connect with the youth of Kashmir through sports.

He said the region has immense cricketing potential and emphasised the need to provide young talent with opportunities to showcase their abilities. Referring to the security situation in Kashmir, he said security forces are working together to maintain stability in the region.

The tournament, being held from November 16 to 21, will follow a league-cum-knockout format, with matches scheduled at Sher-e-Kashmir Stadium, Kashmir University and SP College in Srinagar. The winning team will receive a cash prize of Rs 2 lakh, while the runners-up will get Rs 1.75 lakh, along with trophies and sports gear.

The matches are being live-streamed on social media, while live scores are available on the CricHeroes app. Updates are also being broadcast on 93.5 Red FM.

Notably, the CRPF Cricket Cup, launched in 2023, has emerged as an initiative to promote sports and strengthen engagement with Kashmiri youth. This year's edition received a record 129 team registrations, of which 12 teams were shortlisted through a draw. Four other teams were invited, including one each from JKCA and Kashmir University, besides the winner and runners-up of the 2025 edition. The CRPF is also set to organise the third edition of its Football Cup for Kashmiri youth shortly—(KNO)

U19 Asia Cup hero Mohit Ulva joins Saurashtra squad for Syed Mushtaq Ali Trophy

IANS



NEW DELHI: Barely two days after becoming the match-winner for India in a thrilling Men's U19 Asia Cup final in Oman, teenaged fast bowling all-rounder Mohit Ulva has joined the Saurashtra senior men's squad for the Syed Mushtaq Ali Trophy.

The Saurashtra Cricket Association (SCA) announced the development through its Instagram account on Monday. "Mohit Ulva joins Team Saurashtra for Syed Mushtaq Ali Trophy 2026-27 league matches being played at Indore," it said.

A photograph shared in the visual showed Ulva standing with captain Jaydev Unadkat, head coach Niraj Odedra and coach Sheldon Jackson. Ulva, though, did not figure in the XI for Saurashtra's ongoing game against Haryana at The Daly College ground in Indore.

But with more matches left in Saurashtra's Elite Group B commitments, Ulva is likely to get a chance and make his senior men's T20 debut. Ulva's call-up follows after he had an unforgettable Saturday evening at the Ministry Turf Ground 2, in Al Amerat, near Muscat, where India beat Pakistan in the Under-19 Asia Cup final and won the title.

India needed 338 runs to win and were struggling at 252/8 when Ulva walked in at number ten and finished unbeaten on 49 from 26 balls, with a strike rate in excess of 188. With three runs required off the last delivery, Ulva lofted to a boundary over mid-off, which sparked scenes of joy among the Indian players and the supporters present at the ground.

Ulva shared a 57-run ninth-wicket stand off 35 balls with Manal Chauhan and then an unbeaten 30-run partnership off 16 deliveries with last man Chigurpati Venkata. Primarily a fast bowler, Ulva also took the new ball for India in the final and went wicketless - conceding 57 runs in his eight overs.

Meanwhile, it is understood that Arjun Rajput, who hit a century against Pakistan in the league stage of the Men's U19 Asia Cup, has joined the Punjab squad for the domestic T20 tournament. Just like Saurashtra, Punjab, the 2023/24 champions, are slotted in Elite Group B of the competition.

Inter-Departmental Sports Tournament to begin in Pulwama from Nov 19

GMK SPORTS DESK



PULWAMA: District Administration Pulwama, in collaboration with the Department of Youth Services and Sports (DYSSO), Pulwama, is organising an Inter-Departmental Sports Tournament from November 19, 2026, with the participation of nearly 10 teams representing various government departments.

The tournament aims to encourage government employees to take part in sports and physical activities while providing an opportunity to interact and compete in a healthy sporting environment.

As part of the preparations, Deputy Commissioner Pulwama, K.K. Sidha, today distributed sports uniforms among the participating teams. The uniforms were handed over to the respective team captains.

The tournament will bring together employees from different departments on a common platform, encouraging teamwork, coordination and a spirit of healthy competition beyond their routine official duties.

The District Administration is making necessary arrangements for the smooth conduct of the tournament, which is expected to see active participation from the departments concerned.

There's pressure but we handled it well: Kavya Patel after India's U19 Asia Cup title triumph

IANS



NEW DELHI: Fast bowler Kavya Patel reflected on India's record ninth U19 Asia Cup title and lauded the team for the way it handled the pressure in the thrilling final against Pakistan.

India U19 produced a remarkable last-ball finish to defeat Pakistan by one wicket and clinch the 2026 ACC Men's U19 Asia Cup title in Oman.

Kavya was the standout bowler with figures of 4-68, as Pakistan had posted a formidable 337/9 after opting to bat on a helpful surface. In response, India reached 339/9 in 50 overs, with No. 10 batter Mohit Ulva emerging as the hero with an unbeaten 49 off just 26 deliveries.

"It is a very proud moment that India has won. It is a very proud moment for me. Yes, there will be a little pressure in such big matches, and we handled it very well. Throughout the match, there was confidence and belief in our dressing room and in our team that we would win this match, and that helped us a lot. I have been in this field, playing cricket, for 11 years. Everyone who has supported me throughout my journey deserves credit for helping me reach this stage," Kavya told IANS.

His mother, Dipika Patel, also expressed her pride in his son's achievement and lauded Team India's triumph.

"There was excitement, the feeling of a match-winning moment and tension—all at the same time. After that, we celebrated tremendously. Yes, there was a moment when I was very confident that Team India would win. There was a little tension too, but towards the end, I felt that we were definitely going to win," she told IANS.

She further spoke about her son's journey and said his main aim is to make the senior team. "Kavya's journey has been very good, and his maternal uncle and all the family members have supported him a lot. He is also very dedicated and determined that he wants to wear the Team India T-shirt. His main aim is to get into the senior team. He spends five to six hours a day practising. He studies too, but he manages that during exam time. Otherwise, his entire focus is on cricket," she added.

The title victory capped a memorable campaign for the young Indian side, which avenged its group-stage defeat to Pakistan in emphatic fashion, holding its nerve in a high-pressure final to emerge as champions of the continental tournament.

