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17th Year Of Publication

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Kiren Rijiju
@KirenRijiju



Participated as the Chief Guest at the Waqf Day celebrations held at the Convention Centre of Sher-i-Kashmir University of Agricultural Sciences & Technology of Kashmir (SKUAST-K), Srinagar.

SCO

India Meets Iran, Rules Out Formal Talks With Pak



AGENCIES

NEW DELHI: India and Iran held bilateral talks on the sidelines of the SCO Civilisational Dialogue Forum to bolster cultural cooperation, Union Culture Secretary Vivek Aggarwal said on Sunday.

At a press interaction held at the venue, the historic Purana Quila, shortly before the closure of the session, asked if any formal bilateral talks were held between India and Pakistan on the sidelines, Aggarwal said, "There were no formal bilateral talks between the two sides."

However, he said that members of the Indian side did have interactions with him over banquets and during the conference, as well as there were other "informal discussions" with him during the course of the forum, as with other ministers too.

"In general, there were also meetings between ministers and heads of delegations, as the aim of this (multilateral) forum is to exchange views, so there were many meetings, and a lot of things were discussed," the culture secretary said.

However, he didn't specify how many bilateral talks took place during the course of the Forum hosted by India from November 20-22.

Asked if any bilateral meeting took place with Iran, he said, "There was a bilateral meeting with Iran. And India is in constant touch with Iran, and on areas in which there can be any cultural exchange, we are always in discussion. And discussions took place during the Summit too."

The secretary said that during the bilateral meeting, "ideas have been thrown, though no such project has been concretised yet. But the discussions • P-06

Winter Watch

Regulator Bars Shutdown On J&K's 400kV Network Till March

Urges J&K SLDC To Present Its Winter Preparedness Plan

RIYAZ BHAT

SRINAGAR: With peak winter approaching, the regulator has imposed a strict 'no-shutdown' rule on Jammu & Kashmir's 400kV transmission network from December to March, asking POWERGRID and Indigrid to finish maintenance by November end and ensure backup equipment is in place to avoid last year's restoration delays.

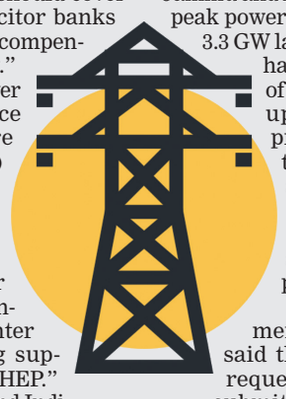
According to the official documents available, The regulator has said, "During last winter, while charging Kashmir valley after partial blackout, it was observed that power could not be extended due to non-availability of synchronising trolley at Amargarh end."

Accordingly, the authorities advised all transmission licensees in Kashmir valley to ensure availability of synchronising trolley facility at substations in Jammu and Kashmir for early restoration.

"J&K SLDC should take up the matter with Baglihar HEP to provide flexible ramping support by providing high generation during morning and evening hours and minimal generation during solar hours," it reads.

The regulatory authority also urged J&K SLDC to present its winter preparedness plan to the forum. "The plan should cover the status of capacitor banks and other reactive compensation in the valley."

It also should cover measures to reduce Megavolt Ampere reactive (MVAr) drawl from the Inter-State Transmission System (ISTS). "The plan should cover expected hydro generation for the winter including peaking support from Baglihar HEP."



"POWERGRID and Indigrid may confirm that no shutdown is planned during the next 3 months and that synchronising trolley facility is available at all substations in the valley," it reads.

POWERGRID is a state-owned utility that transmits bulk electricity across India, while IndiGrid is a privately sponsored Infrastructure Investment Trust (InvIT) listed on Indian stock exchanges that owns and operates power transmission lines and renewable energy assets.

As already reported, even as Jammu and Kashmir recorded a peak power demand of around 3.3 GW last year, authorities have projected a peak of just 2.8 GW for the upcoming period, prompting the electricity regulatory authority to seek an urgent review amid warnings of a 665 MW non-solar power deficit.

The official documents in this regard said that J&K has been requested to review its submitted demand forecast stating that the projected peak demand of 2.8 GW is lower than the previous year's peak of around 3.3 GW.

"Further, a peak deficit of approximately 665 MW is projected during non-solar hours from 5pm to 8am, widening after mid-month," the documents read.

It also said that in view of the absence of advance bilateral procurement, • P-06

"DEVELOPMENT MARKS A SIGNIFICANT CHANGE IN THE SECURITY situation in the Valley. It's a matter of pride for us. No Kashmiri youth is currently involved in terrorist activities in the Valley," he added.

'Working To Suppress India's Rise'

US Panel Report Flags China's Support To Pak During 'Op Sindoor'



IANS

WASHINGTON: China extended support to Islamabad during India's military response 'Operation Sindoor' launched in May 2025 following the heinous Pahalgam terror attack carried out by Pakistan-backed terror groups, an annual report submitted to the US Congress has mentioned.

The 2026 annual report of the US-China Economic and Security Review Commission (USCC) featured a dedicated chapter titled 'China's Second Front: India and the Future of US Strategy in the Indo-Pacific'.

The report said that Beijing's backing of Islamabad was part of a wider strategic push to counter India's expanding economic and military influence while reducing pressure on its close regional ally, Pakistan

"The May 2025 India-Pakistan conflict • P-06

Chill Tightens Grip Across Kashmir

Pahalgam Coldest At Minus 3.8 Degrees



SAJID RAINA

SRINAGAR: Cold conditions intensified across Kashmir on Monday, with several places recording sub-zero minimum temperatures. Pahalgam was the coldest place in Jammu and Kashmir at minus 3.8 degrees Celsius, according to the Meteorological Department.

Srinagar recorded a minimum temperature of minus 0.4 degrees Celsius, while Qazigund registered minus 1.6 degrees Celsius. Kupwara recorded minus 1.4 degrees Celsius and the ski resort of Gulmarg minus 2 degrees Celsius.

According to details available, Kokernag was comparatively warmer at 1.5 degrees Celsius.

In the Jammu region, night temperatures remained significantly higher. Jammu recorded a minimum of 10.2 degrees Celsius, followed by Katra at 10.4 degrees Celsius, Banihal at 9.1 degrees Celsius, Batote at 8.3 degrees Celsius and Bhaderwah at 1.9 degrees Celsius.

The maximum temperature in Srinagar • P-06

Govt Considering Dec 1 Winter Break For Elementary Classes: Edu Min



GMK NEWS NETWORK

SRINAGAR: Education Minister Shameema Firdous on Monday said that the government is considering announcing winter vacation from December 01 for the elementary level classes.

Speaking to reporters, the minister said, "Our primary focus is the health of the children. Keeping in view the cold weather conditions, we are considering vacation of elementary level classes from nursery to 5th front the December-01."

She also said that the government was receiving different feedback from the parents regarding the winter vacation.

"We are getting two different responses from the parents, some parents are in favor of the vacation and some are saying that it is early to announce the vacation," the minister said.

Sakeena Itoo Reviews Winter Preparedness Of GMCs In Kashmir Division

Stresses On Robust Referral Mechanism, Uninterrupted Healthcare Services During Winter

GMK NEWS NETWORK

SRINAGAR: Minister for Health & Medical Education and Social Welfare, Sakeena Itoo Monday reviewed the winter preparedness of Government Medical Colleges (GMCs) of Kashmir Division, taking stock of healthcare arrangements, emergency response mechanisms, availability of essential medicines, medical equipment, manpower and patient-care facilities to ensure uninterrupted healthcare delivery during the harsh winter months.

The meeting was attended by Commissioner Secretary Health and Medical Education, Saugat Biswas; Director Finance Health and Medical Education department, Administrator GMC Srinagar, Principals of GMCs of Srinagar, Anantnag, Baramulla and Handwara, Principal Dental College Srinagar, Director Health Services Kashmir, Medical Superintendents of all District and Sub-district hospitals of Kashmir division, representatives of JKMSCL, State Health Agency and other concerned officers .



During the review meeting, the Minister stressed on the need for comprehensive advance planning, particularly for people residing in far-flung, remote and snowbound areas, where severe weather conditions and road closures often pose challenges in accessing timely medical attention.

Giving special emphasis to maternal healthcare, Sakeena Itoo directed the concerned authorities to conduct a comprehensive advance survey of expecting women residing in snowbound and inaccessible areas and maintain an updated, district-wise database of such cases. She called for identifying expectant mothers, particularly those nearing their delivery dates or requiring specialised medical attention, well before the onset of severe weather conditions. • P-06

IGP Chairs High-Level Security Review Meeting



SAJID RAINA

SRINAGAR: Senior Police, security and intelligence officials on Monday called for strengthening coordination between agencies and maintaining operational readiness in vulnerable areas across Kashmir.

Inspector General of Police, Kashmir Zone, Sujit Kumar, chaired a high-level security review meeting at the Police Control Room (PCR), Kashmir, here and discussed key issues with the representatives of various security and intelligence agencies. "The meeting discussed overall security situation and existing security grid across the Valley were assessed," said an official.

"The discussions covered security arrangements in the plains as well as mountainous and higher-altitude areas, with officials stressing the need for effective coordination and preparedness across different terrains," he added.

"Particular attention was given to intelligence sharing, area domination and operational preparedness to ensure a coordinated response to emerging security challenges," the official said.

IGP Kumar stressed the importance of maintaining close coordination among all agencies and strengthening the existing security arrangements, • P-06

J&K's Future 'Very Bright', Says Rijiju, Cites Progress Since 2014

Promises Support For Genuine Waqf Registration Cases

REHAN QAYOOM MIR

SRINAGAR: Recalling visits to Jammu and Kashmir in 2014 that were largely focused on security assessments in remote and border areas, Union Minister for Minority Affairs Kiren Rijiju on Monday said the region had made considerable progress and that its future—and that of the country—was "very bright".

Addressing the first-ever Waqf Day 2026 celebrations at Sher-e-Kashmir University of Agricultural Sciences and Technology of Kashmir (SKUAST-K), Rijiju said public programmes and gatherings had been rare during his earlier visits, contrasting that period with the large audience at Monday's event.



"Given the situation in Jammu and Kashmir today and the pace at which it is progressing, I believe the future of Jammu and Kashmir and our country is very bright," he said.

"I was in the Home Ministry in 2014 and worked for five years with Rajnath Singh ji. I know well that back then, there were hardly any major public programmes. I used to visit remote areas and sometimes even go to the border to assess security situations. There were no public meetings," he said.

Rijiju also pledged support for genuine cases facing delays in Waqf property registration and announced potential funding for skill-development projects proposed by the Jammu and Kashmir Waqf Board.

The Union Minister said the government had already granted a six-month extension for registering Waqf properties. The government, he added, would ask its counsel to support genuine requests for further relief before tribunals and the Supreme Court, so that legitimate properties were not affected by documentation delays.

Defending the • P-06

LG, CM Extend Greetings On Guru Nanak Jayanti

GMK NEWS NETWORK

SRINAGAR: Lieutenant Governor Manoj Sinha and Chief Minister Omar Abdullah on Monday extended greetings to the people, particularly the Sikh community, on the eve of Guru Nanak Dev Ji's Prakash Parv.

In their messages, both leaders highlighted the timeless teachings of Guru Nanak Dev Ji, stressing the values of love, compassion, truth, equality, brotherhood and selfless service.

In a message, the Lieutenant Governor has said: "On the auspicious occasion of Prakash Parv of Guru Nanak Dev Ji, I convey my heartiest greetings and good wishes to all.

Sri Guru Nanak Dev Ji's timeless message of love, truth, compassion, equality of all human beings and selfless service continues to guide us. Let us pledge to walk the path shown by Sri Guru Nanak Dev Ji and dedicate ourselves to the service and upliftment of humanity." • P-06

'Pak Espionage'

MHA Flags Whatsapp Web Sessions Over Cyber Threats

IANS

NEW DELHI: The Union Home Ministry's nodal cyber security agency I4C has cautioned government functionaries against sharing sensitive information through WhatsApp Web sessions, a move that follows detection of suspicious activities of 'Pakistan-based intelligence operatives'.

The cybersecurity advisory cautioning against using WhatsApp Web for official or sensitive work follows a probe that revealed Pakistan-based intelligence operatives infiltrated over 50 defence-related WhatsApp groups, said an official source on Monday.

Advising government officials to avoid staying logged in on computers and laptops, the National Cybercrime Threat Analytics Unit (NCTAU), Indian Cyber Crime Coordination Centre (I4C), warned that such sessions could be misused to



take control of the account for fraud or phishing, said an official statement.

Sources said the Pakistan-based intelligence operatives used spoofed Indian numbers to join as 'dead members', monitoring chats in groups linked to the NSG, CRPF, commandos, and even DRDO without drawing attention.

Indian security agencies have now directed audits to remove unverified members of WhatsApp groups.

The I4C observed that an authenticated WhatsApp Web session may, under certain circumstances, be misused to gain unauthorised access to a user's WhatsApp account. • P-06

BRO Says Amarnath Yatra Track Widening Works Follow Safety, Environmental Norms

Dismisses misleading claims circulating on Social Media



FILE PIC

GMK NEWS NETWORK

JAMMU: The Border Roads Organisation (BRO) Monday said that the organisation is carrying out post-Amarnath ji Yatra works in compliance with all applicable safety norms and environmental safeguards.

BRO takes all measures to ensure safe disposal of excavated material , protect natural drainage and minimise disturbance to surrounding terrain .

The BRO said that the recently circulating video on social media claims about new works , is incorrect . Based on experience of previous Yatra and requirement highlighted for wider road for Shri Amarnath ji yatra, BRO has started widening of tracks focusing on stabilising vulnerable stretches and widening the tracks as prescribed to ease congestion and allow safer passage.

The works are confined to the existing tracks. BRO's primary objective is to safeguard pilgrims throughout the Yatra. By making these tracks safer and more accessible for pilgrims, Yatra personnel and everyone else who uses it, the works serve the larger public interest.

DC Sgr visits Makhdoom Sahib (RA) Shrine, Sharika Devi Temple

Reviews progress of upgradation, developmental works at both sites

GMK NEWS NETWORK

SRINAGAR: Deputy Commissioner (DC) Srinagar, Akshay Labroo Monday undertook a visit to the shrine of Hazrat Sheikh Hamza Makhoom (RA) and Sharika Devi Temple atop Hari Parbat to take on-the-spot stock of the progress of ongoing developmental, restoration and beautification projects at both historical religious sites.

During the visit, the DC was accompanied by Additional Deputy Commissioner, Mir Imtiyaz Ul Aziz, SP North, Showkat Ahmad, Chief Planning Officer, Fayaz Ahmad Dar, Superintending Engineer North, Shabir Ahmad, Tehsildar Khanyar, Syed Shahid, Executive Engineer R&B, Arif Hazari, Executive Engineer KPDCL, Nasir Ahmad, District Health Officer, Dr Rubeena and other Officers were also present on the occasion.



At Makhdoom Sahib Shrine, the DC reviewed the progress of the Rs 4.44 crore project aimed at strengthening and restoring retaining walls, upgrading steps and paving them with traditional Devri stone, developing a viewing deck, improving lighting and installing CCTV surveillance, besides other allied beautification works aimed at enhancing public amenities and improving facilities for devotees visiting the Shrine..

On the occasion, the Deputy Commissioner directed the concerned Departments to expedite the pace of work and ensure its timely completion, emphasizing close inter-Departmental coordination for effective and seamless execution of the project.

Later, the DC visited Sharika Devi Temple atop Hari Parbat and reviewed the progress of various ongoing Developmental works, including construction of the boundary wall, toilet block and renovation of stairs at the Temple. He also took stock of the progress of the Rs 3.75 crore project for construction of a Dharamshala, comprising a prayer room, dining hall, kitchen, dormitory, bedrooms and other allied facilities.

On the occasion, the DC directed the concerned Officers to expedite the pace of construction of the boundary wall and ensure its completion within the stipulated timeframe. He further instructed them to undertake necessary repair and renovation works in the Hawan Hall of the temple, stressing that quality standards must be strictly maintained in view of the religious and cultural significance of the shrine for devotees and visitors.

The DC underscored the importance of protecting and conserving sites of historical, cultural and religious significance, stating that these heritage landmarks embody the region's rich legacy of communal harmony, mutual respect and shared cultural traditions.

The DC said that the District Administration is taking all measures to facilitate devotees and ensuring the conservation, restoration and development of important heritage sites across Srinagar Dsitrict.

Joint Enforcement Drive Conducted in Harwan to Ensure Food Safety

Unsafe food items and Prohibited Plastic Seized



GMK NEWS NETWORK

SRINAGAR: In a concerted effort towards ensuring food safety, protecting public health and maintaining hygienic standards, a joint inspection and enforcement drive was conducted Monday across the Harwan area under the leadership of the Block Development Officer (BDO), Harwan, in coordination with the Assistant Commissioner, Food Safety, Police Department and medical officers.

The initiative is part of the Government's sustained efforts to ensure the availability of safe and hygienic food for the public, strengthen food safety enforcement and prevent the sale of substandard and unsafe food products.

During the drive, various commercial establishments were inspected and violations relating to food safety and environmental regulations were identified. Prohibited single-use plastic items, unsafe meat and several other items found unfit for human consumption or use were seized and subsequently destroyed/ disposed of scientifically in accordance with the prescribed protocols.

The inspection teams also examined hygiene and sanitation conditions at food establishments and sensitised traders regarding the importance of maintaining proper food-handling practices, ensuring quality standards and complying with the applicable food safety regulations.

The Block Development Officer, Harwan, who also serves as the Chairperson of the Block-level Food Safety Committee, emphasised that safeguarding public health requires sustained monitoring and coordinated efforts among all concerned departments. He stated that such enforcement drives would continue to ensure strict compliance with food safety norms and discourage practices that pose risks to public health.

The participating departments reiterated their commitment to working in close coordination to ensure safe food, better hygiene standards and a cleaner environment in the Harwan area.

The administration has also urged traders and food business operators to adhere strictly to the prescribed regulations and cooperate with the authorities in this collective effort to protect public health.

DC Kulgam reviews solid waste management, assesses waste collection

GMK NEWS NETWORK

KULGAM: Deputy Commissioner (DC) Kulgam, Shahzad Alam, Monday chaired a meeting at Mini-Secretariat, Kulgam, to review the status and implementation of Solid Waste Management measures in urban and rural areas of the district.

During the meeting, the DC took a detailed review of household and commercial establishment coverage, door-to-door waste collection, manpower deployment, operational zones, vehicle deployment and billing arrangements.

The meeting was informed that out of 70,177 households in the district, 37,451 have been covered under door-to-door waste collection. Similarly, out of 4,942 commercial units, 3,431 have been brought under the coverage. A total of 42 operational zones have been established, with 18 vehicles presently in use.

He directed the concerned officers to prepare and maintain year-wise consumer registers for households and commercial establishments, ensuring proper documentation of bills issued and receipts collected.

He further directed that offline copies of all relevant data be maintained for every Panchayat, ensuring proper record-keeping and easy availability of information whenever required.

The DC called for strengthening door-to-door waste collection, improving coverage of uncovered households and commercial units, and ensuring effective coordination between urban and rural functionaries for proper implementation of Solid Waste Management measures.

KVIB holds Bankers' Meeting to expedite Employment Generation Schemes



GMK NEWS NETWORK

SRINAGAR: The Jammu & Kashmir Khadi & Village Industries Board (KVIB) organised a District Level Bankers' Meeting at Sanat Ghar, Bemina, under the chairmanship of the Secretary/Chief Executive Officer, J&K KVIB along with Deputy Chief Executive Officer KVIB Kashmir, to review the progress, identify bottlenecks and assess the implementation of the Prime Minister's Employment Generation Programme (PMEGP) and Jammu & Kashmir Rural Employment Generation Programme (JKREGP) in respect of Districts Srinagar, Ganderbal, Budgam and Pulwama.

The meeting was attended by the Lead District Managers (LDMs), Cluster Heads, Director RSETI, District Coordinators of SBI, PNB, JKGMB, JKSCB and representative of State Office KVIC besides other concerned representatives of the banking sector and the Board.

During the deliberations, a comprehensive review of pending PMEGP and JKREGP cases pertaining to these districts was undertaken. It was informed that during the current financial year 2026-27, Margin Money to the tune of Rs 1866.29 lakh to 914 cases stand released/disbursed creating employment among 5595 person in respect of District Srinagar, Ganderbal, Pulwama and Budgam. Also under JKREGP during the current financial year 2026-27, J&K KVIB, Kashmir Division has sponsored 637 number of cases involving Margin Money of Rs 1996.53 lakh creating employment opportunities to 3822 unemployed educated youth and Margin Money (subsidy) to tune of Rs 1079.20 lakh stand disbursed in favour of 342 educated youth.

Audit Diwas

Plantation Drive held at Govt. College of Education, Srinagar

GMK NEWS NETWORK

SRINAGAR: As part of Audit Diwas 2026, the Office of the Principal Accountant General J&K, Srinagar in collaboration with the Govt. College of Education (IASE), Srinagar/ SMC Srinagar organised a plantation drive and an awareness programme on the theme "Green Office and Environmental Awareness Campaigns on Energy, Water, Waste Management and Disposal of Electronic Waste."



The programme began with a plantation drive on the Main Lawn, in which the Principal, Prof. (Dr.) Seema Naz, Mr. Surjeet Singh, Deputy Accountant General, guests and staff planted saplings.

Principal Prof. (Dr.) Seema Naz delivered the welcome address and warmly welcomed the Chief Guest, Mr. Surjeet Singh, Deputy Accountant General, presenting him with a bouquet and a memento. In turn, Mr. Surjeet Singh felicitated the Principal with a memento and a certificate of appreciation. Mementos were also presented to the guest speaker, Mir Tabraiz Hussain Madani, and to Mohd Khursheed Rasool, Senior Audit Officer and presiding officer of the event.

Mir Tabraiz Hussain Madani then addressed the gathering on environmental awareness. Mr. Surjeet Singh gave the concluding remarks.

Mr. Surjeet Singh gave the backdrop of the event, explaining why Audit Diwas is celebrated and the role of the office of the Comptroller and Auditor General of India, along with the history of its creation. He presented it in a unique, student-friendly manner that kept the young audience engaged and helped them understand the importance of public accountability and transparent use of public resources.

Prakash Diwas of Guru Nanak Dev Ji

Labroo visits Gurdwara Chhati Padshahi, reviews arrangements

GMK NEWS NETWORK

SRINAGAR: Deputy Commissioner (DC) Srinagar, Akshay Labroo visited the Gurdwara Chhati Padshahi at Rainawari to review and finalize the arrangements for the smooth and peaceful observance of Prakash Diwas, marking the 557th birth anniversary of Shri Guru Nanak Dev Ji.



The DC also inspected the ongoing renovation and restoration works being carried out at the Gurdwara under the Heritage Conservation Scheme.

During the visit, the DC was accompanied by Additional Deputy Commissioner, Mir Imtiyaz Ul Aziz, SP North, Showkat Ahmad, Chief Planning Officer, Fayaz Ahmad Dar, Superintending Engineer North, Shabir Ahmad, Tehsildar Khanyar, Syed Shahid, Executive Engineer R&B, Arif Hazari, Executive Engineer KPDCL, Nasir Ahmad, District Health Officer, Dr Rubeena and other Officers were also present on the occasion.

On the occasion, the Deputy Commissioner chaired a meeting with the representative of Gurudwara Chattipadshahi and Officers of line Departments to take stock of the preparations being put in place to facilitate the devotees on the religious occasion on November 24 and ensure all essential arrangements are made well in advance through several line Departments.

The DC emphasized the need to ensure adequate sanitation and cleanliness, uninterrupted drinking water and power supply, effective traffic management, proper medical facilities, fire safety services, and other essential amenities for the convenience and safety of devotees visiting the Gurudwara to pay their obeisance. He directed the concerned Departments to work in close coordination and ensure that all necessary arrangements are completed well in advance for the smooth conduct of the religious event.

During the visit, the Deputy Commissioner also inspected the ongoing renovation and restoration works at Gurudwara under the Heritage Conservation Scheme.

MLA Zainapora reviews Agriculture Sector Functioning

GMK NEWS NETWORK



SHOPIAN: Member of Legislative Assembly (MLA) Zainapora, Showkat Hussain Ganie Monday convened a review meeting with the Agriculture Department, Shopian, to assess the overall functioning of the department and the progress achieved under various agricultural schemes and initiatives.

During the meeting, the MLA took stock of the implementation of different schemes, ongoing activities, field-level interventions and the progress made in extending benefits to farmers. He stressed the need for effective follow-up, regular field monitoring and result-oriented implementation of all agriculture-related initiatives to ensure that the intended benefits reach the farming community.

Emphasising the need to make agriculture a viable and attractive livelihood option for the younger generation, the MLA underscored the importance of identifying, documenting and replicating successful initiatives and farmer success stories across the district. He observed that showcasing successful farmers and innovative agricultural practices would inspire local youth to take up agriculture and allied activities as entrepreneurial ventures.

He further stressed the adoption of modern farming technologies, innovative practices, scientific cultivation methods and diversified agricultural activities to enhance productivity, profitability and employment opportunities in the agriculture sector.

The officers briefed the MLA about the progress of various schemes, achievements at the field level, farmer-centric interventions and the initiatives being undertaken to strengthen the agriculture sector in the district.

DC Pulwama inaugurates three-day Peace Education Programme

GMK NEWS NETWORK

PULWAMA: Deputy Commissioner (DC) Pulwama, Kuldeep Krishan Sidha, Monday inaugurated a three-day District-Level Facilitator Training Programme on Peace and Inner Capacity Building at Circuit House, Pulwama.

The three-day training programme is scheduled to be held on November 23, 25 and 26, 2026.



The programme is being organised by 'The Prem Rawat Foundation' (TPRF) in collaboration with the District Administration, Pulwama. The inaugural session witnessed participation of officers and representatives from various departments, including ICDS, Health, Education, Youth Services and Sports, Police, Degree Colleges, besides volunteers from MY Bharat Pulwama.

The nominated participants will undergo the training as Master Trainers and subsequently facilitate similar programmes at different levels across the district. Certificates of participation will also be awarded to the trainees.

The Peace Education Programme is an innovative series of video-based workshops designed to help participants explore their inner strengths and personal resources. The programme incorporates video excerpts, presentations, speeches and interviews around themes including peace, inner strength, awareness, clarity, understanding, dignity, choice, hope and contentment. It provides participants an opportunity to reflect on their own humanity and recognise the inner resources that contribute to a more peaceful and fulfilling life.

Kiren Rijiju inaugurates several projects in Srinagar, praises J&K Waqf Board

Says over 9 lakh waqf properties can transform Muslim community if utilised for welfare



REHAN QAYOOM

SRINAGAR: Union Minister Kiren Rijiju on Monday inaugurated a series of development projects in Srinagar, praised the Jammu and Kashmir Waqf Board's initiatives and highlighted the potential of Waqf properties to improve the socio-economic condition of the Muslim community.

Speaking to reporters, Rijiju said India had witnessed significant progress over the past 12 years under Prime Minister Narendra Modi's leadership.

"India has changed now; our leadership is strong. India has moved far ahead," he said.

The Union Minister said more than nine lakh Waqf properties across the country could become a powerful instrument of welfare if managed effectively.

"If utilised properly, these properties can transform the socio-economic condition of the Muslim community, particularly the poor and underprivileged," he said.

Rijiju praised the J&K Waqf Board under its Chairperson, Dr Syed Darakhshan Andrabi, saying its initiatives demonstrated how Waqf assets could be managed for public welfare.

Earlier in the day, he inaugurated the Bibi Halima College of Nursing and Medical Technology at Kathi Darwaza, Rainawari. He also inaugurated several facilities at Dargah Hazratbal, including the Waqf Revival Photo Museum, a ladies' prayer hall and a guest house.

During his interaction with the media at Hazratbal, Rijiju also spoke about the BJP's election preparedness, saying the party remained ready irrespective of when elections are announced.

"BJP is always ready. Whether there is an election or not, we are in working mode 24 hours. BJP never rests," he said—(KNO)

Doctors' stipend protest spreads to district hospitals

Sakeena Itoo meets protesters, urges to resume work

JAHANGEER GANAIE

SRINAGAR: The protest by postgraduate (PG) and Senior Resident doctors seeking a stipend hike and parity with counterparts elsewhere in the country spread to several district hospitals on Monday, as Health and Medical Education Minister Sakeena Itoo met demonstrators at Government Medical College (GMC) Srinagar and said their demands would be examined on priority.

The minister listened to the doctors' concerns and assured them of the government's support. She urged them to return to work, stressing that patient care and healthcare services should not be affected.

The doctors, however, continued their protest, saying they would not call it off without concrete steps to address their



demands. The agitation entered its fifth day at GMC Srinagar and sixth day at GMC Jammu.

The doctors are seeking a substantial increase in monthly stipends, parity with resident doctors in other States and Union Territories, and appropriate maternity leave. They say their current remuneration does not reflect their workload, working hours and responsibilities.

On Monday, doctors at several district hospitals joined the agitation in solidarity. Dr Ravi of JLNM Hospital, Rainawari, announced a peaceful protest and highlighted the financial difficulties faced by DNB doctors, who, he said, receive a monthly stipend of Rs 48,000. He urged the government to ensure fair remuneration across healthcare institutions.

Dr Yamin of District Hospital Pulwama also announced a peaceful protest in support of the doctors' demands.

The agitation has received support from political representatives. The All India Medical Students Association (AIMSA), J&K, welcomed Iltija Mufti's visit to GMC Srinagar, where she met protesting PG residents. The association also thanked Aga Syed Ruhullah Mehdi for sending members of his office to meet the doctors and extend support.

AIMSA said support from representatives across party lines was welcome, describing the protest as a peaceful movement focused on the welfare and professional dignity of resident doctors.

AIMSA J&K President Dr Mohammad Momin Khan welcomed Minister Itoo's interaction with the protesters and expressed hope that the government would take concrete steps to resolve their concerns, as it had done previously for MBBS and BDS interns.

He urged the administration to address the demands of PG and Senior Resident doctors without further delay and called for meaningful dialogue. AIMSA, he said, would continue to support Resident Doctors' Associations across Jammu and Kashmir in their peaceful campaign for stipend parity and fair treatment.

The doctors have said a timely government decision is necessary to end the agitation and restore normalcy in healthcare institutions across the Union Territory—(KNO)

Govt approves 5 kanals of land for school for children with special needs in B'la

GMK NEWS NETWORK

JAMMU: The Jammu and Kashmir Government, led by Chief Minister Omar Abdullah, has approved the transfer of five kanals of land at Estate Hadipora, Tehsil Watergam, Baramulla, to the Social Welfare Department for establishing a dedicated school for children with special needs.

The proposed institution will provide specialised educational facilities, therapeutic support and skill development opportunities to children with special needs, enabling them to access education in an inclusive and supportive environment. The initiative is aimed at promoting their independence, confidence, empowerment and meaningful participation in society.

The initiative reflects the Government's focus on extending the benefits of development and social welfare to all sections of society, particularly those who require additional care, support and institutional assistance.

Under the leadership of Chief Minister Omar Abdullah, the Government has continued to emphasise the welfare and social security of senior citizens, persons with disabilities and economically weaker sections. Particular attention is being given to strengthening social welfare infrastructure, improving access to essential services and ensuring that eligible beneficiaries receive the assistance and support they are entitled to.

The Chief Minister has consistently stressed the need for a more inclusive and compassionate society in which every citizen, irrespective of economic or physical limitations, has the opportunity to live with dignity, access essential services and realise their potential.

The establishment of the proposed school in Baramulla is another step towards strengthening the support system for children with special needs and expanding opportunities for their education, rehabilitation and social integration.

Speaker extends Gurpurab greetings

Lauds Guru Nanak's message of selfless service

GMK NEWS NETWORK

SRINAGAR: Speaker Jammu and Kashmir Legislative Assembly, Abdul Rahim Rather, has extended warm greetings to the Sikh community and people of Jammu and Kashmir on the auspicious occasion of Gurpurab (Guru Nanak Jayanti), which celebrates the birth of Guru Nanak Dev Ji, the founder of Sikhism.

In his felicitation message, Rather highlighted the timeless teachings of Guru Nanak Dev Ji, particularly his message of peace, brotherhood, equality, compassion and selfless service to humanity. He said that the teachings of Guru Nanak Dev Ji hold universal relevance and inspire people to promote communal harmony, mutual respect and peaceful coexistence. His teachings inspire us to Choose humility over pride and service over self, he asserted.

The Speaker wished the people happiness, prosperity and well-being, expressing hope that the sacred occasion would further strengthen the bonds of unity and brotherhood and would prove harbinger of peace and prosperity in Jammu and Kashmir.

Iltija Backs Protesting PG Doctors, Seeks Stipend Hike

AGENCIES

SRINAGAR- PDP leader Iltija Mufti on Monday appealed to the Jammu and Kashmir government to increase the stipend of the protesting postgraduate (PG) doctors at Government Medical College (GMC) Srinagar.

Iltija met the protesters and expressed solidarity with the protesting doctors at the GMC here and accused the authorities of "dictatorship" and threatening the striking medics with academic failure.

"We are currently here at GMC Srinagar, and you can see for yourselves that a dictatorship of the government and administration is going on here. The PG doctors who have been peacefully protesting for four days are today being directly threatened by the government that they will be failed in their exams as well. Why? Because they are asking for a stipend," she told reporters.

The PDP leader said the stipend given to them has been stuck ever since the Sixth Pay Commission was implemented in 2017.

"If you compare it with other states, the highest stipend they get is just Rs 70,000. Compare this to other states like UP, Gujarat, Bihar, Delhi, which give their PG doctors at least Rs 1.5 lakh per month," she said.

Asserting that the PG doctors are the backbone of our hospital structure, Iltija said they are in the hospital from day to night, and their duty hours have also been increased.

"So, I personally appeal to our honourable ministers — the health minister, the chief minister — they deserve an increase in stipend... I appeal to the government: please do not give threats; act as soon as possible," she added.

"What kind of democracy" does not allow the media to enter GMC Srinagar? she asked.Buy Maps

Edu Min inaugurates renovated Hostel at Amar Singh College

GMK NEWS NETWORK



SRINAGAR: Minister for Education, Shamim Firdous, Monday inaugurated the renovated Hostel Block at Amar Singh College Srinagar and announced construction of a state-of-the-art Girls' Hostel at the College, designed in traditional heritage architectural style.

The Minister was the chief guest at the annual day 2026 celebration of the College, held under the theme "Dream, Discover, Create: Celebrating the Spirit of Amar Singh College." She was accompanied by Sheikh Ahsan Pardesi, MLA, Lal Chowk Constituency.

Addressing a large gathering of students, faculty, alumni and parents at the College auditorium, Shamim Firdous appreciated the students for their talent and achievements. She lauded Amar Singh College for its academic excellence and contribution to higher education in Jammu and Kashmir.

Highlighting the Government's commitment towards strengthening the educational infrastructure, the Minister said providing better facilities and opportunities to students, especially girls, remains a top priority. She said the new Girls' Hostel will provide safe, modern and comfortable accommodation to girl students while preserving the heritage character of the historic institution.

On the occasion, the Minister felicitated meritorious students Aayat, Mir Muhtar Ahmad, Arbeen Nazir Dar and Saif Ullah Bhat for their achievements in academics, arts and sports. She also felicitated faculty members and non-teaching staff for their dedicated service, including Prof. Nusrat Sayed from teaching faculty, Prof. Momina Nazir as best researcher, Rehana Nazir from non-teaching staff, Dr. Javid Darzi and Gardener Abdul Aziz for his 28 years of dedicated service to the College.

Shamim Firdous also released the College Newsletter and Magazine and unveiled the books authored by various faculty members.

Earlier, Principal, Amar Singh College, Prof. Tehmina Yousuf, reaffirmed the College's commitment to academic excellence, innovation and holistic student development. She highlighted its academic achievements and developmental initiatives.

Dr. Shahnawaz Muntazir presented the comprehensive College Report.

The programme was attended by Nargis Suriya, Special Secretary, Higher Education Department, Nodal Principal, Kashmir Division Colleges, Registrar, Cluster University Srinagar, Controller of Examinations, Cluster University Srinagar, Principals of city Colleges, officers from JK SICOP and JK Bank, distinguished alumni and parents.

'Jammu and Kashmir Emerging Promising Destination for Cinema'

Film Policy, Incentives and Opportunities Highlighted at 57th IFFI Goa

GMK NEWS NETWORK



GOA: Highlighting Jammu and Kashmir's growing potential as a preferred destination for film production, a panel discussion titled "Jammu and Kashmir: An Emerging Destination for Cinema" was organised at the 57th International Film Festival of India (IFFI), Goa, as part of the participation of the Department of Information and Public Relations (DIPR), Jammu and Kashmir, at the prestigious international film festival.

The discussion witnessed the participation of Director, DIPR, Jammu and Kashmir, Mamta Yadav, alongside noted actor Mir Sarwar and filmmakers Rahat Kazmi and Kapil Mattu, who shared their perspectives on the region's evolving film ecosystem, its cinematic potential and the opportunities available for promoting Jammu and Kashmir as a prominent filmmaking destination.

Speaking on the occasion, Mamta Yadav provided a comprehensive overview of the Jammu and Kashmir Film Policy, outlining the Government's vision, policy framework and various initiatives aimed at facilitating film production, encouraging investment in the film sector and strengthening the region's overall cinematic ecosystem.

She highlighted the proactive measures being undertaken by the Government to create a filmmaker-friendly environment, facilitate shooting permissions, promote film tourism and encourage filmmakers from across the country and abroad to explore the diverse locations of Jammu and Kashmir.

Emphasising the region's immense natural and cultural wealth, she noted that Jammu and Kashmir offers an exceptional range of filming locations, from picturesque valleys, snow-clad mountains and pristine lakes to historic monuments, heritage sites and culturally vibrant landscapes. These varied locations provide filmmakers with diverse cinematic settings and considerable creative possibilities.

Mamta Yadav also underscored the importance of developing a sustainable film ecosystem by strengthening coordination among various government departments, local stakeholders, production houses, artists and technical professionals. She highlighted the need to generate greater employment opportunities for local talent and create avenues for the participation of local artists, technicians and service providers in film production activities.

Actor Mir Sarwar and filmmakers Rahat Kazmi and Kapil Mattu shared their experiences and observations regarding filmmaking in Jammu and Kashmir. They highlighted the region's cinematic appeal, availability of talented local artists and the opportunities for expanding film production activities. They also discussed the importance of continued institutional support, improved facilitation and greater collaboration between the film industry and the Government.

The interaction also provided an opportunity to deliberate on the challenges and emerging opportunities within the regional film industry, particularly in terms of attracting larger productions, nurturing local filmmaking talent and connecting Jammu and Kashmir's creative fraternity with the national and international film industry.

SSP Srinagar reviews crime, security scenario

Calls for crackdown on drug networks, OGWs

GMK NEWS NETWORK

SRINAGAR: Senior Superintendent of Police (SSP) Srinagar, Dr G.V. Sundeep Chakravarthy, on Monday reviewed the district's crime and security situation, directing officers to intensify preventive policing, expedite pending investigations and maintain round-the-clock operational preparedness.

Chairing a Crime and Security Review Meeting at Police Control Room (PCR) Kashmir, the SSP, took stock of the crime scenario, progress of investigations and overall security preparedness across Srinagar district. The meeting was attended by Zonal SPs, SP Headquarters, SDPOs, SHOs and other supervisory officers of District Police Srinagar.

During the meeting, a detailed review of cases registered under UAPA, NDPS, POCSO, crimes against women, murder, theft, burglary and other offences was conducted. Stress was laid on the quality of investigations, timely disposal of cases, prosecution outcomes and effective implementation of the new criminal laws.

The SSP directed officers to expedite pending investigations, strengthen scientific evidence collection and address shortcomings that lead to acquittals, while improving conviction rates.

He also stressed dismantling drug trafficking networks by investigating their financial and criminal linkages and attaching proceeds of crime in accordance with law.

On the security front, officers were directed to sustain day-and-night area domination, conduct dynamic nakas and surprise checking, maintain heightened vigilance around sensitive locations and intensify action against overground worker (OGW) networks.

The SSP also called for better coordination with Central Armed Police Forces (CAPFs) and other security agencies to ensure operational readiness.

Javed Rana inaugurates driving test facility at Mendhar

GMK NEWS NETWORK



MENDHAR: Minister for Tribal Affairs, Food, Civil Supplies & Consumer Affairs and Transport, Javed Ahmed Rana, Monday inaugurated a driving test facility in Mendhar and flagged off the first batch of applicants.

He also fagged off the first batch of applicants for the driving tests, formally marking the commencement of operations at the facility. A total of 23 candidates appeared for Light Motor Vehicle (LMV) driving tests on the occasion.

Driving tests will be conducted regularly at the facility, enabling residents of border Sub-Division Mendhar to access the service locally without travelling to the district headquarters, saving time and expenses.

"Access to essential public services should not be determined by geographical distance," Rana said, highlighting the initiative's benefits for youth seeking employment and livelihood opportunities.

The Minister directed officials to ensure transparent and efficient testing, strict adherence to prescribed norms and due emphasis on driving competence and road safety. Vehicle inspection and fitness certification services will also be made available at Mendhar.

Guru Nanak's message of equality, brotherhood continues to inspire humanity: Javid Dar

GMK NEWS NETWORK

JAMMU: Minister for Agriculture Production, Finance, Mining and Cooperative Departments, Javid Ahmad Dar, has extended warm greetings to the people of Jammu and Kashmir, particularly the Sikh community, on the auspicious occasion of 557th Parkash Purab (birth anniversary) of Sri Guru Nanak Dev Ji, being celebrated on November 24, 2026.

In his felicitation message, the Minister said that the life and teachings of Sri Guru Nanak Dev Ji represent an eternal source of wisdom, spiritual enlightenment and guidance for humanity. He said that Guru Ji's universal message of 'Ik Onkar' (oneness of the Supreme Being) promotes the ideals of equality, compassion, humility, tolerance and universal brotherhood, transcending all barriers of caste, creed and religion.

Emphasising the relevance of Guru Nanak Dev Ji's three cardinal principle of remembering and meditating on the Almighty, earning an honest livelihood through sincere hard work and sharing one's earnings and resources with the needy, the Minister called upon the people to follow these timeless teachings in their daily lives and contribute towards building a just, compassionate and harmonious society.

The Minister highlighted Guru Nanak Dev Ji's profound respect for honest labour, agriculture and the dignity of the farming community.

Good Morning Kashmir

EDITORIAL

Waqf Must Serve The People

The first-ever Waqf Day celebrations in Srinagar have brought renewed attention to the role and responsibilities of the J&K Waqf Board. The presence of Union Minister Kiren Rijiju, senior public representatives, religious scholars and prominent officials gave the occasion considerable importance. But beyond the celebrations, speeches and ceremonial inaugurations, the real test of the Waqf Board lies in how effectively it serves the people.

There is no denying that the Board has undertaken several development initiatives in recent years. The inauguration of the Hazratbal guest house, the ladies' prayer hall, the Waqf Photo Museum and improvements at Bibi Halima College of Nursing and Medical Technology are welcome steps. The announcement of special financial assistance for a mega skill development programme is also encouraging. Such initiatives can make a meaningful difference if they are followed by sustained work and produce tangible benefits for ordinary people.

However, Waqf is much more than buildings, shrines and properties. It represents a sacred public trust, built around the idea of serving the needy, supporting education, promoting welfare and preserving religious and social institutions. Its resources must ultimately benefit the community, particularly those who have little access to opportunities and support.

The Board must therefore ensure that development is not confined to prominent shrines and high-profile projects. Educational assistance, healthcare support, scholarships, skill development and help for economically weaker sections should remain central to its priorities. The proposed skill development programme must reach unemployed youth across districts rather than remain an announcement on paper.

Equally important is transparency and accountability in the management of Waqf properties and finances. People have a legitimate right to know how these resources are managed, where the income goes and how much is spent on public welfare. Regular disclosures, transparent recruitment, fair distribution of benefits and effective grievance redressal can strengthen public confidence in the institution.

The appreciation expressed by Union Minister Kiren Rijiju for the work of the J&K Waqf Board under Chairperson Dr Syed Darakhshan Andrabi is encouraging. But public institutions cannot rest on appreciation and awards alone. Their credibility is ultimately measured by the difference they make in people's lives.

Waqf properties are not private assets or sources of influence. They are a trust belonging to the community. The responsibility of those managing them is therefore enormous.

The Srinagar celebrations should mark more than an annual observance or a display of achievements. They should serve as a reminder that the real purpose of Waqf is public welfare. The Board will earn lasting respect not merely through renovated shrines and impressive infrastructure, but by reaching the poor, educating the disadvantaged, supporting the unemployed and standing by those who need help the most.

Good Morning Kashmir

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Jal Jeevan Mission

From The Village Well To The Kitchen Tap



ULFAT TAHIR MIR



For centuries, a woman in rural India started her day with a pot and a long journey to find water, whether from a well, a river, a handpump, or a faraway tanker-point. The journey determined how many hours she could work, how many hours her daughters could spend in school, and how safe her family's drinking water was. On August 15, 2019, the Prime Minister announced the Jal Jeevan Mission (JJM), also known as Har Ghar Jal, which aims to provide potable tap water to every rural household.

The Past: From Habitations to Households

India has a long history of rural water initiatives that predate the launch of JJM in 2019. The government had already implemented the Accelerated Rural Water Supply Programme in the 1970s and the National Rural Drinking Water Programme (NRDWP) later on, which were aimed at providing access to water to designated habitations, albeit in the form of a handpump or public standpost. With these programmes, villages could claim that they had been served, as long as women refrained from walking to fetch water.

While absorbing NRDWP, JJM modified the criteria for success from the village to the household level. The new measuring metric of the mission is the Functional Household Tap Connection (FHTC), measuring 55 litres of water per person per day, which conforms to the BIS 10500 quality standard as well. In 2019, when the mission was approved, out of India's estimated 19.36 crore rural households, 3.23 crore households, or about 16.7%, had a tap in their homes, as noted by the Ministry of Jal Shakti in Parliament. The scheme aims to accomplish its objective by 2024 with the help of Rs. 2.08 lakh crore from the central government.

The Present: What the Numbers Say

According to a March 30, 2026 PIB release, as of March 3, 2026, over 15.82 crore households (81.71%) have tap water at home. Fewer than 12.58 crore households were connected in less than seven years. Dashboard numbers from October 2026 show around 15.97 crore people, or approximately 82.5%. State accounts are also impressive. Uttar Pradesh started with just 5.16 lakh connections (1.93%). By January 28, 2026, it reported the number of connected rural households as 2.43 crore out of 2.67 crore (91.04%), according to data provided to the Lok Sabha. Goa, Telangana and many smaller Union Territories have already connected 100% of households. As of August 2026, 188 districts and more than 2 lakh villages are confirmed to have "Har Ghar Jal". The public institutions have also reported similar benefits: over 9.32 lakh schools and 9.69 lakh Anganwari centres are said to have tap water.

Women: Time, Dignity and Leadership

Women are most positively impacted. According to WHO (World Health Organization), household tap water can save over 55 million hours of women's time daily. Research undertaken by SBI (State Bank of India) indicates that almost 90 million women no longer need to fetch water. It implies that these hours will be widely used for study, work, social activities, and simply resting, while girls, who usually perform these water-collecting jobs, will benefit from more time for education.

The mission empowers women in decision-making processes. Women will have at least 50% of the seats in the Village Water and Sanitation Committees. Five women will be trained in every village to conduct a field test of water, thereby bringing the task of fetching water into the field of recognized community service skills.

Health: Safer Water, Fewer Illnesses

Polluted water leads to diseases such as diarrhea, typhoid, and other illnesses. Children are affected the most. The World Health Organization has made estimates, which show that provision of safe drinking water to all households in rural areas alone will be responsible for the prevention of approximately 400,000 deaths linked to diarrhea, the saving of 14 million disability-adjusted life years, and the avoidance of the total health expenditures amounting to Rs 826,000 crores. Anomalostics conducted by the government agencies show that clean water is capable of decreasing mortality rates among children under five years of age by 30%, hence saving 136,000 lives annually. It is worth mentioning that the figures given above show only the hypothetical potential of providing safe drinking water to all. The existing water contamination monitoring systems include field kits, laboratories, and a national water contamination monitoring system.

Having access to running water at home is itself a peaceful sense of security. Women and girls do not have to walk miles at dawn or dusk alone, facing possible accidents and harassment. If the family has its own connection, it does not depend too heavily on the schedule of tankers arriving to the village or the shrinking pond or dirty well. In terms of households that previously faced difficulties in getting water, having tap water at home is an indicative sign of their inclusion in society: nearly 80% of 112 aspirational districts are provided with running water, which used to be below 8%.

In a study on the performance of Har Ghar Jal regions conducted in 2024, there were findings regarding the households with taps – 98.1% of the homes surveyed had taps; however, 84% received water regularly, 80% of them received an adequate quantity of water at least 55 litres of water per person per day, and 76% of tap connections operated properly.

JJM 2.0: From Pipes to Service

In March of 2026, the Union Cabinet prolonged the mission until December 2028 and increased the overall budget by Rs 8.69 lakh crore, thus raising the total amount received by the Government from Rs 2.08 lakh crore to RS 3.59 lakh crore. The Union budget for the year 2026-27 allocated Rs 67,670 crore to the mission. The emphasis of the program shifted from infrastructure development to reliable service provision: the village Panchayat received its certification of "Har Ghar Jal" only after building a proper operation and maintenance infrastructure, while an annual Jal Utsav would take place in the village community to discuss the maintenance of the provided facilities.

Under the Jal Jeevan Mission, piped water has gone from being an exception mainly in rural areas to an everyday aspect of life for millions of women who now have more time and better health. The remaining 18% of households are the hardest to access, as they lie in remote, hilly, and water-scarce areas.

Success in water supply no longer means how many taps have been installed but how many of them work every day and provide clean water to the population, which depends on local people, mostly women, who are now entrusted to manage the water system.

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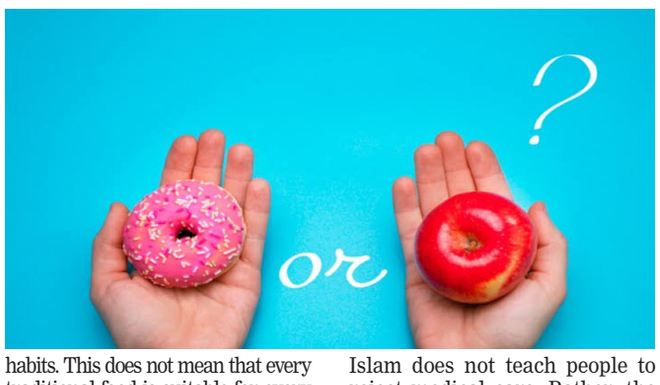
Beyond The Claim

Van Damme, Prophetic Wisdom And The Case For Moderation



MOHD AMIN MIR



In an age when lifestyle diseases, unhealthy eating habits, excessive consumption of processed food and dependence on quick medical solutions are becoming increasingly common, the importance of a balanced way of life cannot be overstated. Interestingly, a statement made by Hollywood action star and martial artist Jean-Claude Van Damme several years ago has once again attracted attention on social media. His remarks about the dietary wisdom associated with Prophet Muhammad (peace be upon him) have encouraged many people to reflect on the timeless relevance of Islamic teachings.

During a 2016 interview with the Egyptian broadcaster MBC, Van Damme spoke about fitness, nutrition and healthy living. While discussing food habits, he referred to vegetables, hummus, bread, almonds and apples. He also spoke about avoiding excessive meat consumption and praised Prophet Muhammad (PBUH), saying that he understood what was beneficial for the human body. His remarks were not merely about food. They highlighted a larger message: the importance of moderation, discipline and thoughtful living.

However, a clarification is necessary. The interview is documented, but the viral social media claim that Van Damme has never taken medicine has not been independently established. There is also no reliable evidence that he converted to Islam. His actual remarks should be appreciated without attaching unverified claims to his name.

The Prophet's teachings: A complete philosophy of life

Islam is not simply a set of religious rituals. It offers guidance on different aspects of human life, including food, cleanliness, personal conduct, family responsibilities and the preservation of health. More than fourteen centuries ago, Prophet Muhammad (PBUH) taught his followers to avoid excess in eating and drinking. The Holy Quran states in Surah Al-A'raf, verse 31: "Eat and drink, but do not be excessive. Indeed, He does not like those who commit excess."

This simple yet profound instruction carries enormous relevance today. Overeating, unhealthy food choices and irregular lifestyles have become major concerns across societies. The Quranic principle of moderation reminds humanity that food is a necessity, not an excuse for indulgence.

A famous Hadith narrated in Jami' al-Tirmidhi also explains that a human being does not fill a vessel worse than his stomach. It advises that a person should reserve one-third of the stomach for food, one-third for drink and one-third for breathing.

This teaching reflects a philosophy of moderation and self-discipline that remains meaningful in contemporary discussions about healthy eating.

Simple food, better habits

The beauty of the Prophetic approach to eating lies in its simplicity. The traditions associated with the Prophet (PBUH) mention dates, milk, honey, barley, olives, fruits and other wholesome foods.

He encouraged gratitude for food and discouraged extravagance and wastefulness. Eating was not supposed to become an uncontrolled habit but a means of maintaining strength and fulfilling one's responsibilities.

Today, many people spend considerable amounts of money on expensive dietary products, supplements and complicated fitness programmes. Yet the basic principles of healthy living often begin with simple decisions: eating appropriate portions, choosing nutritious foods, drinking sufficient water, maintaining regular routines and avoiding harmful habits. This does not mean that every traditional food is suitable for every individual. Health requirements differ, and scientific medical advice remains important.

Cleanliness: An essential part of faith

Another remarkable aspect of Islamic teachings is the emphasis on cleanliness. The Prophet Muhammad (PBUH) taught that cleanliness is an important part of faith. Personal hygiene, regular washing, cleanliness of clothes and surroundings, and maintaining purity are deeply rooted in Islamic practice. Five daily prayers, preceded by ablution (Wudu), reinforce the importance of cleanliness and personal discipline throughout the day.

In today's world, where public health and hygiene have become important subjects, these teachings deserve appreciation. Clean drinking water, hygienic food preparation, clean surroundings and personal sanitation are essential for preventing disease and protecting communities. The message is particularly relevant in our villages and towns, where public awareness about sanitation, waste disposal and environmental cleanliness needs continuous attention.

Islam does not discourage medical treatment

One misconception that must be addressed is the suggestion that following Prophetic dietary practices means never needing medicines or medical treatment. Islam does not teach people to reject medical care. Rather, the Prophet Muhammad (PBUH) encouraged seeking treatment. A well-known Hadith recorded in Sahih al-Bukhari conveys that Allah has not sent down a disease without also providing a remedy for it. This teaching encourages hope and the pursuit of treatment.

Preventive care and healthy living are important, but they cannot replace medical attention when illness occurs. People suffering from diabetes, hypertension, heart disease or other medical conditions should follow qualified medical advice and prescribed treatment. Faith and medical science need not stand in opposition. Both can contribute to human well-being when understood responsibly.

A message that transcends borders and generations

Perhaps the most interesting aspect of Van Damme's interview was that a well-known personality from the Western entertainment industry publicly acknowledged the wisdom he associated with the dietary traditions of Prophet Muhammad (PBUH). Such remarks remind us that good ideas are not restricted by geographical boundaries, languages or religious identities. Principles such as moderation, discipline, cleanliness and respect for the human body are universal in their importance.

The real significance of his statement, however, does not lie in the celebrity who made it. The teachings of Prophet Muhammad (PBUH) do not require endorsement from Hollywood, politicians or any influential personality to establish their value. Their significance is rooted in their spiritual and moral guidance and their continuing relevance to human life.

It is also an opportunity for Muslims to look inward. While we take pride in the teachings of our Prophet, we must ask ourselves whether we actually practise them. Do we avoid wasting food? Do we maintain cleanliness? Do we exercise moderation in our daily lives? Do we care about the health of our families and the cleanliness of our surroundings? These questions deserve more attention than the circulation of a viral post.

The real lesson

The growing popularity of this interview on social media should encourage a meaningful conversation about healthy living rather than merely generate likes, shares and comments. The message is straightforward: eat responsibly, maintain cleanliness, avoid harmful habits, respect your body and seek medical treatment when necessary. The teachings of Prophet Muhammad (PBUH) remain a source of guidance for millions across the world. Their beauty lies not only in what they teach but also in the values they encourage, moderation, gratitude, discipline, compassion and responsibility.

More than fourteen centuries may have passed, but the message of balanced living remains relevant. Perhaps the greatest tribute we can pay to our beloved Prophet is not simply to share his teachings online, but to incorporate their wisdom into our everyday lives.

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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

Traveller's Gaze

Kashmir Between Admiration And Appropriation



DR. RATAN BHATTACHARJEE



Kashmir has never been merely a geographical destination. It has been a landscape of imagination, a valley of dreams, a repository of legends, and a cultural territory upon which travellers, poets, historians and imperial observers have projected their desires, anxieties and ambitions. For centuries, European travellers arriving in Kashmir found themselves captivated by its snow-covered mountains, lakes, gardens, rivers and the extraordinary beauty of its landscape. Yet their travel narratives were not simply records of admiration. They were also documents of history, colonial imagination, cultural encounter and, occasionally, political prejudice. Kashmir in the eye of European travellers was both a real place inhabited by people and an imagined paradise shaped by literary and imperial perceptions.

The phrase Paradise on Earth has been associated with Kashmir for generations, but European travel writing significantly contributed to the international circulation of this image. Travellers who crossed mountain passes, sailed through the waters of Dal Lake or wandered through the gardens of Srinagar often described Kashmir as a place where nature appeared to have surpassed itself. Mountains were transformed into theatrical scenery, lakes into mirrors of eternity, and gardens into symbols of an earthly paradise. These descriptions helped establish Kashmir as one of the most romanticised destinations in European geographical and literary imagination.

The European fascination with Kashmir, however, must be understood within the broader history of travel literature. The traveller was not always an innocent observer. In many instances, travel writing became a means of interpreting, categorising and appropriating unfamiliar cultures. Kashmir was admired for its beauty, but its people, customs, political institutions and social conditions were frequently examined through the intellectual frameworks of European superiority, Orientalism and colonial knowledge.

François Bernier: Kashmir and the Mughal world

Among the early European observers of Kashmir, François Bernier occupies a significant place. A French physician, philosopher and traveller, Bernier travelled through Mughal India and visited Kashmir in the seventeenth century, during the reign of Aurangzeb. His travel account offers a European perspective on Mughal political life, the landscape and the social realities of the region.Bernier's descriptions helped introduce Kashmir to European readers who had never travelled beyond their own continents. His writings frequently juxtaposed the magnificent natural environment of Kashmir with observations about governance, society and economic conditions. The valley, in his narrative, appeared as a remarkable geographical and cultural territory, yet his observations were also influenced by the political and intellectual assumptions of seventeenth-century Europe.

Bernier's account remains valuable because it records an encounter between European intellectual curiosity and the Mughal world. It also reminds us that travel writing often combines direct observation with interpretation. The traveller's account may preserve details about landscapes, routes, customs and institutions, but it simultaneously reflects the author's cultural standpoint.

The valley as a romantic landscape

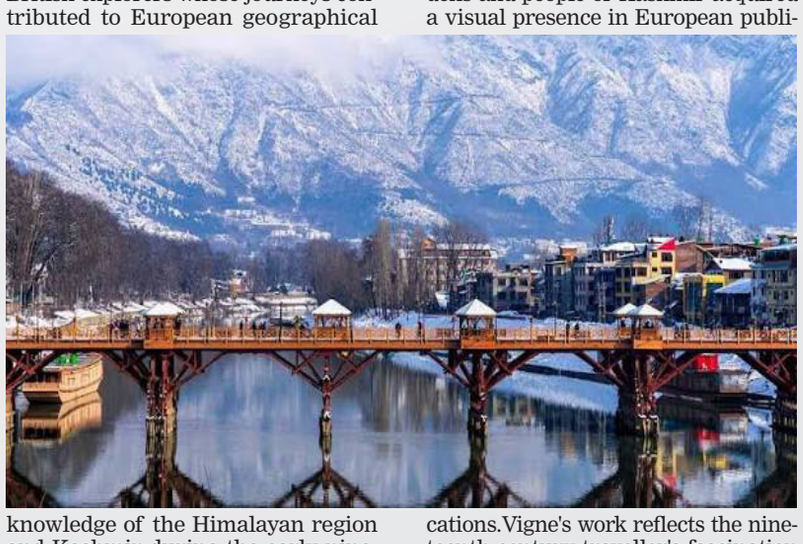
By the eighteenth and nineteenth centuries, Kashmir increasingly became a destination for European travellers, writers, explorers, missionaries, officers and naturalists. The mountain geography of the region, its rivers and lakes, and its distinctive seasonal beauty offered an irresistible attraction to those accustomed to European landscapes.The European imagination frequently compared Kashmir with Switzerland, the Alps or other celebrated mountainous regions. Such comparisons were understandable, given the visual grandeur of the Himalayan landscape, but they also reveal how travellers interpreted unfamiliar territory through familiar geographical and cultural references.

Kashmir was sometimes represented as an exotic version of Europe, possessing the beauty of a European landscape while retaining the mysteriousness associated with the Orient.The beauty of Dal Lake, the waterways of Srinagar, the surrounding mountains and the gardens of the valley became recurring subjects of European travel narratives. The landscape was described through the language of picturesque aesthetics. Travellers often viewed nature as a composition of visual elements: mountains as background, water as reflective surface, gardens as carefully arranged scenery and villages as picturesque settlements.

This aesthetic approach influenced the way Kashmir was subsequently represented in travel books, paintings, photography and tourism literature. The valley was frequently transformed into a visual spectacle. Its natural beauty became the dominant image, while the complexities of its inhabitants, social relations, political history and economic struggles often remained secondary.

William Moorcroft and the geography of exploration

William Moorcroft was among the British explorers whose journeys contributed to European geographical



knowledge of the Himalayan region and Kashmir during the early nineteenth century. His travels were connected with the larger ambitions of exploration, trade, scientific investigation and the gathering of geographical information in Central Asia and the Himalayan territories. For European travellers, Kashmir was not simply a destination for leisure. Its geographical position made it important in the broader political and strategic imagination of British India. The routes connecting Kashmir with Ladakh, Tibet and Central Asia attracted explorers, traders and officials who sought to understand the geography, commercial possibilities and political significance of these regions.

Travel narratives in this period therefore operated at multiple levels. They documented mountains, roads, passes, rivers, settlements and commercial activities. They also contributed to the production of knowledge that could be useful to colonial administration and imperial strategy.The explorer's eye was different from the poet's eye. While the romantic traveller admired the valley's beauty, the explorer frequently attempted to measure, map, classify and record. Yet the two perspectives were not always separate.

The same traveller could be deeply moved by the grandeur of nature while simultaneously collecting information about routes, resources, political authority and local communities.Kashmir was increasingly positioned within the European intellectual framework as both a natural wonder and a territory to be understood through scientific and administrative knowledge.

G. T. Vigne: artistic vision and the Kashmir experience

George Thomas Vigne was one of the notable European travellers who explored Kashmir during the nineteenth century. His travels and artistic interests brought together observation, landscape appreciation and geographical curiosity. Vigne's journey through Kashmir and the adjoining Himalayan regions produced descriptions and visual representations that helped European audiences imagine the extraordinary landscape of the valley.His travel writing and illustrations were particularly important in the age when printed books, engravings and geographical publications circulated images of distant lands. For readers in Europe, such representations became windows into a region that was geographically distant and culturally unfamiliar.

The mountains, lakes, villages, gardens and people of Kashmir acquired a visual presence in European publications.Vigne's work reflects the nineteenth-century traveller's fascination with picturesque scenery, but it also contributes to the history of visual representation. The traveller's sketch was not merely a record of a place. It was an interpretation of what the artist considered worthy of attention. Mountains, rivers, architectural structures and human figures were arranged within a visual frame that communicated particular ideas about beauty, civilisation, culture and geography.

Kashmir became a subject of artistic fascination, and the European traveller increasingly functioned as an intermediary between the valley and the Western audience. The paintings, sketches and descriptions produced by travellers influenced how Kashmir was perceived beyond the Himalayan region.

Walter Lawrence and the administrative gaze

The British engagement with Kashmir extended beyond travel and exploration into administration and political observation. Walter Roper Lawrence occupies an important position in this history. His The Valley of Kashmir, published in 1895, remains a significant work on the geography, land, people, agricultural practices and social conditions of Kashmir. Lawrence's work emerged from his administrative experience in the region. Unlike the purely recreational traveller, he approached Kashmir through the lens of land administration and colonial governance. His observations covered rural life, agriculture, landholding, village society, customs and the economic realities of the people.

The value of Lawrence's book lies in its detailed documentation of the valley during a particular historical period. It offers insight into the lives of cultivators, the land system, village structures and the relationship between the administration and rural society. At the same time, his work must be read critically because it was produced within the framework of colonial administration.Administrative knowledge was never entirely neutral. The documentation of land, population, customs and agricultural practices served both scholarly and governmental purposes. Colonial officials sought to understand society in order to administer it. Their records could reveal genuine social conditions, but they also reflected the institutional assumptions and limitations of the colonial state.

Lawrence's work is consequently an important historical source, not an unquestionable authority. It allows contemporary readers to understand both Kashmir's social history and the intellectual structures through which British officials interpreted the region.

The traveller was not always an innocent observer. In many instances, travel writing became a means of interpreting, categorising and appropriating unfamiliar cultures. Kashmir was admired for its beauty, but its people, customs, political institutions and social conditions were frequently examined through the intellectual frameworks of European superiority, Orientalism and colonial knowledge.

The European traveller and Orientalism

The European fascination with Kashmir also raises the question of Orientalism. In his influential work Orientalism, Edward Said examined how Western representations of Eastern societies were often shaped by unequal structures of cultural and political power. Orientalism was not simply a collection of prejudiced descriptions; it was a system of representation through which the East was imagined, interpreted and frequently positioned as different from the West. Rafiq Ahmad's study of Orientalist imaginaries in travel narratives about Kashmir examines how Western representations have historically romanticised the landscape while often marginalising the people and their identities. His analysis draws attention to the persistence of travel imagery and its influence on tourism and contemporary perceptions of Kashmir.

The image of Kashmir as an earthly paradise could conceal the hardships of everyday life. Poverty, political tensions, agricultural difficulties, social inequalities and the struggles of ordinary people were not always given the same prominence as mountains, lakes and gardens. The romantic gaze frequently privileged scenery over social reality.

Kashmir beyond the travelogue

European travel writing nevertheless contributed significantly to the international visibility of Kashmir. It stimulated interest in the valley's geography, architecture, horticulture, handicrafts, cultural traditions and historical monuments. Travel accounts introduced European readers to the region's distinctive beauty and encouraged artistic, literary and geographical engagement.The circulation of such narratives also influenced tourism. Kashmir became increasingly associated with leisure, scenic beauty, mountain retreats and the experience of a landscape considered exceptional.

This image continued into the modern era, when photographs, films, brochures, paintings and digital media repeatedly presented the valley as an enchanting destination. Yet contemporary Kashmir cannot be understood through the inherited vocabulary of romantic travel alone. The valley is not a frozen landscape preserved for the pleasure of visitors. It is a living society with a rich literary tradition, a complex history, cultural diversity, intellectual life, economic aspirations and political realities.

The modern traveller must therefore move beyond the picturesque. To appreciate Kashmir is to recognise its people as active participants in history, not merely figures within a scenic composition. Its poets, artisans, farmers, educators, entrepreneurs, musicians and young people are as important to its identity as its mountains, lakes and gardens.The legacy of European travel narratives can be reconsidered as an opportunity for critical engagement. These accounts provide historical evidence, artistic impressions and cultural insights, but they also invite readers to examine the limitations of the traveller's gaze. A travelogue is never simply about the destination. It is equally about the observer, the observer's cultural background and the assumptions through which the world is interpreted.

Kashmir in the eye of European travellers was a landscape of wonder, imagination and intellectual fascination. Their narratives preserved valuable descriptions of the valley, but they also shaped an enduring image of Kashmir as an exotic paradise. That image has enriched the international cultural imagination, while occasionally obscuring the complexity of the region and the voices of its inhabitants.The most meaningful engagement with Kashmir today demands a balance between admiration and understanding. Mountains and lakes may initially attract the traveller, but the deeper experience of Kashmir emerges through its people, literature, history, culture and aspirations.Kashmir is not merely a paradise observed from a European window. It is a civilisation of living memories, resilient communities and enduring cultural creativity.

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

India Meets Iran,

and engagements are on".

The three-day event was hosted by the Ministry of Culture and the Ministry of External Affairs.

The Iranian Embassy in India in a post on X on Sunday said, at the civilisational summit, Tehran proposed setting up an "SCO Joint Network for Written Heritage and Civilisational Memory".

Dr Faridoddin Faridasr, Cultural Counsellor of the Islamic Republic of Iran in India, addressed the First SCO Civilisational Dialogue Forum in New Delhi, highlighting the importance of shared civilisational heritage as a foundation for cultural cooperation and mutual understanding among SCO member states, it said.

In his remarks, he emphasised the historical role of the "Persian language as a language of science, literature, administration and cultural exchange across Central Asia, the Indian subcontinent and neighbouring regions, describing it as an important part of the shared cultural and historical heritage of the region".

Referring to Iran's successful cultural cooperation with India, he highlighted the activities of the Noor International Microfilm Centre, affiliated with the Embassy of the Islamic Republic of Iran in New Delhi. Since 1990, the Centre has collaborated with 72 academic and cultural institutions in India, resulting in the digitisation of "more than 150,000 Persian and Arabic manuscripts," the restoration and preservation of over three million pages of historical documents, and the preparation of nearly 300 catalogues, the embassy said.

Faridasr also referred to the ongoing joint projects with cultural institutions in Telangana and Hyderabad for the digitisation, restoration and preservation of historical Persian documents and manuscripts.

As a practical initiative to strengthen regional cultural cooperation, he proposed the establishment of an "SCO Joint Network for Written Heritage and Civilizational Memory."

"The proposed network would focus on the preservation and digitisation of manuscripts and historical documents, the exchange of technical expertise and training in manuscript restoration, and the promotion of shared linguistic and literary heritage through joint research, publications and exhibitions," the embassy said in a detailed post on X.

He reaffirmed Iran's "readiness to share its experience and technical expertise with other SCO member states", stressing that the preservation of shared civilisational heritage provides an important opportunity to strengthen mutual trust, cultural understanding and cooperation across the region.

The forum was inaugurated by Prime Minister Narendra Modi on November 20. It saw the participation of delegates from various Shanghai Cooperation Organisation (SCO) member countries, including Pakistan, and other countries.

Regulator Bars

advance Round-the-Clock (RTC) and peak hour bilateral tie-ups are recommended to address the deficit and minimise dependence on the short-term market—(KNO)

US Panel Report

underscored how China's military support for Pakistan has compounded the strategic challenges posed by India's longstanding rivalry with Islamabad. During the fighting, which followed India's launch of Operation Sindoor in response to a deadly April terrorist attack that New Delhi attributed to Pakistan-backed terrorists, Pakistan reportedly used advanced weaponry procured from China," the USCC report highlighted.

"Additionally, hackers reportedly targeted India's critical infrastructure, attempting large-scale distributed denial-of-service (DDoS) cyber-attacks with the goal of disrupting critical networks during the conflict, including government information technology (IT) infrastructure, telecommunications, and digital services," it added.

According to the report, China also increased pressure on India by simultaneously deploying a survey vessel with advanced sensors around the waters of India's Exclusive Economic Zone (EEZ).

"After the conflict, Indian military officials asserted that Pakistan may have received real-time satellite imagery or other intelligence support from Beijing, which China's Ministry of Foreign Affairs neither confirmed nor overtly denied," it mentioned.

The report cited a May 2026 interview aired by China Central Television (CCTV) with Zhang Heng, an engineer at the Chengdu Aircraft Design and Research Institute of the Aviation Industry Corporation of China (AVIC), a key developer of the country's fighter aircraft and Unmanned Aerial Vehicles (UAVs).

Zhang confirmed that he and other Chinese AVIC personnel provided on-site technical support in Pakistan during the May 2025 conflict.

"In sum, these activities demonstrated how China's support for Pakistan can magnify India's security challenges across multiple domains. India took notice and has since committed to accelerating its military modernisation efforts," the report noted.

Highlighting China's expanding footprint in the Indian Ocean region, the report said Beijing was systematically expanding its commercial and military presence across the Indian Ocean to reduce its vulnerability to potential disruptions at critical maritime chokepoints while eroding India's longstanding strategic advantages in the region.

It further noted that in May 2025, as India-Pakistan tensions were mounting, a Chinese survey vessel reportedly entered the Bay of Bengal, "raising concerns that Beijing could surveil Indian forces and provide maritime intelligence to Pakistan during a crisis".

Chill Tightens Grip

settled at 16.6 degrees Celsius, 2.7 degrees above the seasonal normal of 13.9 degrees Celsius.

The Meteorological Department has forecast mainly dry weather across Jammu and Kashmir until November 30. Shallow to moderate fog is likely at several places, particularly during morning and night hours.

The department has advised commuters to exercise caution while travelling, especially on highways and other major roads during foggy conditions—(KNO)

Sakeena Itoo

The Minister directed the health authorities to ensure that vulnerable pregnant women are appropriately assessed and wherever medically required, shifted in advance to safer locations closer to healthcare institutions having adequate maternity and emergency facilities.

No pregnant woman from a snowbound or remote area should be left without timely medical assistance because of weather-related disruptions. We must identify such cases beforehand, assess their requirements and put necessary arrangements in place so that no emergency is allowed to turn into a crisis due to lack of preparedness", the Minister emphasised.

She further directed the concerned GMC administrations and health authorities to establish effective coordination with district administrations, Chief Medical Officers, field-level health institutions, SDRF, Traffic authorities and other concerned to facilitate timely transportation, referral and admission of patients during weather exigencies.

She also asked them to establish a team of officials for monitoring weather advisories so that timely action can initiated in case of any exigency.

Highlighting the importance of a well-defined referral mechanism, Sakeena Itoo stressed that patients referred from Sub-District Hospitals (SDHs) and District Hospitals (DHs) to tertiary care institutions must be managed through a proper, systematic and well-coordinated referral protocol.

She called for ensuring that patients requiring specialised treatment are referred to the appropriate higher healthcare institutions without unnecessary delays, with proper clinical assessment, documentation, stabilisation and prior communication with the receiving hospital.

The Minister also directed the officers to ensure close coordination between the referring and receiving hospitals in advance of transferring any critically ill patient. She further instructed that an experienced medical professional should accompany every critical patient being referred to tertiary care hospitals to ensure proper medical supervision and continuity of care during transit.

The Minister observed that an effective referral system would not only reduce avoidable delays but also ensure optimum utilisation of available healthcare infrastructure at different levels.

"District and Sub-District Hospitals are the first critical points of healthcare delivery. Their role in assessing, stabilising and appropriately referring patients is extremely important. Every referral must follow a proper protocol, ensuring that patients receive the required treatment at the right institution without unnecessary movement or delay", she said.

The Minister also reviewed the availability of essential medicines, emergency drugs, oxygen supplies, blood components, heating arrangements, backup power supply, ambulances and other critical medical facilities at GMCs and their associated hospitals.

She directed the administrations to undertake a thorough assessment of infrastructure and equipment requirements and ensure that all essential facilities remain functional throughout the winter season. "Special attention must be given to emergency departments, maternity and neonatal care units, intensive care facilities, operation theatres and other critical patient-care services", she said.

Sakeena Itoo also stressed the need for adequate deployment of doctors, nursing staff, paramedics and other supporting personnel, particularly in emergency and critical-care departments, so that healthcare services are not affected by heavy snowfall, road blockades or other weather-related challenges.

She called for strengthening inter-institutional coordination and ensuring that all GMCs maintain effective communication channels with associated hospitals and peripheral health institutions for prompt response to medical emergencies.

The Minister directed the concerned officers to identify potential bottlenecks in advance and take corrective measures rather than waiting for situations to arise during extreme weather conditions.

Emphasising that winter preparedness must translate into tangible improvements in patient care, the Minister called upon all heads of institutions to adopt a proactive, coordinated and patient-centric approach.

"Preparedness is not merely about stocking medicines or making infrastructure arrangements; it is about ensuring that every patient, irrespective of where they live, gets timely and quality healthcare even under the most challenging weather conditions," she added.

Taking stock of other issues, the Minister directed the hospital authorities to display rates of testing facilities available in health institutions. She also asked them to display rates of tests requiring payments in the hospital as well as those available for free for the facilitation of general public.

The Minister also directed the Medical Superintendents of district hospitals to display OPD schedule and names of consultants and doctors available during the day and night shifts alongwith contact numbers so that the people are facilitated effectively while coming for medical reasons. She also asked the Hospital administrators to strengthen complaint redressal mechanism and maintain complaint register in each of their hospitals so that public can register their grievances on spot.

The Minister reiterated the Government's commitment towards strengthening the healthcare delivery system across Jammu and Kashmir, with particular focus on vulnerable populations and residents of remote and snowbound areas, ensuring that geographical isolation and adverse weather do not become barriers to access to essential medical services.

IGP Chairs High

the official said, adding that the meeting also reviewed measures to ensure a robust and proactive security grid across the Valley, particularly in areas where difficult terrain and seasonal conditions pose operational challenges.

He said the participating agencies were urged to maintain close coordination and vigilance to ensure effective security management across Kashmir—(KNO)

J&K's Future

amended Waqf law, renamed the UMEED Act, Rijiju said it was intended to promote transparency, accountability and systematic management—not to harass Muslims or take over their assets.

He said many Waqf properties across the country had remained unregistered, encroached upon or mismanaged for decades, making proper measurement and documentation essential. The properties, he said, should benefit the poor, orphans, widows and other people in need.

Rijiju said the Ministry of Minority Affairs could provide dedicated funding for skill-development programmes run by the J&K Waqf Board, particularly those aimed at educated unemployed youth.

He invited the Board to submit a comprehensive proposal, saying projects worth Rs 15 crore, Rs 20 crore or even Rs 50 crore could be considered. The initiatives, he said, should support local arts and culture and create employment opportunities.

Praising the Board's work over the past three to four years, Rijiju called it the country's top Waqf Board and said he had cited its work as a model for other state boards, including Uttar Pradesh's.

He also praised the restoration of the Hazratbal Shrine, saying the work fulfilled the spiritual aspirations of devotees. He commended the Board's initiatives in education and healthcare and congratulated Chairperson Dr Darakhshan Andrabi and her team. Rijiju said a documentary screened at the event effectively highlighted the Board's achievements.

Rijiju also recalled his tenure as Union Sports Minister, saying the Khelo India Winter Games, conceived in Gulmarg in 2019, had grown into an event that athletes now look forward to each February and March.

He said water-sports initiatives at Dal Lake and adventure-sports programmes across the Valley had helped create opportunities for young people to demonstrate their abilities.

Referring to his time as Union Law Minister, Rijiju recalled the inauguration of the new Jammu and Kashmir High Court building and legal outreach programmes in remote areas, including Lolab Valley and locations beyond Baramulla. He said he had travelled with Supreme Court judges and the Chief Justice of the J&K High Court to hold legal-awareness camps and Lok Adalats, bringing affordable and accessible justice closer to residents.

He said development projects in Jammu and Kashmir were being advanced through coordination among ministries under the leadership of Prime Minister Narendra Modi and Home Minister Amit Shah.

Emphasising the Prime Minister's "Sabka Saath, Sabka Vikas" vision, Rijiju said it was an inclusive roadmap for achieving Viksit Bharat by 2047 and ensuring that no religion, caste or community was left behind.

Those present included Member of Parliament Mian Altaf Ahmad Larvi, BJP National General Secretary and J&K in-charge Dr Satish Poonia, SKUAST-K Vice-Chancellor Prof Nazir Ahmad Ganai, religious scholars, Waqf Board members, academicians and public representatives—(KNO)

LG, CM Extend

In his message, the Chief Minister said that the timeless teachings of Guru Nanak Dev Ji, centred on compassion, equality, unity and selfless service, continue to inspire humanity and promote harmony across communities.

He emphasised the importance of upholding the values of mutual respect, brotherhood and inclusivity to build a peaceful and harmonious society.

The Chief Minister extended his best wishes to all celebrating the occasion and expressed hope that the teachings of Guru Nanak Dev Ji would continue to guide society towards peace, prosperity and communal harmony in Jammu and Kashmir.

MHA Flags Whatsapp

Such unauthorised access may allow a malicious person to read messages, send messages while impersonating the user, access contacts and group conversations, and misuse the trusted identity of the account holder for fraud, phishing, social engineering or other malicious activities, said I4C in the statement.

"The users are, therefore, advised to exercise caution while using WhatsApp Web, particularly on office computers, shared systems, public computers or devices that may be accessible to other persons," said the statement.

The I4C advisory also suggested precautionary measures like logging out after each session or using incognito/private browsing mode when use is unavoidable.

"Government, organisational, financial, confidential or other sensitive information should preferably not be exchanged through WhatsApp Web session on computers," it said.

The MHA also advised officials to avoid leaving an authenticated WhatsApp Web session active when it is not required, particularly on office or shared computers.

Other tips the Ministry shared include avoiding unknown or public computers. "Do not log in to WhatsApp Web from cyber cafes, public kiosks, hotel business centres, borrowed computers or other untrusted systems," it said.

The I4C also asked government functionaries to stay alert and watch for unusual account activity. "Unexpected messages sent from your account, unusual replies from contacts or unexplained activity should be treated seriously," it said.

The advisory also asked officials to keep their device secure. "Keep the operating system, browser and security software updated, and avoid suspicious downloads, unknown files and cracked software," said the I4C.





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MD NHM chairs 3rd Task Force Meeting on Anaemia Mukt Bharat

GMK NEWS NETWORK



SRINAGAR: Mission Director, National Health Mission (NHM) Jammu & Kashmir, Athar Aamir Ul Shafi Khan, Monday chaired the 3rd Task Force Committee meeting of the Anaemia Mukt Bharat (AMB) programme at the Conference Hall of the State Health Society, NHM, Old Secretariat, Srinagar.

The meeting was attended by the Directors of Health Services of Jammu, Kashmir; Director of Family Welfare, MCH & Immunization, all Chief Medical Officers (CMOs), Programme Managers of NHM J&K, and nominated representatives from the School Education, ICDS, Rural Development, and Social Welfare departments.

Reviewing the status and implementation of the AMB programme across the Union Territory, the Mission Director issued strict directions to all districts to launch a two-week intensive screening drive covering registered pregnant women for Haemoglobin (Hb) testing, Hypertension (HTN), and Diabetes Mellitus (DM) to ensure the early detection and timely management of high-risk pregnancies.

Highlighting NFHS-5 data, the Mission Director emphasized shifting the programme's focus from mere prophylactic Iron-Folic Acid (IFA) distribution to a beneficiary-centred, outcome-oriented framework. He directed that every Ayushman Arogya Mandir (AAM) and Public Health Centre must anchor grassroots implementation through a structured continuum of screening, identification, treatment, referral, follow-up, and reassessment. Mid-Level Health Providers (MLHPs) and Auxiliary Nurse Midwives (ANMs) supported by ASHAs, Anganwadi Workers (AWWs), and Rashtriya Bal Swasthya Karyakram (RBSK) teams will lead beneficiary mobilization, Hb screening, classification of anaemia, and complete line-listing of anaemic beneficiaries, he added.

Districts were instructed to ensure the optimal utilization of digital invasive Hb meters procured across health facilities and RBSK Mobile Health Teams, alongside proper line-listing and real-time data entry across dedicated portals, including AMB Abhiyaan, JANANI, and RBSK.

Stressing the 7×7×7 strategy, the Mission Director called for close coordination among stakeholder departments and programme divisions. This includes weekly IFA supplementation (WIFS), school-based deworming, and mid-day meal monitoring through School Health Ambassadors; biannual deworming, supplementary nutrition, and Poshan Vatikas through ICDS; community mobilization via Rural Development Self-Help Groups (SHGs) and Panchayati Raj Institution (PRI) members; and Water, Sanitation, and Hygiene (WASH) promotion.

While concluding the meeting, the Mission Director urged all CMOs to address gaps in IFA compliance, data uploading, and underperforming districts through regular mentoring and review meetings.

DC Shopian launches 'Swachh Shopian Janbhagidari Abhiyan'

GMK NEWS NETWORK



SHOPIAN: District Administration Shopian Monday launched the 'Swachh Shopian Janbhagidari Abhiyan' from the official residence of Deputy Commissioner (DC) Shopian, Charandeep Singh, calling for active public participation in promoting scientific waste management and making cleanliness a shared responsibility.

The Deputy Commissioner also led by example by adopting sustainable waste management practices at his official residence.

Launched under the Swachh Bharat Mission (Urban) 2.0, the campaign aims to promote responsible waste disposal, source segregation, home composting and the elimination of single-use plastics, with a focus on ensuring a cleaner and healthier Shopian.

The launch programme was attended by ADDC Shopian, Dr. Nasir Ahmad Lone; Suhail Ahmad Malik, Executive Officer, Municipal Council Shopian; members of civil society, Traders Association and sanitation workers.

During the programme, a live demonstration of the four-bin source segregation system was conducted, explaining the separation of household waste into wet waste, dry waste, sanitary waste and special-care waste, including domestic hazardous items such as batteries, expired medicines and chemical containers.

Safai Mitras demonstrated the door-to-door waste collection process, showcasing the collection and transportation of segregated waste in designated compartments of the municipal collection vehicle. The demonstration highlighted the importance of proper waste segregation and the vital role of sanitation workers in maintaining cleanliness across the town.

Reinforcing the importance of decentralised waste management, the Deputy Commissioner deposited wet waste into the compost pit at his official residence, demonstrating how kitchen and garden waste can be converted into organic manure through home composting.

In another significant initiative, the Deputy Commissioner unveiled SUP-Free signage and declared his official residence a Single-Use Plastic-Free Premises, setting an example for government offices, institutions, commercial establishments and households to adopt environmentally responsible practices.

A collective pledge was also administered to the participants, who resolved to uphold the commitment "Shopian Ko Saaf Rakhna Hai" and work collectively towards maintaining cleanliness, practising waste segregation, ensuring responsible waste disposal and reducing the use of single-use plastics.

The Deputy Commissioner also signed awareness and appeal letters addressed to prominent citizens and key stakeholders, urging them to adopt sustainable waste management practices and become ambassadors of cleanliness by motivating others in their respective neighbourhoods.

Speaking on the occasion, the Deputy Commissioner emphasised that cleanliness must become a daily habit and a shared responsibility of every citizen. He stressed that effective solid waste management begins at the household level and requires active participation from all sections of society.

He issued strict directions to the concerned officers and stakeholders to ensure effective implementation of waste segregation practices, strengthen door-to-door collection of segregated waste and intensify awareness regarding home composting and the elimination of single-use plastics.

He further directed the concerned departments to work in close coordination, ensure strict adherence to the Solid Waste Management Rules, 2026, and take sustained measures to translate public awareness into tangible action on the ground.

The Deputy Commissioner called upon residents, traders, institutions and civil society members to extend full cooperation to the District Administration and municipal sanitation teams, reiterating that keeping Shopian clean requires collective responsibility, sustained public participation and commitment from every household.

968.5 litres of Non-Standard Bio-Stimulant seized at Drussu

GMK NEWS NETWORK



SRINAGAR: In a major enforcement action against the sale and distribution of non-standard agricultural inputs, the Fertilizer Inspector, Pulwama, along with the concerned team, seized 968.5 litres of non-standard bio-stimulant from the premises of M/s Saraswati Agro at Drussu, Pulwama.

During the inspection, the team seized the bio-stimulant product Ascophyllum Nodosum 22% for contravention of Clause 19(a) of the relevant provisions. The seized stock comprised 610 litres bearing Batch No. SAGBL26003 and another 358.5 litres bearing Batch No. SAGBL26002.

The enforcement action was aimed at curbing the sale and distribution of substandard agricultural inputs and safeguarding farmers' interests. The Agriculture Department reiterated its commitment to ensuring the availability of quality agricultural inputs and maintaining strict regulatory oversight to protect farmers from the adverse effects of non-standard products.

The department also urged farmers to remain vigilant and purchase agricultural inputs only from authorised dealers, while reporting any suspected sale of substandard products to the concerned authorities.

GPC Kulgam organises "Yoga for a Balanced Life" programme under YEP

GMK NEWS NETWORK

KULGAM: Government Polytechnic College Kulgam Saturday organised a programme titled "Yoga for a Balanced Life" under the Youth Empowerment and Engagement Programme (YEP), with the objective of promoting physical fitness, mental well-being and a healthy lifestyle among students.

The programme aimed to sensitise students about the importance of yoga in maintaining a balance between physical health, emotional stability and mental peace.

On the occasion, Er. Altaf Gohar, Principal, Government Polytechnic College Kulgam, also addressed the gathering and highlighted the importance of yoga in promoting a healthy and disciplined lifestyle. He emphasised that regular yoga practice plays a significant role in improving physical fitness, reducing stress and maintaining mental harmony.

During the programme, students were made aware of the benefits of yoga, meditation and breathing exercises in managing stress, improving concentration and enhancing overall well-being. Various yoga practices and exercises were also demonstrated to encourage students to incorporate yoga into their daily routines.

The programme highlighted that yoga is not merely a physical exercise but a holistic approach towards achieving a disciplined, healthy and balanced life.

Students participated enthusiastically in the activities and were encouraged to adopt yoga as an integral part of their everyday lives.

CPS B'pora conducts Awareness programmes at various areas



GMK NEWS NETWORK

BANDIPORA: Continuing its efforts to reach every corner of the community, Mission Vatsalya organised awareness programmes at Sumlar, Cuntimulla and Kaloosa in District Bandipora to sensitise the public about various child protection laws, legal safeguards and welfare schemes.

The programme aimed to create awareness among community members about the provisions of the POCSO Act, Juvenile Justice (Care and Protection of Children) Act, 2015, Adoption Regulations, Child Marriage Prohibition Act and COTPA, along with various schemes and initiatives being implemented under Mission Vatsalya.

During the programme, speakers highlighted the importance of protecting children from abuse, exploitation, neglect and child marriage. They elaborated on the legal provisions and mechanisms available for safeguarding children's rights and ensuring their safety, care and rehabilitation.

Special emphasis was laid on the Child Helpline 1098, with participants being informed about its role as an important support mechanism for children in distress and those in need of care and protection. The importance of timely reporting of child abuse, exploitation and other forms of violations was also stressed.

To further strengthen community awareness, posters highlighting Child Helpline 1098 and other Information, Education and Communication (IEC) material were distributed among participants.

ADDC B'pora inspects ongoing Road Restoration at Check-i-Chandergeer



GMK NEWS NETWORK

BANDIPORA: Additional District Development Commissioner (ADDC) Bandipora, Nazir Ahmad Mir, Monday visited Check-i-Chandergeer to inspect and review the ongoing road restoration and River Jhelum embankment repair works.

During the visit, the ADDC inspected the ongoing restoration activities and took stock of the progress achieved on the ground.

He reviewed the repair works being undertaken at the site and directed the concerned officers to ensure that the restoration process is carried out in a timely and systematic manner without causing unnecessary inconvenience to the general public.

He particularly stressed that adequate care must be taken to facilitate the smooth and safe movement of commuters, pedestrians and local residents during the execution of the works. He further instructed the concerned departments to maintain close coordination and ensure that necessary arrangements are in place to minimise public inconvenience.

The ADDC emphasised that the restoration of road connectivity and strengthening of the vulnerable embankment stretch are important from the standpoint of public safety and the convenience of the local population. He directed the executing agencies to maintain quality standards and expedite the ongoing works.

The ADDC was accompanied by officers from the Roads and Buildings Department and the Irrigation & Flood Control Department.

SWD Budgam organises Awareness Programme on Maintenance Rights

GMK NEWS NETWORK

BUDGAM: Social Welfare Department (SWD), Budgam, through SANKALP – Hub for Empowerment of Women (HEW), under Mission Shakti, organised an awareness programme on "Maintenance Rights, Inheritance Rights and Free Legal Aid" at Government Degree College (GDC), Beerwah.

The programme aimed at creating awareness about the legal rights of women, particularly their rights to maintenance and inheritance, besides familiarising participants with the provisions and procedures for accessing free legal aid and available legal support mechanisms.

The programme witnessed participation from Anganwadi Workers (AWWs), Accredited Social Health Activists (ASHAs) and representatives of the National Rural Livelihoods Mission (NRLM), along with other participants. Their participation provided an opportunity to strengthen awareness and disseminate information about women's legal rights at the grassroots level.

Afroza Ahad, District Mission Coordinator, SANKALP-HEW, in her welcome address, highlighted the importance of legal awareness and collective efforts towards promoting women's empowerment and ensuring that women are aware of their legal entitlements.

During the technical session, Asiya Farooq, Assistant Public Prosecutor, ASMM Court, Beerwah, deliberated on various aspects of maintenance rights, inheritance rights and free legal aid. She sensitised the participants about the legal entitlements of women and the importance of seeking appropriate legal remedies to safeguard their rights.

A representative from the Police Department also spoke on the role of police in protecting women's rights, addressing grievances and extending necessary assistance in cases involving women.

The programme provided an important platform for interaction and awareness regarding legal safeguards, access to justice and institutional support available to women.

Through such awareness initiatives, SANKALP-HEW, Mission Shakti, Budgam, continues its efforts towards promoting women's empowerment, legal literacy and access to justice at the grassroots level.

GOVERNMENT OF JAMMU AND KASHMIR

OFFICE OF THE EXECUTIVE ENGINEER PHE DIVISION BIJBEHARA.

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NOTICE INVITING TENDERS

e-NIT No. :- 49/PHE/BIJ of2026-27[e- Tendering]

Issued under endorsement No. PHE/BIJ/9196-9213 Dated:-21-11-2026

For and on behalf of the Lieutenant Governor, J&K Union Territory e-tenders (in Single Cover System) are invited on percentage basis from approved and registered Govt. contractors, for the works mentioned below: -

S. N o.	Name of work	Class of contractor	Adver. Cost (Rs in lacs)	Earnest Money (In Rupees)	Cost of Tender doc. (in Rs)
1	Provision of facilities for water supply in sallar Rest house in Liddder Forest Division under UT CAPEX Budget 2026-27	DEE	0.32	960	200

Position of Accord of Administrative Approval: - Accorded
Position of Accord of Technical Sanction: Accorded
Status of Funds: - Budgetary Provision 2026-27

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

S. No	Description	Date			Time
		DD	MM	YYY	
01	Publishing date of NIT	23	11	2026	5:00 PM
02	Download Start date	23	11	2026	6:00 PM
03	Bid Submission date	23	11	2026	6:00 PM
04	Bid Submission end date	03	12	2026	6:00 PM
05	Bid Opening date	04	12	2026	11:00 AM

Note: i) The Department shall not be responsible for any delay in the online submission of bids due to any reason whatsoever. Prospective bidders are advised to thoroughly read and understand the instructions and conditions provided in the NIT/SBD, prior to submitting their bids. Submission of the tender shall be deemed as confirmation that the bidder has read, understood, and accepted all terms and conditions stipulated therein.

No. PHB/Cors/ DIPK-7919-26
Dt:- DT: 23/11/2026

Executive Engineer,
PHE Division Bijbehara .

GOVERNMENT OF JAMMU & KASHMIR (U T)

OFFICE OF THE EXECUTIVE ENGINEER MACHINERY DIVISION KASHMIR, MECHANICAL & HOSPITAL ENGINEERING DEPARTMENT, KASHMIR.

| Fax No: 0194-2497093 | website: www.medkashmir.org |

CORRIGENDUM 02 FOR DATE EXTENSION

Name of work: Rate contract on account of supply of batteries of different capacities and allied works for Snow clearance Machinery of Machinery Division Kashmir for the year 2026-27.
Reference: - This office e-NIT No.: - MDSK/TS /2026-27/29 Date: 10-11-2026 (Tender ID: 2026_PWDJK_330851 _1)

Due to no response, the critical dates of the above referred e-NIT is extended as under: -

S.No.	Description	Previous Dates	New Dates.
01.	Last date of downloading/ submission of bids	23-11-2026 upto 09:30AM	28-11-2026 upto 09:30AM
02.	Date of opening of bids online	23-11-2026 at 02:00 PM	28-11-2026 at 02:00 PM

All other terms, conditions and specifications as stipulated in the e-NIT shall remain unchanged.

No. MDSK/TS/3569-72
Date: 23-11-2026.
DIPK-7918-26
DT: 23/11/2026

Sd/
Executive Engineer
Machinery Division,
Kashmir

1st Test: Mitchell, Phillips defy India as New Zealand escape with a draw

IANS

WELLINGTON: Daryl Mitchell and Glenn Phillips produced a stubborn rearguard act to deny India an improbable victory as New Zealand escaped with a draw in the first Test at the Basin Reserve here on Monday.

With India's commanding first-innings total having ruled out any chance of a home win, the Black Caps dug in for 75 overs on the final day to complete their great escape, with their second innings ending at 239/5 in 120 overs. India kept the contest alive until the final session, but in the end, the docile Basin Reserve surface had the last word.

India, dominant throughout the game, could prise out only three wickets on the final day's play. Needing eight wickets to achieve an improbable win at the start of day five's play, they took just three wickets with the old ball in 37 overs.

The teams shook hands in the final session when it was clear that India would not get the remaining five wickets in the next hour. With both teams getting four points, the result has hurt India's World Test Championship (WTC) final hopes, with their points percentage (PCT) at 50. New Zealand, meanwhile, have slipped to third place after dropping out of the top two.

Mitchell batted 186 balls for an unbeaten 49 while Phillips stayed not out on 26 off 126 balls. Their unbroken sixth-wicket partnership of 63 runs lasted 43 overs. Rather than lunging forward, the duo kept playing the ball under their eyes and trusted their defence to be rock-solid on a lifeless pitch.

The surface offered the bowlers almost no seam movement and hardly showed any wear and tear. India entered the final session needing five wickets in 39 overs. Rishabh Pant stood up to the stumps for Anshul Kamboj, and the pressure showed when India conceded a no-ball for three men stationed behind square on the leg side.

Mitchell occasionally hit back by pulling Washington onto the grass banks for six and reverse-sweeping him for four. After Kamboj finished his spell, Akash Deep took over, even as Mitchell warned Phillips about his bowling angles.

Long stretches passed with almost nothing happening. New Zealand had gone through eight successive maidens before tea, and soon after it, Mitchell endured 43 straight dot balls. It also helped Mitchell and Phillips that Jasprit Bumrah was well short of his best pace and managed to bowl only two overs.



KL Rahul took charge while Shubman Gill was in the dressing room with head coach Gautam Gambhir. Washington was sure he had Mitchell trapped lbw and talked Rahul into taking a review despite Pant's view that the ball pitched outside leg.

Pant's view was right as India lost the review. The signs of the game inching towards a draw came when Yashasvi Jaiswal and Dhruv Jurel were brought on to bowl. Jaiswal bowled off-spin, even though Pant jokingly reminded him that leg-spin was the agreement and that he could turn himself into an all-rounder.

Gill accepted Mitchell's offer of a handshake, as the batting all-rounder walked off two short of a fifty. It was only the second drawn Test at the venue in 15 games since 2015, and India's second stalemate in a row after drawing the clash against Sri Lanka in Colombo in August.

Previously, resuming from 119/2 and trailing India by 195 runs, New Zealand added only 38 runs in 26 overs of the first session on a windy morning. Skipper Shubman Gill opened with Anshul Kamboj bowling into the breeze and Bumrah bowling from the other end. With the duo operating from round the wicket, it took 18 balls for New Zealand to get their first run in front of fans arriving to avail the free entry for day five's play.

At the same time, Bumrah was handed an official first warning by umpire Richard Illingworth for running on the danger area. A proactive Gill was quick to keep his attack fresh. Bumrah was taken off after a three-over burst; Kamboj too bowled only three overs initially, while Washington and Akash Deep were then pressed into service.

The move paid off in the 56th over when Washington, using the breeze, got one to drift in and Conway, who played for turn, got a thick inside edge, which Rishabh Pant held on to dismiss the left-hander, who made 65 off 165 balls with seven fours.

It also meant that Conway's 72-run stand with Ravindra came to an end. After the first drinks break, Gill brought Bumrah back for another short spell and handed Prasidh the end into the wind.

Prasidh struck in his first over when Ravindra drove at one on the rise outside the off-stump, and KL Rahul pulled off a sharp two-handed catch above his head at gully, as the batting all-rounder fell for 37 off 129 balls. Mitchell and Blundell were content in playing the long game and saw New Zealand through to lunch via an unbroken 11-over vigil.

Lalla Ded Hospital Earns Patients' Praise

GMK NEWS NETWORK



SRINAGAR: Lalla Ded Hospital, the Valley's major maternity healthcare institution, continues to serve patients from across Kashmir, with its doctors, paramedics and other staff working round the clock in an otherwise overcrowded and busy hospital.

Patients arriving from far-flung areas of the Valley say they feel reassured by the specialised care and attention provided by the hospital's medical team. Many patients and their attendants have appreciated the dedication of doctors, nursing staff and paramedics, who continue to manage a heavy workload with commitment.

The hospital remains busy throughout the day, yet the staff is making consistent efforts to ensure that patients receive proper attention and care.

Under the leadership of Medical Superintendent Dr Muzaffar Jan, the hospital administration, doctors and other employees are also being appreciated for maintaining an approachable and supportive working atmosphere.

For thousands of families, Lalded Hospital remains a trusted institution, and the appreciation coming from patients and attendants is a reflection of the hard work put in by its staff.

Hockey: India finish unbeaten to clinch Century of Sporting Unity Series 1-0 in New Zealand

IANS

AUCKLAND: The Indian men's hockey team clinched the 2026 India/New Zealand Century of Sporting Unity Series 1-0 after completing an unbeaten three-match tour with a 2-2 draw against hosts New Zealand in the final encounter at the Lloyd Elsmore Hockey Stadium in Auckland on Sunday.

India finished the series with one victory and two draws, having opened their campaign with a 3-2 win on November 19 before playing out consecutive 2-2 stalemates in the remaining matches on November 21 and 22.

Captain Sanjay was India's standout performer across the series, finding the net in all three matches to finish as the team's leading goal scorer with three strikes.

In the series decider, New Zealand took an early lead through Dylan Thomas in the ninth minute, but India responded with two goals in quick succession. Sanjay converted a penalty corner in the 16th minute to restore parity before Karthi Selvam scored a field goal two minutes later to give the visitors a 2-1 advantage.

However, the hosts fought back in the final quarter, with Benji Culhane finding the equaliser in the 55th minute. Neither side managed to find a winner thereafter as the contest ended in a draw, confirming India's series victory.

Earlier, India had edged New Zealand 3-2 in the opening match. After Jonty Elmes put the hosts ahead in the 25th minute, Uttam Singh equalised in the same minute. Shardanand Tiwari (38') and Sanjay (43') then scored to put India 3-1 ahead, before Sam Hiha pulled one back in the 55th minute.

The second match also ended 2-2, with Angad Bir Singh (35') and Sanjay (57') scoring for India after Dylan Thomas (25') and Sam Hiha (56') had given New Zealand the lead.

'India have their own issues in Test cricket': Ashwin backs Australia's right to move on ahead of BGT

IANS

NEW DELHI: Former India spinner Ravichandran Ashwin believes India should concentrate on addressing their own cricketing challenges rather than using Australia's 2018 ball-tampering scandal as ammunition during the upcoming Border-Gavaskar Trophy, while suggesting that Rishabh Pant could be the one Indian player to engage in some verbal exchanges with the visitors.

Ashwin discussed the possibility of the controversy spilling into on-field exchanges during Australia's tour of India for the five-Test series beginning January 21, 2027. He also backed the current Australian players against being held responsible for an incident that took place eight years ago.

"Can I be very candid about this? I see just one character in that Indian dressing room who might have a chirp about it, which is Rishabh Pant, standing behind the stumps. He might have a chirp or two. But I'd be very disappointed if I don't see Aussies give it back, if at all, the Indian team resorts to it, because that's what the Aussies are known for.



"And India have their own issues themselves in the Test setup, than be worried about the other dressing room. You take care of your cricket, you're going to end up with good results. It will entirely be dependent on how well India start that series," Ashwin said on JioStar's 'Sandpapergate: The Unsettled Debate.'

Ashwin also reflected on Cricket Australia's response to the ball-tampering episode in South Africa in 2018, when then captain Steve Smith and vice-captain David Warner received suspensions. Rather than continuing to hold the present Australian team accountable, he felt the focus should be on how individuals acknowledge their mistakes and move forward.

"Culturally, we are very different as a country. As an Indian travelling to Australia, I've often admired their culture and their will to win. Those are things you imbibe from them. Having said that, I don't think it's the responsibility of the current Australian team to carry the burden of what happened in 2018.

"Who hasn't made a mistake? Are we all saints sitting here? Hasn't the world made mistakes? We've had world leaders who have made mistakes, and that's just human nature. To err is human. We need to understand that people will make mistakes. As long as they own up and move on, that's all you can ask for," he added.

However, Ashwin reserved credit for Cricket Australia's disciplinary response, highlighting the importance of accountability within a team's leadership structure.

"On the contrary, when it comes to Cricket Australia, I would give them credit for one thing in this case. They acted upon something like this and got their captain and vice-captain banned, sending out a message that leaders must take accountability for their teams. In the past, there have been similar instances where the ICC handed a player or a group of players a one-game or a series ban. But here, Cricket Australia took it to the cleaners. Australian cricketers are held to a certain code of morality and high standards, and Cricket Australia acted upon that," he stated.

'I'd love to be able to learn': Henry Crocombe eager to share dressing room with Anderson

IANS

NEW DELHI: England's new international star, Henry Crocombe, is keen to learn from the legendary James Anderson as he gears up to link up with him at Surrey next season.

Crocombe, a medium-fast bowler, made his ODI debut in Pakistan and recently got his maiden T20I cap during the first match against Australia in Melbourne.

He will link up with Anderson, who has signed a one-year contract with Surrey after parting ways with Lancashire last month. "It was really exciting, finding that out," 25-year-old Crocombe said on learning that he would share the dressing room with the former England international, as quoted by the Independent.



"If there was anyone that I would have wanted to model my bowling on when I was younger, it was probably Jimmy. He's obviously a different bowler to me, and I'd love to be able to learn.

"Swing bowling is not my main skill, especially in red-ball cricket, so I'd love to learn that from him. I probably won't pester him too much, but I'll learn when I can," he added.

Crocombe looked back at learning from Ollie Robinson, another England star, who recently returned to Test cricket with a bang at Sussex. "I've probably tried to take things over the years from all sorts of bowlers, but I watched Ollie a hell of a lot and learnt a lot from just simply bowling in the nets with him," the 25-year-old said.

"He's the most skilful bowler I've ever worked with by a mile, so listening to him is tough sometimes because he makes it sound so easy. He's helped me with my wobble seam, and that's made a big difference for me."

Crocombe picked up one wicket on his T20I debut, sending Sam Harper back for his maiden scalp. He was hit for a six on his first career ball by Mitchell Marsh, though he made a comeback and kept things tight thereafter.

"With that first ball, there were so many nerves you kind of just want to get out of the way. It didn't go great for me but, after that, I was pretty happy with how I went," he added.

"I sorted my line and length out and upped my pace a bit. At first I was nervy in my run-up; I was just worried about a few things, but I got into the

Lamine Yamal to miss Barcelona's Champions League clash against Sabah with ankle discomfort

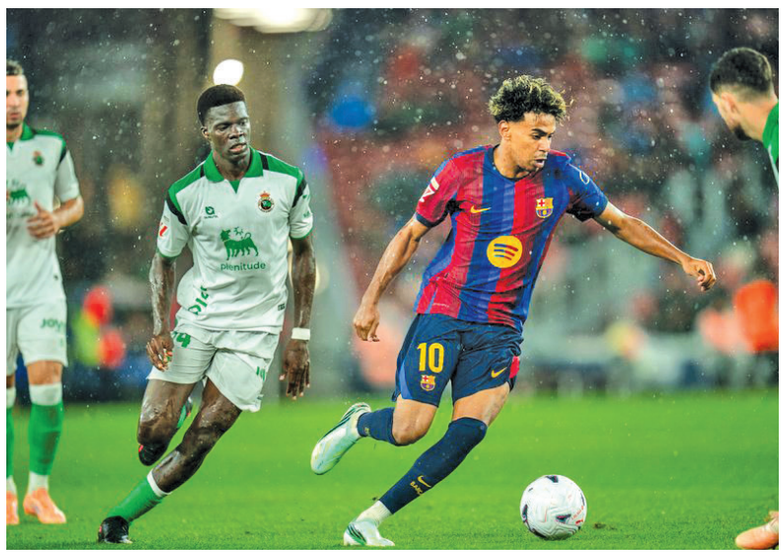
IANS

NEW DELHI: Barcelona forward Lamine Yamal will miss the club's UEFA Champions League fixture against Sabah in Azerbaijan after experiencing discomfort in his right ankle following Sunday's 3-2 comeback victory over Villarreal.

The Spanish club confirmed that Yamal would be rested as a precaution, with the 18-year-old expected to return for next Sunday's La Liga match against Deportivo de La Coruna.

"First-team player Lamine Yamal is experiencing mild discomfort in his right ankle. As a precaution, he will miss the match against Sabah and is expected to be available for next Sunday's match against Deportivo," Barcelona said in a post on X.

Yamal played the full 90 minutes in Barcelona's win over Villarreal, but the club has decided against risking him for Wednesday's Champions League encounter. His absence is expected to be a setback for head coach Hansi Flick, with the forward having been a regular starter in La Liga this season.



Barcelona will also be without Xavi Espart and Roony Bardghji for the trip to Azerbaijan, while Pau Cubarsi, Andreas Christensen and Rodri are doubtful for the fixture.

The club will hope Yamal recovers in time for the meeting with Deportivo de La Coruna, which would allow him to maintain his run of starting every La Liga match so far this season.

The full squad for the game against Sabah is as follows: Joan Garcia, Cancelo, Balde, Fariñas, Cubarsí, Gavi, Fermín, Pedri, G. Jesus, Raphinha, Szczesny, Adeyemi, Gordon, Gerard Martín, Olmo, De Jong, Bernal, Kounde, Eric, Livakovic, Bisiwu and A. Campos.

