Kashmir Convener***

Computer training course organised by wussan battalion for girls concluded at Kangan



Bills On Simultaneous Polls 12th To Be Referred To Joint Parliamentary Panel Since 2015



Derogatory word against minister: AICC leader Surjewala calls for strict action against BJP MLC



MP Aga Ruhullah leads protest against 'unfair' Reservation Policy



KC NEWS NETWORK

SRINAGAR: Senior National Conference (NC) leader and Member of Parliament (MP) Aga Ruhullah Mehdi led a youth protest outside Chief Minister Omar Abdullah's official residence at Gupkar on Monday, expressing concerns over the contentious Reservation Policy.

The protest, which began at Burn Hall School, saw the participation of prominent political leaders, including MLA Pulwama Waheed-ur-Rehman Parra, MLA Langate Sheikh Khurshid, PDP leader Iltija Mufti and former SMC Mayor Junaid Azim Mattoo, according to the news agency—Kashmir News Observer (KNO).

The leaders led by Ruhullah were joined by many youths from different parts of the valley who slammed the new reservation policy implemented by the Lieutenant Governorled administration earlier this year, which reduced the quota

for the general category to 40% while increasing reservations for other categories to 60%.

Addressing the gathering, MP Ruhullah called for the rationalisation of the reservation quota based on population proportions, saying there must be fairness and adherence to the Supreme Court's guidelines.

"The grievances of students are genuine. I promised them that I would protest in their favour, and today I am here to fulfill that promise. We need a policy that ensures justice and fairness, without any form of discrimination," he said.

Ruhullah expressed dissatisfaction with the formation of a cabinet sub-committee to address the issue, saying, "I am not satisfied with their approach. The real question is whether students feel their grievances are being heard and addressed. I will keep fighting until they are satisfied."He added, "I don't want any chaos.

>>SEE ON P-7

CM Omar meets student delegation at his residence

Sets 6-month timeframe, says "no need for intermediaries"

KC NEWS NETWORK

SRINAGAR : A delegation of five students was allowed inside the Chief Minister's residence to discuss the concerns over the reservation policy directly with Omar Abdullah.

The delegation was allowed to meet the Chief



leader Aga Ruhullah Mehdi led a protest against the squeezing of quota for the general category.

A five-member delegation was constituted during the protest including

>>SEE ON P-7

Water crisis

Rana reviews winter preparedness of Jal Shakti Deptt

KC NEWS NETWORK

JAMMU: Amid the water crisis due to freezing temperatures in the valley, Minister for Jal Shakti Department, Javed Ahmed Rana, today convened a detailed meeting of the Department to ensure that people are provided adequate drinking water without facing any difficulties.

Bedsides the MLAs from Anantnag (West), Devsar, Kokernag and Sopore constituencies the meeting was attended by ACS, Jal



Shakti Department, MD, JJM, Chief Engineers and other Engineers of the Department.

The Minister, exhorted upon the Department to evolve a robust mechanism ensuring swift response to public grievances so that these ate addressed within the shortest possible time. He also asked for doubling the number of water tankers for providing drinking water to areas facing deficit in supply. He asked them to furnish the district wise requirements so that same is authorised after ascertaining their genuineness.

On the occasion, the Minister took stock of issues raised by the MLAs concerning welfare and development of their respective areas. They brought up the concerns related to augmentation of certain water supply schemes besides improvement in daily water supply to the people of these areas. The legislators also raised the matters related to

>>SEE ON P-7

Revised Revision Schedule for Panchayat Electoral Roll 2025 issued

KC NEWS NETWORK

JAMMU: The State Election Commission, J&K, today issued the Revised Revision Schedule regarding updation of Panchayat Electoral Roll-2025.

According to the revised dates issued by the State Election Commissioner, B R Sharma in this regard, punching of forms for filing of claims and objections will be done on 26.12.2024 (Thursday), disposal of claims and objections will be done on 06.01.2025 (Monday) by the ERO while publication of final Panchayat Electoral Roll 2025 will be done on 20.01.2025 (Monday).

Pertinently, the Commission had received requests from various districts for

>>SEE ON P-7

Stick to scheduled curtailments: CM Omar

Reviews Kashmir's Power supply amid severe cold



KC NEWS NETWORK

SRINAGAR: Amid the ongoing severe cold wave in the Kashmir Valley, which has

disrupted power and water supply, Chief Minister Omar Abdullah chaired a high-level

meeting to review the power

scenario in Kashmir valley.

Chief Minister Omar Abdullah, who has stationed himself in the valley to personally oversee crisis management during this challenging time, emphasized the need for effective measures to address power shortages and ensure adequate essential services for residents.

During the meeting, Chief Minister discussed a comprehensive strategy to manage peak electricity demand and directed officials to maintain efficiency in ensuring a reliable power

>>SEE ON P-7

Budget session likely to begin from February 10 KC NEWS NETWORK

SRINAGAR: The Budget session of the Jammu and Kashmir Assembly is tentaon February 10, but the final decision rests with Lieutenant Governor Manoj Sinha, Speaker Abdur Rahim Rather said on

confirmed that discussions have taken place regarding the proposed date for the session.

"We are making preparations for a meaningful and productive session that will focus on addressing the pressing issues of the Union Territory and setting the agenda for the year ahead. The session

is likely to start from Februthe Lieutenant Governor will take the final call. The Budget

>>SEE ON P-7

Disseminate Works Of Great Thinkers And Writers: LG Sinha **Inaugurated IGNCA Regional Centre at Jammu**

KC NEWS NETWORK

JAMMU: Lieutenant Governor Manoj Sinha today inaugurated Indira Gandhi National Centre for Arts (IGNCA) Regional Centre at Jammu.

In his address, the Lieutenant Governor congratulated IGNCA, artists, writers, researchers, art lovers, innovators and students on the occasion.

He expressed gratitude to the Prime Minister Narendra Modi, and Ram Bahadur Rai, President IGNCA, for dedicating IGNCA's Regional Centre to Jammu.

"The folk tradition of Jammu has been the source of values and ideals that have sustained the society through the ages and I believe the IGNCA's regional centre will create a framework for nurturing the virtues of culture for enhancing quality of life.

This centre will foster the promotion and preservation of

our rich art and cultural heritage and help the growth of timetested traditional wisdom and knowledge," the Lieutenant

"Our civilisational heritage represents a culture that is all-embracing and based on the concept of 'Vasudhaiva



Governor said.

The Lieutenant Governor called upon the intelligentsia to work with organisations like IGNCA for promotion of J&K's rich artistic heritage and also preserving and propagating Vedic oral tradition.

Kutumbakam', the world as one family. This Mantra continues to be of great significance to the world even today," the Lieutenant Governor said.The Lieutenant Governor highlighted that under the leadership

National Farmers Day

Agriculture Minister reaffirms Govt's commitment towards farmers' welfare, agri promotion

'HADP to create 2.8L jobs, establish 19K enterprises'



KC NEWS NETWORK

JAMMU: Minister for Agriculture Production and Rural Development & Panchayati Raj Departments, Javed Ahmad Dar, expressed gratitude to the farming community of Jammu and Kashmir for their dedication to agriculture and allied sectors.

He lauded their pivotal role in making agriculture a cornerstone of the region's economy and cultural heritage while speaking at an event organised to commemorate the National Farmers

Addressing at the event, the Minister stated, "we celebrate the remarkable contributions of our farmers, who continue to uphold and sustain Jammu and Kashmir's rich agricultural legacy on this auspicious occasion."

 $He highlighted the {\it region's globally acclaimed}$ produce, saying, "from the world-famous saffron of Pampore to the premium Basmati rice of Jammu, from organic

>>SEE ON P-7

Rozgar Mela

PM Modi Distributes Over 71,000 Appointment Letters to Newly Recruits the Prime Minister stated

KC NEWS NETWORK

NEW DELHI: The Prime Minister Narendra Modi addressed the Rozgar Mela

videoconferencing today. Rozgar Mela highlights the Prime Minister's commitment to prioritizing employment generation. It will empower the



and distributed more than 71,000 appointment letters to newly appointed youth in Government departments and organizations via

youth by providing them with meaningful opportunities to contribute to nation-building and self empowerment.

Addressing the gathering,

Kuwait late last night, where he had extensive discussions with Indian youth and professionals. And this is a very pleasant coincidence that after returning, his first program is with the youth of the country. "Today marks a new beginning for thousands of youth in the country. Your years of dreams have come true, years of hard work have paid off. This outgoing year of 2024 is bringing new happiness to you. I extend my heartfelt congratulations to all of you and your

that he had returned from

>>SEE ON P-7

SIA files chargesheet against operatives of "Kashmir Fight" SM handle KC NEWS NETWORK

JAMMU: State Investigation Agency (SIA), Jammu, has filed a chargesheet against key operatives behind the notorious "Kashmir

Fight" a social media handle. The platform, operated by The Resistance Front

(TRF)-a proscribed terrorist organizationwas used to issue

chilling online threats to migrant Kashmiri Pandit employees, aiming to spread fear and unrest. In February 2024, a series of threatening posts were published on social media by the terror outfits's social

Bills On Simultaneous Polls 12th To Be Referred To Joint Parliamentary Panel Since 2015

lay down legal framework to hold simultaneous polls in the country

Sabha and assembly polls together. Since it seeks to amend the Constitution, it will require support



are latest in the series of draft laws to be referred to a joint committee of Parliament since 2015.

The two bills referred together to the joint panel are 12th since 2015 to be sent to a committee of the two Houses.

With the opposition in Lok Sabha dubbing the measures as an attack on federalism, the government referred them to a joint committee of Parliament for detailed scrutiny and wider consultations.

The Constitution (129th Amendment) Bill lays down mechanism to hold Lok of two-thirds of the members present and voting.

The Union Territories Laws (Amendment) Bill seeks to align the terms of legislative assemblies of Delhi, Puducherry and Jammu and Kashmir with other assemblies. The three UTs have legislative assemblies. It is an "ordinary" bill requiring simple majority for passage.

Prior to the 'one nation, one election 'bills, the Waqf (Amendment) Bill was the last one to be referred to a joint committee for greater consultation.

a Bill to a joint committee, it informs the other House to nominate members for the panel.

The select or joint committee considers the Bill clause by clause just as the two Houses do. Amendments can be moved to various clauses by members

The committee can also take evidence of associations, public bodies or experts who are interested in the Bill.

After the Bill has been considered, the committee submits its report to the House. Members who do not agree with the majority report can give a dissent to it.

The bills referred to joint panels include the Right to Fair Compensation and Transparency in Land Acquisition, Rehabilitation and Resettlement (Second Amendment) Bill, 2015; the Insolvency and Bankruptcy Code, 2015; the Enforcement of Security Interest and Recovery of Debts Laws and Miscellaneous Provisions (Amendment) Bill. 2016: and the Bill to Amend The Citizenship Act, 1955.

Similar joint parliamentary panels were formed to scrutinise the Financial Resolution and Deposit Insurance Bill, 2017, and the Jan Vishwas (Amendment of Provisions) Bill, 2022.

The Forest (Conservation) Amendment Bill, 2023, was also referred to a joint panel.

Delhi HC refuses anticipatory bail to Puja Khedkar in UPSC cheating case

NEW DELHI: Delhi High Court on Monday refused to grant anticipatory bail to former IAS probationer Puja Khedkar in the criminal case lodged against her for alleged cheating and wrongly availing of OBC and disability quota benefits in the



civil services examination.

"Anticipatory bail plea is dismissed. Interim protection from arrest is vacated," Justice Chandra Dhari Singh said while ruling on the plea.

Justice Singh said a strong prima facie case was made out against Khedkar and investigation was required to unearth the conspiracy.

It was a classic case of fraud committed on a constitutional body as well as society, the judge said.

Khedkar is accused of misrepresenting information in her application for the UPSC Civil Services Examination, 2022, to get reservation benefits.

The counsel for the Delhi Police as well as the complainant, the Union Public Service Commission (UPSC), opposed the plea for pre-arrest bail.

The UPSC was represented by senior advocate Naresh Kaushik and lawyer Vardhman Kaushik.

Mastermind of kidnapping gang targeting celebrities arrested after encounter in UP's Bijnor transactions worth Rs 2.5 lakhs were

BIJNOR (UP) The Uttar Pradesh Police has arrested the mastermind of a gang involved in the abduction of actor Mushtaq Khan and comedian Sunil Pal on the pretext of inviting them for an event, officials said on Monday.

Lavi Pal alias Rahul Saini was arrested after an encounter on the intervening night of Sunday-Monday in which the accused was injured.

Bijnor Superintendent of Police (SP) Abhishek Jha said, "On October 15, the accused, posing as Rahul Saini, invited film actor Mushtaq Khan for an event in Meerut on November 20, offering Rs 25,000 as advance payment and a flight

"On November 20, Mushtaq was picked up from Delhi airport in a car and was brought to Bijnor, where he was confined at a house in Chahshiri belonging to Lavi Pal," he said.

The actor managed to escape from captivity a day later.

"On the morning of November 21, when the kidnappers were asleep, Mushtaq managed to flee and sought shelter at a nearby mosque. From there, he safely returned home. His event manager, Shivam Yadav, later filed a report at Bijnor Kotwali on December 9," Jha said.

He said further investigations revealed that the gang used a similar modus operandi to target Pal in Meerut. During Khan's abduction, made using his mobile phone. Police have already arrested six members of the gang but had been searching for Lavi Pal and three other members, who were evading capture.

Based on a tip-off, police learned that Lavi Pal and his cousin Shubham would be arriving at Jain Farm on Mandawar



Road on the night of December 22-23.

"When officers attempted to apprehend the duo, they opened fire. Abullet hit SHO Uday Pratap's bullet proof jacket. In the ensuing encounter, Lavi Pal sustained a bullet injury in his leg, while Shubham managed to escape,"

Pal was arrested and taken to the district hospital for treatment.

Additional SP Sanjeev Bajpai said a country-made pistol, two cartridges, and Rs 35,050 extorted during Khan's abduction were recovered from Lavi Pal.

"There are plans to take strict action under the Gangster Act, and property acquired through criminal activities will also be seized," he said.

Computer training course organised by wussan battalion for girls concluded at Kangan

GANDERBAL: Wussan battalion of the Chinar Corps, under its commitment to empowering local communities and fostering education, successfully concluded Computer Training Course for Women at Chinar Women Empowerment Centre (CWEC) Kangan with a closing ceremony.

The event marked the culmination of a transformative initiative aimed at enhancing the digital literacy and employability of women in the region.

The course was conducted as part of the Indian Army's outreach program to support the aspirations of women and equip them with essential technological skills in an increasingly digital world.

Over the duration of the program, participants were trained in various computerbased applications, including basic computer operations, Microsoft Office, email usage, internet browsing, and awareness about online opportunities such as e-commerce, digital payments, and more.

The closing ceremony, held at the training venue, witnessed an enthusiastic gathering of participants, their families, and dignitaries.

The event commenced with a welcome address by Brigadier Vipul Tyagi, Commander Manasbal Sector,

who expressed pride in the determination

and hard work exhibited by the participants to their households. throughout the course. He highlighted the

Certificates of completion were distributed



importance of such initiatives in creating opportunities for self-reliance, financial independence, and socio-economic development for women in the region.

During the ceremony, the participants shared their experiences, expressing gratitude to the Indian Army for organizing such a meaningful program.

Many participants noted that the training not only helped them gain valuable skills but also instilled confidence to explore employment opportunities and contribute

to all participants, symbolizing their dedication

The closing ceremony reflected the Indian Army's ongoing efforts to bridge the digital

promote gender equality, and empower the women of Kashmir to lead empowered and self-sufficient lives.

The initiative received widespread appreciation from the community and is expected to inspire similar programs in the

TB infected incur huge costs, despite free diagnosis, treatment under national program: Study

NEW DELHI: Despite free tuberculosis diagnosis and treatment under India's National TB Elimination Program, nearly half the infected people incur "catastrophic" costs due to a loss in wages and hospitalisation, a study has found. Published in the journal

Global Health Research and Policy, the research estimated that typically, tuberculosis treatment and care costs a total of USD 386 for an individual. The National TB Elimination

Program (NTEP) is aimed at achieving a TB-free India by 2025, while the World Health Organization's (WHO) 'End TB Strategy' targets 2035 to end the global epidemic.

Researchers from the TB Support Network, WHO Country Office for India, New Delhi, and Indian Council for Medical Research-National Institute of Epidemiology, Tamil Nadu, interviewed over 1,400

infected people notified under the mostly before diagnosis or during hospitalisation – were found to



and whose treatment outcome was declared between May 2022 and February 2023.

"Persons with TB (PwTB) in India incur high costs mainly due to lost productivity and hospitalisation. Nearly half of them experience catastrophic costs, especially those from poorer economic quintiles," the authors wrote.

Direct costs

account for 34 per cent of the total costs (about USD 78), while indirect ones typically were found to be almost USD 280.

Indirect costs due to loss of wages or productivity were found to contribute more to the total costs compared to direct costs.

Further, infected people younger than 60 years of age, those without a health insurance and those hospitalised experienced higher typical costs, the authors said and added that hospitalisation was the major driver of direct and indirect costs.

Seeking treatment in the private sector and hospitalisation also increase the risk of incurring catastrophic costs, the team said

The costs were calculated using a tool developed by 'Stop TB Partnership', "a hosted entity of the United Nations Office for Project Services (UNOPS), with its Secretariat based in Geneva, Switzerland.'

The authors called for expanding the coverage of health insurance schemes to include people infected with tuberculosis, along with enabling an early notification of having the disease.

They also recommended sensitive strategies to address social determinants of tuberculosis, which may significantly reduce catastrophic costs incurred by the infected

Centre Scraps 'No-Detention Policy' For Classes 5 And 8 **Students Who Fail To Clear Year-End Exams**

NEW DELHI: The Centre has scrapped the 'no-detention policy' for classes 5 and 8 in schools governed by it allowing them to fail students who do not clear the year-end exams, according to officials.

Following the amendment to the Right to Education Act (RTE) in 2019, at least 16 states and two Union Territories have already done away with the 'no-detention policy' for



the two classes.

According to a gazette notification, after the conduct of regular examination, if a child fails to fulfil the promotion criteria, as notified from time to time, he shall be given additional instruction and opportunity for re-examination within a period of two months from the date of declaration of results.

"If the child appearing in the re-examination fails to fulfil the promotion criteria again, he shall be held back in fifth class or eighth class, as the case may be.

"During the holding back of the child, the class teacher shall guide the child as well as the parents of the child, if necessary. and provide specialised inputs after identifying the learning gaps at various stages of assessment," the notification said.

However, the government has clarified that no child shall be expelled from any school till completion of elementary

Derogatory word against minister: AICC leader Surjewala calls for strict action against BJP MLC failed to follow the procedures in arresting him. However,

BELAGAVI (Karnataka): AI CC general secretary in-charge of Karnataka, Randeep Singh Surjewala, on Monday urged the state government to take strict action against BJP MLC CT Ravi for allegedly using a derogatory word against Minister Laxmi Hebbalkar in the Legislative Council recently.

He called the BJP "anti women", and also hit out at the saffron party and Union Home Minister Amit Shah for his alleged remark against B R Ambedkar in the Parliament last week, which had led to a political uproar.

"The BJP has repeatedly insulted the women of this country. BIP's very character is anti women, anti youth. anti farmer and anti dalit, tribes and backward classes. The way in which BJP leaders are using derogatory language against women leaders once again is deplorable. I urge the Karnataka government to take strict action against the culprits," Surjewala told reporters here in response to a question. Ravi allegedly used a derogatory word against Hebbalkar in the Legislative Council on December 19 during an altercation between them, when the House was adjourned for a while. He was arrested on the same day evening and taken into the police van from the premises of Suvarna Vidhana Soudha in Belagavi, where the legislature session was held, based on Hebbalkar's complaint.

The High Court on December 20 ordered the immediate release of Ravi in its interim order, observing that police



the bench of Justice M G Uma asked Ravi to co-operate

with the investigation and be available for questioning.

which purportedly had led to altercation between Ravi and Minister Hebbalkar, Surjewala said, whether it is Mahatma Gandhi or Rahul Gandhi, they will have to face opposition from forces that is trying to divide

they only try to divert attention.

Responding to a question on alleged use of a derogatory word against Congress leader Rahul Gandhi,

the country. "Some people have lost their mental stability and

They will make fun of Babasaheb Ambedkar, they will try to bulldoze the Constitution.

Now, old temple structure found in UP's Khurja

BULANDSHAHR (UP): An old temple structure has been found in Khurja town of this district, sparking demands from rightwing outfits for its renovation.

The development comes over a week after the district administration in Sambhal reopened a temple locked since 1978 following communal riots in the town.

On Sunday, Khurja Sub-divisional Magistrate (SDM) Durgesh Singh said that the temple in Salma Hakan mohalla was constructed by the Jatav community who also performed puja there.

After the Jatav community relocated about over three decades ago, it is said that the idols of the Khurja temple were immersed in a river by a family from the community, the SDM said. Singh clarified that the temple structure is intact and there are no disputes over the site. The matter is being looked into, he said. Meanwhile, the Vishva Hindu Parishad (VHP) and Jatav Vikas Manch have urged authorities to renovate the temple to allow for religious activities to resume.

According to Sunil Solanki, office bearer of VHP's Meerut unit, the temple had been closed since 1990 when the Hindu families who previously lived in the area migrated.

Solanki said that a memorandum has been submitted to the authorities requesting the temple be cleaned and beautified to facilitate



smooth worship. Kailash Bhagmal Gautam, president of the Jatav Vikas Manch, said that the temple is approximately 50 years old, originally built by members of the Jatav community. Following the 1990 riots, the community relocated and the temple has remained closed since, Gautam said. The Manch, in coordination with VHP, has formally requested the revival of religious activities in the temple, he said.

On December 14, the Sambhal administration had reopened a temple locked since 1978 following communal riots in the town.

said on Monday. cases, was arrested last month after being on the **Land grab accused** The accused, Siddiqui Suleman Khan, escaped run for more than four years. He escaped from the who fled from Goa police from police custody in the wee hours of December Goa police custody on December 12. 12 allegedly with help from a constable, who was A purported video had surfaced showing a concustody with cop's help on duty outside his cell at the crime branch lockup in Ribandar near state capital Panaji, officials nabbed in Kerala

earlier said. Sawant, who handles the home portfolio, told Panaji: A land grab accused, who escaped from reporters that Khan was arrested in Kerala two Goa police's custody earlier this month, has been days back and would be brought to Goa on Monday. arrested in Kerala, Chief Minister Pramod Sawant Khan (55), an accused in multiple land grab

stable opening the custody lock and helping him escape on a motorcycle. The opposition Congress had released a video

wherein Khan purportedly claimed a BJP MLA and a senior crime branch officer helped in his escape. In the video, the accused was heard saying he

was escorted out of Goa by two crime branch teams.

Khan also accused a ruling party MLA of assaulting him in the Superintendent of Police's office over

The opposition parties had demanded Sawant's resignation over the matter.CM Sawant on Monday said Khan's interrogation will reveal who exactly were behind his escape from the police custody. Referring to protests by some parties including AAP over the matter, Sawant quipped the opposition leaders were going around with Khan photograph as if they want to induct him in their party.

Drug Abuse on the Rise Among Youth in Bandipora, Authorities Intensify Crackdown

91 Arrested, 72 Cases Registered This Year; Health Officials Warn of Hepatitis-C Spread

By Sheeba Haji

BANDIPORA: North Kashmir's Bandipora district, known for its rich cultural and literary heritage, is grappling with an alarming surge in drug addiction, particularly among the youth.

According to official data, Bandipora Police have registered 72 cases related to drug abuse in 2024 so far, arresting 91 individuals and booking 13 under the PIT NDPS Act and the Public Safety Act (PSA). Contraband substances worth lakhs have also been

seized, including 2.556 kilograms of charas, 9.75 kilograms of bhang leaves, 24 grams of brown sugar, and 200 Tramadol tablets.

As part of its mission for a drug-free society, Bandipora Police have taken stringent measures against drug peddling and illegal cultivation.

This year, authorities destroyed poppy and bhang crops on 14 kanals of land and wild cannabis on 666 kanals. Properties linked to drug peddlers have also been seized, including two houses, a Maruti Swift car, a scooter, three motorcycles, and four bank accounts containing savings exceeding

Rs.5 lakh. The district has established a Drug De-Addiction Centre offering services like awareness programs, counseling, prevention, treatment, and rehabilitation

Dr. Umair Ovoom, a medical officer at the addiction treatment

facility, revealed that 749 cases have been registered at the center this year, with 16,935 individuals under regular follow-up and 10,597 currently undergoing counseling.

Officials said the Cases have predominantly been reported from Sopore, Bandipora town, Aloosa, Hajin, and Sumbal, with outlying areas towards Sopore accounting for 30% of the total cases.

Dr. Umair also highlighted the rise in Hepatitis C cases linked to drug use, with 112 patients testing positive this year due to needle sharing during drug injections. Of these, 25 patients have received free treatment at the District Hospital Bandipora, while others have been referred to specialized centers or are awaiting treatment.

Meanwhile the Authorities have reiterated their commitment to curbing the drug menace through sustained efforts, including stricter enforcement of the Narcotic Drugs and Psychotropic Substances (NDPS) Act and comprehensive rehabilitation initiatives.

Bandipora Hosts Workshop on Citizen-Centric Governance, **Digital Transformation**

BANDIPORA: As part of the a sincere and committed approach ongoing Sushasan Saptah 2024, "Prashasan Gaon Ki Ore", a District Level Dissemination Workshop

was today held at Mini Secre-

tive governance practices focused

on promoting digital transforma-

tion, enhancing citizen engage-

ment, and improving service

delivery at the grassroots level.

case the district's strides in gov-

ernance through technology and

tary Agricultural Production De-

partment Manzoor Ahmad Lone

was the chief guest on the ocas-

Ahmad Lone emphasized the

importance of good governance

as the cornerstone of public ad-

He elaborated on the govern-

ment's efforts to monitor and

improve service delivery by imple-

menting measurable performance

indicators across different sectors.

Lone highlighted the need for

ministration.

In his address, Manzoor

people-centric initiatives.

The workshop aimed to show-

Former Administrative Secre-

The event highlighted innova-

tariat, Bandipora.

among government officials to address public grievances and



Beneficiaries of various govern-

A series of short films were showcased, highlighting innova-

In his concluding address, Additional District Development Commissioner (ADDC), Mohammad Ashraf Bhatt, delivered the

Lone also lauded the district administration for its innovative governance practices and emphasized the role of technology in transforming service delivery. Earlier in his welcome address, Deputy Commissioner Bandipora, Manzoor Ahmad Oadri, outlined the objectives of the "Prashasan Gaon Ki Ore" campaign, aimed at bringing governance closer to the

transparency, and accountability. He highlighted the district's achievements in leveraging digital tools and technology-driven solutions to address public needs

people and ensuring accessibility,

Stressing the importance of

citizen-centric governance, he

urged Government officials to

adopt a compassionate approach

while dealing with the public.

The DC emphasized that the district administration is committed to bridging the gap between the government and citizens by implementing initiatives that are inclusive and responsive to the

He encouraged officials to adopt innovative approaches, actively engage with the public, and address their concerns promptly to build trust and strengthen gover-

The workshop featured a series of activities aimed at showcasing the district's governance efforts.

ment schemes shared their stories, detailing how the initiatives have positively impacted their lives.

tive district-level governance practices and their role in improving service delivery.

vote of thanks. He appreciated the collective

efforts of various departments in making the "Prashasan Gaon Ki Ore" campaign a resounding success. Bhatt highlighted the importance of such initiatives in bringing governance to the people's doorsteps and encouraged continued collaboration to ensure efficient and effective service

Among others, the workshop was attended by ADC Zaffar Husson Shawl, DPO Yaar Ali Khan, ACR Shabir Ahmad Wani, , ACD Irfan Bahadur, CPO Mohammad Maqbool Lone, District Officers of various Departments, government officials, Civil Society members and beneficiaries of various welfare schemes.

JKSSB Constable (Photographer) Examination Successfully Conducted in Bandipora

BANDIPORA: The Jammu and Kashmir Services Selection Board (JKSSB) on Sunday successfully conducted the OMR-based examination for the post of J&K Police Constable (Photographer).

Out of the 4062 candidates scheduled to appear, 183 participated in the examination held across 14 designated centres in the district.

Deputy Commissioner Bandipora Manzoor Ahmad Qadri accompanied by Additional Deputy Commissioner (ADC) Bandipora, Zaffar Husson Shawl,

visited several examination centres to oversee the arrangements and ensure the smooth and trans-



parent conduct of the examina-

During the visit, the Deputy Commissioner inspected various aspects, including security, logistics, and overall management at High School Bagh, GHSS PLAN, GDC Hajin, GHSS Hajin and other centres in Bandipora and Sumbal Sub Division, He expressed satisfaction with the arrangements and commended the efforts of all stakeholders involved in maintaining the integrity of the examination process.

He highlighted the professionalism and transparency demonstrated by the officials deployed for the examination, ensuring a seamless experience for the candidates.

Private Schools in Bandipora Flout Fee Regulations, Say Parents

SUHAII RATHER

BANDIPORA: Several private schools in Bandipora are continuing to charge significant admission fees, ranging from Rs. 10,000 to Rs. 15,000, despite clear regulations from the state education department that prohibit such charges.

Parents have raised concerns that, in addition to the high fees, the schools are failing to



issue receipts for these payments, further escalating fears of a lack of transparency.

One parent shared their experience, explaining that they were told by the school administration that paying the admission fee was mandatory to secure their child's place. "I was told that the admission fee was compulsory and paid Rs. 10,000 through a bank transfer. However, when I asked for a receipt, the school authorities informed me they don't provide receipts. Instead, they gave me an admission card," the parent recounted.

Other parents reported similar situations, with many having paid substantial amounts without receiving any official documentation. "All the other parents were charged similar or even higher amounts, but none of us received receipts," another parent said. This lack of receipts has made it difficult for parents to hold the schools accountable for the fees collected.

Parents, fearing repercussions, expressed reluctance to push for receipts, explaining that the school administration had warned them that such requests could delay their children's admissions. "The school administration told us that asking for a receipt could delay our children's admission, so we just complied to avoid any trouble," one parent said.

The situation raises questions about the legitimacy of these payments and whether schools are using these fees to bypass state regulations. Despite clear directives from the state education department prohibiting the practice, private schools in the region appear to be continuing the fee collection with little regard for scrutiny.

In response to these complaints, the Chief Education Officer (CEO) of Bandipora assured that the issue would be investigated. "We are aware of the complaints, and stringent action will be taken against the schools found violating the rules. We will form a committee to look into the issue and ensure that these schools comply with the regulations," the CEO stated.

However, many parents remain skeptical, noting that similar complaints have been raised in the past without significant action. "We have heard these promises before, but nothing has changed. These schools continue to charge fees under different names, and the authorities are either unaware or unable to take action," a concerned parent remarked.

This situation has prompted broader concerns about the functioning of private schools in Bandipora, with many questioning whether adequate oversight and regulation are in place. Parents claim that most private institutions follow the same pattern of charging admission fees without issuing receipts, possibly to avoid detection by authorities.

The ongoing lack of accountability has left parents frustrated and in a difficult position. Many continue to make the required payments, while urging the education department to issue a formal directive. "We want the authorities to issue a clear statement that schools should not charge any admission fee. If any fees have been collected, they should either be refunded or accounted for with proper receipts," one parent demanded.

Some parents are calling for stricter regulations and better enforcement measures. "If the authorities are serious about ending this practice, they need to conduct surprise inspections and ensure schools are following the rules," another parent suggested.

This situation underscores the ongoing challenges faced by parents in Bandipora, who feel at the mercy of private school management. While the education department has promised to investigate, parents are urging swift action to prevent further exploitation.

As the investigation unfolds, all eyes will be on whether it leads to tangible reforms and greater transparency in the private school sector in Bandipora.

Retired Army Dogs Find New Homes as Companions and Therapists

JAMMU: Retired military working dogs, who have served the nation with unmatched loyalty and dedication, are beginning new chapters of their lives by spreading love and offering companionship. These canines, trained for specialized tasks and known for their calm demeanor, are being adopted by schools for special children and compassionate citizens across India, continuing their legacy of service in meaningful ways.

On the 246th Remount Veterinary Corps Day, the Indian Army gifted twelve retired military dogs to Asha Schools and benevolent individuals. This initiative reflects the Army's commitment to honoring its brave soldiers-both human and animal-who have dedicated their lives to the



nation's service. These retired canine heroes have played crucial roles in national security and humanitarian efforts, including detecting explosives, conducting avalanche rescues, tracking, and search-and-

rescue missions. Indigenous breeds like the Rampur Hound, Mudhol Hound, Combai, Chippiparai, and Rajapalayam are increasingly being utilized alongside established working dog breeds for such critical operations.

The therapeutic benefits of these dogs are significant, especially for children with special needs, helping them improve their social, emotional, and cognitive skills. For families, adopting these dogs provides an opportunity to welcome a loval companion who has served the nation with unwavering dedication.

— The Director General of Remount Veterinary Services (DGRVS), speaking on the occasion, emphasized the role of the Remount Veterinary Corps in breeding, training, and deploying dogs for various operational tasks. After completing their service, these dogs are cared for at the Canine Geriatric Centre at the Remount Veterinary Corps Centre and College in Meerut Cantt, where they live comfortably in their retirement years.

The Indian Army also operates Geriatric Centres for its retired equine and canine soldiers, treating them with the same respect and care as their human counterparts. These facilities ensure retired animals receive proper care and dedicated veterinary support, demonstrating the Army's commitment to its silent warriors.

Through this initiative, the Indian Army exemplifies compassion and respect for those who serve. It highlights the unbreakable bond between humans and animals, offering these brave dogs a dignified and fulfilling

Nizamuddin Bhat calls upon admin to mitigate crisis arising out of freezing cold

BANDIPORA: MLA Bandipore Nizamuddin Bhat has exhorted upon administration to meet the crisis, including power and water crisis, arising out of freezing conditions in the Kashmir Valley.



In a statement, Bhat said that the entire population of humans and animals in inaccessible hill areas is left with no alternative to get water for daily use and sustenance as natural resources are frozen or have dried up and alternative services including tanker services do not operate and have

Bhat said the condition in plains is no different where lift schemes are becoming non-functional either due to mechanical snags or due to poor power supply and poor storage.

"In the absence of power in several areas is compounding the woes of people. Patients, children and aged people are in trouble," he said.

He expressed dismay over the absence of prompt response to such disastrous situations and asked where the management is. Bhat said that the Wular population due to frozen zones has even lost the daily earnings and are left resourceless.

He said that people in far off villages of Bandipora, including Waven, Duban, Kudara, Kota Satri and entire Quil and Naidkhai blocks are finding it difficult to bear the brunt of cold wave, poor power supply and poor

He appealed to the chief minister to take note of miseries of the people and gear up essential services to mitigate the crisis. He hoped that residents also will cooperate as most of the misery is the outcome of natural intervention and administration alone is not equipped enough to deal with the abnormal situation without public support.

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DC B'la reviews arrangements for protection of Homeless & Vulnerable amid severe Cold Wave

BARAMULLA: In view of the inclement weather conditions and the ongoing severe cold wave in Kashmir, the Deputy Commissioner (DC) Baramulla, Minga Sherpa, convened a meeting at the DC office to review arrangements aimed at safeguarding the lives of homeless individuals and other vulnerable sections of society. During the meeting, the DC emphasized the urgent need to provide immediate relief and support to those most affected by the harsh weather conditions. He directed the Sub-Divisional Magistrates to identify and prepare shelter homes in their respective jurisdictions.

These shelters will provide a safe and warm environment for the homeless and other vulnerable individuals. The DC stressed that all identified shelters must be equipped with adequate heating arrangements to ensure comfort and protection against the biting cold.

Meanwhile, the DC instructed the Assistant Director FCS&CA to ensure the provision of food

supplies to the homeless to guarantee that no individual suffers from hunger during these challenging times.

In addition to these measures, the health department was tasked with addressing coldrelated health concerns. The CMO and the Medical Superintendent GMC Baramulla were directed to establish standard treatment procedures for illnesses associated with severe cold. The DC further said that safety and wellbeing of our people remain our top priority, especially during these extreme weather conditions. He urged all stakeholders, including the police and other administrative officers, to extend their full support in identifying and assisting those requiring help.

The meeting was attended by Assistant Commissioner Revenue (ACR), Sub-Divisional Magistrate (SDM) Uri, SDM Pattan, SDM Gulmarg, Chief Medical Officer (CMO), officers from the Police Department, and other key officials.

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The Global Influence of Islam: A Source of Intellectual and Spiritual Awakening



Islam is an eternal source of enlightenment and inspiration, transcending the boundaries of culture, geography, historical epochs and contexts. It embodies a profound and all-encompassing worldview that seamlessly integrates the spiritual/mystical, intellectual, scientific, ethical, and social dimensions of human life. At its heart lies the Quranic vision of Tawhid-the oneness of God and the unity of existencean idea that resonates across traditions and periods as a universal truth

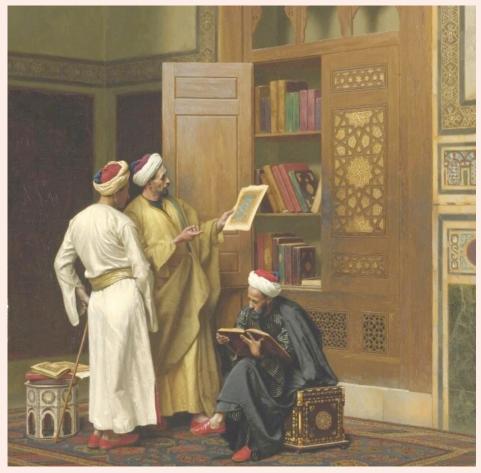
This central tenet underpins Islam's appeal as a transformative force that speaks to humanity's deepest existential questions while offering practical solutions to its challenges. Islam's enduring relevance is rooted in its ability to harmonize divine principles with the complexities of human experience, enabling it to guide civilizations and inspire individuals toward a higher purpose. It is this dynamic interplay between the timeless and the temporal that makes Islam not merely a religion but a comprehensive framework for human flourishing.

Islam's teachings offer a profound, timeless vision that transcends cultural and historical boundaries, urging humanity toward knowledge, justice, and compassion. One could quote hundreds of akin verses. The Quran's call to seek knowledge in the name of the Creator (96:1) and reflect on the universe's mysteries (3:190) invites intellectual and spiritual awakening. "Indeed, Allah commands you to uphold justice" (Quran 16:90). The Quran's call to "And for women is a share of what is left by parents and close relatives, whether the property be small or large" (Quran 4:7), has influenced Muslim societies' approach to women's rights and economic justice, sparking ongoing reform movements in the Muslim world.Prophet Muhammad's reverence for scholarship, declaring that "the ink of the scholar is more sacred than the blood of the martyr," underscores the pivotal role of learning in Islam. The faith's universal principles of justice, environmental responsibility, and human unity resonate through verses like "It is He who has made you successors upon the earth" (35:39) and "O mankind, indeed We have created you from male and female and made you peoples and tribes that you may know one another" (Quran 49:13). This inclusive view fosters dialogue and respect among different cultures, encouraging Muslims to engage with and learn from people of various traditions. "Whoever saves a life, it will be as if they saved all of humanity, and whoever takes a life unjustly, it will be as if they killed all of humanity."(Quran, Surah Al-Ma'idah, 5:32)This verse emphasizes the sanctity of human life and highlights the profound moral responsibility each individual carries toward preserving and protecting others. It reflects Islam's universal message of justice, compassion, and the immense value of every human soul. The value of love, brotherhood, unity, patience, seeking the truth, deceiving in weights and measures, justice, ethical standards, compassion, courage , peace, mutual respect , kindness, peaceful resolutions of conflicts, avoiding negative assumptions, honoring the rights of others, maintaining humility and avoiding arrogance, promoting a positive and community spirit and importance of standing together in the face of adversity are recurring themes mostly found in Quranic verses like (3:31, 49:9, 49:10, 8:46, 60:8, 49:11, 49:12, 49:13, 83:1-3 etc.) which contribute to

and strength through its teachings, such as "Verily, with every difficulty, there is relief" (94:6), providing timeless inspiration globally for humanity across all contexts.

The Quran's foundational declaration-"Read in the name of your Lord" (Quran 96:1)-is not merely an invitation to

patience, and hope in the face of adversity, offering comfort human values. Its insistence on justice ('adl), mercy (rahmah), and compassion (ihsan) forms the ethical bedrock of Islamic thought. This moral vision is not confined to personal piety but extends to social structures and institutions, advocating for the equitable distribution of resources, the protection of the vulnerable, and the establishment of systems that uphold



literacy but a call to intellectual and spiritual awakening. The Quran, Islam's foundational text, asserts its role as a guidance for all humanity, proclaiming itself as a source of enlightenment (Quran 24:35). This imperative has served as the cornerstone of Islamic civilization, fostering a culture that values knowledge as a sacred trust. Say, 'Are those who know equal to those who do not know?' Only they will remember (who are) people of understanding." (Quran 39:9). This verse is a timeless reminder of the importance of knowledge as a foundational pillar of faith and life. "And that there is for man nothing except that good for which he strives (Quran 53:39)" .This verse echoes that effort and striving determine what one attains in life. This motivates individuals and societies to strive for excellence, knowing that results are proportionate to their endeavours. The emphasis on reason ('aql) and reflection(tafakkur) underscores the Quran's alignment with human intellect as a means to comprehend divine signs (ayat) scattered across the universe. The Quran itself challenges its readers to contemplate the natural world, human history, and the cosmos, intertwining the empirical with the metaphysical in a manner that has inspired scientific inquiry and philosophical reflection for centuries. Islam's Golden Age was not an accidental historical phenomenon but the fruition of this epistemological framework, where scholars like Al-Farabi, Ibn Sina, Ibni Rushd, Al-Biruni, and Al-Idrisi expanded the horizons of human knowledge, integrating Greek, Persian, Indian, and indigenous traditions into a uniquely Islamic synthesis.

At a deeper level, the Quran's ethical and moral teachings a morally upright society. Islam also emphasizes resilience, transcend time and space, providing a framework for universal

human dignity. The institution of Zakat and sadaqat, baitulmaal etc. for instance, is not merely a charitable obligation but a profound mechanism for wealth redistribution, reflecting Islam's commitment to economic justice and social solidarity. This ethos has inspired countless movements for social reform, from the abolition of oppressive practices in early Islamic history to contemporary struggles against poverty, inequality, and injustice.

Islam's spiritual dimension, exemplified by its mystical tradition, offers another profound source of inspiration. Sufism, often described as the heart of Islam, seeks to transcend the ego and unite the individual soul with the Divine. The Quranic concept of Tazkiyah (spiritual purification) highlights the importance of inner purification, which allows individuals to align their hearts with the divine will. As the Quran states, "Indeed, Allah loves those who purify themselves" (Quran 9:108) and the pursuit of Ihsan (excellence in worship and good conduct) has inspired a deep commitment to personal moral development. This path of inner purification and divine love has produced some of the most luminous figures in human history, including Jalaluddin Rumi, Ibn Arabi, and Rabia al-Adawiyya. Rumi's poetry, suffused with the themes of divine love and human longing, transcends religious boundaries, resonating with universal audiences. Ibn Arabi's later developed concept of Wahdat al-Wujud (the Unity of Being) offers a metaphysical vision of the interconnectedness of all existence, emphasizing the divine immanence in every facet of creation. These mystical insights, while rooted in Islamic theology, have profoundly enriched global spiritual and philosophical discourses.

Culturally, Islam's adaptability has allowed it to flourish in diverse environments, from the deserts of Arabia to the steppes of Central Asia, the rainforests of Southeast Asia, and the bustling metropolises of the modern world. This adaptability is evident in the architectural splendor of the Alhambra, the geometric artistry of Persian carpets, the literary brilliance of Urdu poetry, and the rhythmic cadence of West African Islamic chants. Furthermore, Islam's ethical principles, rooted in justice, compassion, and equity, have inspired movements for social reform and liberation, shaping societies in ways that continue to resonate today. Its rich mystical tradition, exemplified by Sufism, offers a profound spiritual vision that transcends religious boundaries, addressing the universal human yearning for love, truth, and unity. Islam's $cultural\, adaptability, reflected\, in\, the\, architectural\, marvels\, of$ Andalusia, the poetic brilliance of Persian Sufi masters, and the diverse traditions of Southeast Asia, further underscores its universality. Arabic poetry is a vital part of the cultural and intellectual heritage of the Arab world and the broader Muslim civilization. Its ability to capture the essence of human experience in the most nuanced and profound ways makes it a timeless form of artistic expression. Whether exploring the beauty of nature, the complexities of the human spirit, or the search for truth and justice, Arabic poetry continues to inspire, enlighten, and provoke reflection, making it a universal and enduring treasure. Each culture that embraced Islam enriched it with its own traditions, creating a mosaic of expressions unified by shared faith and values. This cultural synthesis underscores Islam's universality, its ability to inspire creativity while preserving its core principles.

In contemporary contexts, Islam continues to offer profound insights and solutions to some of the most pressing challenges of our time. In a contemporary world grappling with environmental crises, social injustices, and spiritual dislocation, Islam remains a beacon of guidance. Its ecological ethics, rooted in the Quranic concept of stewardship, align seamlessly with modern sustainability efforts, while its holistic vision of human development provides a counterpoint to the fragmented approaches of modernity. Its ecological ethics, derived from the Quranic concept of humans as stewards (khalifah) of the Earth, provide a compelling framework for environmental sustainability. Its emphasis on justice and consultation (shura) aligns with modern democratic principles, offering a balanced approach to governance that prioritizes accountability and collective well-being. In an age of materialism and spiritual dislocation, Islam's holistic vision of human development-encompassing physical, intellectual, and spiritual dimensions-offers a pathway to meaningful and fulfilling existence. Figures like Seyyed Hossein Nasr, Karen Armstrong, Frithjof Schuon, Tariq Ramadan, Fatima al-Fihri, Leila Ahmad, Amina Wudud, Sheikh Hamza yousuf, Jamila al -Alali, Asma Lamrabet and scores of others have demonstrated in their serious and distinguished works demonstrated ow Islam as a spiritual and intellectual tradition, has profoundly shaped global thought. Their works underscore the universality of Islamic principles, fostering dialogue, ethical frameworks, intellectual and spiritual insights across cultures, epoches

Moreover, Islam's engagement with diversity and pluralism provides valuable lessons for a fragmented world. The Quranic recognition of human diversity as a sign of divine wisdom (Quran 49:13) and the Prophet Muhammad's practice of interfaith dialogue and coexistence highlight Islam's inclusive ethos. The Medina Charter, often regarded as the first written constitution in history, established a pluralistic polity where people of different faiths lived together under a framework of mutual rights and responsibilities. This vision of coexistence remains a powerful antidote to the sectarianism and exclusivism that plague contemporary societies.

Critically, Islam's capacity to inspire lies in its dynamism-the

ability to respond to changing circumstances while remaining rooted in its core principles. Throughout history, Muslim scholars, reformers, and thinkers have engaged with the challenges of their times, producing a rich legacy of intellectual and spiritual renewal. Figures like Al-Ghazali, Mulla sadra, Shah Waliullah, Sheikh Ahmed Sirhandi, Syed qutb, Hamidulla Farahi, Sir Syed, Iqbal, Abul Kalam Azad, Abul Ala maududi, and Muhammad Abduh and scores of others who exemplify this tradition of reform and revival, demonstrating how Islamic principles can be reinterpreted to address new realities. This intellectual vitality ensures that Islam remains not just a faith but a living force, capable of guiding humanity toward enlightenment and harmony in every age. Similarly thinkers like Abdolkrim Soroush, Fazlur Rahman, Ziauddin sardar etc. also have made significant strides in reimagining Islam's role in modern context. Yet, their ideas are often contested, illustrating the complex interplay between preserving tradition and embracing progress.

Some works can be mentioned here which engage critically with the transformative power of Islam, offering both intellectual depth and spiritual insights, provide valuable perspectives on how Islam can inform personal growth, moral development, and engagement with the modern world at individual and collective levels."Islamic Awakening: A Critical Discourse"-Dr. Muhammad al-Mukhtar al-Shinqiti,"The Message of the Qur'an"- Muhammad Asad, "In the Footsteps of the Prophet" -Tariq Ramadan, "The Quran and the Bible in the Light of Science"-Dr. Maurice Bucaille, "The Islamic Way of Life"-Syed Abul A'la Maududi, "Islam: The Religious and Political Life of Muslims"-Malise Ruthven, "Islamic Spirituality: Foundations" - Seyyed Hossein Nasr, "The Heart of Islam: Enduring Values for Humanity"-Seyyed Hossein Nasr, "The Road to Mecca"- Muhammad Asad, "The Revival of Islamic Thought" - Muhammad Iqbal. Similarly Professor Abdul Ghani Farooq's work(Why did we become Muslims?) is not merely a collection of biographies but an invitation to critically examine one's own relationship with faith, history, and spirituality. By exploring the personal journeys of these 66 individuals, readers are encouraged to reflect on their own path and find inspiration in the stories of transformation and the intellectual depth of the Muslim experience. Javed Ahmad Ghamidi, Dr. Tahir-ul-Qadri, and Ahmad Javid are influential voices shaping Islam's intellectual and spiritual legacy. Ghamidi champions a rational, Qur'an-centric approach to address modern challenges, while Dr. Tahir-ul-Qadri promotes peace, interfaith dialogue, and ethical awakening through global initiatives. Ahmad Javid, blending classical Sufism with contemporary thought, inspires love, divine connection, and self-purification through his poetry and philosophy. Together, they highlight Islam's potential as a transformative force for global harmony and enlightenment.

Islam's extraordinary ability to illuminate and inspire lies in its capacity to bridge the universal with the particular, the eternal with the transient. It provides a timeless framework for addressing the complexities of life while nurturing the human soul. Its teachings resonate not just as abstract ideals but as lived realities that have guided civilizations and uplifted individuals. In its universality and adaptability, Islam stands as a testament to the enduring power of faith to inspire, enlighten, and transform. Prophet Muhammad, "The best of people are those that bring most benefit to the rest of mankind," underscoring Islam's call to contribute to the welfare of humanity through both knowledge and action. Through its profound synthesis of divine guidance and human endeavor, it continues to shape a vision of existence that is as meaningful today as it was over fourteen centuries ago.

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Sinauli – the Greatest Archaeological Find of the 21st Century

SHUBHAM KEWALIYA

Archaeology functions as a major tool in unravelling the secret of India's glorious past. Archaeological excavations from time to time have laid bare the magnificent past of the sub-continent and brought it in front of the eyes of the world. An important archaeological discovery made in the second decade of the 21st century has not only attracted the attention of the country but the entire world. The archaeological remains recovered from the excavation in 2018 from Sinauli village of Baghpat district, located on the banks of river Yamuna at a distance of about 70 km from the capital New Delhi, completely changed the perspective of Indian history. Although Sinauli was excavated by the Archaeological Survey of India in 2004-2005; but the archaeological remains recovered in the excavation conducted in 2018 under the leadership of Dr. Sanjay Kumar Manjul, Additional Director General, ASI changed the passage of history writing in India.

This archaeological site has revealed the remains of 116 human burials dating back to 4000 years (this date is based on carbon dating). The archeological finds along with these human burial are unique in themselves. The most important archeological find from Sinauli is a horse-driven chariot made of wood and copper. This is the first instance where remains of a chariot have been found recovered during excavations in India. It is worth mentioning here that chariots have a special reference in the ancient texts of India. A total of 3 chariots have been recovered during the excavation. These chariots have been made with very advanced technology and are a symbol of ancient Indian knowledge system. These chariots were buried along with human graves and these humans were in fact the owners

of these chariots. Along with the chariots, we have also found copper swords from the graves of Sinauli which in the archaeological terminology are referred to as Copper Antenna swords.

found associated with these skeletons. From some burial grounds, we have also found shields which were used in war, and were made of wood and copper. Along with this, a helmet worn by warriors has also been unearthed for



From a burial ground in Sinauli, we have also discovered the remains of a bow made of wood. It is worth mentioning here that excavations have recovered skeletons of both men and women. Various types of antiquities have been the first time from Sinauli. This too was buried with the dead body and is made of copper. The antiquities found with the human skeletons undoubtedly provide irrefutable evidence that the former are the ancestors of the presentIndian population and constitute a warrior group. Not only this, the swords and other archaeological remains found along with the skeletons of women provide evidence that the social status of women in ancient India was equal to

that of men. There are ample details available in ancient Hindu texts about women being warriors.

The excavations of 2018 brought to light another specialty of the human burials found from Sinauli. The bodies were buried in wooden coffins. Although the wood used in the coffins got perished with time, but the ornamentation done on the wooden surface using copper and steatite provided a clue in unravelling that the bodies were kept in four-legged wooden coffins. On the upper surface of one of these coffins, nine anthropomorphic faces have been made using copper. These faces bear a crown with two horns and a peepal leaf on the top. This symbology probably had some religious connotation. The peepal leaf continues to hold a sacred space in Indian culture. Apart from the copper tools, various other types of archaeological remains have also been found from the burials of Sinauli. Food items, beads, arrowheads made

of bone etc. were also buried in earthen pots along with the dead. A sacred chamber made of burnt bricks has been excavated near the burial site of Sinauli. The roof of this chamber was probably built using perishable materials, for instance, wood. It seems that the dead bodies were brought to this chamber before burial and the last religious rites were performed here.

In the excavation done in 2005, no evidence of habitation site was found from Sinauli. In 2018, we have also found the remains of furnaces for firing pottery and smelting copper from Sinauli. In addition to this, a large number of burnt bricks have also been found from Sinauli which are 50 cm in length and 30 cm in width. These archaeological remains have made it distinct that the people buried in Sinauli used to live here permanently and these burials are not performed randomly.

The Saraswati - Indus Civilization has an important place in Indian history. The archaeological remains found from the excavation of Sinauli are completely different from those of the Saraswati Indus Civilization. In the past years, surveys conducted by archaeologists have revealed possibilities that 4000 years ago, a culture distinctive from the Saraswati Indus Civilization existed in the Ganga and Yamuna Doab. This cultural period deserves more research in order to understand it better. Scientific research is ongoing on the archaeological remains found from Sinauli. According to the excavator, the DNA of the skeletons unearthed from Sinauli and the DNA of the 4500-year-old skeleton recovered from Rakhigarhi are the same. These new data on the archaeological remains and ancient DNA studies of Sinauli are unravelling new facets of proto-history and in the years to come, will challenge the established theories of Indian history.

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Unlocking Closet: A Book on the Experiences of Kashmiri Muslim LGBT+ Released in Srinagar

landmark event in Srinagar on Sunday to launch the highly anticipated book, "Unlocking Closet: Lived Experiences of LGB Kashmiri Muslims," authored by Dr. Aijaz Ahmad Bund.

The book offers a profound exploration of the lives, struggles, and resilience of LGBTQ+ individuals within the Muslim community in Kashmir, shedding lighton a subject that has long been underrepresented in both academic and social discourse.

The event was attended by a diverse group of academics, activists, students, and members of the LGBTQ+ community, marking a significant step forward in the conversation about gender and sexual diversity in the region.

The ceremony began with a recitation from the Quran, followed by a welcome address by the Chairperson of Sonzal Welfare Trust, who underscored the organization's commitment to fostering inclusivity and amplifying marginalized

The book was officially released by a distinguished panel of dignitaries, including Dr. Monisa Qadri, Senior Assistant Professor and HOD of the Department of Mass Communication and Journalism, Dr. Mudasir, Clinical Psychologist at the Drug De-addiction Centre in Anantnag, Anam, Doctoral Scholar at the Department of

KULGAM: Member of Parliament (MP),

Anantnag Rajouri parliamentary constituency

Mian Altaf Ahmad today visited District Kulgam

and presided over a function held to celebrate

PMGSY Foundation Day at new conference hall

Addressing the gathering, MP said that Pradhan

Mantri Gram Sadak Yojna (PMGSY) has been a

transformative scheme through which road

connectivity has been built to even the remotest

Law, Central University of Kashmir, Feroz, to an often ignored subject. Developmental Practitioner in the field of Gender, and Bablu ji, a prominent transgender leader.

Dr. Aijaz Ahmad Bund, a well-known social worker and researcher, shared his personal journey



Poets and fiction writers from the Fiction Writers Guild, including Manzoor Ah. Kant Sahab, also contributed by presenting poems on gender and sexual minorities. Students and scholars from the University of Kashmir, Central University, and IUST also attended the event.

The book review was presented by renowned literary critic and development practitioner, Manzoor Ahmad Yatoo, who commended the book for its insightful and comprehensive approach

nation. He assured the people of taking up their

land compensation issue at an appropriate forum.

He appealed to them to take care of roads and

other government assets and desist from making

The Deputy Commissioner on

the occasion said that Kulgam has

a good road network and PMGSY

has played a vital role in constructing

roads in rural and difficult terrains.

Engineer PMGSY, Tanveer Mir

applauded the workers, contractors

and engineers and staff who are

making it possible to develop these

roads. Later, the MP inaugurated a newly upgraded

road of TO1 Chawalgam to DB Shopian via Nillow

Deputy Commissioner (DC) Kulgam Athar

Amir Khan, Chief Engineer PMGSY, Executive

Speaking on the occasion, Chief

MP Mian Altaf visits Kulgam, presides over function to celebrate

PMGSY Foundation Day

of writing the book. He stressed the importance of providing a safe space for Kashmiri LGBTQ+ individuals to share their experiences, thus giving voice to the societal pressures, discrimination, and resilience they face. "This book is not just about struggles; it is a testament to courage and the human spirit's ability to thrive against odds," Dr. Bund said, highlighting the book's central

Excerpts from the book were read aloud

during the event, moving the audience deeply. The narratives presented an intricate intersection of faith, culture, and identity, offering a rare and nuanced perspective on the challenges faced by LGBTQ+ Muslims in a conservative

Following the book launch, a panel discussion was held, featuring experts who discussed the necessity of dialogue, policy reforms, and greater societal acceptance to ensure the dignity and rights of LGBTQ+ individuals in Kashmir. The panelists underscored the importance of creating an inclusive environment where people of all identities could live freely and authentically.

The event concluded with an interactive session, during which attendees had the opportunity to engage with Dr. Bund and the panelists. Many participants expressed their gratitude for the initiative, which they saw as a much-needed platform for addressing the complex issues of gender and sexuality in the region.

Organisers said Unlocking Closet: Lived Experiences of LGB Kashmiri Muslims is now available in bookstores and on various online platforms, and it is expected to spark meaningful conversations and contribute to the ongoing quest for a more inclusive society.

2-Days Veshow Literary Festival commences at GDC Kulgam

KULGAM: Atwo day 'Veshow Literary Festival' was inaugurated today at the Degree College Kulgam campus by Chairperson, District Development Council (DDC) Kulgam, M Afzal Parray along with Deputy Commissioner (DC) Kulgam Athar Aamir Khan and SSP Kulgam Sahil Sarangal.

message of resilience.

Organized by the District Administration Kulgam, the festival has drawn a diverse audience, including literary figures, students, and art enthusiasts.

The event brought together leading writers, poets including Prof Shad Ramzaan, Prof Majru Rashid, Prof Shafaqat Altaf, Yousuf Jahangir, Mayasar Nashaad, Dr M Shafi Ayaz, Riyaz Anznoo, Nazir Ahmad Reshi, Shabeena Ara, Gumnaam Gani,

Nadim Shoqia and others offering an engaging platform for literary discourse.

The festival highlighted local heritage through vibrant displays of traditional art and captivating musical performances by local artists and students.

Addressing the gathering,

DDC Chairperson emphasized the importance of such events in promoting the literary traditions of the region. He applauded the initiative as a platform for nurturing local talent and celebrating Kulgam's rich cultural tapestry.

Speaking on the occasion, the Deputy Commissioner said

society, struggles and dreams, uniting us through shared

that literature reflects our



He also highlighted Jammu and Kashmir's rich literary legacy, particularly in South Kashmir, hometoiconic figures like Sheikhul-Alam. He also emphasized the timeless philosophies and writings of Mehmood Gami, Sochi Kral, Krishan Joo Razdan, and Prakash Ram, which continue

to inspire generations.

Seminar on Drug Abuse held at Women's College Anantnag



ANANTNAG: A thought-provoking seminar titled 'Drug Abuse: Causes, Effects, and Remedies' aimed to raise awareness about the growing menace of drug abuse and discuss actionable strategies to combat it was today held at the auditorium of Government Degree College (GDC) for Women Anantnag.

The seminar was organized by the Association of Anantnag Journalists (AAJ) in collaboration with GDC Women Anantnag. Deputy Commissioner (DC) Anantnag, SF Hamid, who graced the event as the chief guest, highlighted the collective responsibility of citizens in eradicating drug abuse. He lauded the District Administration's ongoing efforts to curb this societal menace, emphasizing the critical role of public participation in sustaining

these initiatives. $The \, guest \, of \, honour, SP \, Operations \, An antnag \, elaborated \, on \,$ the stringent measures taken by Anantnag Police against drug peddlers. He noted that properties worth crores linked to drug peddlers have been attached, and hundreds of arrests have been made in the last year. He expressed optimism about achieving even better outcomes in the near future.

Students from various schools passionately spoke on the topic, sharing their insights and calling for concerted action against drug abuse.

HDFC Bank Carries Out First Gold Forward Deal from GIFT City

Srinagar: HDFC Bank, India's leading private sector bank, has become the first domestic bank to execute a gold forward deal from GIFT City. The deal was executed by HDFC BANK GIFT City IBU in collaboration with Hindustan Platinum Pvt. Ltd., a global refiner and manufacturer of high purity precious metal products and industrial services.

Regulators have enabled onshore entities with gold price exposure to hedge their risk through GIFT City. HDFC Bank is committed to be a part of the development of the GIFT City bullion ecosystem. The Bank's IBU in GIFT City serves as a trading and clearing member on the Indian International Bullion Exchange.

Speaking on the occasion, Mr. Arup Rakshit, Group Head - Treasury, HDFC Bank said, "We are delighted to announce the successful execution of the first gold forward deal from GIFT City. This achievement underscores our commitment to leveraging the opportunities offered by GIFT City to deliver innovative and efficient financial solutions. HDFC Bank will endeavour to provide tailored hedging solutions to the gems and jewellery sector, as well as various industrial sectors, to effectively manage their risks." HDFC Bank, a nominated agency, is in the process of becoming a special category client on IIBX and is now offering gold and silver forwards from GIFT City.(KNT)

areas of the country, thereby contributing Engineer PPMGSY, AEE PMGSY and others were significantly in the rural road network of the present at the inauguration ceremony. Distt Admin G'bl organizes workshop on Good

Governance practices & vision 2047

GANDERBAL: As part of the ongoing Prashasan Gaon Ki Ore campaign, under Good Governance Week, the District Administration Ganderbal today organized a comprehensive workshop at the Conference Hall of Mini Secretariat,

of mini-secretariat Kulgam.

The workshop focused on discussing good governance practices and preparing a visionary document for the district's holistic development, aligned with the goals of Vision 2047.

During the workshop, panelists from the departments deliberated on key areas crucial for the district's sustainable growth. They shared insights and proposed strategies on a wide range of subjects.

The subjects that were deliberated thoroughly during the workshop included roadmap for achieving 100% literacy in the district by 2047, development of smallscale industries and promoting entrepreneurship, environmental sustainability, revival and sustainable management of natural springs and water bodies, developing sustainable irrigation



practices for agriculture, promoting ecotourism as a sustainable livelihood opportunity, transforming Ganderbal into an agricultural innovation hub with focus on organic farming, Social Infrastructure and Healthcare, empowering women and marginalized communities through targeted social schemes

Additional Deputy Commissioner (ADC) Ganderbal, Gulzar Ahmad while highlighting the purpose of the workshop, emphasized the importance of adopting innovative approaches and community-driven solutions to

achieve sustainable development goals. He said that the Vision 2047 document will serve as a blueprint for transforming Ganderbal into a model district that balances development with sustainability.

Highlighting the significance of the ongoing Prashasan Gaon Ki Ore campaign, the ADC directed all departmental representatives to prioritize the prompt and satisfactory resolution of grievances within a stipulated time frame.

Power crisis in Kashmir disrupts patient care, poses threat to oxygen-dependent individuals

Mudasir Ahmad

Srinagar: The ongoing power crisis in Kashmir has severely impacted patient care, particularly for those relying on oxygen concentrators and other life-saving equipment

The erratic electricity supply has left patients and their families grappling with uncertainty and anxiety as critical devices fail to function during prolonged outages. With temperatures plummeting, the

demand for electricity has surged, leading to unscheduled power cuts across the region. For oxygen-dependent patients, this disruption is life-threatening.

"My father depends on an oxygen concentrator round the clock. During power cuts, we have no option but to use backup cylinders, which are expensive and not always available," Shabir Ahmad, a resident of Khanyar,

told news agency KINS. Medical experts have raised concerns



"Patients with chronic obstructive pulmonary disease (COPD), asthma, or other respiratory conditions are particularly vulnerable. Any interruption in oxygen supply can lead to severe complications, or even fatalities," a doctor at SMHS Hospital

DC Kupwara presides over mega

workshop at D.C office

In rural areas, where access to backup generators or alternative energy sources is limited, the situation is even more dire. Families often resort to makeshift solutions, which are neither sustainable

The crisis has also highlighted the inadequacy of the region's healthcare infrastructure in dealing with such emergencies. Despite assurances from authorities, residents say there has been little improvement in the power supply. "We have been hearing promises for years, but the ground reality remains the same," said Gulzar Ahmad, a resident of Anantnag.

Health officials have urged the government to prioritize uninterrupted power supply for households with critical patients. Meanwhile, families are appealing for immediate intervention to prevent further loss of lives. (KINS)

PMKVY 4.0 to enhance craft skills of registered artisans

SRINAGAR: Handicrafts & Handloom Department, Kashmir, today urged registered artisans to opt for training for skill upgradation under the auspices of Pradhan Mantri Kaushal Vikas Yojana (PMKVY) 4.0, the Centre's flagship skill programme.

In a press statement issued here today, a spokesperson from the Handicrafts & Handloom Department, stated that 04 crafts have been selected under PMKY 4.0 under which artisans shall be trained in enhancing their employability skills to further boost the famed handicrafts and handloom sector of Jammu &

These crafts include Papier Mache, Copperware, Zari & Stone Carving. "Apart from this, artisans shall also be sensitized in Merchandising to boost sales," he said, adding that 650 artisans shall be trained in the first tranche and provided stipend.

Highlighting the need for enhancing skills and business acumen of artisans on stand-alone basis, the spokesman advised the interested artisans to approach the Coordinator at the Craft Development Institute, Bagh-e-Ali Mardan Khan, Nowshera, Srinagar, for registration. "While 04 courses shall be imparted at CDI Srinagar, 1 program shall be organized at EDI Pampore for stone craft in District Pulwama," he added.

The last date for receipt of registrations at CDI shall be December 31. The spokesperson further stated that PMKY 4.0 training shall involve 60 hours of lectures and 12 hours of advance skill training, spread over 12 days.



Ahmedabad Municipal Corporation delegation explores Srinagar Smart City innovations

SRINAGAR: A delegation of 47 officials from the Ahmedabad Municipal Corporation (AMC) visited Srinagar to study the city's groundbreaking Smart City projects.

The visit aimed to promote collaboration and share best practices in urban development, highlighting a shared vision of enhancing infrastructure and improving quality of life in Indian

The delegation explored several transformative projects under the Srinagar Smart City Mission, including the Integrated Command and Control Center (ICCC), Jehlum Riverfront, Balidan Stambh, Northern Foreshore Road, Nishat Sathu, Shalimar Canal, Ghanta Ghar and the revamped PoloView Market. These initiatives reflect Srinagar's focus on sustainable development and urban modernization.

Officials from Srinagar Smart City Ltd. provided detailed presentations on project execution, architectural innovation, and technology integration to improve urban services. Discussions emphasized sustainability, environmental conservation, and communitycentric planning as key

components for shaping the city's future.

"This visit underscores the importance of inter-city collaboration in pursuing urban excellence," said an official from Srinagar Smart City Ltd. "We are delighted to share our experiences and learn from AMC's perspectives, paving the way for smarter and greener cities.'

The AMC officials praised Srinagar's innovative and sustainable urban planning, commending the city for blending effectively modernization with the preservation of its rich heritage.

retd. IAS Officer, Mohammad Shafi Rather was the chief guest on the occasion. The DC in her address, welcomed the chief guest and said that 'Prashasan Gaon Ki Ore' is the initiative of the Ministry of ARI & Trainings wherein

Office here.

KUPWARA: In connection with the celebration

of ongoing Good Governance Week and Prashasan

Gaon Ki Ore initiative of the Government, District

Administration Kupwara today organized a mega

Workshop in the Main Conference Hall of D.C

Commissioner(DC) Kupwara, Ayushi Sudan, while

The event was presided over by Deputy

the districts have been called for resolving the grievances of the public, besides, outreaching to tehsils, blocks, panchayats and sub divisions to improve the connect between administration and the public. She expressed hope that the valuable feedback by the chief guest who has been an experienced

Administrator will benefit the officers in resolving the issues and grievances of the people in a better way. The DC mentioned various developmental works going on in the district which on accomplishment will have a revolutionary impact on the lives of the people and include construction of National Highway-701, RKCTC (Rafiabad-Kupwara-Chowkibal-Trehgam-Chamkote) and Government Medical College.

She also highlighted the major schemes and programmes being currently implemented by the District Administration including Mission Yuva, HADP, JJM, Digitization of Land Records, etc. In his speech, Mohammad Shafi Rather said that the Good Governance Week - Prashasan Gaon Ki Ore is an initiative by the Government to bring transparency and ease the public service delivery at the doorsteps of the people. He shared his experience with the participants about the time when he served as DC Kupwara and expressed



delight over the development registered by the district till date. He expressed hope that this development will touch the heights in near future.

Rather said that the majority of the people living in district Kupwara are connected with Agriculture and earn their living from this sector and emphasized the need to boost this sector by putting special focus on programmes like HADP.

He said that the people are now more empowered that they have representatives at each level of administration including Panchayat, Block and District level which have further strengthened the governance process and brought a significant change in the lives of the people. On the occasion, different departments including Health, Education, JJM, Agriculture, Horticulture etc highlighted the achievements and targets of their departments. Documentaries were also presented in the workshop, highlighting various developments in the recent past in the district including establishment of Government Medical College, Dialysis Centre, achievement of TB Free Kupwara.

DC Shopian demonstrates use of Land records portal for public

SHOPIAN: To ward-off the grievances regarding non-accessibility of land records for the public flagged-off during public outreach camps in the district, the Deputy Commissioner (DC) Shopian, Mohammad Shahid Saleem Dar today demonstrated the application of accessing land records online, encouraging citizens to take advantage of this facility. The revolutionary digital facility which is accessible at https://landrecords.jk.gov.in to all citizens without any human interface of local revenue officials is aimed to minimise the corruption and enhance responsiveness and transparency,

said DC Shopian while appealing to the public to make use of the facility and be empowered/sensitized about their land records.

He also briefed about the benefits of online land records and steps involved in accessing land records online.

Demonstration is an effort by the DC to make massive awareness of the initiative, which is available for years now, although not been used widely by the people. The effort is part of the government's endeavor to promote transparency, accountability, and citizen-centric governance.

RELISH A GUILT-FREE TREAT

Dietician says these 5 fruits have more antioxidants than green tea

e it weight loss, blood sugar, or cholesterol management – people often rely heavily on green tea for its high antioxidants value and shy away from fruits owing to their fructose (naturally occurring sugar) content. Antioxidants are components that help fight inflammation, free radicals and protect the body against the risk of chronic diseases. Although multiple studies have stressed a maximum of three cups of green tea a day for obtaining its health benefits, there are other sources of antioxidants too that can make for your daily requirement of the essential. And as it turns out, some of the best, richest sources of antioxidants other than green tea are fruits; and these varieties have way more of this substance than the popular beverage itself.

To know more about the healthiest fruits that contain more antioxidants than green tea, Times Now Digital connected with Ms. Indrani Ghosh – Chief Dietician at Manipal Hospitals. The expert said that foods with darker, richer colours like orange, yellow, blue and red tend to be higher in antioxidants.

blue, and red tend to be higher in antioxidants.

Take a look at the healthiest fruits with the highest antioxidants content.

Berries: Berries contain roughly 37 milligrams of catechins for every one or 3/4 cup. That's more than 14 times the same amount of brewed green tea. Fruits lose their catechins when processed, however, so be sure to munch on fresh for the full effect. Blueberries, cranberries, and raspberries store catechins as well, but blackberries are the top pick when it comes to catechin concentration. When in doubt, the darker the berry the more catechins it has.

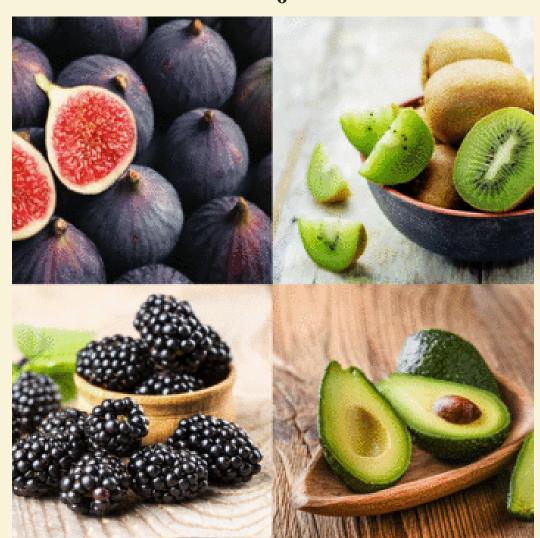
Pomegranate: Pomegranate seeds are most valued for their anti-viral and anti-bacterial properties. Besides, it is a low-calorie fruit that makes it a perfect snack to munch on without any guilt. Pomegranate might help you detox better than green tea as it is loaded with antioxidants and helps improve gut health.

Antioxidant flavonols (in pomegranate) have been shown to significantly reduce the activity of proteins that cause inflammatory conditions like arthritis. These factors further help with weight loss.

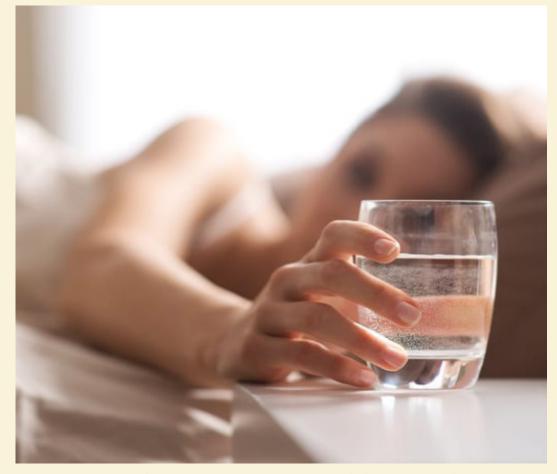
Grapefruit: Fresh grapefruit and 100% grapefruit juice have an array of phytonutrients including flavonoids and carotenoids. It naturally contains many flavonoids -plant compounds similar to those found in red wine (resveratrol), green tea (catechins), and chocolate (cocoa flavanols). Naringenin is the most common flavonoid found in grapefruit, followed by hesperidin. 1 grapefruit has many carotenoids, especially in pink/red grapefruit and grapefruit juices, but the most concentrated are beta-carotene, lycopene, lutein, and zeaxanthin. Carotenoids behave as antioxidants, help our cells communicate with each other, support our immune system, carotenoids including beta-carotene, alpha-carotene, and betacryptoxanthin which can form vitamin A in the body. Vitamin A is necessary for normal eyesight, reproduction, growth and development, cell health, gene expression, and immune function.

Apples: Apples are a rich source of phytochemicals like catechins. This fruit has been linked to positive health benefits like inhibiting cancer cell growth, reducing low-density lipoprotein (LDL or bad cholesterol), and lowering diabetes risk. The largest concentration of catechins is found in apple skin – therefore, it is recommended to not retain it for consumption.

Guava: Much like green tea, guava leaves are loaded with catechins and other antibiotic properties. In fact, guava leaves can be steeped into a tea and used for a variety of medicinal uses – anti-inflammatory and anti-diarrheal. In addition to its leaves, the pulp of the guava fruit has more vitamin C than a pineapple, more potassium than a banana, is full of fiber, and contains lycopene, which can protect the skin against UV rays and prevent cardiovascular damage.



Berries: Berries contain roughly 37 milligrams of catechins for every one or 3/4 cup. That's more than 14 times the same amount of brewed green tea. Fruits lose their catechins when processed, however, so be sure to munch on fresh for the full effect. Blueberries, cranberries, and raspberries store catechins as well, but blackberries are the top pick when it comes to catechin concentration. When in doubt, the darker the berry the more catechins it has



ewborns, infants, adolescents, adults or the elderly – sleep requirement of every age group varies. After a strenuous day at work or school, after a long and hectic trek or an intense workout session – there is nothing more blissful than a good night's sleep. We spend many-an-hour working and stressing all day; sleep offers relief from all the strain and helps you feel energised for the activities of the upcoming day. However, if for any reason one feels sleep deprived – be it because of insufficient or improper rest – the exhaustion, lethargy, fatigue, and mood swings that come with it affect overall health in the long run.

According to a study published in the Journal of Psychosomatic Research, it was discovered that in a group of about 22,000 volunteers, 31.2% of the people above 15 years of age woke up between the nights thrice a week at least.

Although tossing in bed doesn't count as waking between nights, sleep specialists have revealed the causes of the same and how one can remedy the situation. Keep reading.

Drinking liquids near bedtime: Yes, it is a healthy habit to stay hydrated throughout the day. However, drinking too many liquids around bedtime can backfire

as it may call for frequent urination forcing you to wake up again and again thereby disturbing peaceful sleep. As a remedy, try drinking beverages sometime in the evening or in limited quantities around bedtime.

Alcohol intake around bedtime: Alcohol does induce a sense of drowsiness; however, as explained by an expert from Stanford University School of Medicine, when alcohol is consumed around bedtime, it can disturb sleep or delay the onset of the REM stage. Additionally, alcohol triggers dehydration which can make you feel thirsty mid-sleep, force you to wake up time and again for water or to urinate.

Sleep apnea: Sleep apnea is a serious sleep disorder wherein breathing stops every now and then. One may end up snoring too loud, waking up every now feeling breathless, or gasping. A serious condition, sleep apnea can hint at long-term risk of chronic diseases of the heart or more. Therefore, it is important to check with a doctor timely for better management of the condition.

Pain: Pain in any form, be it chronic or acute, can result in fragmented sleep and exhaustion thereafter. Be it physical pain or mental stress, it can disturb REM sleep and force you to wake up every now and then tossing to find relief. Experts recommend opting for the right mattress or checking with a medical practitioner to know the root cause of discomfort and seek treatment accordingly.

BLAME THESE

four habits & health problems for waking up too often mid-sleep



Drinking liquids near bedtime: Yes, it is a healthy habit to stay hydrated throughout the day. However, drinking too many liquids around bedtime can backfire as it may call for frequent urination forcing you to wake up again and again thereby disturbing peaceful sleep. As a remedy, try drinking beverages sometime in the evening or in limited quantities around bedtime



Continued From P1...

MP Aga Ruhullah

I'm not here to divide my party. I will knock on every door to seek justice; and if anyone wants to create chaos in J&K, I will hit the streets to oppose them."

The MP extended gratitude to leaders like Waheed Parra, Iltija Mufti and Awami Ittehad Party (AIP) for supporting the cause. "This is not about dividing parties or creating chaos. It is about ensuring justice for the youth," he added.

People's Democratic Party (PDP) leader and MLA Waheedur-Rehman Parra called for urgently addressing the reservation policy issue. "We are not here for political mileage. The future of our youth cannot be neglected. With the alarming unemployment rate in Jammu and Kashmir and the absence of a robust private sector, public sector opportunities are crucial for our youth," he said.

Parra criticised the current system as being "lopsided" and urged for equitable distribution of reservation quotas. "Merit must not be sacrificed. We are not opposing any community, but we demand fairness and equality for all," he added.

PDP leader Iltija Mufti slammed the government for its inaction. "It has been a month since the cabinet sub-committee was formed, but there has been no progress. Hollow promises won't suffice; the government must act decisively," she said.

She urged the administration to demonstrate leadership during this crisis. "This is a test of governance. A fair and timebound resolution to the reservation policy issue is what we

Mufti reiterated that the protest was not against any community but aimed at achieving a balanced reservation policy. "Our party stands committed to advocating for fairness and ensuring the government delivers on its promises," she added.

Mirwaiz Umar Farooq extended his support for the protesters in a post on X (formerly Twitter), stating, "The issue of reservations should be addressed with justice and fairness. The current policy undermines the interests of the general/open merit category. I appeal to the authorities to address their concerns immediately."

Mirwaiz expressed his willingness to join the protest, saying, "If allowed by the authorities, I will personally join the protest. My delegation will be present to support the cause, and I will raise the issue in Jama Masjid whenever permitted.'

Former SMC Mayor Junaid Azim Mattoo accused the ruling party of failing to deliver on its promises. "The reservation issue was not thrust upon the government; it is something they promised to resolve. Now they are making excuses to evade responsibility,"

The calls for the revocation of the reservation policy have been getting louder with the support of students' associations, leaders and political parties. The leaders have called for a more balanced and just policy that reflects population proportions without sacrificing merit.

On the occasion, AIP MLA Sheikh Khurshed said they will support anyone who is against the discriminatory reservation policy.

CM Omar

one each from Central, South and north Kashmir and one from Jammu division. The delegation met the Chief Minister to express their concerns and put forth their demands.

After the meeting, one of the student representatives briefed the media about the deliberations. "We spoke with him for half an hour, presenting all our queries and citing official data to suggest possible solutions. CM Sahib gave actionable points. For instance, he mentioned issues related to the 10% EWS quota and Rule 17, which fall within the government's domain and can be addressed immediately. He assured that these matters would be resolved. He also mentioned that the subcommittee will address other broader concerns in a time-bound manner, promising a resolution within six months. However, he clarified that six months is the upper limit and decisions can happen earlier."

Rana reviews

completion of some water supply schemes under JJM besides inclusion of works under AMRUT 2.0 for their areas.

The Minister directed the concerned officers for taking necessary steps to ensure early resolution of the same.

ACS, Jal Shakti Department, Shaleen Kabra, presented an overview of the current water supply scenario prevalent all over the valley. He also enumerated different steps being taken by the department to tide over the water crisis faced due to drastic reduction in discharge of water from the sources. He informed that out of 2050 schemes, 40 schemes had got affected due to recent snowfall at higher reaches or depletion of sources. He revealed that 26 of these affected schemes had been restored by the Department and 14 more are currently being looked

after for restoration. He further informed that 78 government owned and 13 private water tankers had been put into service to supply portable water to the areas where there is scarcity of the same.

Moreover, it was added that steps like embedding and insulation of exposed pipes, provisioning of 328 DG sets to overcome the eventual power cuts, diversion of raw water by making stone bunds besides establishing district and divisional level control rooms for public for resolving their water related problems in a time-bound manner are being taken up.

Disseminate Works

of the Hon'ble Prime Minister Narendra Modi, Jammu Kashmir is witnessing a cultural resurgence.

He said, in the future, the IGNCA Centre at Jammu will further strengthen government's efforts for the promotion, development and enrichment of folk traditions.

Emphasising the role of enlightened citizens and stakeholders to develop artistic mindset in the new generation, the Lieutenant Governor said the creative potential of the youth will benefit other sectors of the society.

He called for committed efforts for dissemination of works of great thinkers and writers like Yogini Lalleshwari, Nund Rishi, Habba Khatoon, Parmanand, Dattu, Thakur Raghunath Singh, Pandit Hardutt, Gangaram, Padma Sachdev, especially to the younger generation.

In this era of rapid change, it is also our collective responsibility to ensure that the articles, monographs, books on regional literature, folk music, drama genre and Pahari art become a part of every household, he added.

The Lieutenant Governor also applauded the IGNCA and J&K Council of Educational Research & Training (SCERT) for organising Toycathon.

He said the Toycathon provides an opportunity to our youngsters to participate in grassroot innovation and lead them to design and develop toys based on local cultural ethos and life of local heroes.

The Lieutenant Governor also spoke on the revolution taking place in UT of J&K in education sector, in the past few years. "I am proud that Jammu Kashmir is leading the country in implementing the recommendations of the National Education Policy 2020",

On the occasion, the Lieutenant Governor felicitated the students who excelled during the District/School level competitions under Toycathon 2024.

He also released several publications of IGNCA, and visited the stalls put up by different school students exhibiting innovative and creative toy designs, and clay models prepared by artists from various states.

Sakina Ittoo, Minister for School/Higher Education, Health & Medical Education and Social Welfare; Dr Sachidanand Joshi, Member Secretary IGNCA; Suresh Kumar Gupta, Principal Secretary Culture and School Education; Dr Rashmi Singh, Commissioner Secretary, Higher Education; Prof. (Dr) Parikshat Singh Manhas, Director SCERT J&K; senior officials; Teachers, Artists and students were present. Anand Jain, ADGP Jammu; Ramesh Kumar, Divisional Commissioner Jammu; Vice Chancellors of several Universities and Heads of various educational institutions were also present on the occasion.

Stick to scheduled

supply during the harsh winter season.

He instructed the Power Development Department (PDD) to strictly comply with the scheduled curtailment program and ensure proper publicity of planned power outages to keep consumers informed in advance.

The Chief Minister was briefed on the current power situation in the valley, including the Load Curtailment Plan (LCP) and the demand-versus-consumption statistics.

It was highlighted that despite a 7-8% increase in electricity supply compared to the previous year, the extreme cold has caused a significant rise in the load profile, exceeding available resources. This situation is further aggravated by record-low power generation due to minimal water discharge in hydroelectric power plants, the meeting was informed.

Officials also apprised the Chief Minister of the department's nterventions to reduce the demand-supply gap

It was reported that substantial capacity additions have been made since the last winter to meet increased demand.

The Chief Minister directed officials to rationalize the load curtailment program based on the loss profile of feeders and explore options to enhance the allocation of power.

He also stressed the importance of equity in providing electricity to all while incentivizing law abiding consumers but ensuring adequate power supply, especially during this period of severe cold, is made available to the general public.

Chief Secretary Atal Duloo attended the meeting virtually, the meeting was also attended by Additional Chief Secretary to the Chief Minister Dheeraj Gupta, Principal Secretary PDD Rajesh H Prasad, Managing Director JKPTCL, Managing Director KPDCL and Chief Engineers of various wings of the Power Development Department. The Chief Minister emphasized the urgent need for the smart metering of Distribution Transformers (DTs) and feeders to improve the monitoring and efficiency of the power distribution system.

Later, the Chief Minister inspected the Sub Load Dispatch Centre (SLDC) at Bemina to review the load monitoring system.

He was provided with division- and district-wise details of power load and consumption and he directed officials to allocate electricity with maximum efficiency o minimize disruptions. Reaffirming his commitment to addressing the hardships caused by the severe winter conditions, the Chief Minister urged PDD authorities to prioritize uninterrupted power supply for essential services and to remain proactive in managing the challenges posed by the ongoing cold wave.

Revised Revision

extending the date for punching of claims and objections due to receipt of large number of forms (claims and objections) on fag end and their punching was still pending, read the communication.

Budget session

outline the government's financial and developmental roadmap for the upcoming fiscal year.

Key areas such as infrastructure development, employment generation, and healthcare, education, and welfare schemes are likely to dominate the discussions.

Chief Minister Omar Abdullah attended a pre-budget meeting in Jaisalmer, Rajasthan, to discuss financial planning and seek expert inputs ahead of the session.

The meeting, attended by senior officials and financial experts, aims to incorporate innovative ideas and best practices into the upcoming budget to ensure inclusive and sustainable development for Jammu and Kashmir.

The Budget session will also provide a platform for legislators to deliberate on governance reforms and evaluate the performance of ongoing programs.

Agriculture Minister

walnuts to the finest apples of Kashmir Valley, our farmers make us proud on both national and international platforms."

Detailing government initiatives to uplift the farming community, the Minister emphasized the Holistic Agricultural Development Program (HADP), a comprehensive initiative with a Rs 5,013 crore outlay over five years. The program aims to nearly double agricultural output to Rs 65,700 crore annually, create 2.8 lakh jobs, establish 19,000 enterprises and train 2.5 lakh individuals in modern farming practices.

In addition to these measures, the government has established 500 Kisan Khidmat Ghars (KKGs) as one-stop support centers for farmers, with plans to expand the number to 1,500. Outreach efforts under the Kisan Sampark Abhiyan are also being scaled up to connect with the farming community more effectively, stated the Minister.

PM Modi

families", the Prime Minister said.

The Prime Minister emphasised that the government is prioritizing the full utilization of India's youth talent through initiatives like Rozgar Melas. Over the past 10 years, there has been a concerted effort to provide government jobs across various ministries and departments. Today more than 71,000 youth have been handed their appointment letters, the Prime Minister highlighted. Shri Modi underlined that in the last one and a half years, around 10 lakh permanent government jobs have been offered, setting a remarkable record. These jobs are being provided with complete transparency, and the new recruits are serving the nation with dedication and integrity.

The Prime Minister underscored that the development of a country relies on the hard work, capability, and leadership of its youth. India is committed to becoming a developed nation by 2047 as the country's policies and decisions focus on empowering its talented youth. He said over the past decade, initiatives such as Make in India, Atmanirbhar Bharat, Startup India, Stand-Up India, and Digital India have placed youth at the forefront.

Modi noted that India is now the world's fifth-largest economy and the third-largest startup ecosystem. Today, Indian youth are brimming with new confidence. They are excelling in every sector. Young entrepreneurs launching startups today benefit from a robust support system. Similarly, youth pursuing careers in sports have confidence that they will not fail because they now

are supported by modern training facilities and tournaments. The Prime Minister noted that the country is undergoing a transformation across various sectors, becoming the second-largest in mobile manufacturing. India is also making strides in renewable energy, organic farming, space, defense, tourism, and wellness, creating new opportunities and reaching new heights in each area.

The Prime Minister underscored that to drive the country's progress and to build a new India, nurturing young talent is crucial, and this responsibility lies with the education system. The National Education Policy (NEP) is guiding India toward a modern education system that offers students new opportunities.

Modi said previously, the system was restrictive, but now it fosters innovation through initiatives like Atal Tinkering Labs and PM-SHRI schools. "The government has also addressed language barriers for rural youth and marginalized communities by allowing learning and exams in the mother tongue, and providing recruitment exams in 13 languages. Additionally, quotas for youth from border areas have been increased, with special recruitment rallies for permanent government jobs. Today, over 50,000 youth received appointment letters for the Central Armed Police Forces, marking a significant achievement", the Prime Minister added.

Talking about the birth anniversary of Chaudhary Charan Singh Ji today, the Prime Minister said the government feels privileged to honor him with the Bharat Ratna this year. "We also celebrate this day as Farmers' Day, paying tribute to the farmers who provide us with food. Chaudhary Sahib believed that India's progress depends on the progress of rural India. Our government's policies have created new employment and self-employment opportunities in rural areas, especially for youth in agriculture", the Prime Minister added. **SIA files**

media handle, following which an investigation was initiated by SIA Jammu. During the investigation, SIA apprehended Farhaan Muzaffar Mattoo, a resident of Srinagar, for his alleged role in gathering and sharing sensitive information about targeted employees. The probe revealed that Mattoo acted as a conduit, using encrypted communication platforms to pass critical data about migrant employees to handlers based in Pakistan, who then issued threats

Inadvertently my parentage in Driving Licence No JK-1520130007375 has been wrongly spelled as Abdul Ahad Sofi while the correct spelling is Ab Ahad Sofi. Now I want to rectify the same. Anybody having objection in this regard may file the same before the office of ARTO Bandipora within seven days from the date of publication of this notice. No objection will be entertained thereafter.

Feroze Ahmad Sofi S/O Ab Ahad Sofi R/O Bandipora

This is an information for general public that the DOB of my Son has been Wrongly mentioned in his school records as 11-12-2012. While as his Actual and correct DOB is 11-09-2011. Now i want to apply for its correction in this regard any person having any objection he/she may file the Objections in office of the Headmaster GOVT Middle school Lowdara Bandipora, with in a period of seven days from the date of the publication of this notice, after that no objection shall be accepted.

Gh Hassan Shah. F/O Aaaib Hassan Shah. R/O Lowdara Bandipora.

This is an information for general public that my Daughter Namely Irtiza Ferooz, in her Aadhar card bearing Registration No 4219 7996 4469, her DOB has been Wrongly mentioned as 02-10-2005, while as her actual and correct DOB as per school record is 10-03-2011. Now i want to apply for its correction in this regard any person having any objection he/ she may file the Objections in office of the Concern Authorities with in a period of seven days from the date of the publication of this notice, after that no objection shall be accepted.

> Zamrooda Begum. W/O Farooz Ahmad Ganie. R/O Watrina Lawaypora Bandipora.

This is an information for general public that in my Driving licence bearing Registration No JK15 20200001275, my name, parentage and Address has been Wrongly mentioned as Tariq Hassain Lone S/O Mohd Sarvar Lone R/O Gulshanpora(Bagtore) Gurez Bandipora J&K 193503.while as my Actual and correct name, parantege and Adress as per my Aadhar card is Tariq Hussain Lone S/O Mohd Sarwar Lone R/O Gulshanpora Kargbal Bandipora Kanzalwan J&k 193503. Now i want to apply for its correction in this regard any person has any objection he/she may file the Objections in office of the Assistant Regional Transport Office Bandipora with in a period of seven days from the date of the publication of this notice, after that no objection shall be accepted.

Tariq Hussain Lone. S/O Mohd Sarwar Lone. R/O Gulshanpora Kargbal Bandipora Kanzalwan J&K 193503.

through the "Kashmir Fight" platform.

The chargesheet also names Sheikh Sajjad Ahmad, alias Sajjad Gul, a Srinagar resident now operating from Pakistan, as the mastermind of this plot. Sajad is accused of coordinating the campaign to intimidate migrant employees and disrupt communal harmony in the UT.

NEWS | 7

The exposing of terror plans to disrupt peace underscores the determination of Jammu and Kashmir Police to protect its citizenry and provide a peaceful environment to them.

The chargesheet was filed before the 3rd Additional Sessions Judge, Jammu, today.

This is an information for general public that in my Driving licence bearing Registration No JK15 20200001275, my name, parentage and Address has been Wrongly mentioned as Tariq Hassain Lone S/O Mohd Sarvar Lone R/O Gulshanpora(Bagtore) Gurez Bandipora J&K 193503.while as my Actual and correct name, parantege and Adress as per my Aadhar card is Tariq Hussain Lone S/O Mohd Sarwar Lone R/O Gulshanpora Kargbal Bandipora Kanzalwan J&k 193503. Now i want to apply for its correction in this regard any person has any objection he/she may file the Objections in office of the Assistant Regional Transport Office Bandipora with in a period of seven days from the date of the publication of this notice, after that no objection shall be accepted.

> Taria Hussain Lone. S/O Mohd Sarwar Lone. R/O Gulshanpora Kargbal Bandipora Kanzalwan J&K 193503.

NOTICE

This is an information for general public that in my Bank account KCC, Bearing Account No:KCC 122, my name and parantege has been mentioned as Saleem Rasool Lone S/O Ghulam Rasool Lone, while as my Actual and correct name and parantege as per my Aadhar card is Saleem Rasool S/O Gh Rasool Lone. Now i want to apply for Change my name and parantege in my KCC Back Account, in this regard any person having any objection he/she may file the Objections in office of the Manager jammu and kashmir Bank branch Office Garoora Bandipora with in a period of seven days from the date of the publication of this notice, after that no objection shall be accepted.

Saleem Rasool. S/O Gh Rasool Lone. R/O Garoora Bandipora.

This is an information for general public that Electricity Agreement Bearing Consumer ID No:0216010004192, which is Registered in the name of Mohmmad Ramzan Ganie S/O Gh Mohmmad Ganie.R/O S.K.Payeen Bandipora, Now i want to apply for Change this Electricity Agreement in the name of Imtiyaz Ahmad Ganaie S/O Mohd Subhan Ganaie R/O Sadrakote pain Bandipora, in this regard any person has any objection he/she may file the Objections in office of the Assistant Executive Engineer Electricity Sub Division Bandipora with in a period of seven days from the date of the publication of this notice, after that no objection shall be accepted.

Imtiyaz Ahmad Ganaie. S/O Mohd Subhan Ganaie. R/O Sadrakote pain Bandipora.

I have lost the Date of Birth Certificate of my son somewhere. Now i am applying for its duplicate. If anybody has any objection in this regard may contact Registrar Birth and Death SMC Karan Nagar Sringar within a weeks time.

Name -Mohammad Nabeel Mircha S/o zuhoor ahmad mircha DOB-14-11-2022 A/d zachaldara

از نبيابت خبيار عنوان درخواست منجانب: صحرصنيف ولد صنيف محد ملک سائنه بونه کوٹ بغرض حصول اربی اے سرٹیفکیٹ . اشتهار بمرادآگاهی هر خاص عام

معامله مندرجه عنوان الصدريين كاغذات سأئل نببت حصول سنداريي اے سڑ نفیکٹ مزکورہ دفتر ہذا میں زیر کاروائ ہے۔ اگر اس بارے میں کسی کو کوئی اعتراض ہوتو سات دن کے اندر یوم دفتر بذا میں اپنا اعتراض پیش کریں،معیاد گزرنے کے بعد کوئی اعتراض قابل قبول نہیں ہوگا۔

نائب تحصيلدار

Coach Walter after home whitewash: SA will 'shine through' in Champions Trophy

outh Africa will find a way to "pull together" for the Champions Trophy 2025 after suffering their first ODI whitewash at home and without any more match practice with a full-strength squad ahead of the tournament, according to white-ball coach Rob Walter.

After overseeing the 3-0 defeat to Pakist

Walter has been left with an ODI record of two series wins from six but does not think bilateral form accurately reflects what the team is capable of at major tournaments. "I know they'll shine through when it comes to these world events, these marquee events. The guys tend to step up. They tend to bring their best cricket," Walter said at the Wanderers. "We've seen that for two World Cups in a row."

In June, South Africa reached the T20 World Cupfinal with no bilateral series wins from four attempts under Walter and with the entire squad only convening two days before the event started, with players traveling from the IPL. And last November, South Africa reached the ODI World Cup semi-final, with limited ODI game time under their belt. They drew a series against West Indies in March 2023

and then came from 2-0 down to beat Australia 3-2 in September just before the tournament.

This time, they also have fixtures on the eve of the Champions Trophy - a tri-series in Pakistan - but will not be able to have all their first-choice players available as some will be competing in the final stages of the SA20. Walter understands that could pose a challenge.

"The reality is the lead up into the Champions Trophy won't be anything, like the lead up to the World Cup. That's the reality of the way the schedule is stacked up. But at the end of the day, I've just got to trust in the quality of the players, "he said. "Obviously, the switching in codes will potentially pose a little bit of a challenge to us. But again, it's not like the guys have not played 50-over cricket. So I trust that when the time comes, we'll be there."

Mindset and sense of occasion aside. South Africa also have personnel questions as they deal with a slew of injured bowlers. Seven of their seamers - Lungi Ngidi, Gerald Coetzee, Wiaan Mulder, Anrich Nortje, Ottneil Baartman, Nandre Burger and Lizaad Williams are currently injured - and though all but Burger, who has lower back stress fractures, are expected to return this season, there is no telling how many will make it to the Champions Trophy. The problem is compounded by a niggle to Keshav Maharaj, who missed the recent ODI series after picking up a groin strain ahead of the first game, but could return for the Tests. For Walter, the number of players unavailable also means he was hamstrung in selection, which may ease the criticism of his results.

Cousin Cricket Club Wins Manjakote Cricket League Final

Rajouri: The grand finale of the Manjakote Cricket League 2024-25 turned out to be an exhilarating encounter at the Gambhir Mughlan Cricket Ground, where the roaring fans and high-stakes action created an unforgettable spectacle.

Nawab Cricket Club, batting first, posted a competitive total of 154/7 in their allotted 20 overs. In response, Cousin Cricket Club showcased grit and determination, successfully chasing down the target in 19.2 overs with three wickets to spare, finishing at 155/7 to lift the championship trophy.

The star of the match was Fazan Majeed, whose outstanding all-round performance sealed the victory for Cousin Cricket Club. Majeed played a stunning unbeaten knock of 66 runs off just 44 balls, laced with four boundaries and eight towering sixes.

Adding to his batting heroics, he contributed with the ball, delivering a spell of 4-0-26-1 to keep the opposition in check. His exceptional performance earned him accolades and cemented his reputation as the game's standout performer.

The final was a thrilling display of cricketing prowess, determination, and sportsmanship, living up to the league's high expectations. The electrifying contest captivated fans and highlighted the immense cricketing talent in the region, making the Manjakote Cricket League a resounding success.



"The reality is the lead up into the Champions Trophy won't be anything, like the lead up to the World Cup. That's the reality of the way the schedule is stacked up. But at the end of the day, I've just got to trust in the quality of the players," he said. "Obviously, the switching in codes will potentially pose a little bit of a challenge to us. But again, it's not like the guys have not played 50-over cricket. So I trust that when the time comes, we'll be there."



Shami ruled out of remaining two Border-Gavaskar Trophy Tests

ohammed Shami will not be considered for the fourth and fifth Tests of the ongoing Border-Gavaskar Trophy due to swelling on his left knee.

The BCCI press release on Shami's fitness came days after India captain Rohit Sharma called on the National Cricket Academy to provide an update on the fast bowler's progress upon being asked once again about it at the end of the Brisbane Test.

"Shami bowled 43 overs in the Ranji Trophy match for Bengal against Madhya Pradesh in November," the BCCI said in a statement. "Following this, he played in all nine games of the Syed Mushtaq Ali Trophy, where he also engaged in additional bowling sessions on the sidelines to build his bowling volume in order to get ready for the Test matches.

"However, his left knee has exhibited minor swelling due to increased joint loading from his bowling workload. The swelling is on the expected lines, owing to the increased bowling after a prolonged period.

"Based on the current medical assessment, the BCCI medical team has determined that his knee requires more time for controlled exposure to bowling loads. Consequently, he has not been deemed fit for consideration for the remaining two Tests of the Border-Gavaskar Trophy."

Shami has not played for India since the ODI World Cup final in November last year, after which he underwent surgery for a heel injury in February. The BCCI said he had "completely recovered" from the heel injury and would "continue to undergo targeted strength and conditioning work under the guidance of the medical staff at BCCI's Centre of Excellence and build his bowling loads needed to meet the demands of the longest format of the game".

Shami was not included in Bengal's squad for their first game of the ongoing Vijay Hazare Trophy on December 21 and the BCCI said his participation in the tournament would depend on the state of his knee.

