

# Kashmir Convener



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## J&K Govt Committed To Holding Panchayat, Urban Local Body Polls: LG

KC News Network

JAMMU: The Jammu and Kashmir government is committed to strengthening Panchayati Raj Institutions and urban local bodies by ensuring timely elections at all levels, Lieutenant Governor Manoj Sinha said on Monday.

The Jammu and Kashmir Local Bodies Dedicated Backward Classes Commission, established in June 2023 to conduct empirical studies on Other Backward Classes (OBC) representation, submitted its final recommendations to the government last week, brightening the outlook for polls to local bodies.

Municipal bodies, panchayats and block development councils in the Union Territory have been without elected representatives for more than a year.

The term of municipalities ended in October-November 2023 while panchayats and block development councils completed their five-year terms in January 2024.

"My government is committed to strengthening Panchayati Raj Institutions and urban local bodies by ensuring timely elections at all levels. This will



enhance grassroots democracy, promote citizen participation in decision-making and empower local governance for more effective development," Sinha said during his address in the Jammu and

Kashmir Assembly, which is meeting for a nearly six-week-long budget session.

This is the first budget session of the Omar Abdullah-led government.

Sinha said, "My government has ensured an adequate resource envelope for Panchayati Raj Institutions, enabling them to undertake sustainable and inclusive development in their respective areas. This commitment empowers local governance, strengthens grassroots democracy, and accelerates holistic regional growth." He said the government had taken proactive measures to accelerate the recruitment process, ensuring a transparent, merit-based and efficient selection system.

"These efforts aim to streamline appointments across various sectors, providing greater employment opportunities and strengthening the workforce," he added.

The government is further strengthening the grievance redress mechanism through 'JK Samadhan' and 'Raabta', ensuring greater accountability, transparency and fairness in service delivery, the lieutenant governor said. "These initiatives enhance citizen engagement by providing efficient and responsive platforms for addressing public concerns effectively," Sinha asserted that the government was committed to the dignified rehabilitation of Kashmiri

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LG Sinha address endorsement of PM Modi's J&K vision: LOP Sharma



KC NEWS NETWORK

JAMMU: Leader of Opposition in Legislative Assembly and senior Bharatiya Janata Party leader, Sunil Sharma on Monday termed the Lieutenant Governor Manoj Sinha's address to the House as an endorsement of Prime Minister Narendra Modi's vision towards Jammu and Kashmir.

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"Govt Assures Unwavering Support for Press Freedom"

KC NEWS NETWORK

Lieutenant Governor Manoj Sinha said "Finally, I must emphasize that a free, independent, and responsible press is the cornerstone of a vibrant democracy. My Government remains firmly committed to upholding press freedom, ensuring that journalists can operate in an environment that is secure, transparent, and conducive to free expression."

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## "Govt transforming JK into education hub"

KC News Network

SRINAGAR: Lieutenant Governor Manoj Sinha on Monday said that the government is focusing on transforming Jammu and Kashmir into an educational hub with strategic investments in higher education.

Addressing the Budget Session of J&K Legislative Assembly here, LG Sinha, according to the news agency—Kashmir News Observer (KNO), said that the government is transforming the education sector through innovative interventions, including the establishment of

smart classrooms, tinkering labs, and digital resources.

"A strong emphasis on skill development, particularly for women and youth, is fostering inclusivity and empowerment. Additionally, to enhance teaching standards and improve educational outcomes," he said.

"My government is prioritizing capacity building of 38 programs for educators, ensuring a more dynamic and effective learning environment," the Lieutenant Governor said.

The LG said that Vidhya Samiksha Kendra is being operationalized for data driven decision

making and improved educational outcomes. "Real time recording of student's attendance and tracking of teacher attendance have also been introduced," he added.

"The government is committed to strengthening the infrastructure of colleges and universities, ensuring adequate faculty and staff to enhance the quality of higher education. As part of the National Education Policy (NEP) 2020, special emphasis will be placed on advancing research facilities for both faculty and students," LG Sinha said.

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CM Omar's budget consultations true celebration of democracy: LG

KC NEWS NETWORK

Lieutenant Governor Manoj Sinha in his Budget Speech said that for the first time the Chief Minister personally chaired meetings for all twenty districts, separately, engaging directly with elected representatives to

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## CM Omar pays tributes to former PM Dr Manmohan Singh

Budget Session 2025

Remembers other former legislators



KC News Network

JAMMU: Chief Minister Omar Abdullah on Monday paid rich tributes to former Prime Minister Dr. Manmohan Singh, acknowledging his landmark reforms and pro-people initiatives during his tenure.

The Chief Minister was speaking during the obituary reference in the Budget Session of the J&K Legislative Assembly.

Recalling Dr. Singh's contributions to Jammu and Kashmir, the Chief Minister said, "He inherited a complex and difficult situation, yet he chose the path of dialogue and reconciliation. His efforts brought us closer to resolving long-standing issues than at any other time in recent history."

Referring to the unrest in 2010, CM Omar Abdullah highlighted Dr. Singh's role in addressing the crisis and restoring normalcy. "His commitment to the rehabilitation of Kashmiri Pandits was unwavering. Under his leadership, steps were taken to facilitate their return, including the establishment of townships like Jagti and the PM Package for employment," he said.

Speaking on the occasion, the Chief Minister, who is also the Leader of the House, noted that just four months ago, the Assembly had paid tribute to former Prime Minister Atal Bihari Vajpayee, and today, they gathered once again to mourn the loss of another

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LA pays glowing tributes to former PM, legislators

KC NEWS NETWORK

JAMMU: The Legislative Assembly of

Jammu and Kashmir, which convened today for Budget Session, paid glowing tributes to former Prime Minister, Dr. Manmohan Singh, other former parliamentarians and legislators who passed away since the last session.

During the Obituary references, the Speaker remembered the contribution of former Prime

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## ECI recognises Atal Dulloo as 'Exemplary Leader' for successful holding of Lok Sabha elections

KC News Network

JAMMU: The Election Commission of India (ECI) had recognized the services of Chief Secretary, Atal Dulloo, for successful holding of elections for the 18th Lok Sabha in the UT of J&K.

The Chief Secretary, J&K was presented with a 'Certificate of Exemplary Leadership' signed by Chief Election Commissioner and two of the Election Commissioners for his excellent service towards successful conduct of the 18th Lok Sabha Elections-2024 in J&K.

This appreciation by the Commission was received by the Chief Secretary for holding of trouble free elections in the UT in which a substantial 58.11% polling was recorded for the first time for the general elections held here since 1989 across the districts of the UT. The same was over 14% more than that of the elections of 2019 during which the overall percentage of polling was just around 44% across the districts of the UT. Pertinent to mention here that these

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## CM Omar launches website for Khelo India Winter Games 2025

Four-day event to begin in Gulmarg from March 9

KC News Network

JAMMU: Chief Minister Omar Abdullah today launched the official website for Khelo India Winter Games 2025 (kwg2025.com) at the Civil Secretariat.

The launch event was attended by Deputy Chief Minister Surinder Choudhary, Ministers Javed Ahmad Rana and Satish Sharma, and Gulmarg MLA Farooq A. Shah. Also present were Chief Secretary Atal Dulloo, Additional Chief Secretary to the CM Dheeraj Gupta, Commissioner Secretary GAD & Information M. Raju, Secretary Law, Deputy Commissioner Baramulla,



Secretary J&K Sports Council and other officials, both in person and virtually.

Speaking on the occasion, Chief Minister Omar Abdullah extended his best wishes to the organizers and inquired about

the arrangements and finalization of dates for the event.

In her presentation, Secretary J&K Sports Council announced that the event will now take place from March

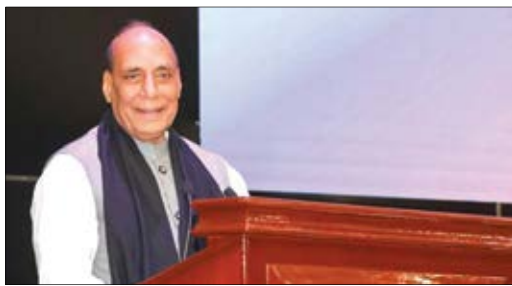
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## Contributing To Welfare Of Soldiers, Their Families Every Citizen's National Duty: Rajnath Singh

KC News Network

NEW DELHI: Asserting that Indian soldiers always stand firm, vigilant and ready on the borders in difficult conditions to protect the country, Defence Minister Rajnath Singh on Monday said it is the national duty of every citizen to contribute to the welfare of the soldiers and their families.

Corporate social responsibility (CSR) is not about 2 per cent contribution, it is a matter of heart-to-heart connection with the brave soldiers and their dependants, Singh said in a statement at the Armed Forces Flag Day



Corporate Social Responsibility (AFFD CSR) Conclave here.

Singh called upon the people to contribute wholeheartedly to the welfare of the soldiers and their families, terming it the "national duty" of every citizen, the defence ministry said in a statement.

While the government is

and ready on the borders in difficult conditions to protect the country from all kinds of threats with courage and promptness, he said.

"Whatever contribution you make, it will not be ordinary. You should take full care that tomorrow, when your real balance sheet is ready, it has more assets of satisfaction and happiness than liabilities," Singh told heads of several top corporate firms present on the occasion.

Reiterating the Narendra Modi-led government's commitment to enhance the participation of the private sector, Singh

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## DGP Prabhat Reviews Security Situation

KC NEWS NETWORK

SRINAGAR: Jammu and Kashmir Director General of Police (DGP) Nalin Prabhat on Monday chaired a meeting here to review the crime and security situation in the Union Territory.

"The focus of the meeting was to assess the current security situation and evaluate the effectiveness of crime management strategies across the region," a police spokesperson said.

IGP Kashmir, Range DIGs and district SSPs from the Kashmir Zone and other senior officers participated in the meeting, while Jammu Zone officers joined the meeting virtually, the official said.

During the meeting, the DGP emphasised the need for enhanced inter-district collaboration to strengthen law enforcement and security operations. He also highlighted the importance of a proactive

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# Acted swiftly to prevent panic after Maha Kumbhstampede: Yogi

**LUCKNOW:** Uttar Pradesh Chief Minister Yogi Adityanath on Monday said his government acted swiftly to control the situation after the January 29 stampede at the Maha Kumbh in Prayagraj, ensuring timely medical aid for victims while preventing widespread panic.

Addressing a gathering of Indian Institute of Management (IIM) and Indian Postal Service officials in Lucknow, Adityanath said, "We did not allow the incident to be excessively highlighted, as eight crore devotees and sadhus were present in Prayagraj and the Kumbh Mela area at the time, and panic could have worsened the situation."

At least 30 devotees were killed and 60 others injured in the stampede at the Sangam ghat on Mauni Amavasya, a key bathing day of the Maha Kumbh.

Adityanath noted that apart from millions of devotees, seers and sadhus from 13 Akhadas were also scheduled to take the ritualistic 'Amrit Snan' (holy dip) that morning.

He explained that two major challenges often arise in such events – determining the bathing order among the Akharas, which has historically



led to disputes, and ensuring the ritual proceeds smoothly at the scheduled time of 4 AM.

Despite the tragedy, all Akhadas were prepared

to manage the situation," Adityanath said, adding that officials closely monitored the crowd, evacuated the Sangam area by noon, and ensured the 'snan' resumed by 2:30 PM.

He underscored the importance of effective crisis management, stating, "In difficult situations, many people panic and give up, but we must develop the strength to make firm decisions with patience and control."

The chief minister also emphasised the importance of effective coordination among stakeholders, including devotees, sadhus and administrative officials.

"I personally initiated dialogues to maintain order and ensure smooth execution of the event," he said.

The Maha Kumbh, held once every 12 years, attracts millions of pilgrims from across the world, making crowd management a critical challenge for authorities.

This year, over 66 crore pilgrims attended the religious event, according to the Uttar Pradesh government.

## NEP will not impose Hindi, TN's claim unfounded, political: Education Minister Pradhan

**NEW DELHI:** Union Education Minister Dharmendra Pradhan on Sunday asserted that the New Education Policy would not impose Hindi on states and Tamil Nadu's opposition had "political reasons" behind it.

"We have never said in NEP 2020 that only Hindi will be there; we have only said that education will be based on mother tongue, in Tamil Nadu, it will be Tamil," Pradhan told reporters here.

The comments by the Education Minister come amid a tiff between the Tamil Nadu government and the Centre over the implementation of NEP and the three-language policy.

"I don't want to answer to the political ambitions of few people. NEP 2020 is focused on different languages of India, be it Hindi, Tamil, Odia, or Punjabi. All the languages have equal importance. In Tamil Nadu, few are opposing because of politics," Pradhan said.

Tamil Nadu Chief Minister M K Stalin had on Friday said it was unnecessary to force any language as a third language in schools in the age of Artificial Intelligence.

## SC agrees to examine plea over blocking of social media content

**NEW DELHI:** The Supreme Court on Monday agreed to examine a plea over issue of blocking of social media accounts or content without

Paras Nath Singh, challenged the validity of certain provisions of the 2009 Rules.

By making optional the issuance

an opportunity to be heard to the creator or originator.

A bench of Justices B R Gavai and Augustine George Masih sought Centre's response on the petition for quashing Rule 16 of the Information Technology (Procedure and Safeguards for Blocking for Access of Information by Public) Rules, 2009.

The bench issued notice on the plea.

Senior advocate Indira Jaising, appearing for petitioner Software Freedom Law Center, said no notice was given to the "originator" of the information and a notice was only sent to platforms like X.

"The challenge is not that the government does not have the power to take down information, but while taking down the information, notice should be given to the person who has put that information in the public domain," she said.

The plea, filed through advocate

## Have children quickly after wedding, see population's link to MPs: Stalin

**NAGAPATTINAM (TAMIL NADU):** Tamil Nadu Chief Minister MK Stalin on Monday favoured young people having children immediately following marriage and said a higher population appeared to be the criterion to get more MPs.

Addressing a wedding, Stalin, also the DMK president said that years ago, newly weds were advised to not have children immediately following marriage. However, the same thing must not be advised now and also there was no need

for that. It is because a situation has now arisen, according to which only a higher population would ensure more MPs as the delimitation exercise would be on the basis of population, Stalin said. Tamil Nadu paid attention to population control and succeeded and that was the reason for the state's plight today, he added.

"I will not tell you to not have children hastily, have children immediately; but give them beautiful Tamil names," he said, directly appealing to the bride and bridegroom.

Further, he said that the question of delimitation is related to Tamil Nadu's rights and protecting its interests and hence, the matter must not be evaluated politically. The union government is planning to implement the three-language policy through compulsion and similarly in the delimitation exercise, it is attempting to cut down the number of seats for Tamil Nadu, Stalin alleged, addressing the function here.

Against this background an all party meeting has been organised on March 5 on the proposed delimitation exercise and most parties out of 40 have confirmed their participation and a few others have said they would not be taking part.

## Meghwal calls for safer digital space for women, urges vigilance against cyber crimes

**NEW DELHI:** Union Law Minister Arjun Ram Meghwal on Monday stressed on the need to create a safer digital environment for women, ensuring their dignity and participation in nation-building.

Speaking on the rising threat of cyber crimes during his address at the Final Law Review Consultation on "Cyber Laws Relating to Women" and Cyber Awareness Programme by the National Commission for Women (NCW), Meghwal urged citizens, especially women, to adopt strong passwords and limit sharing personal information on social media.

"Use strong passwords and share minimal personal details online. Cyber offenses are such that we often get trapped unknowingly. Avoid long conversations with strangers and remain vigilant while interacting with unknown people online. If a cyber crime occurs, report it to the police immediately," he said.

Meghwal also highlighted the government's efforts to address emerging challenges in the digital space, including artificial intelligence (AI)-driven misinformation campaigns, cyberbullying, fake

profiling and video manipulation. "The new laws we have enacted address these issues comprehensively. We have incorporated provisions to deal with AI-based misinformation, digital arrests and other cyber-related offenses," he said.

The minister stressed the need to create a safer digital environment for women, ensuring their dignity and participation in nation-building.

"Cyber security is a critical issue and it is essential to understand its relationship with women. Women must continue to contribute to the country's progress without fear. Cyber crimes should not deter them

### Government of Jammu and Kashmir DIRECTORATE OF HEALTH SERVICES, KASHMIR Bemina, Srinagar,

Dr. Alfer Ahmad Nafae,  
S/o Dr. Abdul Nafae,  
R/o House No. 444, Shivpora, Srinagar.  
NO:-Est-3/1-133/1405-08  
Dated 3 03.2025.

Subject: Notice.

Whereas, while posted at PHC Gulzarpora, Block Pulwama, you submitted a casual leave to BMO concerned for 04 days with effect from 30.10.2024 and after expiry of said leave you have not resumed your duties and,

Whereas, the BMO, concerned has served show cause notices vide communication No:-BMO/Pul/Est/1310 dated 07.11.2024 and No:-BMO-Pul/Est/1390 dated 26.11.2024 upon to you to resume your legitimate duties within 02 days as intimated by the Chief Medical Officer, Pulwama vide letter No:-CMO/Pul/Absence/5359-60 dated 28.11.2024 and,

Whereas, you failed to report back for duties without any reason and still you are un-authorized absence as intimated by the Chief Medical Officer, Pulwama vide letter NO:-CMO/Pul/Absence/5565-66 dated 04.12.2024 and,

Whereas, you should note that un-authorized absence from duties tantamount to loss of appointment in terms of Article 128 of J&K, CSR.

Now, therefore you are directed to explain/justify your absence from legitimate duties within 07 days from the date of issuance of this notice, failing which it shall be presumed that you have nothing to say in your defense and action as warranted under rules shall be initiated against you for resorting to un-authorized absence

**Sd/=**  
**Director Health Services**  
**Kashmir**

**DIPK-12562/24**

### Paytm Shares Plunge Over 4% After Firm Gets ED Notice Over Alleged FEMA Violations

New Delhi: Shares of Paytm owner One97 Communications on Monday

plunged more than 4 per cent after the enforcement directorate has sent a notice to the fintech firm for the alleged violation of certain FEMA rules by the company and its two subsidiaries with respect to certain investment transactions.

The stock of the company dived 4.39 per cent to Rs 683.55 apiece on the National Stock Exchange (NSE).

On the BSE, it went down by 4.37 per cent to Rs 685 per piece.

The market was trading in the negative zone with the 30-share BSE Sensex

benchmark slipped 271.22 points or 0.37 per cent to 72,926.88 in the late morning trade. Also, the NSE Nifty dipped 93.60 points or 0.42 per cent to 22,031.10.

In a regulatory filing on Saturday, Paytm said that it has received a notice from the Enforcement Directorate (ED) for the alleged violation of certain FEMA rules by the company and its two subsidiaries — Little Internet and Nearbuy — with respect to certain investment transactions. Later, Paytm clarified that the alleged breach pertains to the period

when the two companies were not its subsidiaries. "We hereby inform you that a show cause notice...has been received by the company on February 28, 2025...from the Directorate of Enforcement."

"This is in relation to alleged contraventions for the years 2015 to 2019 of certain provisions of the 'FEMA' by the company, in relation to its acquisition of two subsidiaries namely Little Internet Pvt Ltd (LIPL) and Nearbuy India Pvt Ltd (NIPL), erstwhile Groupon, along with certain directors and officers.

## Nadda reviews progress of Rural Health Training Centre

**NEW DELHI:** Union Health Minister JP Nadda reviewed the progress of the Rural Health Training Centre (RHTC) in Najafgarh on Monday and ordered the full operationalisation of the facility within six months.

Emphasising skill development, he highlighted RHTC's role as a model for integrated primary, secondary, AYUSH, and training services and assured the support of the Centre in augmenting the health facilities of the institute.

Nadda also visited Ayushman Arogya Mandir in Palam and approved the retention of primary health centres at Najafgarh, Ujwa, and Palam under the central government and directed National Quality Assurance Standards (NQAS) and Indian Public Health Standards (IPHS) certification within three months.

The RHTC in Najafgarh under the Ministry of Health has been

serving as a key institution for primary and secondary healthcare, along with skill development in the field of health.

Established in 1937 as a health centre and upgraded over the years across three campuses (Najafgarh, Palam and Ujwa), the RHTC is now being developed as a model integrated centre for primary, secondary, AYUSH, and skill development and in future tertiary care, the health ministry said in a statement.

Najafgarh is set to witness a significant transformation in healthcare services with the expansion of primary services, and already introduced secondary health care services.

The Ayushman Arogya Mandirs (AAM) will be NQAS accredited reinforcing government's commitment to deliver standardised, high-quality healthcare services at doorstep, the statement stated.

To bridge the gap between

primary and tertiary healthcare, access to advanced medical facilities closer to home, the statement stated.

The RHTC is embracing IT-enabled healthcare solutions under the Ayushman Bharat Digital Mission (ABDM) to create a digitally empowered healthcare ecosystem, enhancing efficiency, accessibility, and patient-centric care.

To support the growing healthcare infrastructure,

RHTC hospital has been developed as a 183-bed general hospital.

It is a unique healthcare setting providing primary, secondary care and AYUSH services are provided in the same campus at present.

This hospital is poised to deliver quality medical treatment, emergency care, and specialised healthcare interventions, ensuring that residents have

### Government of Jammu and Kashmir DIRECTORATE OF HEALTH SERVICES KASHMIR

Subject. 2nd Tentative Seniority list of Senior Assistants of Divisional Cadre (Kashmir).

**NOTIFICATION**

Whereas, on the basis record available in this Directorate, 1 tentative seniority list of Senior Assistants of Divisional Cadre (Kashmir) was notified and circulated vide this Office No.Est-5/NG/1 Sr.List/SA/7454872/8956 89 dated 05.12.2024; and

Whereas, after circulation of seniority list among concerned, this Directorate received various representations from Senior Assistants who have recently quailed Secretariat Assistant Course for updation of same in the seniority list; and

Whereas, on examination of representations, it was observed that several Senior Assistants of the service have qualified the SAC besides, some Senior Assistants have retired from Government services on superannuation which has been updated; Now, therefore, 2nd tentative seniority list of Senior Assistants of Divisional cadre, as it stood on 01.01.2025, forming Annexure to this notification, is hereby notified and circulated among all the Senior Assistants of Divisional cadre for information. Any Senior Assistant who may not be satisfied with the position assigned to him/her in the tentative seniority list, may submit his/her representation/ objections, if any, with documentary proof to this Directorate within five days from the date of issuance of this notification. After expiry of the said period, no objection in this regard shall be entertained. The date(s) of birth and category status of the officials recorded in the Seniority List shall not be taken as authentic and shall be subject to further verification with the Service records/Matriculation Certificate issued in respect of these officials by the concerned authorities. The seniority list shall be without prejudice to the final outcome of Writ Petition(s), if any, pending in the Competent Court(s) of Law. The seniority list is also made available on the official website www.dhskashmir.org of this Directorate.

No.DHKS/Est-5/NG/2nd Sr.list/SA/7454872/C-7625355/986-1001  
Dated: 03.03.2025

**Sd/-**  
**Director Health Services,**  
**Kashmir.**

**DIPK-12565/24**



# Sumbal Court Sentences Man to 1-Year Jail, Rs 12 Lakh Fine in Cheque Bounce Case

**Convener News Desk**

**BANDIPORA:** A local court in Sumbal convicted and sentenced a man to one year of simple imprisonment and imposed a 12 lakh fine in a cheque bounce case under Section 138 of the Negotiable Instruments (NI) Act.

Judicial Magistrate 1st Class Sumbal, Rahila Rashid, delivered the sentence after finding Ghulam Hassan Bhat of Kathpora Hajin guilty of issuing a dishonored cheque to the complainant, Bashir Ahmad Dar of the same village.

The case, filed in 2017, involved financial transactions where the accused failed to honor his legal obligations resulting in cheque bounce.

While the defense argued for leniency, citing that the offense was financial in nature and not one of moral turpitude, the complainant's counsel stressed that dishonoring a cheque undermines public trust in financial transactions and called for strict punishment.

After considering both sides, the court ruled that a balance needed to be maintained between deterrence and compensation. The judge ordered

the convict to serve a one-year jail term and pay 12 lakh in compensation to the complainant. The convict has been directed to serve the sentence at District Jail Pulwama.

Counsel for the convict Advocate Tariq M Shah submitted that offense carries a maximum punishment of two years imprisonment or fine up to twice the cheque amount or both, so Court may take a lenient view while deciding the quantum of sentence the offense under Section 138 NI Act is not one involving moral turpitude, violence, or grave threat to public safety.

"It is a financial dispute that essentially arises from a commercial transaction or business dealings, and hence, the primary objective of the law is to ensure compensation rather than punitive punishment".

Advocate Shah further submitted that the Supreme Court has repeatedly held that in cases under Section 138 NI Act, the primary focus should be on compensating the complainant rather than punishing the accused with imprisonment and section 138 should be guided by principles of proportionality, ensuring that the complainant receives the due amount rather than merely punishing the drawer of the cheque.

However, Counsel for complainant Advocate Jalal-Ud-Din prayed for stringent punishment, considering the circumstances of the case and the legislative intent behind Section 138 NI Act.

"A lenient approach would defeat the purpose of the law and encourage financial defaulters to misuse the process, leading to loss of trust in com-

mercial transactions. The dishonor of a cheque is not merely a financial dispute but an act that shakes public confidence in negotiable instruments," complaint submitted before the court.

Counsel for complainant stated that Section 138 NI Act aims to deter unscrupulous drawers who issue cheques without sufficient funds.

"A strict sentence will act as a deterrent against future offenders who might otherwise exploit the leniency of the law. The convict has failed to honor their legal obligation despite being given opportunities to clear the dues. The convict's conduct showed a deliberate attempt to evade liability, warranting a stricter sentence," he prayed before the court.

After hearing both the parties, court observed that a balance must be struck between deterrence and compensation. "While the offence does not warrant the maximum sentence, mere imposition of a fine would not serve the ends of justice given the convict's conduct," court observed and sentenced for simple imprisonment of one year. Additionally, the convict was directed to pay a fine of 12,00,000/- (Rupees Twelve Lakhs) as compensation towards the complainant.

## Hajin Residents Protest Against Water Shortage

**HAJIN, BANDIPORA:** Amid the holy month of Ramadhan, Hajin town in North Kashmir's Bandipora district is facing an acute shortage of drinking water, leaving thousands of residents distressed.

Locals including women on Monday took to the streets and blocked the road near the main market to press for their demands.

They accused the district administration and concerned authorities of failing to provide an adequate water supply to the town, which has a population of nearly 20,000.

According to residents, the issue arose after a road cave-in damaged the water supply pipes. Despite the passage of several days, the authorities have yet to restore the supply, leaving people without access to drinking water.

The protesters urged the district administration to take immediate steps to repair the damaged pipelines and restore the water supply to prevent further inconvenience during the sacred month.

"Authorities are ignoring our grievances, forcing us to fetch water from wells and rivers for our daily household chores," a local resident said.

"It has been 13 days since our taps ran dry, yet no action has been taken," another resident lamented, adding that the crisis has made fast-even more difficult.

"During Ramadhan, water consumption increases, especially during Sehri and Iftar. It is extremely challenging to observe fasts without a proper water supply," they added.

Residents have appealed to the authorities to address the crisis at the earliest to ease their hardships during this holy month.

Talking to Kashmir Convener, Tehsildar Hajin Abdul Wasi-ul-Rouf Deva, assured that the water crisis would be resolved soon. He said that water has already been supplied to the affected areas through three water tankers on a routine basis.

Meanwhile, Junior Engineer (JE) of the Public Health Engineering (PHE) department assured this reporter that the water supply would be restored within two days.

"We are laying new pipes from tomorrow to ensure the water supply is restored in Hajin," he said.

## DC Bandipora Reviews NHPC CSR Projects, Sets Roadmap for FY 2025-26

**BANDIPORA:** The Deputy Commissioner of Bandipora, Manzoor Ahmad Qadri, on Monday chaired a meeting to review the ongoing works

The Deputy Commissioner emphasized the importance of timely submission of utilization certificates of allocated funds by the concerned departments by March 10, 2025, for the release of the pending 10% funds allocated for CSR activities.

Highlighting the importance of environmental sustainability, the Deputy Commissioner instructed the relevant departments to submit a detailed locational plan for proposed environmental management activities, after proper field surveys.

In preparation for the CSR activities of FY 2025-26, M.A. Qadri urged the concerned departments to identify activities with focus on community benefits and impact areas.

He said District Administration is committed to ensure the effective implementation of CSR activities aimed at benefiting and improving the overall socio-economic conditions of the impact areas.

works in FY 2023-24, while Rs. 155.67 lakhs have been allocated for the current financial year, 2024-25.

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He said District Administration is committed to ensure the effective implementation of CSR activities aimed at benefiting and improving the overall socio-economic conditions of the impact areas.

## “Illegal Mining Mafia Destroys Twin Sports Stadiums in Bandipora”

Nasir Khuehami Seeks CM's Intervention

**BANDIPORA:** Alleged illegal sand mining has devastated two major sports stadiums in Bandipora—Baba Kareeme Sports Stadium and Adnan Sports Stadium—leaving behind barren pits where athletes once trained, Student leader Nasir Khuehami alleged on Sunday.

He highlighted that residents who resisted the mafia's activities were threatened, while officials continued to turn a blind eye to the destruction unfolding before them.

"For the past five years, illegal mining has systematically dismantled these stadiums. The carefully maintained pitches, which took years of effort to develop, have been ravaged beyond repair," Khuehami said. "How can the government claim to promote sports while allowing its own stadiums to be destroyed? This is a betrayal of the youth and an assault on their aspirations."

Khuehami accused a well-oiled nexus of officials, politicians, and mining mafias of operating with total impunity. "Even CCTV footage from night operations has failed to move the administration to action," he alleged in the statement.

He demanded that those responsible be arrested and prosecuted under the strictest laws, and that the stadiums be fully restored so young athletes can train again.

Khuehami urged Chief Minister Omar Abdullah to personally intervene before the damage becomes irreversible.

to train and compete.

Despite repeated complaints, the District Administration of Bandipora, J&K Sports Council, and local representatives have remained silent spectators, failing to act against the plundering of public property. Khuehami questioned whether the administration is complicit in the destruction or merely indifferent to the future of sports and youth in the region.

He highlighted that residents who resisted the mafia's activities were threatened, while officials continued to turn a blind eye to the destruction unfolding before them.

"For the past five years, illegal mining has systematically dismantled these stadiums. The carefully maintained pitches, which took years of effort to develop, have been ravaged beyond repair," Khuehami said. "How can the government claim to promote sports while allowing its own stadiums to be destroyed? This is a betrayal of the youth and an assault on their aspirations."

Khuehami accused a well-oiled nexus of officials, politicians, and mining mafias of operating with total impunity. "Even CCTV footage from night operations has failed to move the administration to action," he alleged in the statement.

He demanded that those responsible be arrested and prosecuted under the strictest laws, and that the stadiums be fully restored so young athletes can train again.

Khuehami urged Chief Minister Omar Abdullah to personally intervene before the damage becomes irreversible.



In a statement issued to Kashmir Convener, Khuehami said the rampant mining, carried out in broad daylight, has sparked outrage, with Jammu and Kashmir Students Association National Convener urging Chief Minister Omar Abdullah to intervene immediately.

Khuehami expressed deep anguish over the destruction, stating that both stadiums, once vibrant centers for cricket and football, have been reduced to ruins due to unchecked sand extraction. Goalposts have been shattered, cricket pitches worth lakhs have been destroyed, and the stadium boundaries have been erased. The unregulated use of JCB machines and tractors has turned these fields into excavation sites, depriving thousands of young players of a place

## Heavy Snowfall Paralyzes Gurez Valley: Roads Closed, Exams Postponed

**BANDIPORA:** A fresh wave of heavy snowfall has blanketed the Gurez Valley in North Kashmir's Bandipora district, leading to the closure of the crucial 85-kilometer Gurez-Bandipora road.

The heavy accumulation of snow at Razdan Pass necessitated the road closure, disrupting daily life and isolating the valley.

The valley continues to experience intense snowfall, affecting regions including Dawar, Kanzalwan, Bagtore, Niru, and Tulail. Snow accumulation varies, with Markoot reporting 10-12 inches, Bagtore and Kanzalwan 11-13 inches, and Tulail a substantial 18-20 inches. In response, the district administration has initiated snow clearance operations to restore vital connectivity.

Further compounding the disruption, the Principal of Government Degree College (GDC) Gurez announced the postponement of the BG 1st semester (Batch 2024) examination, originally scheduled for today, March 3, 2025. This decision was made following verbal orders from the Controller of Examinations, University of Kashmir.

"The revised date for the postponed examination will be announced separately," an official told, "Students are advised to stay updated with official notifications from the college administration."

Deputy Commissioner Bandipora, Manzoor Ahmed Qadri, addressed the situation, stating, "Since yesterday, we have experienced moderate snowfall in the plains of Bandipora and heavy snowfall in the hilly areas. Gurez Valley has received substan-

tial snowfall. All roads have been cleared, and for those needing to travel between Bandipora and Gurez or facing medical emergencies, chopper services are being arranged."

However, Dr. Mukhtar Ahmad, Director of the Meteorological Department, has forecast continued light to moderate rain and snowfall across Jammu and Kashmir. Higher elevations in north and central Kashmir, including Gurez, are expected to receive moderate to heavy snowfall.

"The weather is expected to remain dry from March 4 to 9, while another fresh spell of rain and snow is anticipated between March 10 and 12," Dr. Mukhtar added.

The MET department has issued an advisory, warning of moderate to heavy snowfall in isolated higher reaches. Authorities have also cautioned travelers and transporters about the potential for landslides, rockfalls, shooting stones, and mudslides in vulnerable areas.

As the persistent snowfall continues to impede daily life, concerted efforts are underway to clear roads and restore normalcy in the Gurez Valley



## Indian Army Hosts Snow Craft Competition in Gurez

**BANDIPORA:** On a bright, sun-kissed afternoon following a fresh snowfall, the Indian Army's Rana Battalion, stationed in Bagtore near the Line of Control (LOC) in the Gurez Valley of Bandipora district, organized a spirited Snow Craft Competition. The event, held at the High Ground Bagtore area, brought immense joy and excitement to the local children.

The competition witnessed a surge of enthusiastic participation, with approximately 40 to 50 boys and girls engaging in a variety of traditional and snow-based games. The children's energy was palpable as they participated in Kabaddi, Kho-Kho, and Snow Races, categorized by age groups. Demonstrating their patriotism, the children also wrote "I Love India" and "I Love Bharat" in the pristine snow.

The primary objective of the event was to unearth the hidden talents of the local youth while fostering a strong sense of patriotism among them. The Indian Army's initiative aimed to strengthen the bond between the military and the community, creating a positive and engaging environment for the children of this remote border area.

Local children expressed their gratitude and appreciation for the Army's efforts. "It was a great initiative by the Indian Army. Such events bring joy and give us an opportunity to celebrate,"

one participant stated. Another student added, "The Army always remains at the forefront in engaging locals in games and creating opportunities for us. We are thankful to them for organizing such competitions."

Residents echoed these sentiments, expressing their hope for more such events in the future. They emphasized the importance of keeping children engaged in positive activities, particularly in the far-flung areas of the Gurez Valley.

The event culminated in a prize distribution ceremony, where cash prizes were awarded to the winners who secured first, second, and third positions in the various competitions. The success of the event was evident in the smiles on the faces of all participants, solidifying the positive relationship between the Indian Army and the local community.



## Nizamuddin Bhat Speaks in JK Assembly During Obituary Reference

**SRINAGAR:** Jammu & Kashmir Assembly witnessed an obituary reference for five individuals, including former Prime Minister Dr. Manmohan Singh. During the session, MLA Bandipora, Nizamuddin Bhat, addressed the House, acknowledging the contributions of the departed individuals.

The Assembly observed the customary proceedings, paying respects to the deceased. MLA Bhat, along with other members, participated in the tribute, reflecting on the lives and services of those remembered in the session.

The House extended condolences to the families of the departed.





# The Essence of Islam: Harmonizing Devotion with Universal Welfare



SHABEER AHMAD LONE

می تو انی از ره آسان شدن بر آسمان  
راست باش و راست رو کا نجا نباشد کا سستی  
از بیایم پیره داری و از ملائیک نیزیم  
بگذر از بیایم تا از ملائیک بد بگذری

Two partake of the nature of the beast as well as the angel;  
Leave the nature of the beast, that thou mayest surpass  
the angel."  
**Rumi**

"Wish thou to approach Allah  
Live purely; and act righteously."

Islam from Salam (salama), in its primary sense, means to be tranquil, at rest, to have done one's duty, to have paid up, to be at perfect peace; striving after righteousness; in its secondary sense, to surrender to Him with whom peace is made. The noun derived from it means peace , greeting, safety ,salvation. The essence of the ethical principles involved and embodied in Islam is summarised in the second chapter of the Koran: "There is no doubt in this book- a guidance to the pious ,who believe in the Unseen, who observe the prayers, and distribute (charity) out of what we have bestowed on them; and who believe in that which we have commissioned thee with, in that we commissioned others with before thee, and who have assurance in the life to come; -these have received the direction of their Lord."

The bases on which the Islamic system is founded are; a belief in the unity, immateriality, power, mercy and supreme love of the creator; 2) charity and brotherhood among mankind; 3) subjugation of the passions; 4) the outpouring of a grateful heart to the Giver of all good; 5) accountability for human actions in another existence. Appeal is made to the inner consciousness of humanity. The divine love and mercy of Allah enfolds creation. There are five most fundamental qualities for being truly religious without which one can claim to be religious but hardly qualify to be one, These are 1) Constant quest for truth; 2) to be humble 3) to be compassionate 4) to be transcendent invision 5) to be against myopic and imperfect establishment. The Author of the Kashshaf thus sums up the essence of the Islamic teaching : "Seek again him who drives you away; give to him who takes away from you; pardon him who injures you; for Allah loveth that you should cast into the depth of your soul the roots of His perfection." Zamakhshari (the kashaf).

Islam, as a universal and timeless faith, transcends the confines of ritualism to embrace a comprehensive vision of spiritual and societal well-being. Rooted in the divine revelation of the Qur'an and exemplified by the life of the Prophet Muhammad (peace be upon him), it offers a holistic framework for individual transformation and collective welfare. The essence of Islam lies in its emphasis on justice, compassion, and balance, ensuring that acts of worship are deeply integrated with the service of humanity. However, contemporary practices often reflect an overemphasis on external rituals, such as repetitive pilgrimages and lavish mosque constructions, at the expense of addressing critical societal needs like poverty, education, and healthcare. This dissonance calls for an urgent reexamination of Islamic teachings, where the core ethos of "all-sided welfare of all" is

revived. By exploring Qur'anic injunctions, Hadith guidance, jurisprudential wisdom, historical precedents, and cross-cultural parallels, this study seeks to illuminate Islam's profound call for compassion and justice, offering rare and transformative insights that challenge prevailing paradigms and inspire a realignment with its true spirit.

The Qur'an profoundly articulates the essence of Islam as a harmonious integration of faith, justice, and universal welfare. True righteousness, as outlined in Surah Al-Baqarah (2:177), transcends ritualism, emphasizing belief in Allah and acts of compassion toward the needy, orphans, and society's vulnerable. This verse encapsulates the comprehensive nature of Islamic ethics, where belief in Allah is intricately tied to acts of charity and justice. Islam demands justice without bias (4:135) and stresses equality, as reflected in the principle of universal brotherhood (49:13). Wealth is not to be hoarded but shared for societal upliftment (9:34-35; 59:7), with charity likened



to seeds that multiply manifold (2:261). The Qur'an inspires balance between worldly and spiritual pursuits (28:77) while reminding humanity of their accountability for even the smallest deeds (99:7-8). It promotes forgiveness, compassion (3:134; 42:40), and reflection on divine wisdom (39:9; 47:24), urging believers to align devotion with active service for the collective good. These timeless teachings embody Islam's universal vision of justice, equity, and moral responsibility, uniting spiritual devotion with a commitment to the welfare of all. Similarly the teachings of the Prophet Muhammad (peace be upon him) emphasize a profound balance between devotion to Allah and service to humanity, showcasing Islam's holistic approach to universal welfare. Similarly, the Prophet Muhammad (peace be upon him) emphasized that the highest form of worship lies in serving humanity, stating, that "The best of people are those who are most beneficial to others" (Al-Mu'jam Al-Awsat, Hadith 5787), and underscored the importance of caring for neighbors, declaring, "He is not a believer whose stomach is filled while his neighbor goes hungry" (Musnad Ahmad, Hadith 14494). Compassion and mercy were central to his message, as he affirmed, "Allah will not show mercy to him who is not merciful to others" (Sahih Bukhari, Hadith 6013). The Prophet encouraged acts of justice and charity, teaching that "The most beloved of deeds to Allah is to make a Muslim happy, to relieve him of hardship, to forgive his debt, or to feed his hunger" (Tabarani, Al-Mu'jam Al-Kabeer, Hadith 13646). He further emphasized the value of simplicity, warning against extravagance, and reminded that "Wealth does not decrease by giving in charity" (Sahih Muslim, Hadith 2588). Social service was regarded as a spiritual act, with the assurance that "Whoever fulfills the needs of his brother, Allah will fulfill his needs" (Sahih Bukhari, Hadith 2442), and fairness in dealings was paramount, as he advised, "Pay the worker his wages before his sweat dries" (Sunan Ibn Majah, Hadith 2443). These timeless Hadiths highlight the Prophet's call for sincerity in faith, social equity, and the fulfillment of collective responsibilities, demonstrating Islam's enduring vision for individual and societal well-being.

The Prophet (pbuh) said: Ostentation is a sort of polytheism (shirk) and the reason as explained by al-Ghazali, is that when he said: if somebody worships for Ostentation is a worship of one's self not of Almighty Allah. In the charter of humanity uttered by prophet pbuh above the Jabal ar Rahman, he reminded; constant redistribution and circulation of the private wealth to intended beneficiaries as prescribed by the Quran (9:60) to avoid accumulation in the hands of few (hoarding) which called by jurists as zakat or fiscal duty or ibadat maliyah (worship of Allah by means of property). The Prophet pbuh

used to spend the sadaqat on orphans, weaklings and poor; till they earn their livelihoods by themselves.

The essence of religion, particularly Islam, as envisioned by Mulla Sadra, Syed Nursi, Meister Eckhart, Schuon, alongside other key mystics who have emphasized the harmonization of devotion with universal welfare, from earliest to more recent times, include Rabia al-Adawiyya, Fudayl ibn Iyad, Al-Ghazali, Ibn Arabi, Rumi, Bahauddin Naqshband, Shah Waliullah al-Dihlawi, and Ibn Ata Allah al-Iskandari. These figures have significantly contributed to the understanding that spiritual devotion is inherently tied to the welfare of humanity, advocating for compassion, justice, and love in both personal and collective contexts. Ibn Khaldun's thought demonstrates that Islam's true essence lies in the integration of individual devotion with social welfare, where ethical governance, justice, and resource management create a harmonious, flourishing society. His insights provide a timeless framework for aligning spiritual commitment with the collective good, ensuring sustainable progress and justice for all. Nasr's "The Heart of Islam" emphasizes that devotion to God in Islam is intrinsically linked to social responsibility, justice, and compassion, offering practical guidance for the welfare of humanity. Similarly, Sayyid Qutb's "Fi Zilal al-Qur'an" asserts that Islam provides a dual framework of personal devotion and societal justice, applying Qur'anic teachings to foster global welfare.

Despite these clear directives, a concerning trend of ritualism has emerged in many Muslim communities. Repetitive non-obligatory pilgrimages, such as multiple Umrahs within short intervals, are often undertaken while pressing societal needs remain unmet. Reports suggest that billions of dollars are spent annually on such pilgrimages, yet many neighbors, relatives, and fellow citizens languish in poverty, unable to afford basic necessities like food, education, or healthcare. The Prophet (peace be upon him) warned against such neglect, asserting, "He is not a believer whose stomach is filled while his neighbor goes hungry" (Musnad Ahmad). This profound hadith underscores that devotion to God is hollow if it is divorced from empathy and responsibility toward others.

A similar imbalance is evident in the construction of extravagant mosques. Consider the millions spent on extravagant house constructions, extravagant mosques, ostentatious life style, wasteful spending, disregard for responsible use of resources, non-obligatory pilgrimages versus the unmet needs of the poor, the uneducated, ailing patients, poor parents craving for their daughter marriage, widows suffering , people in debt and the homeless. millions spent on them could transform lives if redirected. Balance, justice and compassion are fundamentals in Islam. While the architectural beauty of mosques is celebrated, their functionality often remains limited. Historically, mosques were centers of learning, charity, and social reform, serving as community hubs that addressed diverse needs. The Prophet's mosque in Madinah, simple yet profoundly purposeful, stands as a testament to this ethos. In contrast, many modern mosques prioritize aesthetics over utility, with millions spent on elaborate structures that do little to alleviate the struggles of the poor or the marginalized. The responsible use of resources in Islam is a holistic concept that integrates spiritual, social, and environmental dimensions. Rooted in divine guidance, it promotes a balance between consumption and conservation, ensuring justice and compassion for all. By embracing these principles, Muslims can contribute to a sustainable and equitable world, embodying the Qur'anic vision of being "a just community" (Surah Al-Baqarah, 2:143) and fulfilling their role as stewards of the Earth. This extravagance not only contradicts the simplicity of the Prophet's example but also represents a misallocation of resources that could be better used to address urgent societal challenges.

Charity and economic justice, central pillars of Islam, are also frequently overlooked. The Qur'an repeatedly commands Muslims to redistribute wealth to ensure societal equity, stating, "And establish prayer and give zakah and bow with those who bow [in worship and obedience]" (2:43). Zakat, Sadaqah, and Khairaat are mechanisms designed to uplift the disadvantaged and reduce economic dispar-

ity. However, contemporary statistics reveal that these obligations are often neglected or poorly implemented. A study by the Islamic Development Bank found that less than one-third of eligible Muslims pay Zakat effectively. This failure exacerbates poverty, leaving millions to suffer needlessly while resources remain hoarded by the affluent. The Qur'an sternly warns against such behavior, stating, "And those who hoard gold and silver and do not spend it in the way of Allah-give them tidings of a painful punishment" (9:34).

Islamic history provides numerous examples of welfare-oriented leadership and community organization that modern Muslims can emulate. Caliph Umar ibn al-Khattab, known for his commitment to justice, implemented comprehensive welfare programs, including public treasuries, food distribution systems, and care for orphans. The Bimaristans of the Abbasid and Ottoman Empires offered free healthcare to all, regardless of religion or status, exemplifying Islam's inclusive approach to welfare. These historical precedents demonstrate that Islam's teachings, when applied holistically, can lead to societies that thrive on principles of equity, compassion, and justice.

The universality of Islam's message resonates across cultures and traditions. For example, Buddhist teachings on compassion and Christian principles of "faith without works is dead" (James 2:17) align with Islam's emphasis on integrating belief with action. These parallels highlight the shared human aspiration for justice and care, reinforcing the need for Muslims to embody these values in their practices. The Qur'anic call to reflection-"Do they not reflect upon the Qur'an, or are there locks upon their hearts?" (47:24)-serves as a timeless reminder to revisit and realign priorities, ensuring that worship is not reduced to mere formality but is infused with purpose and impact.

To truly embody the essence of Islam, Muslims must reorient their focus from excessive ritualism to meaningful action. Acts of worship, such as pilgrimage and mosque construction, should not be pursued at the expense of pressing humanitarian needs. Instead, surplus wealth and resources should be channeled toward initiatives that address poverty, education, healthcare, and social justice. The spiritual fulfillment derived from transforming lives far outweighs the transient gratification of repetitive rituals. Mosques must reclaim their historical role as centers of community service, fostering education, dialogue, and support for the underprivileged.

The essence of Islam lies in harmonizing devotion with all-encompassing welfare, creating a legacy of justice, compassion, and inclusivity. By internalizing the foundational teachings of the Qur'an, the prophetic example, and the rich legacy of Islamic history, Muslims can fulfill their role as stewards of humanity. This approach not only honors the spirit of worship but also ensures that Islam remains a timeless and transformative force for good, inspiring generations to come. True piety is found not in extravagance but in simplicity, not in repetition but in action, and not in isolation but in service to all.

The true spirit of Islam lies in harmonizing spiritual devotion with the pursuit of universal welfare, creating a symphony of compassion, justice, and inclusivity that transcends time and space. When acts of worship are aligned with acts of care, they become transformative, not only for individuals but also for societies. The Qur'an and Sunnah consistently call for this integration, urging believers to prioritize the needs of the vulnerable and the marginalized. Historical examples and teachings from across traditions reaffirm this ethos, reminding us that faith finds its highest expression in service. Today's challenges demand a revival of this essence, where resources are directed toward alleviating suffering and building equitable communities rather than indulging in excesses of ritualism. By reclaiming the timeless and profound message of Islam, we not only honor its legacy but also ensure its relevance as a guiding force for humanity. In embodying this vision, Muslims can fulfill their divine mandate as stewards of the Earth, cultivating a legacy of care and justice that uplifts all, resonating with the very purpose of existence itself.

Author can be mailed at  
shabirahmed.lone003@gmail.com

# Crab Mentality: How Envy And Fear Hold Us Back As A Society



Dr. Reyaz Ahmad

In societies worldwide, a troubling pattern persists when individuals strive for success, innovation, or personal growth, they are often met with resistance—not just from systemic barriers, but from their peers. This phenomenon, sometimes referred to as crab mentality—derived from the way crabs in a bucket pull each other down rather than allowing one to escape—reveals an inherent human struggle between individual aspiration and collective insecurity.

But why does this happen? What drives people to discourage, mock, or obstruct those who seek progress? And more importantly, how can we counteract this tendency to create a culture of support and encouragement instead?

The Psychology of Pulling Others Down  
At its core, the tendency to undermine others stems from a mix of psychological, social, and cultural factors:

Envy and Insecurity – When someone achieves something we desire but haven't attained ourselves, it can trigger feelings of inadequacy. Rather than addressing our own shortcomings, it's often easier to diminish the accomplishments of others.

Fear of Change – People are naturally resistant to change, and when others break norms or challenge the status quo, it can feel threatening. This is why innovators often face pushback before

they are celebrated.

Social Comparison Theory – Psychologist Leon Festinger proposed that individuals determine their own self-worth based on comparisons with others. When someone excels, it can make others feel like they are falling behind, leading to resentment.

Cultural Conditioning – In collectivist cultures, those who stand out may be seen as disrupting harmony, while in hyper-competitive environments, success is often framed as a zero-sum game—where one person's win is perceived as another's loss.

Historical and Real-World Examples  
Throughout history, those who sought progress have often been met with ridicule or suppression:  
Global Examples

Galileo Galilei, who championed heliocentrism, was condemned by the Church and placed under house arrest for challenging existing beliefs.

Marie Curie, despite her groundbreaking discoveries in radioactivity, faced discrimination and skepticism simply because she was a woman in science.

Nikola Tesla, an inventor ahead of his time, struggled with financial and social obstacles, partly due to rivals undermining his work.

Modern Entrepreneurs & Creators, such as Elon Musk and Jeff Bezos, are often mocked or criticized—not always for valid reasons, but sometimes out of resentment toward their success.

Indian Examples  
Dr. B.R. Ambedkar – Despite being a key architect of the Indian Constitution and a champion of social justice, Ambedkar faced immense opposition from the upper caste-dominated political class. His advocacy for Dalit rights was met with

hostility, and even today, his contributions are sometimes undermined.

Srinivasa Ramanujan – The self-taught mathematical genius was often dismissed in India before gaining recognition in England. Many in his



hometown doubted his unconventional methods rather than supporting his brilliance.

Rakesh Sharma – India's first astronaut had to fight against bureaucratic and political skepticism before representing the nation in space.

Kiran Bedi – As India's first female IPS officer, she faced severe opposition from male colleagues and superiors who tried to pull her down rather than support her efforts for police reforms.

Dhirubhai Ambani – The founder of Reliance Industries was often ridiculed for being an outsider

to traditional business elites. Many tried to block his rise rather than learning from his innovative business strategies.

Mary Kom & P.T. Usha – Both legendary athletes faced discouragement and lack of institutional support despite bringing glory to the nation. The same pattern persists today, where many young athletes struggle against an unsupportive system.

Vikram Sarabhai & ISRO Scientists – When India first embarked on its space journey, many within the country mocked the ambition, dismissing it as unrealistic. Today, ISRO is a global leader, proving the naysayers wrong.

In the digital age, this phenomenon manifests in the form of cancel culture, cyberbullying, and social media negativity, where people actively seek to bring down rising figures, often for minor faults.

Impact on Personal & Social Progress

The consequences of this negative behavior are profound:

Personal Growth is Stifled – People who face constant discouragement may abandon their ambitions out of fear or frustration.

Innovation is Slowed – Society loses out when potential visionaries are silenced before their ideas can take root.

Toxic Work & Social Environments – Competitive workplaces or social circles driven by

jealousy lead to stress, burnout, and lack of trust.

A Cycle of Negativity – When people are held back, they in turn hold others back, creating a self-perpetuating culture of mediocrity.

Solutions: Building a Culture of Support & Encouragement

To break free from this destructive cycle, we must actively cultivate an environment that rewards ambition and supports those who seek to improve:

Celebrate Others' Successes – Instead of feeling threatened by someone else's achievements, use them as motivation to grow.

Practice Constructive Criticism – Instead of tearing others down, offer insights that help them improve.

Create Supportive Networks – Surround yourself with people who uplift rather than discourage.

Develop a Growth Mindset – Understand that success is not finite; others' wins do not mean your loss.

Educate & Raise Awareness – Schools, workplaces, and communities should promote values of encouragement and collaboration.

Conclusion: Choosing Growth Over Envy  
History shows that societies thrive when they nurture rather than suppress talent. By shifting our mindset from competition to collaboration, we can foster an environment where progress is not hindered by negativity but propelled by collective encouragement.

The choice is ours: Do we continue pulling each other down, or do we rise together?

Author is Faculty of Mathematics,  
Department of General Education SUC,  
Sharjah, UAE. He can be mailed at  
reyaz56@gmail.com



# J&K exhibits sustainable innovations at 12th Regional 3R, Circular Economy Forum in Asia-Pacific

UT’s Dal Lake Weed Processing Unit, climate initiatives steal spotlight

## J&K inks MoU regarding transformation of Srinagar into zero landfill city by 2030

**JAMMU:** In a landmark move, Srinagar Smart City Limited signed a Memorandum of Understanding (MoU) under the CITIIS 2.0 program regarding implementation of integrated waste management systems including smart collection networks and AI-driven recycling hubs to transform Srinagar into a zero-landfill city by 2030.

The MoU was signed during the 12th Regional 3R (Reduce, Reuse, Recycle) and Circular Economy Forum in Asia and the Pacific, being held in Rajasthan from March 3 to 5, 2025.

Additionally, the UT government inked a state-level agreement to establish a Climate Observatory, a first-of-its-kind institution in North India. The observatory will monitor climate variables, assess risks and formulate adaptive strategies for vulnerable sectors like agriculture, tourism and water resources.

The event, a flagship platform for advancing sustainable development and resource efficiency, saw J&K highlighting its pioneering initiatives in waste management and circular economy practices, reinforcing its commitment to environmental

stewardship.

The Lakes Conservation and Management Authority (LCMA) showcased Jammu & Kashmir’s

Dignitaries including Policy Makers, Thinkers, Researchers and Planners from all across the Country visited the J&K stall and applauded the initiative of

Energy Innovations” and “Community-Led Circular Economy Models”.

The forum offered a wealth of ideas, particularly in decentralizing waste management and empowering local communities. The visit provided an opportunity to explore best practices and modern technologies for potential replication in Jammu & Kashmir.

The participation of Jammu & Kashmir in the forum highlights its unwavering commitment towards sustainable urban development and the promotion of circular economy principles, aligning with the broader vision of environmental conservation and resource efficiency.

Pertinently, CITIIS 2.0 is a flagship initiative driving integrated waste management and climate action. Proposals for integrated waste management in smart cities were invited by the Ministry of Housing Affairs, GoI and 18 proposals worth Rs. 1800 Cr were shortlisted benefiting 18 cities across 14 states of the Country.

The 12th Regional 3R and Circular Economy Forum will continue in the coming days, featuring expert discussions, policy dialogues and collaborative initiatives aimed at shaping the future of sustainable urban development and circularity in the country.



ground-breaking Dal Lake Weed Processing Unit at the forum, drawing widespread attention from policymakers, technocrats and sustainability experts. The project, which converts invasive aquatic weeds into organic manure and biogas, exemplifies the UT’s innovative approach towards tackling ecological challenges while promoting circular economy principles.

transforming lake waste into valuable resources adopting sustainable waste management practices.

The J&K delegation, led by senior officials from the Housing and Urban Development Department, engaged in extensive knowledge-sharing sessions with the representatives from other states and Self-Help Groups (SHGs). Key focus areas included “Waste-to-Wonder Technologies”, “Waste-to-

## DC Ganderbal chairs District Skill Committee meeting

Discusses EDP under SANKALP

**GANDERBAL:** Deputy Commissioner (DC) Ganderbal, Jatin Kishore, chaired a meeting of the District Skill Committee (DSC) to review the preparation of the District Skill Development Plan (DSDP) at the VC Room, DC Office, Ganderbal.

The meeting assessed the skill development initiatives undertaken in the district and deliberated on strategies to enhance vocational and entrepreneurship development training to create employment opportunities.

A key focus of the meeting was the Entrepreneurship Development Program (EDP) under SANKALP, being implemented by JKEDI, aimed at supporting educated unemployed youth in the district.

The District Nodal Officer, JKEDI, informed the committee that the program would equip participants with insights into entrepreneurship as a career and provide exposure to various aspects of starting and managing an enterprise.

The DC directed officials to identify skill-deficit sectors in the district and ensure the enrollment of unemployed youth in relevant skill development programs to effectively address unemployment challenges in the district.

He further emphasized the need for a comprehensive District Skill Plan, involving various line departments, to expand the scope of skill development initiatives under multiple government schemes, thereby creating ample employment opportunities for the youth of the district.

The meeting was attended by the Chief Planning Officer, General Manager DIC, Chief Education Officer, Assistant Labour Commissioner, District Social Welfare Officer, and other committee members.

## DC inspects car parking slots at Shopian

**SHOPIAN:** Deputy Commissioner (DC) Shopian, Shishir Gupta today conducted a comprehensive assessment of traffic flow and parking facilities in the town.

He visited and inspected key locations, including the District Hospital (DH) Shopian, Old Bus Stand, Old JK Bank, Town Hall Park and other parking sites. During these inspections, DC evaluated existing parking facilities and pinpointed areas experiencing traffic congestion.

Gupta emphasized the need for effective traffic management, improved parking arrangements, and minimal inconvenience to commuters and visitors.

Directions were issued to the concerned to enhance parking capacities within the hospital premises and transport hubs. He underscored the importance of maintaining proper sanitation and cleanliness in and around the town.

## Deputy Commissioner Budgam reviews arrangements for holy month of Ramadan

**BUDGAM:** In order to ensure a smooth and hassle-free month of Ramadan, Deputy Commissioner (DC) Budgam, Akshay Labroo today convened a meeting with district officers here in the Conference Hall DC Office Complex.

During the meeting, threadbare discussions were held on various arrangements including availability of safe drinking water, uninterrupted power supply, first aid, sanitation, garbage collection, deployment of fire tenders, traffic management and security etc.

Necessary directions were issued to the heads of various departments to ensure foolproof arrangements during the month of Ramadan.

To ensure uninterrupted power supply during Ramadan, the DC instructed the Executive Engineer of the Power Development Department (PDD) to sensitize their field staff and ensure hassle-free electricity supply to consumers, especially during critical times such as Sehri and Iftar.

The Executive Engineer Jal Shakti Budgam and Chadoora were tasked with ensuring a regular supply of drinking water.

Emphasising the importance of consumer

protection, the DC directed the formation of special market checking squads which includes revenue, police and food safety officers to monitor quality



check and prevent profiteering, hoarding, and overcharging by shopkeepers during the month.

ARTO was directed to ensure sufficient availability of vehicles during the month, while AD food and Animal husbandry department were directed for ensuring adequate quantity of food grains, poultry and other essential commodities during the month.

To uphold cleanliness in the town and

panchayats, the DC directed the ACP and EOs to take proactive measures of sanitation drive and urged public cooperation in maintaining hygiene.

The CMO was directed to ensure health teams along with ambulance availability 24x7 during the whole month in all health and medical institutions to provide medical assistance.

Additionally, the Traffic Police have been instructed to deploy sufficient personnel in high-traffic areas to ensure smooth vehicular movement.

During the meeting, SDMs were directed to regularly monitor market prices and ensure the availability of essential commodities and services within their respective areas.

They were directed to conduct routine checks to maintain fair pricing and quality standards in local markets.

Besides, ADC Budgam, Mehraj ud din Shah; CPO Budgam, CMO, all SDMs, CAO, Executive Engineer Jal Shakti, PDD, ARTO, AD Food, all EOs and other concerned officers were present in the meeting.

## Govt committed to upgrade healthcare infra across JK: Dy CM

Chairs RKS meeting; reviews functioning, patient care at DH Nowshera



**JAMMU:** Asserting his government’s commitment towards upgrading the existing healthcare infrastructure across Jammu and Kashmir, Deputy Chief Minister, Surinder Choudhary, said that quality health services are being provided to the people with special focus on rural and far flung areas.

The Deputy Chief Minister was addressing the officers during a meeting of “Rogi Kalyan Samiti” (RKS) held to review the functioning and patient care facilities available at Sub District Hospital, Nowshera, here today.

On the occasion, the Deputy Chief Minister, who is also the

Chairman “Rogi Kalyan Samiti” was apprised of the progress and performance registered by the SDH under different indicators and financial allocation under RKS.

Brief discussion was held on various services including Maternity and Child Health Services, referral services, Ayushman Bharat, ABHA card status, services under JSY, ambulance service besides status of Hospital’s civil works.

BMO Nowshera gave a detailed presentation regarding the facilities, functioning and activities proposed under RKS 2024-25 for infrastructure up-gradation and overall advancement of healthcare

system in the Hospital

The Deputy Chief Minister directed the concerned authorities to work on various necessities vital for upgrading the basic infrastructure in the hospital. He directed the BMO to submit a detailed list of departmentwise requirements so that measures are taken with respect to the facility upgradation of the hospital accordingly. He directed all the concerned to follow the objectives as envisaged in RKS guidelines. He asked the officials of health department to work with added zeal and dedication to ensure efficient and prompt healthcare facilities to the people.

Among others the meeting was attended by ADC Nowshera, Babu Ram Tandon, BMO, Executive Engineers of Jal Shakti and R&B, EO, representatives from civil society and other members.

## DC Shopian reviews implementation of PM Surya Ghar (Muft Bijli Yojna)

Asks for enhanced awareness activities for maximum registrations

**SHOPIAN:** Deputy Commissioner (DC) Shopian, Shishir Gupta today convened a meeting with concerned officers to review the implementation of PM Surya Ghar (Muft Bijli Yojana) in the district.

The scheme aims to enhance the share of rooftop solar capacity and empower residential households to generate their own electricity, supported by significant financial contributions from the government. The meeting was informed that a substantial number of applications have been received for installation of rooftops in the district. Gupta emphasized the need to increase registrations under the scheme and directed Tehsildars and officers and officials of KPDCIL for their cooperation to launch massive awareness campaigns at their respective jurisdiction to motivate the people so that they will be benefited.

ADDC, Dr. Nasir Ahmed Lone; ADC, Dr. Zakir Hussain Faaz; Tehsildars, Executive Engineer KPDCIL, Tehsildars and other concerned were present.



## District Level Implementation Committee Approves 54 Cases Under Mission Youth in Ganderbal

**GANDERBAL:** The District Level Implementation Committee (DLIC) of Ganderbal, under the chairmanship of Deputy Commissioner Ganderbal, Jatin Kishore approved 54 cases under various Mission Youth schemes.

The approved cases include 27 under the Mumkin scheme, 19 under Tejaswini, and 8 under the Spurring Entrepreneurship Initiative (SEI).

These initiatives aim to empower the youth of the district by providing financial and infrastructural support for self-employment and entrepreneurship.

The meeting was attended by the Chief Planning Officer, General Manager of the

District Industries Centre, Lead District Manager, Assistant Director of Employment, Assistant



Regional Transport Officer, District Nodal Officer JKEDI, District Officer KVIB, and other concerned officials. Speaking on the occasion, the Deputy Commissioner emphasized the government’s

commitment to youth empowerment and encouraged eligible candidates to take advantage of these schemes. He reiterated that the administration is focused on creating sustainable livelihood opportunities and fostering an entrepreneurial ecosystem in the district. The Mission Youth schemes have been instrumental in uplifting young entrepreneurs, particularly women and unemployed youth, by providing necessary financial assistance, skill training, and mentorship. The beneficiaries expressed their gratitude to the administration for their support and pledged to make the most of the opportunities provided to them.

## GWC Parade organizes seminar on ‘New Career Avenues

**JAMMU:** The Social activity Club of GCW, Parade Ground, Jammu organized a seminar on ‘New Career Avenues’ on 3rd March, 2025. The seminar was organized with a vision to enlighten the students about new alluring career opportunities. At the onset, Dr. Shally Chadha, Convenor Social activity club address the gathering. Atul Vinod Duggal, Film Maker – AVD Motion Pictures, Founder Crown City Academy of Film & Television is the resource person for the event. He highlighted the importance of graphic designing,

video editing, acting and social media influencing in modern era. He interacted with the students with an opportunity to enroll them in the J&K’s first Govt. Certified film school in the said courses. Dr. Ravendra Kumar Tickoo, Principal of the college graced the occasion and appreciated the talks by the resource person. The event was attended by Dr. Sushma Chib, (Associate Professor, Department of Mathematics) Dr. Surinder Singh Parihar (Convenor IQAC), Dr. Anjali Abrol (Associate Professor, Department of Chemistry)

## DC Srinagar reviews progress on implementation of Mission Yuva

Underscores roles & responsibilities of SBDUs, BHDs



**SRINAGAR:** To review the progress on implementation of Mission Yuva, a meeting was chaired by Deputy Commissioner (DC) Srinagar, Dr. Bilal Mohi-Ud-Din Bhat here at Meeting Hall of the DC Office Complex, today.

At the outset, the DC discussed the different aspects with regard to the constitution of Small Business Development Units (SBDUs) and Business Help Desks (BHDs) under Mission YUVA.

Dr. Bilal emphasized the need for seamless coordination among the Departments to provide holistic support to Nano-Enterprises and MSMEs.

He said that the initiative is a significant step towards boosting self-employment and entrepreneurial initiatives under Mission YUVA in Srinagar district.

During the meeting, Deputy Director Employment through a PowerPoint presentation highlighted the formation, roles, and responsibilities of BDUs and BHDs, ensuring their effective implementation to support entrepreneurship, financial facilitation, and business development in the district.

All stakeholders actively participated in the deliberations, highlighting their respective roles in strengthening the business support ecosystem at the district and sub-division levels.

Besides, Additional Deputy Commissioner, Syed Ahmad Kataria; Chief Planning Officer, Fayaz Ahmad Dar and Deputy Director Employment, Dr. Sheeba, the meeting was attended by Sectoral/ District Officers and all members of SBDUs and BHDs.

## Vice President Dhankhar, urged Indian Corporates to invest in building specialised educational institutions

**Srinagar:** Marking 75 years of illustrious journey in education, the Hinduja Group reaffirmed its commitment to shaping India's future through its flagship institution, Hinduja College of Commerce, which started as a humble primary school for children of refugees.

Today with over 6000 students, Hinduja College is now advancing towards becoming a deemed university.

Today the Group through Hinduja Foundation nurtures over 7,00,000 students across India through initiatives like Road to School and Road to Livelihood.

With ambitious plans to empower 1 million students by 2030, the Hinduja Foundation continues to champion education as a catalyst for change and is a key contributor to India's vision of a Viksit Bharat by 2047.

The celebration witnessed the presence of esteemed dignitaries, including the President of India, Jagdeep Dhankhar, as the Chief Guest. The Governor of Maharashtra, C. P. Radhakrishnan was also present as Guest of Honour.

Hon'ble VP Jagdeep Dhankhar felicitated outstanding students for their academic and extracurricular achievements.

Addressing the students & dignitaries at a function to commemorate the 75 years in education through Hinduja College, the Vice President of India Jagdeep Dhankhar stated, “Sanatan must be a part of the country's culture and education because it stands for inclusivity and stressed the need to remain well grounded or rooted in it.

He also urged corporate India to invest in education to create specialised institutions. Philanthropic endeavours should not be driven by the philosophy of commodification and commercialisation.

Our healthcare and education systems are being plagued by these. He also called education the most impactful transformative mechanism that brings about equality.”

He also expressed his confidence that Hinduja College will not stop at just becoming a deemed university but become an institution of global eminence.

Reflecting on this milestone, Ashok Hinduja, Chairman, Hinduja Foundation, remarked, “The institution is set to establish a Skill Development Centre, reinforcing its commitment to bridging industry-academia gaps, with long-term plans to transition into a Deemed University and expand student capacity multi-fold. College plans to introduce new programs in Artificial Intelligence, Data Science, and Wealth Management, along with specialized courses in Climate Finance and Export-Import Management.”

Ashok Hinduja also urged the government to consider introducing Sanatan principles in education. Agreeing to this suggestion the Vice President added that “Sanatan promotes inclusivity”.

Paul Abraham, President, Hinduja Foundation, said, “Hinduja College is undergoing redevelopment to build a state-of-the-art, multi-storied facility equipped with cutting-edge infrastructure and modern amenities.

This ambitious project is expected to be completed by 2028. We expect the new Facility to triple the physical capacity of the college to create enhanced capabilities for digital outreach and programming across a spectrum of opportunities.”

Hinduja College offers more than 30 academic programs and achieved NAAC A+ accreditation in 2023-24.

Granted autonomous status in 2022, the college has aligned with the National Education Policy (NEP) 2020 to equip students with future-ready skills.

The college's vision is clear: “To empower our students not only to excel but to outshine.” As part of its commitment to empower students.







# Parenting stress weakens mother-child communication

Mothers who reported higher levels of parenting stress had less synchrony in brain activity with their child than those who reported lower levels of parenting stress, researchers have found.

Excessive parenting stress can block maternal sensitivity, lead to reactions that punish the child and negatively affect the parent-child relationship for the long term.

"Our study shows that parenting stress may very well weaken mother-child communication early in the process of social interaction. Our observations likely stem from the stressed mother's reduced ability to share her child's perspective" said study senior author Gianluca Esposito, Assistant Professor at Nanyang Technological University, Singapore.

"This inability to appreciate the child's viewpoint may reduce the quality of parental engagement and undermine the mother-child relationship in the long run," Esposito said.

According to the study, when the parent and child show highly similar brain activity in the same areas of the brain i.e. greater synchrony, it suggests that both are highly tuned in to each other's emotional states.

The study published in the journal Scientific Reports, analyzed the brain activity of 31 pairs of mother and children from Singapore while they were watching children's animation clips together.

The researchers used functional Near-infrared Spectroscopy (fNIRS) caps as a non-invasive way to measure brain activation based on blood concentration levels in the brain.

Before starting the experiment, mothers answered a questionnaire that aims to measure parenting stress.

The mother-child pairs then wore the fNIRS caps with the child sitting on the mother's lap while both watched animation clips from 'Brave', 'Peppa Pig' and 'The Incredibles' together.

The research team compared the mother's and child's brain activity to calculate brain-to-brain synchrony and found that for those parents reporting higher levels of parenting stress, the degree of mother-child synchrony in part of the prefrontal cortex was diminished, compared to those parents reporting lower stress who had better synchrony.

## Is it hard to quit smoking? Running can help you get rid of it



**NEW DELHI:** Finding it hard to quit the habit of smoking? A study has claimed that running can help you get rid of this bad habit and save your health.

The study, led by researchers from the University of British Columbia (UBC), evaluated Run to Quit -- a national initiative targeting smoking cessation through group-based running clinics.

The results showed that half (50.8 per cent) of the people who completed a 10-week programme were able to successfully quit smoking, while 91 per cent reportedly reduced their smoking.

"This shows that physical activity can be a successful smoking-cessation aid and that a community-based programme might offer that. Because doing it on your own is very difficult," said lead author Carly Priebe, postdoctoral student at UBC.

The findings were detailed in the journal Mental Health and Physical Activity.

In all, 168 smokers from across Canada registered for the 2016 Run to Quit programme, and 72 of them stuck it out until the final week, when 37 participants had their claims of quitting verified by carbon-monoxide testing.

The weekly sessions included classroom time divided between running instruction and strategies for quitting smoking, plus an outdoor walking/running component that progressed toward a five-kilometre run.

Participants had access throughout the programme to one-on-one phone counselling via the national quit-smoking line.

The programme also showed improvement in participants' mental health, as well as a reduction of nearly one-third in their average carbon monoxide level.

## Endometriosis may up risk of complications in pregnancy

**NEW YORK:** Pregnant women with endometriosis -- a chronic gynecologic disease -- are at greater risk for a host of complications during pregnancy and at delivery, including preterm birth and cesarean section, a study has shown.

The study showed that women with endometriosis had higher risks of miscarriage, preterm birth, and placenta previa.

The condition was associated with the birth of infants who were small for their gestational age.

There was no association, however, between endometriosis and gestational hypertension or preeclampsia.

Such pregnancies should be closely monitored by obstetricians for these complications, the researchers stressed.

"Endometriosis is known to alter a woman's physiology in a way that could interfere with a number of stages of pregnancy," said Vincenzo Berghella, Professor at Thomas Jefferson University in Pennsylvania.

"From causing inflammation at the endometrium, to resisting the action of progesterone during implantation and throughout the pregnancy, there are a number of ways that endometriosis may affect the normal course of pregnancy," Berghella added.

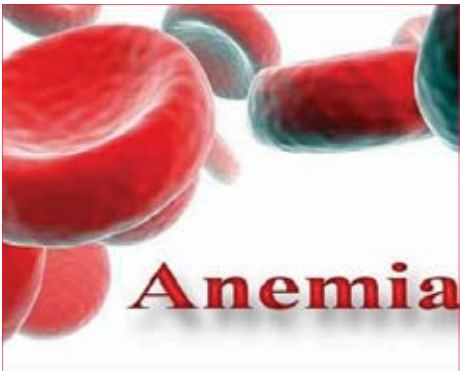
Endometriosis -- a disorder in which tissue that normally lines the uterus grows outside the uterus -- affects 10 per cent of women worldwide.

It is often diagnosed in the early reproductive years and is associated with endometrial tissue that travels and lodges in other parts of the body. Some of the symptoms include dagger-like abdominal pain, infertility and painful intercourse.

## How To Cure Iron Deficiency Anemia Problem With Natural Remedies?

If the count of red blood cells is less, you will suffer from anemia. Sufficient levels of iron are necessary in your body to produce hemoglobin. Hemoglobin takes the responsibility of supplying oxygen to all of the tissues in your body. Therefore, it improves functioning of muscles and tissues. Many people are not aware that sufficient iron levels are not available in their body. Some of the causes include pregnancy or heavy menstruation, poor diet and intestinal diseases. Symptoms of iron deficiency include headache, brittle nails, dizziness, weakness, general fatigue, pale skin, soreness, irregular heartbeat and shortness of breath. How to cure iron deficiency anemia is through intake of eggs, meat and leafy vegetables.

To cure iron deficiency anemia problem, you can include nuts, red meat, iron fortified cereals, leafy vegetables, dark green vegetables and dry fruits in your daily diet. Foods rich in vitamin C are necessary for absorption of iron. So, you can include vitamin C rich foods like strawberries, oranges, broccoli, red peppers, Brussels sprouts, kale, kiwi, guava, and green peppers in your daily diet. Vitamin C boosts white blood cells count. It also safeguards the cells from the oxidative damage. It also boosts immunity. Foods rich in vitamin C also eliminate skin dryness and wrinkles. It also relieves you from the risk of stroke.



How to cure iron deficiency anemia is through the use of Herbolobin capsules. This herbal pill is developed using pure plant ingredients to treat blood loss and low hemoglobin levels. It improves the count of red blood cells. Hemoglobin in red blood cells ensures supply of nutrients and oxygen to the cells and promotes metabolism. It boosts energy levels and nourishes all the cells in your body. Supply of oxygen and higher nourishment promotes cell reproduction and strengthens the organs and tissues in your body. Bone marrow is responsible for producing red blood cells. Potent herbs in Herbolobin capsules relieve you

from iron deficiency. The herbs like Ashwagandha, Lauh Bhasma, Sudh Shilajit, Kesar and Safed Musli help to treat deficiency of iron and boost red blood cells count.

Sudh Shilajit provides more than 85 types of nutrients in bioavailable form for easy absorption. Apart from curing iron deficiency, it helps to get relief from symptoms of fatigue, muscular weakness, breathless and debility etc.

Lauh Bhasma offers effective cure for anemia. It boosts production of red blood cells. Shilajit and Ashwagandha boost blood circulation to nourish the cells in your body.

Safed Musli improves blood circulation and relieves you from massive blood loss. It boosts hemoglobin levels and treats anemia.

Kesar is another best herb to boost blood circulation and energy levels. It also boosts digestion. All these herbs are blended in right combination using a proven herbal formula to cure iron deficiency anemia problem.

Therefore Computer Technology Articles, how to cure iron deficiency anemia is through intake of one or two Herbolobin capsules after intake of food with plain water daily twice. It is suggested to use this herbal pill for three to four months. You can buy Herbolobin capsules from reputed online stores.

## Diet easily affects quality of sperm, find researchers

Researchers have found a study that sperm is affected by diet and its results appear rapidly. The research also gave new insights into the sperm process the RNA fragments in human sperm.

which, in the long term, can continue to assess sperm values by modern testing methods.

The study published in 'PLOS Biology' was found by researchers at Linköping University who fed healthy young men a high sugar diet. Anita Ost, a senior lecturer in the Department of Clinical and Experimental Medicine at the University, and also the head of the study said: "We see that diet influences the motility of the sperm, and we can link the changes to specific molecules in them. Our study has revealed rapid effects that are noticeable after one to two weeks."

Many environmental and lifestyle factors, including obesity and related diseases, may affect sperm quality, such as type 2 diabetes, are well-known risk factors for poor sperm quality.

Epigenetic anomalies, which influence physical properties or rates of gene expression, are of concern to the research group which conducted the new study, even if the genetic material, the DNA code, is not altered. In some cases, such epigenetic changes will contribute to the transmission of properties through the sperm or egg from parent to parent.

In an earlier study, researchers have shown that male fruit flies that had eaten excess sugar shortly before the patient became overweight more often produced offspring.

Scientists have hypothesized that RNA

sperm fragments may engage in epigenetic processes, but it is too early to tell whether they do in human beings. The new study was initiated by the researchers to investigate whether high consumption of sugar affects the RNA fragments in human sperm.

The study examined 15 normal, non-smoking young men, who followed a diet in which they were given all food from the scientists for two weeks. The diet was based on the Nordic Nutrition Recommendations for healthy eating with one exception: during the second week, the researchers added sugar, corresponding to around 3.5 litres of fizzy drinks, or 450 grammes of confectionery, every day. The sperm quality and other indicators of the participants' health were investigated at the start of the study, after the first week (during which they ate a healthy diet), and after the second week (when the participants had additionally consumed large amounts of sugar).

One third had poor sperm motility at the beginning of the test. Motility is one of several factors influencing the quality of sperms, and that of the general population was the proportion of people with low sperm motility studied. The authors were surprised to learn that the motility of sperm of all participants during the research had become natural.

"The study shows that sperm motility can be changed in a short period, and seems to be closely coupled to diet. This

has important clinical implications. But we can't say whether it was the sugar that caused the effect, since it may be a component of the basic healthy diet that has a positive effect on the sperm," said Anita Ost.

The scientists have also observed that the tiny RNA fragments associated with sperm motility also changed.

They now plan to carry on the research and explore whether there is a connection between male fertility and RNA sperm fragments.





Continued From P1...

J&K Govt

migrants into the valley by ensuring a safe and secure environment.

“Efforts will be intensified to accelerate the construction of transit accommodation projects for migrant employees, providing them with suitable housing at designated locations. These initiatives reflect our dedication to restoring confidence, fostering inclusivity and ensuring a stable and prosperous future for all communities,” he said.

The government is dedicated to strengthening healthcare infrastructure across the Union Territory, ensuring quality, accessible and affordable medical services for all.

“Prestigious institutions such as AIIMS – Jammu and AIIMS – Kashmir, along with newly-established paediatric and cancer hospitals, are transforming tertiary healthcare delivery. The expansion of critical care facilities, dialysis centres and telemedicine services is significantly improving access to affordable and specialised care, ensuring that every citizen benefits from enhanced healthcare facilities,” he said.

Under the universal health coverage scheme Ayushman Bharat Pradhan Mantri Jan Arogya Yojana SEHAT, 15.35 lakh free treatments have been provided, offering critical medical support to the people of Jammu and Kashmir, Sinha said.

This initiative has resulted in savings of approximately Rs 2,765 crore in out-of-pocket expenses for patients, ensuring financial protection and improved access to quality health care for all.

To ensure swift and accessible medical assistance, 489 ambulances have been integrated into the 102-108 ambulance network, providing immediate transportation and emergency care, according to the lieutenant governor.

“This initiative has already benefited 4.50 lakh patients, reinforcing my government’s commitment to strengthening emergency healthcare services across Jammu and Kashmir,” he said.

The lieutenant governor said AIIMS – Kashmir was nearing completion and expected to become operational soon, significantly enhancing healthcare infrastructure in the region.

To further strengthen medical education, the government is taking steps to increase MBBS and postgraduate seats in the 2025-26 session, expanding opportunities for aspiring doctors, he said.

The government is intensifying its effort in the fight against substance abuse by expanding functional drug de-addiction centres, reaffirming its commitment to addressing this critical issue, Sinha said.

“This initiative adopts a comprehensive approach focused on rehabilitation, awareness and prevention, with the ultimate goal of creating a drugs-free and healthier society,” he added. (Agencies)

LG Sinha

their aspirations, regional needs, and development priorities in Budget formulation.

“The voices of the people are again shaping the allocation of resources and the prioritization of development goals. This budget is a true celebration

of democracy-an expression of the dreams and expectations of every household, every community, and every region of Jammu and Kashmir.”

“It marks a moment of renewal and empowerment, where the collective efforts of the people’s representatives are shaping the future of this land. This budget represents a new era of participatory governance, ensuring that the needs and aspirations of the common man remain at the heart of policy making,” he added.

“Govt Assures

“We recognize the vital role of the media in shaping public discourse, holding institutions accountable, and keeping citizens informed. Efforts will continue to strengthen press Infrastructure, enhance access to information, and protect the rights of journalists, reaffirming our unwavering dedication to democratic values and an open society,” he added.

While freedom of expression is fundamental, it must always be exercised with responsibility, keeping the national interest paramount, he also said.

CM Omar’s budget

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CM Omar pays

statesman—Dr. Manmohan Singh.

“Dr. Singh was a man of great wisdom and integrity. He never used the power of his office for personal gain,” he said, adding that Dr. Singh’s journey—from studying under streetlights to earning degrees from Oxford and Cambridge—was a testament to his dedication and intellect. “His rise from an economic advisor to Planning Commission Deputy Chairman, Finance Minister, and eventually the Prime Minister of India was marked by success at every step,” he added. Reflecting on Dr. Singh’s economic reforms, CM Omar Abdullah recalled how he took charge as Finance Minister when the country was in dire economic straits.

“India lacked the financial resources even to run the government. It was his vision and policies that paved the way for economic reforms, transforming India from a struggling economy to one of the world’s largest. The economic liberalization he spearheaded, including the dismantling of the license-permit raj, unleashed the potential of the private sector and set India on a path of sustained growth,” he said.

The Chief Minister also highlighted Dr. Singh’s contributions beyond economic reforms. “His government initiated crucial social welfare

measures, including the Indira Awas Yojana, which provided housing for the poor, and MGNREGA, which ensured employment for millions.”

Acknowledging Dr. Singh’s contributions to J&K’s infrastructure development, the Chief Minister said, “The Jammu-Srinagar Highway, a critical lifeline for the region, was initiated under his tenure. The Chenab Rail Bridge, the highest railway bridge in the world, was another testament to his commitment to connecting Kashmir with the rest of India. Though he did not live to see the first train cross that bridge, its completion remains a tribute to his vision.” Recalling Dr. Singh’s last press conference, CM Omar Abdullah quoted him as saying, “History will be a better judge of me than contemporary times.”

He remarked, “Today, as we reflect on his legacy, we recognize the wisdom in those words. He was a leader respected not only in India but across the world—from Washington to London, from Tokyo to Beijing.”

Sharing his personal experience, the Chief Minister said, “I had the privilege of working closely with Dr. Singh and learning from his quiet yet resolute leadership. He never raised his voice, never sought attention, and never hesitated to correct a mistake when needed.” He concluded by stating that “His absence leaves a void, but his contributions will continue to shape India for generations to come.”

The Chief Minister also paid rich tributes to other former legislators during the obituary reference.

ECI recognises

were the first general elections of the J&K after its reorganization in the year 2019. A total of 87,26,281 voters were eligible to exercise their franchise in these elections. For this purpose, 11,629 polling stations had been established and 80,724 polling personnel had been trained and made available to ECI for holding of elections across the villages and towns of J&K.

Moreover, for the first time administration had established 83 women manned, 70 youth manned, 73 PwD manned, 88 Green Polling Stations, 180 Border Polling Stations, 152 Model Polling Stations and 46 Unique Polling Stations under specific themes in all districts of Jammu & Kashmir. These were aimed to revolutionize the electoral process by ensuring accessibility and representation for all segments of society.

With a special focus on women, youth and Persons with Disabilities these stations were equipped with amenities tailored to meet their unique needs, fostering an environment conducive for their active participation in the democratic process.

CM Omar launches

9-12 at Gulmarg. She detailed the schedule, including the arrival of teams on March 7, a night skiing demonstration, fireworks, a laser show, cultural programs, competition events and the award ceremony.

She also highlighted the key features of the newly launched website, which will provide real-time updates and comprehensive event-related information.

With fresh snowfall, Jammu & Kashmir is set to host the second leg of KIWG 2025 in Gulmarg from March 9 to 12, ensuring a world-class winter sports experience in one of India’s premier snow destinations.

The event, initially scheduled for February 22-25, was postponed due to insufficient snowfall. The Khelo India Winter Games 2025 will feature four major events—Alpine Skiing, Ski Mountaineering, Snowboarding, and Nordic Skiing—which will take place at Kongdoori and Gulmarg Club in Gulmarg.

Contributing To

said the goals of ‘Aatmanirbhar’ and ‘Viksit Bharat’ can be achieved through the concerted efforts of all the stakeholders.

He also exuded confidence that with growing private sector participation, India will find a place among the top three economies in the world by 2027.

Singh commended the corporate houses for their generous contributions towards the AFFD fund and felicitated the top CSR donors on the occasion, the statement said.

The Department of Ex-Servicemen Welfare under the defence ministry has been working for the welfare and rehabilitation of war widows, wards of fallen soldiers and ex-servicemen, including disabled ones, by providing financial assistance for their identified personal needs such as penury grant, children’s education grant, funeral grant, medical grant and orphan or disabled children grant, the statement said. (Agencies)

“Govt transforming

The Lieutenant Governor said that additionally, innovation, incubation, and entrepreneurship will be actively encouraged to foster a start-up culture among students, equipping them with the skills and opportunities to drive economic growth and self-reliance.

“My government is focusing on transforming Jammu and Kashmir into an educational hub with strategic investments in higher education. IIT Jammu and IIM Jammu are now operational,” LG Sinha said.

He also said that the Jammu University has attained A++ status, while the Islamic University of Science and Technology (IUST) leads in skill development and innovation. “Faculty from the University of Kashmir are recognized among the top 2 percent of global scientists by Stanford University.”

The Lieutenant Governor said, “Institutions like Cluster University of Jammu and IUST are contributing to high impact research and securing patents.”

DGP Prabhat

approach and adoption of community-based strategies to build trust and address criminal activities.

The district SSPs presented detailed briefings, outlining the law enforcement and public safety challenges in their respective jurisdictions.

Prabhat also issued directives for the swift investigation and resolution of long-pending criminal cases.

The IGP Kashmir Zone also urged officers to adopt a proactive stance in addressing serious crimes and to collaborate closely with the judiciary and prosecution to expedite case resolutions.

LA pays glowing

Minister, Dr. Manmohan Singh in shaping the economy of the country. He remembered him as a statesman, whose contribution to this Nation will be remembered forever.

The Speaker also paid glowing tributes to former Minister, Syed Ghulam Hussain Geelani; former MP, Shamsher Singh Manhas; former MLAs, Ghulam Hassan

Parrey and Choudhary Paira Singh.

During the obituary reference, MLAs, Mubarak Gul, Sham Lal Sharma, Dr. Narinder Singh, Dr. Bashir Ahmad Shah Veeri, Ghulam Ahmad Mir, Mohammad Yousuf Tarigami, Abdul Majeed Larmi, Mohd Rafiq Naikoo, Vikram Randhawa, Nizamuddin Bhat, Satish Kumar Sharma and Iftikhar Ahmed also paid tributes to former Prime Minister, Dr. Manmohan Singh and other former parliamentarians and legislators who passed since the last session was convened.

The Speaker and members of the house also held two minute silence in their remembrance.

NOTICE

This is an information for general public that Electricity Agreement Bearing Consumer ID No:0216010005724, Which is Registered in the name of saja Begum W/O Ab Ahad Lone, R/O Guroora Bandipora. Now i want to apply for Change this Electricity Agreement in the name of Ghulam Rasool Lone, S/O Abdul Ahad Lone , R/O Garoora Bandipora, in this regard any person having 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.

Ghulam Rasool Lone. S/O Abdul Ahad Lone. R/O Garoora Bandipora.

NOTICE

This is an information for general public that Birth certificate of my Son issued by Municipal Council Bandipora, his Name has been Mistakenly Mentioned as Mohd Mohtashin Zargar, while as his Actual and correct name is Muhammad Mohtashin Zargar, 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 Municipal council Bandipora with in a period of seven days from the date of the publication of this notice after that no objection shall be accepted.

Asif Hossain Zargar. F/O Muhammad Mohtashin Zargar. R/O Ayathmulla Bandipora.

Indian Army Organises Lecture on Pre Recruitment Training for Youth in Rajouri

RAJOURI: The Indian Army at Samote organised a lecture on pre recruitment training for youth at Samote on Monday.

An official spokesperson said the aim of conducting this lecture is to motivate the talented and potential youth to join Armed Forces of our country.

In due course, youths were also briefed about the detailed Officers selection procedure (Issue of UPSC Notification, Written Examination, SSB Interview

, Medical Test and Final Merit) and Army Soldier selection procedure.

It was also informed to them all those who are desirous of getting enrolled in the Indian Army as JCO/OR are required to apply online at [www.joinindianarmy.nic.in](http://www.joinindianarmy.nic.in).

The registration process and the



subsequent steps to apply for different trades were also discussed.

The youth were informed that the Indian Army Recruitment Board conducts the recruitment in every state with

pre planned scheduled in every year. The lecture provided crucial insights about PFT (Physical Fitness Test), PMT (Physical Measurement Test), Document verification, MT (Medical Test) and CEE

(Common Entrance Exam). The final merit list is determined based on performance in these stages.

Spokesperson said this initiative by the Army is an effort to win the hearts and mind of the local people while guiding eligible and aspiring candidates toward a career in the armed forces.

According to the spokesperson Local youth thanked and expressed their profound gratitude

towards the Army for conducting the lecture and taking this noble initiative for youths to motivate the talented and potential students to join pre-recruitment training.

“This initiative will go a long way in overall development of the students. A total of 25 youths benefited by attending the said lecture”.

Snow blankets Kashmir parts, rains lash plains

●MeT predicts another wet spell from March 10

SRINAGAR: The parts of Jammu and Kashmir once again received the fresh snowfall on Monday while the rains lashed the plains, bringing down the mercury further.

According to the news agency—Kashmir News Observer (KNO), the higher reaches of north and south Kashmir received fresh snowfall today. Srinagar, the summer capital of Jammu and Kashmir, however was lashed by the rains intermittently since the morning.

Sadhna Top and Razdan Top have received a snowfall of one feet while Zojila pass and Sonamarg have received a snowfall of 10 inches today, said an Independent Weather Forecaster, Aadil Maqbool.

As per the details, Gulmarg recorded a snowfall of 8 inches while Doodhpatri recorded 7 inches of snow. Peer ki Gali recorded 8 inches of snow while Sinthan top recorded 10 inches of snowfall till today, he said, adding that light snow was also reported in some plains of Shopian, Baramulla, Kupwara and Bandipora.

Director Meteorological department (MeT), Dr Mukhtar Ahmad said that the generally dry



weather is expected from tomorrow till March 09, adding that a fresh spell of rain and snow is expected from March 10 to 12.

Moreover, the MeT has issued an advisory, predicting a possibility of landslides, rockfall, shooting stones and mudslides over vulnerable places.

It advised the tourists, travellers and transporters to follow administration and traffic advisory and asked farmers to suspend irrigation & other farm operations till 4th March.

Avoid sloppy & avalanche prone areas, it reads

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باسمہ سبحانہ و تعالیٰ

فون نمبر

نقشہ سحر و افطار بابت رمضان المبارک ۱۴۴۶ھ

برائے سرینگر و مضافات

(۳۳ ڈگری عرض البلد و مضافات کے لئے)

نوٹ :- یہ نقشہ میقاتات الصلوٰۃ (مرتبہ حضرت مولا نا محمد رحمت اللہ میر القاسمی صاحب) کے عین مطابق ہے

شائع کردہ :- دارالعلوم رحیمیہ بانڈی پورہ

افطاری سے پہلے کی دعا: اَللّٰهُمَّ لَكَ صُمْتُ وَبِكَ اَمَنْتُ وَعَلَيْكَ تَوَكَّلْتُ وَعَلَى رِزْقِكَ اَلْفُطْرُتُ

افطاری کے بعد کی دعا: ذَهَبَ الظَّهْمُ وَابْتَلَّتِ الْعُرُوۡقُ وَثَبَتَ الْاَجْرُ اِنْ شَاءَ اللّٰهُ

اولہ رحمۃ				واوسطہ مغفرۃ				آخرہ عقیق من النیران			
تاریخ	تاریخ	ختم	افطاری	تاریخ	تاریخ	ختم	افطاری	تاریخ	تاریخ	ختم	افطاری
شمسی	شمسی	دن	شمسی	شمسی	شمسی	دن	شمسی	شمسی	شمسی	دن	شمسی
۱	01/مارچ	سنہجر	5:38	۱۱	۱۱	منگل	5:25	۲۱	۲۱	۲۱	۵:۱۱
۲	02	اتوار	5:37	۱۲	۱۲	بدھ	5:24	۲۲	۲۲	۲۲	۵:۱۰
۳	03	پير	5:36	۱۳	۱۳	جمعرات	5:23	۲۳	۲۳	۲۳	۵:08
۴	04	منگل	5:34	۱۴	۱۴	جمعہ المبارک	5:20	۲۴	۲۴	۲۴	۵:06
۵	05	بدھ	5:33	۱۵	۱۵	سنہجر	5:19	۲۵	۲۵	۲۵	۵:05
۶	06	جمعرات	5:31	۱۶	۱۶	اتوار	5:18	۲۶	۲۶	۲۶	۵:04
۷	07	جمعہ المبارک	5:30	۱۷	۱۷	پير	5:16	۲۷	۲۷	۲۷	۵:02
۸	08	سنہجر	5:28	۱۸	۱۸	منگل	5:15	۲۸	۲۸	۲۸	۵:00
۹	09	اتوار	5:27	۱۹	۱۹	بدھ	5:14	۲۹	۲۹	۲۹	۴:58
۱۰	10	پير	5:26	۲۰	۲۰	جمعرات	5:12	۳۰	۳۰	۳۰	4:56

ضروری مسئلہ:- اگر یہ سچہ کرم تحریری کھاتا رہا کہ ابھی کمری کا وقت باقی ہے بعد میں معلوم ہوا کہ اس وقت صبح صادق ہو چکا تھی تو روزہ نہیں ہوا و بارہ رکعت پڑھائے گا اس لئے نقشہ میں درج وقت کمری سے چند من پہلے کمری کھانا ختم کر دیجئے۔

اسی طرح اگر یہ سچہ کرم افطار کر لیا کہ وقت ہو چکا ہے بعد میں معلوم ہوا کہ ابھی غروب نہیں ہوا تھا تب بھی روزہ نہیں ہوگا و بارہ رکعت پڑھے گا اس لئے افطاری کے وقت میں تین من احتیاط کے پہلے ہی شامل کر دے گئے ہیں اسی کے مطابق افطاری کیجئے وقت میں مزید اضافہ کی ضرورت نہیں۔

نقشہ پڑھائے گئے تھیں

اسلام آباد ۲ منٹ پلوامہ ۳ منٹ پہلگام ۳ منٹ ترائل ۲ منٹ کد ۲ منٹ کوہگام ۳ منٹ لیہہ ۱ منٹ ہرموٹھ ۳ منٹ

نقشہ پڑھائے ہوئے تھیں

اوڑی ۳ منٹ بارہمولہ ۳ منٹ باڈی پورہ ۲ منٹ پوچھ ۲ منٹ شکرگام ۳ منٹ ٹیوال ۳ منٹ سوپور ۳ منٹ کرناہ ۳ منٹ

بیکل:- رمضان المبارک کے مقدس مہینے میں عموماً مسلمان زکوٰۃ و صدقات ادا کرتے ہیں۔ دارالعلوم رحیمیہ باڈی پورہ زکوٰۃ و صدقات کے مصارف لگاتا ہے اس لئے مدرسہ ہذا کی بھرپور معاونت فرما کر عند اللہ ماجرہوں۔ نیز اپنی نیک دعاؤں میں مدرسہ کی ترقی کے لئے ہمیشہ حصہ رکھیں۔ جزاکم اللہ



# It's Right Time To Unleash Chakravarthy: Says Shastri

Former players hailed Varun Chakravarthy for his "exceptional" bowling display against New Zealand, with Ravi Shastri backing his inclusion in the semifinals of the Champions Trophy, saying it is the right time to unleash him against Australia.

Chakravarthy snapped five for 42 to play a pivotal role in India's 44-run win over New Zealand in the final group A match here on Sunday.

"Very impressed with him (Chakravarthy), and full marks to the think tank and the team management for making the right choice because he's someone who will get you wickets in the middle overs.

"It's the right time to unleash him. They brought him into the side; he's got a five-wicket haul, and I think he's there to stay," former head coach Shastri said in an ICC video posted on Instagram.

"If you see his current form, and I always believe in current form – it's vital and when you look at his body language, his self-confidence and his own ability and when you look at oppositions like New Zealand, Australia, South Africa that are left in this tournament, not many sides have played too much of him or seen enough of him."

India opted for a four-man spin attack against New Zealand on a sluggish Dubai pitch on Sunday and Shastri feels the former champions should retain the playing XI against Australia.

"I think I would go with the same eleven

now because the turnaround time is less than 48 hours. The square is a little tired at the moment; people have run on the pitch that is going to be used the day after, so the spinners will again come into play," said Shastri.

Varun has been exceptional: Anil Kumble Chakravarty, who came into the XI after

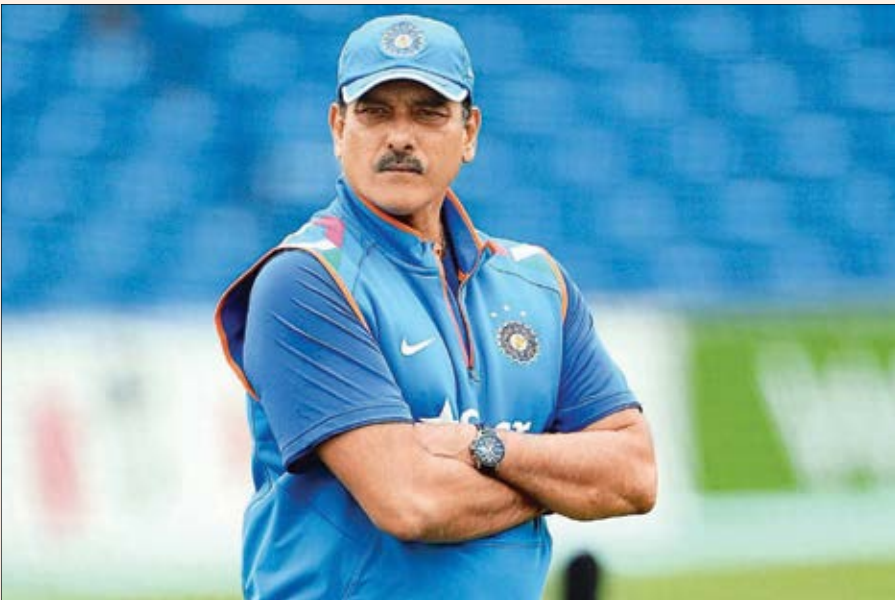
"I think Varun has been exceptional in the last 1-1.5 years, consistently winning matches for whichever team he has played for, whether it's Tamil Nadu or KKR or for India in T20Is," Kumble said on ESPNcricinfo Match Day.

"And now, today, getting an opportunity (in ODIs), because obviously India had already

for any team. Australia would find it extremely difficult to maneuver these four spinners."

Varun is a very difficult bowler to face: Rayudu

Former India player Ambati Rayudu also praised Chakravarthy for his exploits against New Zealand.



"Varun was great today. Early in his career, he wasn't very consistent with his lines and lengths. But now, his bowling makes him a very difficult bowler to face," he told JioHotstar.

"His action naturally makes it look like he's delivering left-arm spin, but 90 percent of his deliveries are googlies, making it tough for batsmen who haven't faced him before.

"I don't think many New Zealand batsmen have played against him much, and he will only continue to improve for India."

Rayudu said Chakravarthy's sensational show created a selection dilemma ahead of the semifinal.

"India will have a tough time deciding, with so many big players to choose from, but Varun Chakravarthy has been brilliant.

"We've seen his impact in India, and all the spinners were outstanding today. Jadeja was amazing, and all four spinners bowled exceptionally well," he said.

"The pitch definitely assisted them, but New Zealand's batsmen also struggled against spin, which is an area they will need to improve."

**India Opted For A Four-Man Spin Attack Against New Zealand On A Sluggish Dubai Pitch On Sunday And Shastri** Feels The Former Champions Should Retain The Playing XI Against Australia.

## Real Kashmir defeats Inter Kashi 3-1 to stay in I-League title race

**KALYANI, WEST BENGAL:** Real Kashmir Football Club (RKFC) kept their I-League 2024-25 title hopes alive with a commanding 3-1 victory over Inter Kashi at the Kalyani Stadium West Bengal on Sunday evening.

The win propelled them to 29 points from 17 matches, just two points behind joint leaders Inter Kashi and Churchill Brothers, who both have 31 points.

Inter Kashi started the game on the front foot, with Domingo Berlanga and Bryce Miranda orchestrating early attacks that tested Real Kashmir's defense. However, the visitors absorbed the pressure well and gradually took control, imposing their physical presence before asserting tactical dominance.

The breakthrough came in the 37th minute when Ocran Idan delivered a delicate chip into the box for Abdou Karim Samb. He made no mistake this time, executing a brilliant first-time volley over goalkeeper Arindam Bhattacharya to put Real Kashmir ahead.

Then Real Kashmir pressed further and nearly doubled their lead when Karim Samb headed over from a corner. However, they did not have to wait long, as Paulo César found the net in stoppage time of the first half. Rising highest to meet a curling free kick from the left, he got the faintest of touches, guiding the ball past Bhattacharya to give his team a comfortable 2-0 lead at halftime.

Inter Kashi struggled to respond and lacked creativity in the final third. Their best chance came late in the game when Bijoy V headed over from close range. They eventually pulled one back in the fifth minute of stoppage time through Spanish substitute Mario Barco, raising hopes of a dramatic finish.

However, Real Kashmir responded almost immediately. From the restart, Lalramsanga found Gnohere Krizo inside the box, and the Ivorian forward displayed quick footwork before slotting the ball into the bottom corner, sealing a crucial three points for the visitors.



عبادت وہی جو دل سے ہو  
دعا وہی جو دل سے نکل آے

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