Kashnir Convener***



CBI Busts Departmental Exam Racket In ECR, Arrests 26 Railway Officials





Calling someone 'miyan-tiyan', 'Pakistani' not offence of hurting religious sentiments, SC holds



Modi govt weakening RTI in name of data protection: Kharge



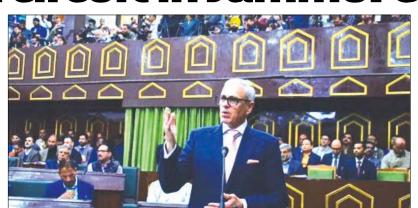
Govt to develop premier religious tourism circuit in Jammu: CM Omar

KC News Network

IAMMU: Chief Minister Omar Abdullah today reaffirmed his government's commitment to promoting Jammu's religious tourism circuit to boost the region's economy.

Responding to a supplementary query by MLA Yudhvir Sethi in the Legislative Assembly, the Chief Minister, who also holds charge of the Tourism Department, stated that concerted efforts are being made to publicize every tourism asset in the region.

"The department is actively working on $developing \, the \, Jammu \, pilgrimage \, circuit. \, I \, have$ repeatedly emphasized this to more than one crore Mata Vaishno Devi pilgrims. If even ten to fifteen percent of them can be encouraged to visit other tourist destinations in Jammu, it will



significantly benefit the region. However, we have not been able to achieve this so far," he said. He acknowledged that a key challenge is

the lack of comprehensive information about Jammu's pilgrimage sites.

"We aim to develop structured itineraries for

three-day, four-day, and seven-day pilgrimage tours and promote them effectively. We will ensure widespread distribution of promotional literature at trade and tourism fairs to attract visitors," he added.

Addressing concerns about the impact of direct train connectivity to Kashmir and the Delhi-Amritsar-Katra Expressway by passing Jammu, the Chief Minister acknowledged the apprehensions of the local tourism industry. "There is concern that with the railway now extending not just to Katra but also to Srinagar and Baramulla and with the expressway allowing travelers to bypass Jammu City, tourism in Jammu may be affected. However, developing tourism destinations alone is not enough. Sites like Jammu's heritage

No assembly can undo SC decision on Article 370: Sunil Sharma

KC News Network

JAMMU: Leader of Opposition and senior BJP leader, Sunil

Sharma today said that no assembly in the country has the power to undo the verdict of Supreme Court over Article 370 abrogation, He said debating and discussing things which have become history is foolishness.

"Discussing Article370 is foolishness as the Supreme Court has legitimized its abrogation. No Assembly in the country has the

power to overturn the decision of the Parliament," Sharma told reporters. Criticizing Peoples Conference chairman and MLA Handwara, Sajad Lone for staging walkout over the issue of Article 370, Sharma said, "His (Lone's) love for Pakistan has resurfaced as his sasural (in laws) are there.

>>SEE ON P-7

DPR for Keran -Jumgund tunnel to be prepared: Dy CM

JAMMU: The Deputy Chief Minister said that the demand for construction of tunnel on the road connecting Keran and Jumgund area of Kupwara for providing all weather connectivity will be taken up with the Ministry of Road Transport and Highways,



Government of India. He said DPR would also be prepared and forwarded to concerned. The Deputy Chief

Minister was replying to a question raised by Mir Saifullah. The Deputy Chief

Minister said that Keran sector is connected with the rest of UT of J&K via Pharkiyan Gali to Keran road (46.76 Km), maintained by BRO. He further said that the road remains partially closed during the winter season due to snow accumulation and regular snow clearance

32474 Posts Vacant In Departments: J&K Govt •Rs 14 crore collected as fee from aspirants

KC News Network

JAMMU: The Jammu & Kashmir Government on Tuesday informed the Legislative Assembly that a staggering 32,474 posts are lying vacant across different departments in Jammu & Kashmir. In a written response to a

question of MLA Handwara, as per news agency-Kashmir News Observer (KNO), Chief Minister Omar Abdullah, who happens to be Minister in-charge, General Administration Department, said that 32474 posts are vacant in different departments as on January 31, 2025.

Of these, 2,503 are gazetted posts, 19,214 are non-gazetted posts, and 10,757 are multi-



tasking staff positions, the CM

The highest number of posts are vacant in the Health Department, with 7,851 vacancies. It is followed by the Health &

Medical Education department and Animal & Sheep Husbandry Department with 3759 and 2589

vacancies, respectively.

According to the reply, there are 2517 vacancies in the Industries & Commerce Department and 2420 in Housing & Urban Development Department.

>>SEE ON P-7

Situation across border very bad despite Chinese help: CM Omar

KC News Network

JAMMU: After a verbal skirmish between NC and BJP lawmakers in the state Assembly, Jammu and Kashmir Chief Minister Omar Abdullah on Tuesday said there is no comparison between the divided parts of Kashmir as the situation across the border is "very bad" despite a Chinese fillip to Pakistan.

He said every part of Jammu and Kashmir is far developed even though "we have never sought help from China, America, England or France to construct our roads.'

The CM made the remarks the placate the opposition BJP and ruling National Conference members exchanging heated words over the development in Pakistan-occupied Kashmir (PoK).

"Whatever progress has been made in the areas across the border is because of the blessings of China," Abdullah said.

During question hour, NC MLA and former minister Saifullah Mir in passing said that border infrastructure is better in PoK than on this side, even as he advocated for the construction of a tunnel



to provide an all-weather connectivity to border areas of Keran and Jumagund in Kupwara district. BJP's R S Pathania objected to his comparing the two sides.

NC MLA Nazir Gurezi and Peoples Conference legislator Sajad Gani Lone came in defence of Mir, who highlighted the challenges being faced by the locals, especially during the winter when snow cuts off roads for several months. Speaker Abdul Rahim Rather, even though he ensured a smooth

>>SEE ON P-7

Mehbooba Mufti's remarks on Omar govt spark row



KC News Network

SRINAGAR: Peoples Democratic Party (PDP) President Mehbooba Mufti has come under heavy criticism from across party lines after accusing the Omar Abdullah-led government in Jammu and Kashmir of functioning as an 'extension' of the BJP.

The National Conference (NC) and Congress strongly rebuked Mufti's statements, asserting that they neither seek nor need her advice.

Mufti's remarks on Monday alleged that instead of opposing the BJP's policies, the NC government was actively legitimising them, including the contentious abrogation of Article 370 in August 2019.

Reacting to her comments ahead of the Assembly session, Deputy Chief Minister Surinder Kumar Choudhary said, "Mehbooba Mufti can say anything, but she is responsible for Jammu and Kashmir's downfall. When she was the Chief Minister, the state's destruction happened because of her. If J&K was divided or its status changed, she was the reason."

Taking a swipe at her past remarks, Choudhary added, "She is the same 'Mehbooba Ii' who, when questioned about injustices against children, dismissed concerns by saying they just wanted

>>SEE ON P-7

National Mission on Saffron 2,548.75 Hectares Of Saffron **Land Rejuvenated: Javed Dar**

KC News Network

SRINAGAR: The Minister for Agriculture Production, laved Ahmad Dar today informed that the National Mission on Saffron has made significant advancements, particularly strengthening of the irrigation system, rejuvenating 2,548.75 hectares of saffron land.

The Minister while replying to a question by Justice Hasnain Masoodi in the Legislative Assembly further said that the Government has successfully halted decline in saffron area and area under this crop has remained at 3,715 hectares (3665 Ha in Kashmir division and 50 Ha



in Kishtwar) since 2010-11, with more areas identified for expansion supported by HADP. He further said that the productivity has enhanced from 2.50 kg/ha in 2009-10 to a maximum recorded productivity of 4.42 kg/ha in rejuvenated areas during

He said that the National Mission on Saffron initiated a plan to construct a network of 124 community bore-wells. Each bore-well is intended to serve an area of 30 hectares, connected to sprinkler irrigation systems designed to support the irrigation needs

of a total of 3,665 hectares

of saffron fields.He further informed that 85 bore-wells have been handed over to the Agriculture Department, however, efforts to construct the remaining 39 borewells have faced significant obstacles. Despite multiple invitations for tenders, there has been consistently poor participation in the tendering process. This lack of response has resulted in a substantial delay in further developing the necessary irrigation infrastructure.

He said that the Committee formed by the Government has found that 77 bore-wells are not functional for a long time.

4.40 Cr Tourists Visited J-K In Past 2 Years: CM Omar

KC News Network

IAMMU: Over 4.40 crore tourists, including 1.20 lakh foreigners, visited Jammu and Kashmir in the past two years, Chief Minister Omar Abdullah told the assembly on Tuesday while stressing the sector's potential in generating employment in the region.

CM Abdullah, who is also in charge of the tourism department, said Rs 35.08 crore has been allocated for the promotion, advertisement and related activities of the department over the past two financial years.

Rs 12.54 crore was spent in FY 2023-24 and Rs 22.54 crore in 2024-25, he told the House, he said. Responding to a question from National Conference member Mubarak Gul. the chief minister said 4.48 crore pilgrims, including 1.20 lakh

>>SEE ON P-7

Sajad Lone Stages walkout over disallowing of amendments relating to Article 370, PSA

JAMMU: Peoples Conference president and MLA Handwara, Sajad Gani Lone on Tuesday walked out of Legislative Assembly after his amendments to the Lieutenant Governor's address were disallowed.

The Assembly witnessed exchange of words between Lone and the Speaker Abdul Rahim Rather after the former's amendments related to Article 370 and Article 35A were disallowed. Lone's amendments related to the repeal of the Public Safety Act, the shifting back of PSA detainees lodged outside J&K, and a probe into the rigging of the 1987



News Observer (KNO), stood up and questioned the Speaker over rejection

After the Question Hour ended, of his amendments. Lone, as per news agency-Kashmir

>>SEE ON P-7

LOP Sharma says PC chief's love for Pak has resurfaced

Sajid Raina

SRINAGAR: The Jammu and Kashmir Assembly witnessed a heated exchange of words on Tuesday as the Leader of Opposition Sunil Sharma opposed the discussion on Article 370, calling it "fool-

He said that Article 370 is now a history and everyone should acknowledge it. Discussing it is completely foolish and tantamount to misleading people, he said, as per the news agency-Kashmir News Observer (KNO).

>>SEE ON P-7

GoC 16 Corps Nagrota takes up issues of Ex-Servicemen with CS

KC News Network

JAMMU: Chief Secretary, Atal Dulloo, today listened to the issues and concerns of Ex-Servicemen highlighted by Lieutenant General, Navin Sachdeva, AVSM, SM, GOC 16 Corps based in Nagrota, in his office at Civil Secretariat, Jammu.

Principal Secretary, Home Department, Chandraker Bharti; Brigadier Kapil Taneja, VSM, Brig A 16 Corps; Brigadier Gurmeet Singh Shan, Director Rajya Sainik Board and Colonel Tejas B Candade, SM, Colonel GS HR 16 Corps were also

present on the occasion. Some of the core demands raised with the Chief Secretary included compilation and complete digitization of the



database of all the Ex-Servicemen of J&K for proper management of the cadre besides preservation and easy maintenance of records for the posterity.

They also asked for allowing them to apply for government jobs under 'Ex-Servicemen' quota in the last year of their services as the recruitment process takes some months in its completion

thereby giving them opportunity to join at the end of their service period. One more demand was utilization of their services as NCC Trainers as these Ex-Servicemen are more suitable to play the role and give better training to the cadets enrolled here. Some other $demands\,included\,more\,welfare$

>>SEE ON P-7

Calling someone 'miyan-tiyan', 'Pakistani' not offence of hurting religious sentiments, SC holds

held using terms such as "miyan-tiyan" and "Pakistani" was not an offence of hurting religious sentiments though made in poor

A bench of Justices B V Nagarathna and Satish Chandra Sharma therefore discharged a man in a criminal case filed by a Urdu translator and acting clerk Right to Information (RTI) in the sub-divisional office, Chas in Jharkhand.

The February 11 court order said, "The appellant is accused of hurting the religious feelings of the informant by calling him 'miyan-tiyan' and 'Pakistani'. Undoubtedly, the statements made are poor taste. However, it does not amount to hurting the religious sentiments of the informant. Hence, we are of the opinion that the appellant shall also be discharged under Section 298 IPC." Section 298 of IPC deals with words or gestures made with a deliberate intent to wound religious

It came on record that accused, Hari Nandan Singh, sought information under



the RTI Act from additional collector-cumfirst appellate authority. Bokaro, and the information was dispatched to him.

However, he filed an appeal before the appellate authority, allegedly after manipulating the documents sent to him by the office through the registered post and making false allegations of manipulation in the documents.

The appellate authority directed the translator to personally serve the information to the appellant.

On November 18, 2020, the informant, accompanied by the messenger of the subdivisional office, Chas, went to the accused's home to hand over the information.

The accused initially refused to accept the documents but upon insistence by the

It was alleged that he abused the informant while referring to his faith and used criminal force against him.

The matter prompted the translator to an FIR registered against the accused.

Following an investigation, the trial court ordered framing of charges against the accused also under Sections 353 (assault or criminal force on a public servant) and 504 (intentional insult) of IPC.

The Jharkhand High Court dismissed the accused's plea for quashing the proceedings.

While hearing the man's plea against the high court order, the bench discharged him of the offence of intentional insult observing "no act on his part that could have provoked a breach of peace" apart from Section 353.

"We set aside the order of the high court which has sustained the order of the trial court and consequently allow the application filed by the appellant and discharge the appellant from all the three offences alleged against him," it added. (Agencies)

Step-motherly treatment being meted out to Muslims: Mayawati

LUCKNOW: Bahujan Samaj Party chief Mayawati on Tuesday said the Centre and state governments should treat all religions equally but alleged that step-motherly treatment is being meted out to Muslims.

In a post in Hindi on X, the former Uttar Pradesh chief minister said such discrimination can be detrimental to peace and harmony in the society, which is a matter of great concern.

"India is a secular country that respects all religions. In such a situation, the central and state governments should treat the followers of all religions equally without any bias, but the stepmotherly treatment being meted out to Muslims in religious matters is not justified," she said.

"The rules and laws related to restrictions and exemptions regarding festivals of all religions should be implemented equally without any bias, which does not seem to be happening.



"It is natural for peace and mutual harmony in the society to deteriorate due to this, which is a matter of great concern. Governments must pay attention to this," she said in another post. (

Government of Jammu & Kashmir

OFFICE OF THE EXECUTIVE ENGINEER Jal Shakti (PHE) Mechanical Division (North) Sopore

Email: phe.mdns2@gmail.com

Corrigendum

Extension of e-NIT. This office E-NIT No. 59 of 2024-25.

Due to poor response the above referred e-NIT is hereby extended as hereunder:

S. No.	Particulars	Date and time		
1.	Last date for online submission of bids	07-03-2025 (06:55 pm)		
2. Date of online opening of tender		08-03-2025 (11:00pm)		

All other terms and conditions shall remain same

No.: PHE/MDNS/DB/7969-73 Dated:04-03-2025

DIPK-12624/24

Sd/-Executive Engineer Jal Shakti (PHE) Mechanical **Division (North) Sopore**

Forest Matter

SC Asks States, **UTs To Constitute Expert Committee Within Month**

NEW DELHI: The Supreme Court on Tuesday directed all the states and Union Territories to constitute within a month expert committee for preparing a consolidated record of lands, including forest like areas, unclassed and community forest lands.

A bench of Justices B R Gavai and Augustine George Masih said the expert committee shall complete within six months the exercise as required under Rule 16 (1) of the Van (Sanrakshan Evam Samvardhan) Rules, 2023.

The bench noted that rule 16 (1) required all the state governments and Union Territories to prepare a consolidated record of such lands, including forest like areas identified by the expert committee, unclassed forest lands and community forest lands to which the provisions of the 2023 forest conservation law would be applicable.

It passed the order while hearing a batch of pleas against the amendments to the 2023 forest conservation law. The bench observed that once the exercise, as required to be done under rule

16 (1) was complete, it would lead to resolution of many issues. "We, therefore, direct all the states and Union Territories, in which the expert committee has not yet been constituted, to constitute such committees within a period of one month from today," the bench said.

Modi govt weakening RTI in name of data protection: Kharge

NEW DELHI: Congress president Mallikarjun Kharge on Tuesday accused the Modi government of weakening the Right To Information (RTI) Act in the name of data protection and asserted that his party will keep fighting against the "dictatorial" regime to secure the rights of the people.

Kharge asserted that the Congress will not let RTI weaken and will continue to raise its voice from the streets to Parliament.

"On one hand, India has been topping the charts $on \, Misin formation \, and \, Disin formation \, for \, the \, past$ years and on the other hand, the Modi government is bent on weakening the Right To Information (RTI) Act implemented by the Congress-UPA by bringing in the Data Protection law," the Congress chief said in a post in Hindi on X.

Whether it is information in the public sector like the list of ration cards, beneficiary labourers of MGNREGA, names of people involved in public welfare schemes, voter list in elections, or the names of scamster billionaires who fled abroad after taking loans from government banks - it is important for the public to have the names of all these in the public domain, he asserted.

But now the Modi government is weakening the RTI in the name of Data Protection, due to which such names will no longer be made public, Kharge claimed.

The Right to Privacy is a fundamental right, and the Congress has fought for it, but when it



comes to Public Welfare, the Right to Information is necessary, he asserted.

The Right to Privacy was also taken care of in the RTI brought by the Congress, but this does not mean that the list of beneficiaries or the names of scamsters should not be made public, Kharge said.

"The Congress party will not let RTI weaken, we have raised our voice for it earlier also, and will continue to raise our voice from the streets to the Parliament. We will keep fighting against this dictatorial government to secure the rights of the people!" the Congress chief said.

Government of Jammu & Kashmir

DIRECTORATE OF FLORICULTURE (G&P) KASHMIR Tel:0194-2474234 Fax:2482032email:kashflori@rediffmail.com

Subject: - Extension Notice No. 01.

In view of poor response, the Bid Submission end/opening date (Online) of technical/financial bid in respect of e-NIT No. 01 of 2025 dated:-07.02.2025 invited by this office under endorsement No. D0FK-GS0TNDR/6/2024/E-7428038/F-709 Dated:-07.02.2025 with regard to "Supply of Plant Material" is hereby extended as per details given below:-

1.	Bid Submission End date & time	17.03.2025	up to 02:00 PM
2.	Date & time of opening of Bids (Online)	20.03.2025	at 02:00 PM

Other terms & conditions shall remain same as laid down in the concerned e-NIT. No:-DOFK-GS0TNDR/6/2024/E-7428038/F-709-II

> Sd/-Accounts Officer, (Member Secretary) Floriculture Department, Kashmir.

DIPK-12609/24

CBI Busts Departmental Exam Racket In ECR, Arrests 26 Railway Officials

NEW DELHI: With the arrest of 26 railway officials, the CBI on Tuesday said it has busted a departmental exam racket in East Central Railway (ECR) and seized Rs 1.17 crore cash.

The railway officials were

(March 3-4) at Mughal Sarai, a total of 17 candidates were found with photocopies of handwritten question papers," a CBI spokesperson said.

All 17 departmental candidates who are presently



arrested on Monday night for allegedly

leaking papers of departmental examination for the elevation to posts of chief loco pilot at Mughal Sarai, they said, adding the exam was to be conducted on Tuesday.

"During the checks conducted by CBI, at three spots on the intervening night

working as loco pilots had allegedly paid money for the question paper and were caught red-handed with the copies during the raid, he said.

"Overall, 26 railway officials (including the 17 aspirants) have been arrested in this case so far," the spokesperson said in a statement.

The agency has registered

the FIR against a senior divisional electrical engineer (operations) who was given the responsibility for setting and preparing the question paper for the said examination.

"He himself had written the questions in English and allegedly gave it to one loco pilot who in turn translated it into Hindi and further gave it to another official. The said official allegedly gave it to the candidates through few other railway employees," the spokesperson said.

Accused senior divisional electrical engineer (operations) is among the arrested officials, he said.

"Searches were conducted at eight locations which resulted in recovery of Rs 1.17 crore in cash. The amount was reportedly collected from the candidates for leaking the question papers.

"The hand-written question papers along with their photocopies were seized. These question papers have been tallied with the original question paper and were found to have matched," the spokesperson said.

Government of Jammu & Kashmir

Office Of The Executive Engineer (R&B) Electric Division Kashmir, EngineeringComplex Srinagar Rajbagh.

electricdivisionrnb@gmail.com NOTICE INVITING TENDER

F/Cost Cost of T//Doc 20/ F/Manay Time of Completion Class of

E-NIT No.221/R&B/Electric Division Kashmir of 2024-25 issued under Endorsement No: ERB/11131-139 DATED:25-02-2025

For and onbehalf of The Government of J&K(U/T)e-tenders (in Double cover system) are invited on percentage basis from approved and eligible Contractors registered with J&K UT Govt. CPWD, Railways and other State/UT/ Central Government Departments for the following works:-

St. No.	Name of Work	E/ Cost (In.Lacs)	(In Rs.)	2% E/ Money (In Rs.)	(Calendar Days)	Class of Contract	Major Head of Account	Remarks
01	Construction of Transit Accomodation at Wandhama, Ganderbal BWO Electrificaiton of block no.1, 2,5 (Electric Part)	RS.	Rs. 1100/=	Rs 75,860/=	Linked with Progress of civil work	AAY" Class Electrical	MH.Capital outlay on	Accord of Administrative Approval accorded by Secretary to Government Department of DMRR&R Vide order No.88-JK DMRRR of 2020 Dated:-04-11-2020issued Under endorsement No.DMRR&R/P&S/03/2019 Dated:-18-01-2021
2	Construction of Transit Accomodation at Wandhama, Ganderbal BWO Electrificaiton of block no. 6 7 Electric Part)	RS.	Rs. 1100/=	Rs. 50,570/=	Linked with Progress of civil work	"AAY" Class Electrical	MH.Capital outlay on	Accord of Administrative Approval accorded by Secretary to Government Department of DMRR&R Vide order No.88-JK DMRRR of 2020 Dated:-04-11-2020issued Under endorsement No.DMRR&R/P&S/03/2019Dated:-18-01-2021

1	Date of Issue of Tender Notice	25-02-2025
2	Period of downloading of bidding documents	27-02-2025from 02.00 PM
3	Bid submission Start Date	27-02-2025 from 02.00 PM
4	Bid Submission End Date	07-03-2025 upto 04.00 PM
5	Date & time of opening of Technical Bids (Online)	08-03-2025 at 02:00 PM in the office of Executive Engineer R&B Electric Division Kashmir, Engineering Complex Srinagar Rajbagh.
6	Date & time of opening of Financial Bids (Online)	To be notified after technical bid evaluation is completed

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

Note:- The Bidders are advised to read all conditions laid down in the E-NIT carefully before uploading soft's copy. As per Circular issued by the Government of Jammu and Kashmir Civil Secretariat Financedepartment videNo. OM No.

A/24(2017)-651 dtd.07-06-2018whichreadsasunder:-

Furnishing of Hard Copies of bids immediately after submissionof e-tenders is dispensed with. The same should be obtained only from the Bidder who's declared 1st Lowest (L-1) after opening of 1. The Cost of tender document should be collected by introducing Treasury Challan (Receipt).

1.1. The successful Bidder has to produce Performance Security Deposit @5% of contract value in the shape of CDR/FDR/BG after issuance of Letter of Acceptance which shall be released after successful completion of work with DLP. The EMD @ 2% of successful bidder will be released only after the submission of 5% performance Security deposit.

1.2. The bidder who so ever participate the e-tenders floated by this office will submit Additional Performance security in shape of CDR/FDR/BG in case the bidder has Submitted the below Percentage Bid against the Advertised Cost for the work as per below mentioned percentage Breakup in order to avoid unbalancing of e-tender and shall be released after 70% completion of work: The date and time of opening of Bids shall be notified on Web Site www.jktenders.gov.inand conveyed to the bidders automatically through an e-mail message on their e-mail address. The bids of

Responsive bidders shall be opened online on same Web Site in the Office of the Executive Engineer R&B Electric Division Kashmir, Srinagar (Tender receiving authority) 2. The bids for the work shall remain valid for a period of 120 days from the date of opening of bids. 3. The Employer reserves the right to invite fresh tender without any Prior Notice to the Bidders.

DATED:-04-03-2025

SD/= ExecutiveEngineer, (R&B) Electric Division Kashmir Engineering Complex Srinagar Rajbagh

The directions came at a conference of state poll officials amid allegations by the TMC that

resolve issues according to procedure. voters in different states had identical voter card numbers.

EC Asks Poll Machinery In

Interactions With Parties

NEW DELHI: The Election Commission on

Tuesday directed its poll machinery in states to

hold regular meetings with political parties and

States To Hold Regular

The state poll officials were asked to file issuewise action-taken reports by March 31.

This is the first such conference to be held since Gyanesh Kumar assumed charge as chief election commissioner.

In his address, Kumar exhorted the officials to work transparently and fulfil all statutory obligations diligently and according to the existing legal framework. He directed the officials to be approachable

and responsive to the political parties. All party meetings at statutory levels should be held regularly to resolve any issues within the existing statutory framework by the competent authority concerned, Kumar said.

DIPK-12580/24

132 Cr expended for augmenting drinking water supply in Bandipora: Javed Rana

JAMMU: Minister for Jal Shakti, Javed Ahmad Rana Tuesday informed the JK Assembly that an amount of Rs 132 crore has been spent for aug-



mentation of drinking water supply schemes under JJM/ UT Capex/ AMRUT 2.0 in Bandipora constituency.

The Minister was replying to a question raised by Nizam-u-din Bhat in the Legislative Assembly.

The Minister further stated that DPR for WSS Bandipora Town project to be undertaken under AMRUT 2.0 is being surveyed and framed.

He further said that providing portable drinking water to every Household is a project of national importance launched by the Prime Minister in 2019 under Jal Jeevan Mission for the rural areas and the same has been launched under AMRUT-2.0 for the Urban areas in Jammu & Kashmir.

On status of Aham-Sharief-Athwatoo-Waven WSS in terms of filtration component, the Minister said that the scheme has been made functional for Herpora Athwatoo and Tanghtari habitations were as for Bunpora Athwatoo/Tanghat it is 60 percent complete. Similarly, for Ahamsharief it is 70 percent complete and for Waven the stage of completion is 65 percent.

Nazir Gurezi, Balwant Singh Mankotia and Choudhary Mohammad Akram raised supplementaries on the question.

DC B'pora reviews role of SBDU, **BĤDs under Misson Yuva**

BANDIPORA: The Deputy Commissioner (DC) Bandipora, Manzoor Ahmad Qadri on Tuesday chaired a meeting to review the role and responsibilities of Small Business Development Unit (SBDU) and Business Help Desks (BHDs)constituted under Misson Yuva at District and Sub Divisional levels

It was given out that for implementing the mission, a Small Business Development Unit (SBDU) has been created at District Level, while Business Help Desks (BHDs) have been created at Sub Divisional Level and Yuva Doots at Panchayat Level.

The meeting was informed that the mission is focused on four(04) sectors including creation of nano entrepreneurs and collectives, creation of entrepreneurs in the focus and sunrise sector, business acceleration of existing



enterprises, and creation of neoinnovative enterprises.

Highlighting the roles and responsibilities of SBDU and BHDs, the DC emphasized the on ground implementation of the interventions under the mission yuva in the district.

He stressed on engaging and

encouraging potential entrepreneurs identified through yuva survey to establish their enterprises.

Heasked the members of SBDU, BHDs and Yuva Doots to ensure coordination and proper hand holding of entrepreneurs under Mission Yuva.

DLIC approves 317 cases under HADP in Bandipora

DC Bandipora Reviews Plans

for Extended Grid Connectivity

to Tulail Villages

BANDIPORA: In order to discuss the progress and plans for Kanzalwan-

It was given out that the under construction receiving station at

Speaking on the occasion, the DC stressed the importance of enhanced

He asked the concerned to ensure resolving any logistical or technical

coordination among various stakeholders to ensure the smooth imple-

challenges swiftly to prevent any disruptions in the progress of the elec-

mentation of the project and resolve any arising issues on priority.

Sheikpora Tulail will benefit around 22 villages and will cover around

Tulail transmission line and other related issues for electrification and

grid connectivity of unelectrified areas of Gurez, the Deputy Commissioner (DC)

Bandipora, Manzoor Ahmad Qadri on

Tuesday chaired a meeting of concerned

Division and extending Grid connectiv-

ity to Tulail, Civil Work of Kanzalwan

receiving station has been successfully

2600 households in Tulail area.

The meeting was informed that for electrification of Tulail area of Gurez Sub

officers.

completed.

BANDIPORA: The Deputy Commissioner (DC) Bandipora, Manzoor Ahmad Qadri on Tuesday chaired a meeting of District Level Implemen $tation \, Committee (DLIC) to \, review \, the \, progress \, of \, the \, Holistic \, Agriculture$ Development Programme (HADP) in the district.

The committee approved a total of 317 cases of different departments under HADP including 104 cases of Sheep Husbandry Department, 90 from Agriculture Department, 78 from Horticulture and 45 from Animal Husbandry Department.

During the meeting, the DC emphasised evaluating progress, addressing challenges, and outlining a strategy for the accelerated implementation of the programme to benefit the eligible farmers.

He emphasized that effective collaboration among concerned departments is essential for proper planning, execution, and monitoring of HADP activities.

On the occasion, Qadri underlined the role of these initiatives in creating employment opportunities for youth. He urged all concerned departments to extend full support to individuals seeking employment in agriculture and related fields.

The meeting was attended by the Chief Planning Officer, Chief Agri $culture\,Officer, Chief\,Horticulture\,Officer\,and\,other\,officers\,from\,concerned$ departments.

Ramadan Woes: Bandipora Residents Struggle Amid Severe Power Outages

WAHID RAFIQI

BANDIPORA: Residents of Bandipora district are facing severe power supply issues during the holy month of Ramadan, with frequent curtailments and distress cuts, particularly during Sehri and Iftar.

The situation has caused immense inconvenience to the fasting population, who rely on electricity during these crucial hours. Consumers, especially those in areas with smart meters, have expressed

frustration, stating that they were promised an uninterrupted power supply but continue to experience outages.

"We were assured better power supply after installing smart meters, but the situation remains the same. These disruptions during Sehri and Iftar make our lives difficult," said a local resident.

The power crisis has sparked outrage, with residents urging higher authorities to intervene and ensure a stable electricity supply.

Locals urged the government to prioritize essential hours during Ramadan and take immediate steps to address the ongoing crisis..

Indian Army Holds Special Interaction with Ex-Servicemen in Doda

Doda: The Indian Army organized a special event titled "Meeting with Ex-Servicemen" at Dugga to honor veterans and widows from the sur-



rounding areas while addressing their concerns. The event aimed to reinforce the Army's commitment to the welfare of ex-servicemen and their

The gathering commenced with a solemn memorial service to pay tribute to soldiers who made the ultimate sacrifice for the nation. Around 20 ex-servicemen from nearby villages participated in the event, engaging in an interactive session with Army officials. The discussions focused on post-retirement challenges faced by veterans and their families, including issues related to education, healthcare, and employment opportunities for their dependents.

Army officials provided guidance on various welfare schemes and assured attendees of continued support, encouraging them to seek assistance whenever required. The event reaffirmed the strong bond between the Indian Army and the ex-servicemen community, underscoring the military's dedication to the well-being of its veterans.

Bandipora police Organises Debate Competition on Drug Abuse

BANDIPORA: As a part of the "Nasha Mukht Bharat Abhiyaan" initiative, under Civic Action Programme (CAP), Bandipora police conducted a Debate Competition on drug abuse at Govt Boys Higher secondary school Kaloosa Bandipora.

The programme was attended by Dysp Hqrs Bandipora Latief Khan, -DPO Bandipora Mir Junaid Other senior Police officers of the district, teachers, students and other participants participated with zeal and zest.

In the event, the officers emphasized the need to protect the young generation from the menace of drug abuse, highlighting its devastating impact on individuals. They also stressed the importance of youths staying drug free and propagating the ill effects of drugs to the society thereby ensuring a Nasha Mukht Bharat.

A debate competition was held wherein the participants shared their perspectives, views, assumptions and explored concrete solutions to the complex, challenging and pressing issue of drug abuse that threatens the very fabric of our society.

This initiative demonstrates J&K Police's commitment to eradicating drug abuse and promoting a safer, healthier community. At the end, the participants thanked Bandipora Police for conducting such awareness programmes, thus building a bridge of trust between police and the youth.

Undisclosed properties linked to drug trade to be seized: DIG Magsood-Ul-Zaman

SAJID RAINA

BANDIPORA: Deputy Inspector General of Police north Kashmir, Maqsood-Ul-Zaman on Tuesday said that undisclosed properties of drug peddlers are being identified and will be seized soon.

Speaking to reporters in Sumbal, the DIG, as per news agency—Kashmir News Observer (KNO) said that the drug menace has deep roots in the society, which is why it remains the police's priority. "We have taken significant steps in north Kashmir, including large recoveries and action against key figures involved in drug trafficking," he said

He said that properties linked to drug money had been seized. "We have already acted on four properties acquired through drug proceeds, and investigations are ongoing. We are tracing both forward and backward linkages to identify and seize assets accumulated by drug peddlers and



kingpins under different names," he stat-

Speaking about new criminal laws, he said that the laws that have been introduced are focused on victims. "We met the public today to inform them about these laws, as their successful implementation dependson public awareness."

He added that the police discussed key legal provisions such as zero FIRs, digital FIRs, and the distribution of proceeds of crime to victims—(KNO)

Indian Army Averts Potential Flash Flood Disaster in Bandipora's Baraub Village

BANDIPORA: A potential flash flood disaster in Baraub village, located in the Tulail Tehsil of North Kashmir's Bandip-

night of March 3 and 4, when villagers noticed a sudden surge in water levels in the Naraub Nala, a local water channel. The rise in water was attributed to heavy snowfall in the region, which caused a



ora district, was successfully averted thanks to the swift and decisive action of the Indian Army's 51 Rashtriya Rifles (RR).

The timely intervention prevented what could have been a catastrophic situation for the local residents.

The crisis unfolded on the intervening

blockage in the riverbed, raising fears of a flash flood. Panic-stricken villagers immediately alerted the Indian Army, seeking urgent assistance.

Responding promptly to the distress call, personnel from the 51 Rashtriya Rifles rushed to the site with snow clearance equipment. They worked through the night to assist in the evacuation of families from vulnerable areas, relocating them to safer locations. The Army's quick response helped calm the anxious villagers and ensured their safety.

By the following morning, the threat of the Nala altering its course due to the snow blockage had escalated. However, the Indian Army, equipped with a dozer, continued its efforts to clear the accumulated snow and channelize the excess water back into the river. Their tireless work throughout the day successfully mitigated the risk of flooding, averting a potential disaster. The local residents expressed immense relief and gratitude toward the Indian Army for their timely and effective intervention. "The Army's swift action saved us from a major disaster. We are deeply thankful for their efforts," said a villager. This incident highlights the critical role played by the Indian Army in safeguarding lives and property in remote and vulnerable regions of Jammu and Kashmir. Their proactive approach and dedication to the welfare of the local population continue to earn them the trust and appreciation of the communities they serve..

Indian Army Conducts Lecture on Women Empowerment at Harni, Poonch

Poonch: In a bid to promote social awareness and community development, the Indian Army organized a lecture on women empowerment at Government Girls High School Harni. The event witnessed the participation of 57 students and eight faculty members, focusing on the significance of gender equality and the need to challenge discrimination in

all its forms. The session highlighted various aspects of women's empowerment, including education, healthcare, and economic independence, while also discussing government initiatives aimed at promoting women's rights and welfare. Officials emphasized the importance of providing equal opportunities to women in all spheres of life to create a progressive and inclusive society.

The lecture was well-received by attendees, who appreciated the Indian Army's efforts in fostering awareness and encouraging discussions on critical social issues. The event reaffirmed the Army's commitment to community engagement and empowerment, particularly in the remote regions of Jammu and Kashmir.

Patients Suffer as Dental X-Ray Service Remains Down at DH Bandipora

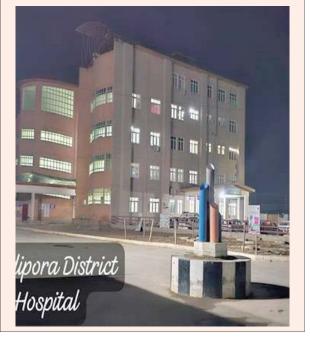
Bandipora, March 3: Patients visiting the District Hospital Bandipora for dental treatment are facing serious inconvenience as the dental X-ray facility has remained non-functional for over a month. The disruption has forced patients to seek expensive tests at

private diagnostic centers, adding to their financial burden. Several patients, while talking to Kashmir Convener, expressed frustration over the delay in restoring the service, highlighting that many cannot afford private X-rays, which are essential for diagnosing and treating dental ailments.

"We are being asked to get X-rays from private centers, which cost significantly more. The hospital should provide basic facilities instead of making patients suffer," said a distressed patient.

Health officials have yet to provide a concrete timeline for restoring the service, further escalating concerns among the public.

Patients and their families have appealed to the Health Minister for urgent intervention to ensure that the hospital resumes dental X-ray services at the earliest.



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Family Politics: The Marcos-Duterte Feud and the Future of the Philippines



PRADEEP NADIG

The Philippine government is currently being led by President Ferdinand Marcos Jr., the son of the unpopular former President Ferdinand Marcos Sr., and Vice President Sara Duterte, daughter of the controversial former President Rodrigo Duterte. They joined hands and were brought into power in 2022 but their fragile alliance is now in shambles and going through a very public breakup.

The situation reached boiling point in November 2024, when Duterte made death threats against Marcos, the First Lady, and the Speaker of the House of Representatives, adding that arrangements had been made to kill them in the event of her assassination. The outcome of this fracas is likely to have stark domestic implications. It will also affect the country's foreign policy, including its relationship with India, in 2025.

Election predictions

The collapse of this alliance comes ahead of the 2025 midterm elections in which all 317 seats in the House and 12 of the 24 seats in the Senate will be contested. Both dynasties are fighting to create a favourable situation for themselves in preparation for the 2028 presidential elections.

Marcos has proposed extending presidential term limits beyond the current six years, but to do so, he must retain control of the House. In November 2023, he released former Senator Leila De Lima, who was Rodrigo Duterte's fiercest political opponent. She was widely believed to have been imprisoned due to her vocal criticism of his administration and his brutal war on drugs. Her release well ahead of the midterm elections in 2025, where her vocal opposition to the Dutertes could help Marcos consolidate power in the House, is strategic. Meanwhile, the Duterte family is working to gain electoral ground in the House and set up favourable odds for Sara Duterte's presidential campaign in 2028. The family has nominated Senate candidates that are not part of the ruling coalition party and many independent candidates who are known Duterte allies. Rodrigo Duterte is also preparing to run for mayor of Davao City, a position he held prior to becoming president in 2016.

Following Sara Duterte's statements and death threats and the corruption charges against her, the House has filed for her impeachment. This investigation led Rodrigo Duterte to describe Congress as a "rotten institution." The Dutertes are aiming to shift the balance of power to avoid Sara Duterte's impeachment while

Marcos needs to ensure that impeachment happens so that he can extend the presidential term limit and prevent Duterte from becoming president in 2028.

Foreign policy differences

As president, Marcos has deviated significantly from Rodrigo Duterte on foreign policy. While Duterte was known for his pro-Beijing position, Marcos' actions in the past year indicate a clear pro-Washington stance. Unlike the former president, who continued to appease Chinese territorial claims and military

Defence Cooperation Agreement (EDCA) that was signed in 2014. Marcos has claimed that this measure was taken primarily to boost disaster relief in the area in addition to defending its coastline on the South China Sea. Bilateral ties between the US and the Philippines have made great strides in Marcos' tenure. The countries have jointly issued new bilateral defence guidelines that updated the 1951 Mutual Defence Agreement between the two. These new guidelines have resulted in greater defence cooperation, foreign military funding, expansion of military bases, and an increase in military equipment supplies. In 2024, when the Spratly Islands dispute boiled to open confrontations between

the fifth India-Philippines Joint Defence Cooperation Committee meeting held in Manila on 10 September 2024, India's Defence Secretary Giridhar Aramane encouraged the defence partnership between the nations and advocated for the joint development of military equipment.

Marcos' foreign policy has bolstered defence against China's expansion in the South China Sea, which aligns with both the US and India's strategic agenda for the region, making way for greater bilateral and trilateral security cooperation. Outreach to the Philippines also provides India with an opportunity to showcase its reliability and power to others in the ASEAN region.

This was the theme of the 20th India-ASEAN summit held in Jakarta in 2023, which aimed to boost maritime cooperation. Increased defence cooperation with the Philippines signifies the end of India's reluctance to supply weapons to ASEAN in fear of China's response. As New Delhi seeks to become a leader in defence exports and position itself as a strategic partner, its ties with Manila must continue to grow for the success of its future foreign policy in Southeast Asia. The current political climate combined with shared strategic interests and the positive relationship between Trump and Modi have created favourable conditions for stronger India-Philippines ties in 2025.

Future dynamics

While these opportunities exist, Donald Trump's election as president raises certain questions. The Marcos administration has received support from the US in deterring China thus far, however, the newly elected Trump administration could decrease military spending abroad and adopt an anti-interventionist stance, which would leave the Philippines in a vulnerable position. The upcoming midterm elections are likely to rebalance power between the Marcos and Duterte families. With potentially greater influence in the House and Senate, the Dutertes could advocate for a return to more pro-China policies and make it difficult for the US to continue joint military operations and access military bases in the Philippines. This would also undermine New Delhi's influence in the region and hinder growing military cooperation with Manila. The Dutertes would also be better positioned

to oppose Marcos's proposal to extend the presidential term limit, making Sara Duterte a favourite for the 2028 presidential elections. If this were to happen, it would greatly hurt both New Delhi and Washington's foreign policy interests in the region for the better part of a decade.

The Article was published by Institute of Peace and Conflict Studies (IPCS). Author Pradeep Nadig is enrolled in the Graduate Certificate in Public Policy (GCCP): Defence and Foreign Affairs programme at Takshashila Institution. He is a graduate of the Rollins-Jindal dual degree program with majors in Economics and Philosophy.



exercises in the West Philippine Sea (even after winning an arbitration case in 2016), the current president has gone on a diplomatic and even security offensive. Duterte assumed an anti-US position despite Chinese maritime aggression. In 2021, however, he finally reversed his decision to end the Visiting Forces Agreement (VFA) that allowed US access to military bases in the Philippines.

Although the agreement was reinstated, trust between Washington and Manila remained low until Marcos' victory in 2022. In April 2023 Marcos granted the US access to four additional Philippine military bases in an expansion of the Enhanced

China and the Philippines, Marcos doubled down on Manila's claims, strengthening its ties with Washington.

Implications for India

Marcos' position on China, unlike that of Duterte, has been better for New Delhi. Since 2022, trade relations between India and the Philippines have steadily improved with the total value crossing US\$ 3 billion. The two countries have also made great strides in defence cooperation, resulting in the sale of the BrahMos missile system to the Philippines worth US\$ 375 million. During

Ibn Arabi's Enduring Wisdom: Bridging Mystical Insights and Modern Dilemmas



SHABEER AHMAD LONE

Ibn Arabi stands as one of the most brilliant luminaries in the history of Islamic thought, whose timeless wisdom and metaphysical insights continue to captivate scholars, mystics, and seekers of truth across the globe. His philosophy transcends cultural, temporal, and geographical boundaries, offering a comprehensive framework for understanding existence, divine reality, and the intricate relationship between the human and the sacred. Rooted in profound concepts such as wahdat al-wujud (Unity of Being) and the Insan al-Kamil (Perfect Human), Ibn Arabi's teachings embody a remarkable synthesis of inclusivity, spiritual depth, and intellectual rigor. This research paper, drawing upon the most enlightening and authentic sources, critically analyzes his legacy with references to the works of eminent scholars such as Toshihiko Izutsu, William Chittick, Annemarie Schimmel, Henry Corbin, Sachiko Murata, Claude Addas, and others. It weaves together rare and insightful findings from diverse traditions, cultures, and historical periods, contextualizing his thought within both classical and contemporary challenges. By delving into the layers of his esoteric writings, cosmological frameworks, and ethical principles, this paper provides a compelling, thought-provoking, and inclusive exploration of Ibn Arabi's enduring relevance, particularly in addressing the crises of our fragmented modern world.

Ibn Arabi's intellectual legacy is a boundless reservoir of metaphysical insights and spiritual wisdom that continues to inspire diverse audiences across disciplines and traditions. His teachings address the most pressing questions of existence, purpose, and humanity's relationship with the divine, while offering profound pathways for grappling with contemporary challenges. At the center of his philosophy is the concept of wahdat al-wujud (Unity of Being), a vision that transcends dualities and posits that all of existence is a manifestation of the divine reality. This ontological framework has been both celebrated and contested over centuries. Mystics and philosophers have

lauded it as a pathway to understanding divine immanence, while critics have misconstrued it as pantheism. Scholars such as Toshihiko Izutsu and William Chittick have rigorously defended its philosophical coherence, illustrating that Ibn Arabi's thought does not conflate the divine with creation but rather reveals the intricate interplay between divine transcendence and immanence. Izutsu, in particular, underscores the epistemological sophistication of wahdat al-wujud, where every entity reflects the divine essence while maintaining its distinct reality. This framework offers a vision of unity that dissolves exclusivist and reductionist paradigms, making it profoundly relevant in addressing the ideological and theological divisions of the modern world.

The depth of Ibn Arabi's writings demands a multidisciplinary approach to uncover their layered meanings. His magnum opuses, Futuhat al-Makkiyah and Fusus al-Hikam, are masterful amalgamations of metaphysical abstraction, poetic symbolism, and spiritual instruction. Annemarie Schimmel notes that his use of intricate symbols transcends the limits of language, allowing readers to approach divine truths that elude conventional understanding. Michel Chokiewicz connects Ibn Arabi's cosmological descriptions to modern scientific frameworks, such as quantum mechanics and systems theory. By emphasizing the interconnectedness of all realms of existence, Ibn Arabi's cosmology mirrors the interdependence observed in natural and physical systems. These parallels open fertile ground for dialogue between mystical metaphysics and scientific paradigms, fostering a holistic understanding of reality that bridges spirituality and science. For instance, his depiction of the hierarchical realms of existence resonates with contemporary theories of complexity and ecological balance, highlighting the relevance of his thought in an age marked by ecological crises and existential fragmentation.

Ibn Arabi's reflections on religious pluralism reveal a timeless wisdom that speaks directly to today's polarized world. His assertion that "every path leads to God" challenges exclusivist theological positions by emphasizing the diversity of divine manifestations within different traditions. Scholars such as William Chittick and Osman Yahya interpret this inclusivity as rooted in Ibn Arabi's metaphysical vision of divine unity, where all beings participate in the divine reality. This pluralistic worldview is not mere tolerance but an active embrace of diversity as an expres-

sion of divine creativity. Such insights provide a compelling framework for interfaith dialogue and cooperation, encouraging societies to move beyond sectarian boundaries and towards a collective pursuit of truth and justice.



Equally revolutionary is Ibn Arabi's veneration of the feminine principle, which occupies a central place in his metaphysical vision. Sachiko Murata highlights how Ibn Arabi elevates the feminine as a manifestation of divine beauty (jamal) and wisdom (hikmah), challenging patriarchal narratives that have historically dominated religious discourse. By associating the feminine with divine creativity and nurturing power, Ibn Arabi provides a foundation for rethinking gender roles in both theological and social contexts. This perspective anticipates contemporary feminist efforts to recover the sacred dignity of the feminine, offering a counter-narrative to reductionist interpretations of gender. Claude Addas deepens this analysis by exploring the symbolic and metaphysical significance of the feminine in Ibn Arabi's cosmology, where it serves as the bridge between the infinite and finite realms. These insights are particularly relevant in challenging the entrenched inequalities and injustices that persist in modern societies.

The ethical and socio-political dimensions of Ibn Arabi's teachings are equally profound, though often underexplored. His concept of Insan al-Kamil (Perfect Human) serves as a model for spiritual realization and ethical leadership. Shah Waliullah, building on Ibn Arabi's ideas, envisioned aframework for governance that integrates spiritual awareness with social responsibility. The Insan al-Kamil embodies the ideal balance of selflessness, justice, and wisdom, providing a template for addressing contemporary challenges such as inequality, conflict, and ecological degradation. By emphasizing the ethical responsibilities of individu-

als and communities, Ibn Arabi's teachings align with modern calls for sustainable development and global stewardship. Qunawi, Ibn Arabi's foremost disciple, further elaborates on the metaphysical centrality of the Insan al-Kamil, highlighting its

role as the axis of existence and the moral exemplar for humanity.

One of Ibn Arabi's most innovative contributions lies in his exploration of khayal (imagination) as a transformative faculty. Michel Chokiewicz and Henry Corbin have emphasized the philosophical and mystical implications of khayal, describing it as a bridge between the material and spiritual realms. Ibn Arabi's understanding of imagination as a creative force opens new avenues for examining the ethical and spiritual dimensions of technology,

and spiritual dimensions of technology, art, and innovation. In the context of the digital age, his insights can guide critical discussions on the ethical use of artificial intelligence, virtual reality, and digital media. By framing imagination as a tool for spiritual and ethical growth rather than mere material advancement, Ibn Arabi's thought provides a framework for harnessing technological progress in ways that serve humanity's higher aspirations.

Ity's higher aspirations.

The universal appeal of lbn Arabi's teachings is perhaps most evident in his poetry, particularly in Tarjuman al-Ashwaq. His poetic expressions of divine love and beauty transcend cultural and linguistic boundaries, resonating with mystical traditions worldwide. Annemarie Schimmel notes the universality of his poetic vision, which echoes the spiritual depths of Rumi, Hafiz, and even Christian mystics like St. John of the Cross. This intercultural dimension of lbn Arabi's legacy underscores his role as a bridge-builder, fostering mutual understanding and intellectual exchange among diverse traditions.

In the face of existential and ecological crises, Ibn Arabi's teachings provide a theocentric paradigm that redefines humanity's relationship with the natural world. His cosmological vision emphasizes the sacred interconnectedness of all creation, challenging anthropocentric paradigms that view nature as a resource to be exploited. Scholars like Qiesar Dawoodi and Henry Corbin have highlighted the ecological implications of Ibn Arabi's thought, which calls for an ethic of care, reverence, and stewardship. By integrating his metaphysical insights with contemporary

ecological science, Ibn Arabi's teachings can inspire transformative approaches to sustainability and environmental justice.

Ibn Arabi's timeless brilliance offers profound insights into the human condition, bridging the gaps between spirituality, science, and ethics. His philosophy challenges reductionist paradigms, fostering a holistic understanding of existence that addresses the complexities of modern life. By engaging with the works of scholars such as Toshihiko Izutsu, William Chittick, Annemarie Schimmel, and others, we uncover the multidimensional relevance of his thought. Ibn Arabi's legacy is not merely a historical curiosity but a living tradition that continues to inspire and transform, offering pathways for spiritual renewal, intercultural dialogue, and universal welfare in an age marked by fragmentation and uncertainty. His vision calls us to reawaken our collective potential. harmonizing devotion with ethical action and ensuring that his profound insights illuminate humanity's journey for generations to come.

In an era of existential uncertainty, ideological polarization, and ecological disintegration, the brilliance of Ibn Arabi's thought emerges as a beacon of timeless relevance, offering profound insights into humanity's shared spiritual and ethical destiny. His vision, meticulously examined through authentic and enriching sources, bridges the chasm between tradition and modernity, spirituality and science, theology and philosophy. By engaging critically with the contributions of leading scholars across periods and contexts, this research not only unveils the rare depths of his metaphysical and cosmological teachings but also highlights their transformative potential for fostering intercultural dialogue, environmental stewardship, and social justice. Ibn Arabi's expansive worldview, deeply anchored in the unity of being and divine love, invites humanity to transcend divisive paradigms and embrace the sacred interconnectedness of all existence. This study, with its analytical precision, comprehensive scope, and profound insights, affirms that Ibn Arabi's legacy is not merely a relic of the past but a living tradition that continues to illuminate the path toward universal harmony, inclusivity, and collective well-being, ensuring that his timeless brilliance inspires future generations to reimagine and realign their existence with higher ideals.

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DC Srinagar reviews progress of registrations under JK Samadhan Portal

Directs all line departments to ensure maximum outreach and citizens registration on the portal

SRINAGAR: In order to review the progress of the registration process under the JK Samadhan Portal, a meeting was held under the chairmanship of the 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 highlighted the significance of registrations on The JK Samadhan Portal. He said it is a Government initiative aimed at streamlining and simplifying grievance redressal processes, designed to ensure transparency, accountability and efficiency in addressing public complaints.

On the occasion, Dr Bilal stressed the Officers to sensitize the masses about the The JK Samadhan Portal and prioritize registering citizens on the portal. He emphasized the importance of timely and efficient registration of grievances, which

facilitating citizen's access to Government services and resolving grievances.



can be accessed and resolved through the portal. He underscored the importance of the portal in



The DC directed all the line departments to ensure maximum outreach and participation in the

portal's registration process. CSC VLEs were directed to register a maximum number of people under the portal who are unable to register themselves.

During the meeting, the DC directed for establishing a special Control Room at DC Office to monitor the department wise progress of registrations on The JK Samadhan Portal. He also set targets to each concerned department to ensure all the citizens are registered on the portal at the earliest. The meeting was attended by Additional Deputy Commissioner, Syed Ahmad Kataria; Chief Planning Officer, Secretary SMC, Chief Medical Officer, Chief Agriculture Officer, Tehsildars, BDOs, AD FCS&CA, CDPOs, District Coordinator CSC and other District Officers.

DC Budgam reviews progress on digitisation of revenue records

Evaluates provision of revenue services under PSGA timelines, construction of new revenue offices

BUDGAM: The Deputy Commissioner (DC) Budgam, Akshay Labroo, today chaired a meeting here to review the functioning of Revenue services across all tehsils of the district.

The DC reviewed the progress made in the digitization of revenue records of the district to enhance transparency and efficiency in land records management.

He assessed the progress in fully digitizing the district's revenue records to boost transparency and streamline land records management.

He also conducted tehsil-level review of revenue service processing of fards, caste certificates, RBA certificates, demarcation applications, agriculture certificates, EWS Certificates etc in line with PSGA timelines to ensure prompt service delivery to

The DC also reviewed the progress of work in the infrastructure projects of revenue offices including construction of Tehsil Office BK Pora and Niabats of Nagam, Soibugh, Kachwari and additional block at NT Office, Pakherpora.

He instructed the concerned officers to work closely with executing agencies to ensure that projects are completed on schedule.

The DC emphasized the need for responsive governance, urging revenue officials to proactively resolve public grievances.

He called for prompt redressal of issues, regular monitoring, and the imposition of penalties for delays in revenue services to maintain high service

The meeting was attended by ADC Budgam, ACR Budgam, all Sub-Divisional Magistrates (SDMs), all Tehsildars, and other Revenue officials.



World Obesity Day: Unhealthy diet, sedentary lifestyle major causes of obesity, say doctors

'Obesity increases risk of diabetes, hypertension, heart disease'

Srinagar: Obesity results from an imbalance between calorie intake and energy expenditure, with unhealthy diets and a sedentary lifestyle being major contributing factors, doctors say.

Speaking to the news agency—Kashmir News Observer (KNO), several doctors said that obesity increases the risk of chronic diseases, including diabetes, hypertension, heart disease and strokes.

Dr Mushtaq at the Directorate of Health Services Kashmir (DHSK) said obesity occurs when a person consumes more calories than they burn, leading to excessive fat accumulation in the body.

'Obesity raises blood pressure (hypertension) and cholesterol levels, increasing the risk of heart disease and stroke. Excess fat leads to insulin resistance, raising blood sugar levels," he said, adding that obesity can cause non-alcoholic fatty liver disease (NAFLD), potentially leading to liver damage, and it heightens the risk of breast, colon, and pancreatic cancers.

Dr Muzamil at Government Medical College

(GMC) Anantnag said that a sedentary lifestyle

affects both physical and mental well-being. "Research shows that prolonged inactivity is linked to anxiety, depression, and cognitive decline," he said. "An inactive lifestyle is also



associated with a higher risk of certain cancers, including breast and colon cancer."

The doctor added that aside from unhealthy diets and a sedentary lifestyle, other major causes of obesity include genetic factors, hormonal disorders such as hypothyroidism and Cushing's syndrome, as well as stress, depression and

Doctors warned that obesity leads to osteoarthritis due to excess weight on joints, depression, low self-esteem, anxiety and higher mortality rates due to associated illnesses.

To prevent obesity, doctors recommend consuming balanced meals rich in fibre, proteins, and healthy fats, engaging in at least 30 minutes of physical activity daily, ensuring proper sleep, managing stress, avoiding junk food, and undergoing regular health checkups to monitor weight and underlying conditions.

According to NFHS data, 20.5% of men and 29.4% of women in Jammu and Kashmir are overweight or obese.

A study in Kashmir found that 15.01% of the population was obese, with 7.01% of men and 23.69% of women classified as obese.

Doctors stress that raising awareness about obesity and promoting a healthier lifestyle is crucial in reducing its prevalence and associated health risks—(KNO)

Div Com Kashmir urges departments for befitting KIWG arrangements **Chairs preparatory meeting for Winter Games**



for Winter Games, today Divisional Commissioner (Div Com) Kashmir, Vijay Kumar Bidhuri impressed on concerned departments for ensuring befitting arrangements for 5th Edition of Khelo India Winter Games (KIWG) at Gulmarg.

Deputy Commissioner Baramulla, Director Tourism, Director Urban Local Bodies, Director Health Services Kashmir, CEO Gulmarg Development Authority, Secretary J&K Sports Council, officers from various departments

including SMC, PHE, KPDCL, R&B, MED, Transport, Airport Authority, Cable Car Corporation, Information, JKTDC, H&H, NHIDCL, Police, SDRF, CISF, HAWS and other stakeholders attended the meeting.

At the outset, Div Com reviewed arrangements regarding arrival of participants at Srinagar Airport, transportation of participants, accommodation facilities and essential services including electricity, drinking water, sanitation, Mobile Network, critical health services and mobile recovery vans.

He impressed on close coordination and synergy among all the departments besides called for effective communication among the stakeholders.

The Div Com called for flawless arrangements at the venue, and ensuring smooth conduct of the prestigious sporting event.

The officers briefed the meeting regarding the latest and overall preparations pertaining to their respective departments for smooth conduct of national sports event.

POONCH: Deputy Commissioner, Vikas Kundal today flagged off a Women Motor Bike Rally under the theme "Nasha Mukat Seemayen, Ride for Strength, Break the Chain." under the banner of Shakti Udghosh Foundation from Dak

interacted with the bikers, commending their courage and emphasizing the importance of safe travel in hilly areas.

crucial role in empowering women and raising awareness in the community.

The rally showcased the strength and resilience of women as it traveled from Kathua through Akhnoor and Rajouri, concluding its journey from Poonch to Jammu.

District Social Welfare Officer Wakeel Ahmed Bhatt was also present on the concluding day, reinforcing the significance of community engagement in fostering a supportive environment for eradicating drug menace.

DC Poonch flags off Women Motor Bike Rally under NMBA

Bungalow Poonch. During the event, the Deputy Commissioner

He highlighted how such initiatives play a

District Administration Pulwama intensifies Market Checking Drives

Sub-Standard items destroyed, fines imposed & market regulations enforced

PULWAMA: To curb the practice of exorbitant profiteering and over pricing in wake of the holy month of Ramadan, the District Administration Pulwama has intensified market checking drives across the district.

The drive was conducted on the directions of the Deputy Commissioner Pulwama, Dr Basharat Qayoom, to ensure all essential commodities are sold at Government approved rates as per the quality standards with sufficient availability of consumables.

The inspections aimed to verify price lists, assess hygiene standards, check the quality of goods and prevent black marketing.

The checking squads headed by Tehsildar concerned and Officers from MC, FCS&CA and conducted intensive market

Legal Metrology Departments unfit for consumption were disposed-off on the spot and



checking in various tehsils of the district and inspected various markets within their jurisdiction.

During the inspection, the teams inspected business units including bakery, confectionery, grocery, vegetable, fruits, milk, meat and chicken selling shops.

The teams also inspected several food processing units to check hygienic conditions while the date of manufacture, use-by date etc was also checked.

The perishable items found

unauthorized polythene bags were seized. Furthermore, a total fine of Rs. 4000

was recovered from erring

shopkeepers for violating

different provisions of Food

Safety and Standards Act. The authorities urged all vendors to adhere strictly to the prescribed guidelines to ensure hygiene, cleanliness and public health safety and warned them of strict action against any malpractice.

Campaign to clear legacy waste kicked-off in Budgam

Special cleanliness drive also initiated in block Budgam

BUDGAM: The District Administration Budgam in collaboration with Rural Development department Budgam initiated a special campaign to clear the legacy waste across the district and also launched a special cleanliness drive from block Budgam.

The drive was flagged off by Additional Deputy Commissioner (ADC) Budgam, Mehraj-ud-din Shah from panchayat halqa Razwen.

Speaking to the gathering, ADC said that district administration Budgam is carrying out the drive with a missionary zeal to make the district neat and clean.

He discussed modalities for implementation of 'Swachhta Hi Seva' campaign in the district to mobilize communities to make the district clean, junk free, with 100% toilets to each and every household. He said, compost and

meant to sensitise the public and bring behavioural change in them



soakage pits, segregation sheds, separate dustbins, no polythene zone is the aim of administration so that there is healthy society. He urged the public to make use of these facilities provided by the government so that there is clean and green Budgam.

Shah highlighted the aim of the campaign and said that it is with regard to the sanitation and cleanliness. He also said that such events will be organized at other places across the district also.

Others who were present during the programme were ACP Budgam, BDO, Panchayat Secretary concerned, locals of the area, besides other district, tehsil and block level officials.

DC Kulgam chairs **Monthly NCORD meeting**



KULGAM: A meeting of the District Level Committee under the Narco Coordination Centre (NCORD) was convened today at Kulgam to discuss and strategize measures to curb drug abuse and narcotic trade in the district.

The Deputy Commissioner (DC) Kulgam, Athar Aamir Khan, chaired the meeting and reviewed the implementation of directives and decisions taken in previous sessions.

A detailed discussion was held on issues related to drug addiction, emerging areas of concern, hotspots of drug use, and the ongoing efforts by various departments to tackle the

The meeting also assessed the enforcement agencies' actions against drug abuse and narcotic trafficking in the district. It was informed that during the current month 08 drug peddlers were arrested and 07 FIRs were registered.

The Assistant Drug Controller conducted 101 inspections, leading to the suspension of 03 licenses.

Additionally it was informed that the district has successfully achieved 100% target in the installation of CCTV cameras, and the DC directed officials to ensure the completion of 100% target in CBS as well.

The DC instructed officers to ensure zero cultivation of illicit crops across the district. He also instructed for intensifying awareness as per the formulated activity calendar.

He also urged all stakeholders for their active participation in eradicating the drug menace.

Urging collective efforts, DC called upon all stakeholders to work religiously towards making Kulgam drug-free and

The meeting was attended by ACR, SDM, ACP, CMO, A-S, Tehsildars, and other NCORD Committee members.

G.H Sheikh takes over as Secretary JKBOSE

Integrity of Exams is utmost priority: Says Secretary

JAMMU: Ghulam Hassan Sheikh took over as Secretary, Jammu and Kashmir Board of School Education from his predecessor Sudershan Kumar and chaired an introductory meeting with the senior Board Officers, taking stock of the urgent issues that require immediate attention.

It was given out that Annual Regular Examinations of all classes viz. 10th / 11th / 12th both for Hard and Soft Zone areas of UT of J&K and UT of Ladakh are underway.

The Secretary urged all the officers and officials for maintaining a strict vigil on the performance of the examination centres and facilities provided to the student therein. "A positive and compassionate approach towards the students' shall facilitate and enhance their performance," he added.

The Secretary also convened an online meeting of all the officers of Sub / Branch Offices of the JKBOSE and directed them to put in all efforts in maintaining integrity of the examinations.

Later, he also held a virtual interaction with all the Chief Education Officers of all districts and sought their cooperation and collaborative efforts in ensuring smooth and transparent conduct of examinations. He also visited various sections of the Divisional Office, Jammu including the evaluation halls.

Interacting with the staff and examiners, the Secretary said that as assessment of students' performance forms a critical step in their academic career so utmost care and caution is

DC Kupwara reviews progress of PM Surya Ghar (Muft Bijli Yojana)

KUPWARA: Deputy Commissioner (DC) Kupwara, Ayushi Sudan convened a meeting of concerned officers to review the progress of the implementation of the PM Surya Ghar (Muft Bijli Yojana) in the district.

The initiative aligns with India's vision for sustainable energy development by promoting local adoption of solar power and providing free electricity to households through solar energy solutions

During the meeting, the DC took stock of the current status of the implementation of the scheme, reviewing both the achievements and challenges faced by the district.

The Superintendent Engineer PDD briefed the chair through a detailed presentation about the number of applications received under the scheme, installation of solar power systems, vendor selection and the steps taken by the department to maximize the beneficiaries under the scheme. On the occasion, the DC stressed upon the officers to gear up the progress under the scheme and ensure maximum coverage of households so that people are benefitted in large under the scheme. She impressed upon the officers to intensify IEC campaign to ensure maximum participation and awareness among the beneficiaries. The DC directed the concerned officers to identify the gaps and work on a mission mode for coverage of maximum beneficiaries under the Yojna. Among others, the meeting was attended by Superintendent Engineer PDD Kupwara, Chief Planning Officer, Executive Engineers of PDD, AEEs and concerned officers.



DC Kulgam reviews implementation of COTPA-2003

KULGAM: The Deputy Commissioner (DC) Kulgam, Athar Aamir Khan chaired a review meeting of District Level Coordination Committee for implementation of Cigarettes and Other Tobacco Products Act, COTPA-2003 under National

Tobacco Control Program, at mini-secretariat Kulgam.

The DC instructed CEO and other concerned to ensure that no sale of Tobacco products is permitted within 100 yards of institutional premises.

Officers and heads of



institutions were tasked with ensuring that all offices maintain tobacco-free environments.

Khan urged all stakeholders present to collectively ensure the rigorous implementation of COTPA-2003, which is aimed at combatting the tobacco menace.

The meeting was attended by ACR, SDM Noorabad, CMO, CEO and other officers.

SAMBA: Deputy Commissioner Samba, Rajesh Sharma, today chaired a meeting to

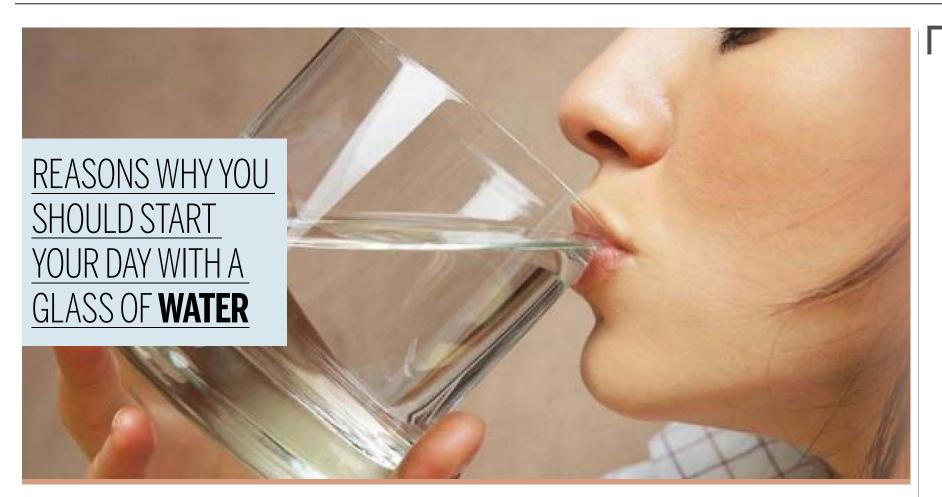
review the progress of registrations under the PM Surya Ghar Muft Bijli Yojana, reaffirming the administration's commitment to public welfare and transparent governance.

Addressing the officials, the DC underscored the need for widespread



awareness campaigns to maximize the scheme's reach, ensuring that every eligible household benefits from subsidized rooftop solar installations. He directed officers to work in close coordination and involve stakeholders for seamless implementation.

The meeting was attended by Additional Deputy Commissioner Samba, sectoral officers and representatives from concerned departments.



What is the first thing you do after getting up in the morning? Have you ever given a thought to this? Your morning rituals can affect your whole day in some way or the other. If you start your day with healthy practice then you are likely to stay healthy throughout the day. Exercise and healthy breakfast are two popular morning habits which are loaded with health benefits. Apart from this there is one such morning habit which can promote your health in different ways. Starting your day with a glass of water is healthy habit which everyone should practice. What can be easier than starting a day with a glass of water? So

why not! Read on to know all the health benefits of drinking a glass of water on an empty stomach. Health benefits of drinking water on an empty stomach

Keeps you digestion intact The first benefit of drinking water on an empty stomach is a healthy digestion. It can improve the bowel movement and prevent all the digestive disorders related to it. If you drink water on an empty stomach regularly you will experience daily bowel movements. This will promote the overall gut health. Can boost metabolism

Proper water intake can help you boost metabolism. Drinking water in an empty will also contribute to better metabolism. Not just the morning water, you should drink enough water throughout the day to improve your metabolism. Better skin health

Water consumption is related to your skin health in various ways. A glass of water early morning will also improve your skin health and make your skin glow. It will help you flush out toxins from your body. Adequate water intake is the easiest way to maintain skin

Boost energy levels Drinking water on an empty stomach can be the required kick start to your day. It can boost your energy levels as it

flushes out toxins from your body. Try drinking water regularly on an empty stomach and feel the difference. It will also help you

Drinking water is easy way to stay healthy. You can also drink lukewarm water or normal water but avoid drinking too much cold water in the morning. You can also add some lemon juice to it. Apart from this make sure that you eat a healthy and filling breakfast which will give you ample energy for the rest of the day. Some minor changes can help you lead a healthier life without investing many efforts just like starting your day with

STEM CELL TRANSPLANTS BRING NEW HOPE FOR **LUNG PATIENTS**

Chinese scientists, in a breakthrough, have regenerated a patient's damaged lungs using stem cell transplants, a development that can lead to treatments for chronic lung diseases.

In a pilot clinical trial for the transplantation, the scientists from the Tongji University took stem cells from the patient's airways and let them grow many times before transplanting them into the patient's lungs.Earlier, stem cell transplantation were successfully carried out in mice, regenerating human bronchial and alveolar structures in the lungs of the rodents. The fibrotic area in the injured lungs of the mice were replaced by new human alveoli after receiving stem cell transplantation.

Arterial blood gas analysis showed that the lung function of the mice were significantly recovered. After heart disease and cancer, "lung-related diseases are the third-leading cause of human death globally", said Wei Zuo, Professor from the varsity.

"For patients suffering from chronic pulmonary diseases, bronchiectasis and interstitial lung diseases, the lung stem cell transplantation could be the biggest hope. Chronic lung diseases could be conquered within five years," Wei said.

While the researchers had previously identified adult stem cells in a mouse lung, the new study, published in the journal Protein and Cell, focussed on lung stem cells in humans rather than mice. In order to test the capacity of lung stem cells to regenerate lung tissue in vivo, the team transplanted

lungs of immuno-deficient mice. In the clinical trials on humans, dozens of stem cells were brushed from their airways and expanded

GFP-labelled human lung stem cells into damaged

tens of millions of times. They were then transplanted into the patients' lungs, where the stem cells developed new alveoli and bronchus structures, repairing and replacing

The therapy proved to be effective in lung tissue repair after being used on six patients suffering from interstitial lung diseases and two with bronchiectasis, the researchers said.

Extra weight in 60s may be linked to brain aging



A bigger waistline and high body mass index (BMI) in the 60s may be linked to the signs of brain aging by at least a decade, says a study.

"People with bigger waists and higher BMI were more likely to have thinning in the cortex area of the brain, which implies that obesity is associated with the reduced gray matter of the brain," said study author Tatjana Rundek.

The study has been published in the journal 'Neurology.' "These associations were especially strong among those who were younger than 65, which adds weight to the theory that having poor health indicators in mid-life may increase the risk for brain aging and problems with memory and thinking skills in later life," said Dr Rundek.

The study involved 1,289 people with an average age of 64. Two-thirds of the participants were Latino. Participants' BMI and waist circumference were measured at the beginning of the study.

An average of six years later,

to measure the thickness of the cortex area of the brain, overall brain thinner cortex and in obese people volume, and other factors.

Atotal of 346 of the participants had a BMI of less than 25, which is considered normal weight; 571 people had a BMI of 25 to 30, which is considered overweight; and 372 people had a BMI of 30 or higher, which is considered obese.

For the waist circumference, which can be different for men and women, the normal weight group, which was 54 per cent women, had an average of 33 inches, the overweight group, which was 56 per cent women, had an average of 36 inches, and the obese group, which was 73 per cent women, had an average of 41 inches.

Having a higher BMI was associated with having a thinner cortex, even after researchers adjusted for other factors that could affect the cortex, such as high blood pressure, alcohol use, and smoking.

In overweight people, every

participants had MRI brain scans unit increase in BMI was associated with a 0.098 millimeter (mm) with a 0.207 mm thinner cortex. Having a thinner cortex has been tied to an increased risk of Alzheimer's disease.

> Having a bigger waist was also associated with a thinner cortex after adjusting for other factors.

> "In normal aging adults, the overall thinning rate of the cortical mantle is between 0.01 and 0.10 mm per decade, and our results would indicate that being overweight or obese may accelerate aging in the brain by at least a decade," Rundek said.

> Rundek noted that the study does not prove that extra weight causes the cortex to get thinner. It only shows an association.

> A limitation of the study was that, like many studies of older people, it is possible that the healthiest people are more likely to live longer and take part in studies, so that may affect the results.

Here's Why You Must Have A Glass Of Milk Everyday

World Milk Day 2019 is being observed on the 1st of June. The day is meant to raise awareness about dairy sector's contribution to the economic development, sustainability

water.

Protein Fat Calcium

Vitamin-D



and livelihoods. It also aims to draw attention to recognize milk as a global food and promote the nutritional value of milk. This year, the theme for World Milk Day is "Drink Milk: Today and everyday", which focuses on the importance of milk and dairy products and how one should include milk in their daily routine. Milk is a versatile product you can add in your diet, as it can be a delicious source of

various nutrients. Let us look at the various nutrients Vitamin B12 Potassium

Phosphorus

The rich nutrient content of milk provides various benefits to the body. Calcium content in milk helps in providing strength to your bones and teeth. It also helps in preventing bone diseases like osteoporosis. One-third of your bone mass consists of protein. It also constitutes around 50% of bone volume. The high protein content in milk makes it a key ingredient for bone health. Moreover, milk has got healthy fats, which might help you in keeping a healthy body weight. A popular Indian drink is turmeric milk (haldi doodh), which helps in faster recovery from injuries. Buttermilk can help in digestion heavy meals, as it can wash down

Doctors recommend breast milk for the baby (especially for the first 6-8 months). Breast milk helps the baby in fighting off various bacteria and viruses, which can lower the risk of asthma and allergies.

There are various types of milk produced and available in the dairy market. Let's have a look:

Ionea milk Double toned milk Standardised milk Full cream milk

Skimmed milk Following are plant-based sources

Soy milk Almond milk Coconut milk Cashew milk

You can also go for lip-smacking milk products like yogurt, curd and kefir. They provide the gut with good bacteria and help in improving digestion and overall health.

Unfortunately, a large number of people have got lactose intolerance. This condition makes a person difficult to digest lactose, a kind of sugar in milk. People with lactose intolerance can opt for plant-based sources of milk. Here's wishing everyone a very Happy Milk Day!

LAUGHING AT YOURSELF MAY BE GOOD FOR MENTAL WELL-BEING

People who frequently crack jokes about themselves to gain approval of others have greater levels of psychological well-being, a study has found.

The findings, published in the journal Personality and Individual Differences, contradict some of the research carried out to date in the psychology of humour. Up until now, a significant deal of the research

literature has suggested that self-defeating humour is exclusively associated with negative psychological effects among individuals who

regularly employ this style of humour. "In particular, we have observed that a greater tendency to employ self-defeating humour is indicative of high scores in psychological well-being dimensions such as happiness and, to a lesser extent, sociability," said Jorge Torres Marin from University of Granada in Spain.

'The results, as well as being consistent with the positive connotations traditionally attributed to the act of laughing at oneself in our country, also suggest that the effects of self-defeating humour on well-being may differ depending on where the research takes places," Marin said.

'Consequently, we believe it is necessary to conduct new studies aimed at analysing potential cultural differences in the use of

this kind of humour," he said. "Our research fits into one of the theoretical $models\, that\, aim\, to\, overcome\, these\, limitations$ and provide the psychology of humour with a well-founded, accurate theoretical body of knowledge," said Hugo Carretero Dios, from University of Granada.

Nonetheless, researchers also point out that certain styles of humour may be employed to conceal negative intentions and feelings. "Humour enables individuals with low scores in honesty to build trust, closeness, etc. with other people and thereby use important information in order to manipulate them or obtain advantages in the future," said Gines

Navarro-Carrillo from University of Granada. The results regarding the relationship between the use of humour and anger management suggests that the capacity for maintaining a humorous perspective in adverse situations, ie the use of self-enhancing humour, is typically found among people who manage anger more effectively, as well as among those with lower tendencies to exhibit angry feelings or reactions.

By contrast, people who tend to use aggressive or self- defeating humour do not manage anger or rage as well.

In particular, aggressive humour is mainly associated with the expression of anger

towards others and a greater propensity to experience anger in everyday life. By using aggressive humour, individuals may express negative feelings (for example, anger, superiority, hate, etc) less explicitly than they would through physical or verbal abuse since they can allude to the humorous nature of the comments they make in order to justify them. Self-defeating humour was linked to a greater tendency to suppress anger. However, this suppression does not necessarily mean that the anger directed at others is reduced or controlled, but rather that the triggers

eliciting such angry reactions are concealed

or not explicitly stated.

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Govt to develop

landmarks, the upcoming Jammu lake, and the Jammu zoo are significant attractions, but they need better branding and visibility," he said.

"We must give these destinations a distinct identity and promote them effectively. It is true that there has not been adequate publicity so far, but we are committed to addressing this,"

Earlier, in response to a starred question of the Legislator, the Chief Minister highlighted the ongoing efforts of the Tourism Department in developing infrastructure to attract more tourists to Jammu City.

"Several projects have been implemented under the State Capex Budget and Swadesh Darshan Scheme," he informed the House.

Among the notable projects undertaken, the government has focused on enhancing major tourist attractions.

A musical water fountain with a sound and light show has been installed at Bagh-e-Bahu to enrich visitor experiences.

Additionally, tourist facilities have been developed at Bhagwati Nagar and Sidhra Golf Course to accommodate and attract more travelers.

Further, an amusement park has been constructed near the Sidhra Golf Course in Jammu to provide more recreational options. To improve connectivity, the much-anticipated ropeway project from Mohmaya to Bagh-e-Bahu has been implemented, offering tourists a scenic and efficient travel option.

The Jammu Smart City Limited (JSCL) is also spearheading multiple initiatives to modernize Jammu's infrastructure and enhance its appeal as a tourist destination.

As part of its heritage conservation and beautification efforts, ISCL has undertaken the restoration and beautification of iconic landmarks such as Bahu Fort, Mubarak Mandi, Raghunath Bazaar, and various temples and ghats under the Smart City initiative.

To improve urban mobility and accessibility, major road upgrades are underway, along with the development of pedestrian-friendly pathways. In a bid to promote sustainable transportation, the city has introduced electric buses under the eBus project, making public transport more eco-friendly.

A key initiative under JSCL is the redevelopment of the Tawi Riverfront, transforming it into a vibrant recreational hub with promenades, cycling tracks, and leisure spaces for residents and tourists alike.

Furthermore, heritage sites such as Bahu Fort, the Army Headquarters at Mubarak Mandi, Maha Maya Temple, and Tawi bridges have been enhanced with façade lighting, adding to their visual appeal.

To make historical and cultural experiences more engaging, the government has also introduced digital and immersive light and sound shows at Bahu Fort heritage sites.

The Chief Minister emphasized that JSCL's vision aligns with making Jammu a modern, touristfriendly, and sustainable city while preserving its rich cultural and historical essence.

No assembly

"Lone is frustrated after barely winning the elections and is alone in the Assembly," Sharma said.

DPR for Keran

is being done by BRO for providing connectivity

"The PMGSY Road Zirhama-Jumgund (length 25.00 km) is a high-altitude road. Snow clearance operations though carried out regularly but during heavy snow spells clearance operation becomes difficult beyond first 6 km and gets temporarily delayed till weather improves due to poor visibility, frost action, avalanches/snow slides from upper reaches, especially in kms from 17th to 20th",

The Deputy Chief Minister further informed that no alternate roads are available at present for the Keran and Jumgund areas. He said Pharkiyan Gali to Keran (46.76 Km) road is maintained by BRO.

32474 Posts

In the past four months, the Government informed that 3727 vacancies have been referred to Public Service Commission and Services Selection Board since October 16, 2024, the day when Omar Abdullah-led government took oath.

Of these, 738 are gazetted posts, 1754 nongazetted posts and 1235 multi-tasking slots.

The Government also revealed that it has no proposal to make job application forms free for job aspirants.

"Presently, no such proposal is under consideration in the Government," it said.

In the past four months, the government revealed that it has collected Rs 14. 17 crore examination fee from students appearing in recruiting tests conducted by SSB and PSC.

In its election manifesto for last year's assembly polls, the National Conference had promised to make job application forms free for all the examinations.

The job application will be made free for all the examinations," the party had promised in its manifesto

Situation across

later decried Mir's remarks and sought a clarification from party leader Abdullah.

"He (Mir) praised a country with which we have no diplomatic relation. Our country did not send its cricket team there to play in the Champions Trophy and this is the country which is promoting separatism and terrorism in India. Mir's remark is of concern and condemnable and the chief minister should clarify his party's stand on it," Pathania told reporters outside the assembly.

During a discussion on Lt Governor's address while BJP member Sham Lal Sharma was speaking, Mir rose up from his seat and questioned Pathania for terming him a "traitor."

"My intention was not to draw a comparison between the two parts (of Kashmir). The National Conference is a party which has rendered the highest number of sacrifices for the country. Our workers, MLAs and ministers were killed by terrorists," he said.

Gurezi also stood up from his seat in defence of Mir and said "If someone had worn a coat, what is wrong when I say he is having a good coat," sending the house in a commotion.

Sensing the situation getting out of control, the chief minister requested the members to take up their seats, and said, "Gurezi is not wrong in his statement but he had not completed his talk."

Abdullah said, "All what has been done on the borders is for show off and that also was not done by them (Pakistan) on its own. Whatever progress was made in the border areas across the border was because of the blessings of China while there is no progress in the rest of the areas."

He said the development can be a matter of discussion but Mir, who lives near the Line of Control, is not wrong in sharing what he sees.

"The situation is very bad there (in PoK)... We have never sought help from any other country, we have not asked China, America, England or France to build our roads. The roads constructed across the border were done by China," he said, adding, every part of Jammu and Kashmir has witnessed development even as "we have not provided coats to our border people."

He said the coats given to the people across the border have empty pockets, drawing laughter in the house.

"We should not get entangled in such unnecessary arguments. Wherever there is need for development, it should happen and wherever there is need for further improvement that will also be done for the welfare of the people," Abdullah said.

Before resuming his speech, Sharma pointed to party MLA Shagun Parihar and said her father Ajit Parihar and uncle Anil Parihar also fell to the bullets of terrorists in Kishtwar district in November 2018.

"The terrorist bullets do not differentiate between the people." he said.

4.40 Cr Tourists

foreigners, visited Jammu and Kashmir in the past two years.

He added that 2,11,24,674 tourists visited Jammu and Kashmir in 2023 and 2,35,24,629 in 2024. Of these, 55,337 foreign tourists visited in 2023 and 65,452 in 2024.

Abdullah said the tourism sector holds extensive employment potential for the people of Jammu and Kashmir. He acknowledged that while the sector employs a significant workforce in Jammu and Kashmir, no formal survey has been conducted to ascertain the exact number.

The chief minister also told the House that 59 assets of the Tourism Department have been outsourced in the past two years. (Agencies)

2,548.75 HectaresThe Minister said that a 400 Crore project had been sanctioned during 2010-11 by Ministry of Agriculture and Corporation, Government of India for boosting Saffron production and economic

He further informed that the establishment of Saffron Park/IIKSTC has helped farmers realize enhanced prices increasing from Rs 80,000 per kg to Rs. 2,20,000 per kg during 2021-22. Implementation of various scientific post-harvest processing methods increased saffron stigma recovery from 22g/kg to 28g/kg (an increase of 6g/kg) during 2021-22.

Through the mission, new technologies were implemented via Indian Institute of Kashmir Saffron and Technology Center (IIKSTC), leading to an increase in saffron colour quality from 8 percent (traditional drying) to 16 percent (scientific drying), the minister added.

He further said that the Mission addressed the issue of intermediaries exploiting saffron growers by implementing e-auctions at IIKSTC. This ensured fair farm-gate prices and enabled transparent transactions across India, effectively reducing the influence of intermediaries.

The Minister said that the Agriculture Department has made concerted efforts to combat disruptive activities of un-desirable element among the saffron growing farmers which included damaging of sprinkler irrigation systems/borewells. The presence of Real-Estate players/land grabbers pose a significant threat to the success of saffron cultivation, in the area, complaints have also been lodged with the concerned revenue officials, he added.

While monitoring and evaluating the activities carried out under the Mission the Minister said that it is clearly suggestive that majority of the objectives and outcomes have been achieved under the Mission, however, a couple of objectives have remained incomplete due to various factors.

The Department has consistently involved local leadership and saffron growers in policy decisions to benefit farmers. Committees comprising saffron farmers, traders, civil society members, and other stakeholders have been formed to ensure their views are considered, the Minister maintained. Sunil Sharma, M. Y Tarigami and Arjun Singh

raised supplementaries on the question. Mehbooba Mufti's

milk and toffees in camps. Now, the one who led J&K to ruin is trying to lecture us? We don't need or seek her advice. We are only answerable to people who have voted for us."

Leader of Opposition in the J&K Assembly, Sunil Sharma, also dismissed Mufti's claims, saying, "Whether it's Mehbooba Mufti, Omar Abdullah, or any small or big party in Kashmir, their livelihood depends on one thing — linking their counterpart with the BIP."

Congress state president and MLATariq Hameed Karra maintained a neutral stance, stating, "PDP has its own stance, NC and Congress have their own. They are free to say whatever they want, but we neither endorse nor oppose it. PDP is free to act as they wish in a democratic system. The House will discuss whatever is presented."

Mufti had also accused the NC of aligning with the BJP's agenda, stating, "The NC-led government had an opportunity to at least put the demand for restoring Article 370 on record. However, not only was it missing from the Lt. Governor's address, but the Cabinet itself seemed reluctant to even discuss it. This silence speaks volumes about their commitment to the cause."

However, Sunil Sharma dismissed the demand, saying, "Discussing Article 370 again would be irrelevant and a total waste of the time of the House."

Meanwhile, Chief Minister Omar Abdullah rejected calls for a renewed push to restore Article 370, arguing that a resolution had already been passed in the previous Assembly session.

"You (the PDP and others) thought that any resolution related to Jammu and Kashmir's special status would be rejected. That resolution was not rejected. It stands. What is the need to talk about it again? Won't be like we will do the same talk time and again?" Abdullah remarked, addressing reporters on Mufti's criticism.

GoC 16 Corps

terms of livelihood opportunities in favour of Veer Naris besides filling up of the posts of Zilla Sainik Welfare Officers in each district so that these servicemen do not have to travel to cities for disposal of their service related affairs.

The Chief Secretary, while responding to the issues and demands raised by them, outlined his commitment towards this section of the society who had spent their lives for preserving the honour and sovereignty of the nation. He assured them that $the \, government \, will \, explore \, the \, options \, for \, giving \,$ them due opportunities of self employment under different government schemes and also resolve their issues faced in availing different government job opportunities. In order to bring added efficiency in grievance resolution, the Chief Secretary advised them to utilize the 'JK Samadhan' portal for registration of their grievances. He maintained that this platform gives seamless access to the administration and ensures timely resolution of grievances with quality outcomes up to the optimum satisfaction of the aggrieved persons.

Dulloo also advised the Home Department to give sympathetic consideration to all these demands and take steps for early resolution of all of these. He maintained that the nation is indebted to these people for their yeoman's services given during

This is an information for general public that i want to apply for DOB Certificates for my Children, Namely Mehran Gojar Jangal, DOB, 20-01-2018. and Zahyan Gojar Jangal, DOB, 11-04-2019. From Department of Block Development Office Aloosa District Bandipora, in this regard any person having any objection he/she may file the Objections in office of the Block Development Office Aloosa District Bandipora, with in a period of seven days from the date of the publication of this notice after that no objection shall be accepted.

Qasim Jan. W/O Mehraj ud Din Gojar Jangal. R/O Malangam tehsil Aloosa District Bandipora.

This is an information for general public that the Birth certificate of my Daughter issued by Municipal Council Bandipora her name has been Mistakenly Mentioned as Subiya Saleem, Now i want to apply for Change her name as Hurain Saleem, 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.

> Mohd Saleem Wani. F/O Hurain Saleem. R/O Ward NO: 14, Nathpora Bandipora.

Mubashir Qadir son/of Gh Qadir Wani, residing at syed colony habaknaseem bagh hazratbal srinagar, have changed my name to Mubashir Qadir Wani Henceforth, I shall be known as Mubashir Qadir Wani for all purposes.

if anyone has objection can entertain same at regional passport office Srinagar within 7 days.

Old Name: Mubashir Qadir New Name: Mubashir Qadir Wani their service period.

He directed for taking a timely review of resolution of these issues besides assuring them that the administration is alive to the welfare concerns of these people. He made out that the government would take every possible step to ensure a pleasant postretirement life in favour of all the ex-Servicemen of the UT of J&K.

Sajad Lone Stages Contesting the Speaker's claim that he had disallowed

the amendment because it was identical to the resolution brought by the National Conference-led government last year, Lone said there was no match between the two.

Lone said there was no mention of Article 370 or August 5, 2019 events or even Jammu & Kashmir Reorganisation Act-2019 in the resolution passed by NC-led government in the last session "Your resolution is like a marriage invitation card in which neither the names of the bride is written nor the name of groom is mentioned." Lone said.

Further questioning the NC's resolution, Lone said,' The special status doesn't mean Article 370. The special status doesn't cover what has been done to us on August 5, 2019. The special status could also mean a Union Territory. Are we fighting for a UT?" he asked.

Lone also contested the Speaker's ruling on disallowing his amendment for a probe into 1987 election rigging.

"We are unable to come out of 1987. We are trapped in 1987. The rigging of the 1987 election brought violence. One lakh people died," Lone said.

The Speaker disallowed the amendment, saying the 1987 election is not a matter of recent occurrence On rejection of amendments related to PSA and police verification, the Speaker said that these matters fall under the purview of Union Home Ministry.

"I am not saying that you should pass law on PSA. You should mention in the LG address that you have a desire to repeal the PSA," Lone responded.

Responding to Lone's claim, the Speaker said the PSA cannot be repealed until statehood is restored. Lone said how the Assembly can remain quiet on

"stringent police verification procedures. "We want our children shouldn't be punished for what their father or brother or cousin has done? It is primitive. How can we allow this? How can this

Assembly keep quiet?" he asked, Lone said he himself has been a victim of police verification and was banned from applying for a passport in 2012. "I was under prior approval category (PAC)," he said, adding that this form of "collective punishment"

is only in the state of Jammu & Kashmir "We want the verification rules which are prevalent in Punjab should also apply to us .Are we not equal citizens of India?" Lone asked, Angered by the Speaker's refusal to allow the amendments to the LG's address, Lone staged a walkout from the House and did not attend remaining proceedings

LOP Sharma says

His remarks came after J&K Peoples Conference Chief Sajad Gani Lone sought amendments to the Lieutenant Governor's speech, addressing Article 370, the Public Safety Act (PSA), the 1987 elections, and police verification procedures.

Speaker Abdul Rahim Rather rejected Lone's amendments, citing procedural rules. "As per Rule 187, a discussion on Article 370 cannot take place within a year of a resolution on the same issue," Rather stated.

He further said that the 1987 elections were a past event and did not qualify for discussion. On PSA and police verification, he clarified that these matters fall under the Ministry of Home Affairs (MHA) and cannot be debated until statehood is restored.

Lone walked out of the session in protest and accused the National Conference (NC) of working with the BJP. The BJP reiterated its position, stating that Parliament had already abrogated Article 370 and that state assemblies cannot overturn parliamentary decisions. "Discussing Article 370 is unnecessary. It is a waste of time to discuss an issue that has been a history now. Those who don't have knowledge about the constitution would try to discuss these issues," Sharma said. "The Supreme Court has upheld its abrogation," he added.

Criticizing Peoples Conference chairman and MLA Handwara, Sajad Lone for staging walkout over the issue of Article 370, Sharma said, "His (Lone's) love for Pakistan has resurfaced as his sasural (in laws) are there.

He (Lone) is frustrated after barely winning the election and is alone in the Assembly."

Pertinently, during the inaugural session of the J&K Assembly in November last year, Lone, along with PDP's Waheed Parra and Awami Ittehad Party's (AIP) Sheikh Khursheed, had supported a resolution for restoring J&K's special status

CS calls for enhanced credit access, investment in J&K's rural sector

NABARD estimates ₹43,297 cr credit potential for priority sector in 2025-26

JAMMU: Stressing the need for financial inclusion and targeted credit support to the farmers, entrepreneurs and rural businesses, Chief Secretary, Atal Dulloo, today called upon the banks to expand their outreach and ensure universal access to financial schemes. The Chief Secretary was speaking at the UT Credit Seminar organised by the National Bank for Agriculture and Rural Development (NABARD), where the bank unveiled an estimated 43,297.01 crore credit potential for Jammu and Kashmir's priority sector for 2025-26. The seminar, held in Jammu, was attended by Chandrashekhar Azad, Regional Director, Reserve Bank of India (RBI), Amitava Chatterjee, MD & CEO, J&K Bank and other senior officials from the government departments and the financial institutions. Delivering the keynote address, the Chief Secretary lauded NABARD's efforts in credit planning and timely release of the UT Focus Paper, which highlights funding priorities for agriculture, MSMEs and rural infrastructure.

"The government is committed towards expanding financial access across all Panchayats, ensuring that every eligible farmer benefits from the Kisan Credit Card (KCC) and Pradhan Mantri Fasal Bima Yojana (PMFBY)," maintained the Chief

He urged the banks to encourage timely loan repayments and actively participate in governmentbacked initiatives such as YUVA, aimed at promoting entrepreneurship among youth.

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SA Have Bit More Class And Power Compared To NZ: Ponting Ahead Of CT Semifinal

outh Africa have a "bit more class and power" in their lineup, which makes them favourites in the Champions Trophy semifinal against New Zealand, feels Ricky Ponting, though the Australian great added that if someone like Kane Williamson comes to the party he could get the job done for the Black Caps.

New Zealand are coming into the knockouts on the back of a big defeat against India in Dubai, while South Africa are on a roll following their massive seven-wicket win against England in the group stage.

While momentum could play a big role in the contest, Ponting said with a deep batting line-up, just like India, South Africa enjoy an edge.

"If I look at both the sides, I think there's that little bit more class in the South African line-up. They bat deep. I think they might have a little bit too much power for New Zealand," Pointing opined on ICC Review on Tuesday.

"I'm actually going with South Africa (to win the contest) as much as I've praised New Zealand," he added.

 $The former\,Australian\,captain\,added\,that$ New Zealand top-order batter Williamson will have to play a leading role in the contest as every team relies on its big players to guide them in crunch games.

"Williamson, I think, needs to make runs for them in this game. Every team needs their big players standing up in big moments. Big

games mean big names. It doesn't get bigger than the Champions Trophy semifinals. And, Williamson is a big-game player, he will understand the enormity of his role going into the game and I won't be surprised if he gets

he is such a dangerous player of spin bowling. He's such a great, clean hitter of spin. He is important to the middle order but South Africa bat deep like India. And, with a world-class all-rounder like Marco Jansen and obviously



the job done," Ponting said.

Williamson, after hardly making any contribution against Pakistan (1) and Bangladesh (5), struck a 120-ball 81 against India in the final group game, which would have given him some confidence.

However, Ponting feels the likes of opener $Ryan\,Rickelton, skipper\,Temba\,Bavuma, Aiden$ Markram, David Miller and Heinrich Klaasen could make things difficult for the Kiwis.

"He's (Klaasen) very important because

Aiden Markram, (Temba) Bavuma, David Miller... their batting is really strong. That

"I think Klaasen has been the No.1 T20 batter for long and if he brings that sort of stuff to the 50-over game... If he goes in around the 30-over mark and South Africa are 2-3 down, then he can be truly dangerous." he said.

Ponting said a couple of intriguing matchups could dictate which side wins the contest. Rickelton has been outstanding for South Africa at the top of the order. He has got them $off to some \, really \, good \, starts (in \, CT), made \, that$ big hundred a couple of games ago (against Afghanistan). And, Matt Henry has been great for New Zealand picking up a five-for... we know he is a good swing bowler.

"So, I think Henry and Rickelton will be a really intriguing one," opined Pointing.

He said that Klaasen, who smashed a halfcentury against England in Karachi, could be a game changer provided he can negotiate the

"Klaasen is good against spin but Santner is an outstanding left-arm spinner, very smart. And, I think, the fact that he is a left-armer bowling to a right hander, they (New Zealand) might probably start with spin against Klaasen.

"And, maybe, whoever wins that battle might determine the outcome of the game,"

Ponting said that New Zealand's decision to frequently change their opening combination has really surprised him, given that Devon Conway was doing a good job.

"They opened with Will Young and Conway against Pakistan and Bangladesh but brought in Rachin Ravindra against India in the last

"I was a bit surprised those guys (Conway and Rachin) going in and out. Over the years they have both been consistent. Will Young has been good. But I'll be going back to Conway at the top, left-right combination."

South Africa call up Linde as cover for injured **Markram**

eorge Linde, the left-arm spin bowling allrounder, will join the South African squad as a traveling reserve as cover for Aiden Markram at the Champions Trophy. Markram injured his right hamstring in the field against England and spent the rest of the match on the sidelines. He will undergo a fitness test at training on Tuesday evening to determine his availability for the semi-final against New

Markram is the latest in a massive list of injured players. Anrich Nortje, Gerald Coetzee, Nandre Burger, Lizaad Williams - all fast bowlers - were ruled out even before the tournament started.

Linde will join the South African camp on Tuesday evening but will not officially replace Markram in the squad unless he is ruled out and the ICC's event technical committee confirms the swap. It is likely that South Africa added him to the group in the event that they qualify for a Dubai final against India, where conditions are drier and they need an extra spinner. They currently have two specialist spinners in the squad: Keshav Maharaj and Tabraiz Shamsi, but only Maharaj has played in Pakistan. India played four spinners in their most recent match against New Zealand in Dubai.

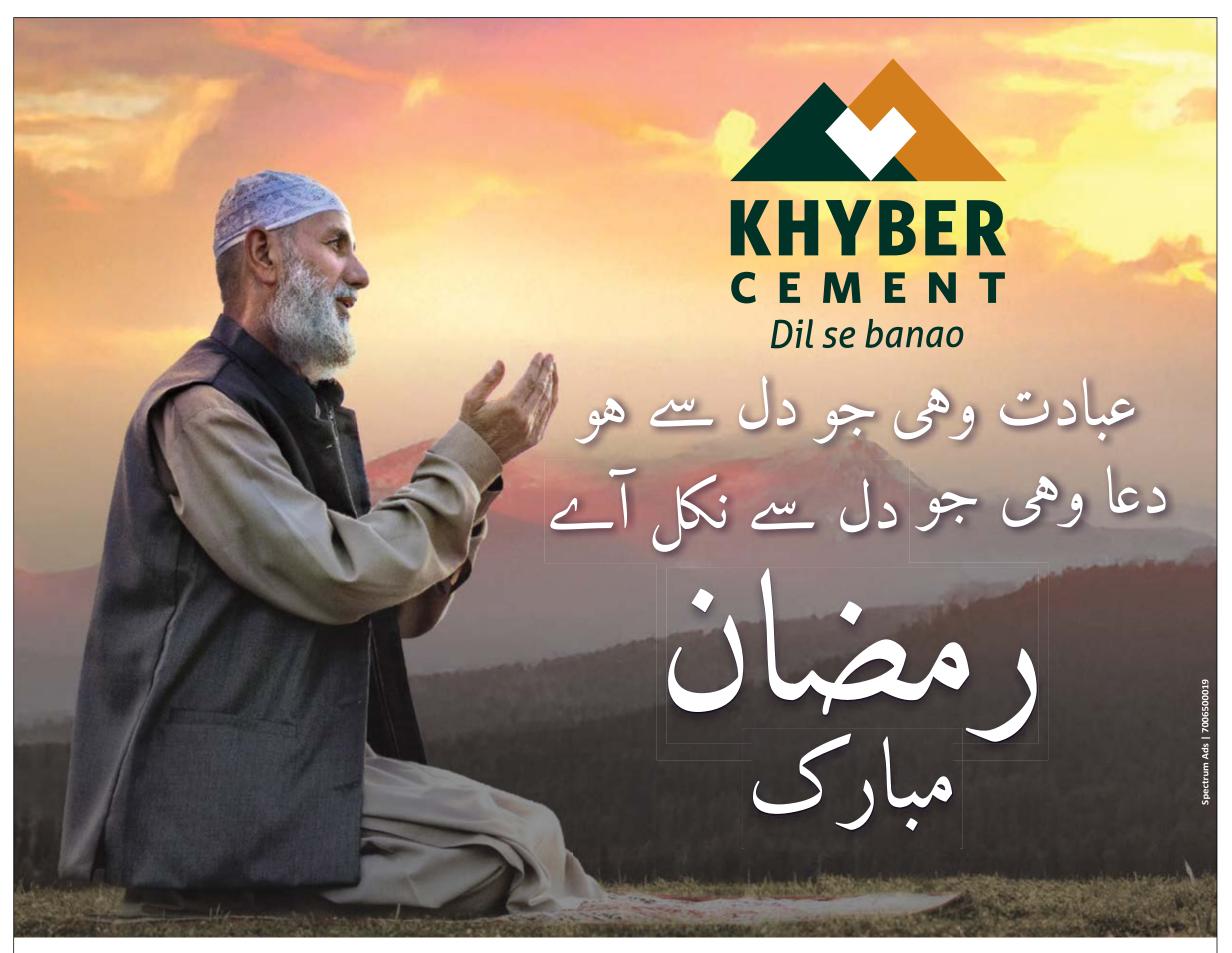
In the 2025 SA20, Linde played a key role in MI Cape Town winning their maiden title. In 11 games, Linde scored 161 runs at a strike rate of 153.33 and picked up 11 wickets at an economy of 6.29. More recently, playing for Western Province in the One-Day Challenge Division One, he scored 106 runs and took four wickets in five games.

Left-arm fast bowler Kwena Maphaka is also with the squad as a traveling reserve. Meanwhile, Temba Bavuma and Tony de Zorzi have recovered from illness and will train this evening.



"He's (Klaasen) very important because he is such a dangerous player of spin bowling.

He's such a great, clean hitter of spin. He is important to the middle order but South Africa bat deep like India. And, with a world-class all-rounder like Marco Jansen and obviously Aiden Markram, (Temba) Bavuma, David Miller... their batting is really strong. That middle order.









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