

Kashmir Convener



Cong Will Follow 'All Democratic Routes' To Oppose Waqf Bill, Coordinate With INDIA Allies: Ramesh

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Rahul Gandhi begins two-day Gujarat visit, meets key Congress leaders

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India demands action against those involved in Jaishankar's security breach in London

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CM Omar presents Rs 1.12 lakh-cr budget

KC News Network

JAMMU: Chief Minister Omar Abdullah on Friday presented a zero-deficit budget in the Jammu and Kashmir assembly, announcing an outlay of Rs 1.12 lakh crore for 2025-2026 and emphasising multi-sector welfare and development of the Union Territory.

Abdullah, who also holds the finance portfolio in the National Conference-led government, presented his maiden budget in the legislative assembly.

Jammu and Kashmir, which was accorded the Union Territory status after Ladakh was carved out as a separate UT in 2019 following the abrogation of Article 370, has witnessed its first annual budget since 2018 when the erstwhile PDP-BJP government tabled the then state's document of annual finances.

Amid thunderous applause, Abdullah began his speech with a Persian couplet and said, "I stand before you today to present my first budget as Finance Minister, marking the first budget of a collective government in seven years. While it is an honour, I am acutely aware of the weight of responsibility that comes with being the custodian of J&K's finances at this crucial juncture."

He said that it is a road map for a new and prosperous J&K, reflecting the aspirations of our people and laying a strong foundation for economic growth, social progress and sustainable development.

"The total net budget estimates for fiscal 2025-26 are Rs 1,12,310 crore, excluding provisions for ways and means advances and overdrafts," Abdullah said.

With a focus on a zero-deficit budget, he said: "The expected revenue receipts are Rs 97,982 crore and capital receipts are Rs 14,328 crore. Similarly, revenue expenditure is estimated to be Rs 79,703 crore and capital expenditure Rs 32,607 crore." Detailing the estimates, he said gross receipts are estimated at Rs 1,40,309.99 crore, including provisions for an overdraft of Rs 28,000 crore.



"Given these receipts, total gross expenditure is estimated to be Rs 1,40,309.99 crore," he added.

Abdullah highlighted that the Union Territory's own revenues, both tax and non-tax, are estimated at Rs 31,905 crore.

"Additionally, Rs 41,000 crore is expected as central assistance and Rs 13,522 crore as CSS and PMDP for the Union Territory of Jammu and Kashmir," he added.

Revealing fiscal indicators, he projected the tax-GDP ratio at 7.5 per cent for 2025-26.

The budget has estimated the fiscal deficit for 2025-26 to be at 3.0 per cent of the Union Territory's GDP.

"This is substantially lower than the 5.5 per cent in 2024-25 (RE)," he added.

The GDP for 2025-26 is projected at Rs 2,884,22 crore, reflecting a growth of 9.5 per cent over the previous year, he added. Abdullah emphasized that the budget prioritises inclusive growth, fiscal prudence, and strategic investments in infrastructure, agriculture, industry, healthcare, education, and digital governance. "We aim to bridge regional disparities, empower youth and women, and foster a business-friendly environment to attract investment and innovation," he said.

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Takeaways of Budget

>>> UT's non-tax revenue has risen to 5,824 crore as of January 31, 2025, while tax revenue has reached 11,650 crore—both set to exceed last year's collections

>>> Government to develop new master plans for key destinations like Gulmarg, Pahalgam, and Sonamarg, while enhancing infrastructure and amenities in new tourism hubs. Under the Home Stay Policy, Government will expand the number of registered homestays, aiming to increase quality accommodation options and generate more livelihoods

>>> Government will operationalize the Film Policy, making J&K a preferred shooting location and strengthen the Venture Capital Fund, enhance incubation partnerships and improve market access while ensuring regular policy reviews. Govt proposes an allocation of 50 crore this year to support financial aid, mentorship, and incubation for emerging entrepreneurs.

>>> Modern Drug Testing Laboratory in Kathua will be operationalized with key posts filled to ensure smooth functioning. Additionally, 30-bedded Emergency Medicine Departments will be established in all GMCs, and 10 Nursing Colleges will be fully equipped with faculty and staff. The GMC, Handwara project will be fast tracked with immediate site selection.

>>> Three new Cath Labs will be established—one each in North Kashmir, Pir Panjal, and Chenab Valley—with a budgetary provision of 45 crore. Over the next three years, MRIs and PET scanning services will be made available in all new Government Medical Colleges (GMCs), while CT scan services will be fully implemented in all district hospitals with an allocation of 110 crore

>>> Dialysis services will be expanded to all 83 Sub-District Hospitals (SDHs) and Community Health Centres (CHCs) over the next two years, with an additional 16.80 crore allocated for 24 new dialysis centres in 40 SDHs/CHCs in the next financial year

>>> Government to establish a National Law University (NLU) in Jammu & Kashmir to drive legal education reforms and research. With world-class training aligned to contemporary standards, the NLU will empower future legal professionals and enhance justice delivery. A provision of 50 crore is proposed in the budget for this transformative initiative.

>>> Free ration of 10 kg per person to all AAY beneficiaries starting April 1, 2025, ensuring enhanced nutritional support for the most vulnerable.

>>> Enhancement of financial assistance made under the Marriage Assistance Scheme from 50,000 to 75,000 for AAY category girls

>>> Govt proposes a reform in the stamp duty structure for gift transactions among blood relatives. Currently, the stamp duty for such transactions varies from 3% to 7%, which discourages formal registration. To address this, the government proposes reducing the

For Sustainable Development We Need More Creative Leaders: LG Inaugurates Tawi Festival organised by Hari Tara Charitable Trust



KC News Network

JAMMU: Lieutenant Governor Manoj Sinha inaugurated the 3rd edition of Tawi Festival organised by Hari Tara Charitable Trust (HTCT), at Amar Mahal Palace, Jammu.

The event also marked the beginning of Golden Jubilee celebration commemorating 50 years of Amar Mahal Museum

and Library.

In his address, the Lieutenant Governor extended his felicitations to Dr. Karan Singh and everyone associated with the Hari Tara Charitable Trust for organizing the unique festival, and bringing together experts and practitioners from different fields to share and highlight new ideas in art, literature and history.

The Lieutenant Governor highlighted the valuable contribution of artists and litterateurs in inspiring change in the society and enriching the global knowledge platforms.

The Lieutenant Governor said, "Art is the essential element for building an enlightened society and helping the growth of citizens with value system and creativity. Art and Culture is as important for a prosperous and peaceful world as science and technology.

Science and Technology has provided new facilities and redefined the way human society works and lives.

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Omar Abdullah announces revival, support to press clubs in Sgr, Jmu

Rehan Qayoom Mir

SRINAGAR: Chief Minister Omar Abdullah on Friday said the government will take concrete steps to revive and support the Press Club in Jammu & Srinagar.

Omar, as per news agency—Kashmir News Observer (KNO), announced that government will take concrete steps to revive and support the Press Club in Jammu & Srinagar.

"We will take concrete steps to revive and support the Press Club in Jammu & Srinagar, providing a dedicated space for journalists to engage, collaborate, and contribute meaningfully to public discourse," he said.

He said a free, independent, and responsible press is the cornerstone of a vibrant democracy. "Our Government is unwavering in its

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CM Omar vows to make J&K self-reliant, reduce its dependence on Delhi

● Will fulfill all manifesto promises



KC News Network

JAMMU: Chief Minister Omar Abdullah on Friday described the budget presented in the legislative assembly as "historic," stating that it is the first time in the country that the concerns of every single legislator were taken into account during its formulation.

According to the news agency—Kashmir

News Observer (KNO), correspondent, addressing the post-budget press conference, Omar said that his goal is to make Jammu and Kashmir economically self-reliant and reduce its dependence on Delhi for minor and meagre issues.

He acknowledged that achieving economic independence would require difficult decisions,

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My Govt resolute in working towards restoration of statehood: CM

KC NEWS NETWORK

SRINAGAR: Chief Minister Omar Abdullah on Friday said that his government remains resolute in working towards restoration of statehood.

In his budget speech, Omar, as per news agency—Kashmir News Observer (KNO), said the restoration of full statehood is a deeply cherished aspiration of the people of Jammu and Kashmir.

"The restoration of full statehood is a deeply cherished aspiration of the people of Jammu and Kashmir, and our Government remains resolute in working towards its fulfilment," he said.

>>>SEE ON P-7

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"We will take concrete steps to revive and support the Press Club in Jammu & Srinagar, providing a dedicated space for journalists to engage, collaborate, and contribute meaningfully to public discourse," he said.

He said a free, independent, and responsible press is the cornerstone of a vibrant democracy. "Our Govern-

ment is unwavering in its commitment to upholding press freedom and ensuring that journalists operate in a secure and transparent environment," he said. He said the media plays a vital role in shaping public opinion, strengthening democratic institutions, and keeping citizens informed.

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J&K to get Law, Skill universities

KC NEWS NETWORK

SRINAGAR: In his budget speech, Chief Minister Omar Abdullah on Friday announced the setting up of National Law University and Skill & Entrepreneurship in Jammu & Kashmir.

Speaking in the Assembly, Omar, as per news agency—Kashmir News Observer (KNO), said that the government is committed to establishing a National Law University (NLU) in Jammu & Kashmir to drive legal education reforms and research.

"With world-class training aligned to contemporary standards, the NLU will empower future legal professionals and enhance justice delivery," he said.

He said Rs 50 crore have been proposed in the budget for the "transformative initiative". Omar said the Government proposes the establishment of the Jammu & Kashmir Skill and Entrepreneurship University (J&K SEU)

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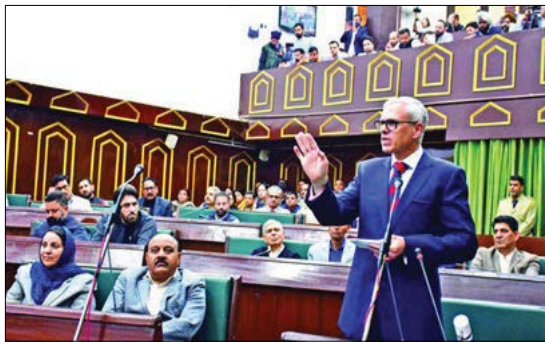
Opposition terms budget 'mere rhetoric'

● Slams Omar Govt for 'complete reversal of its promises'

KC News Network

SRINAGAR: Terming the maiden budget of the Union Territory of Jammu and Kashmir presented by the Omar Abdullah-led dispensation as 'mere rhetoric', the opposition parties on Friday accused the government of failing to fulfil the promises it had made to the people.

Leader of Opposition in Legislative Assembly and Bharatiya Janata Party (BJP) leader, Sunil Sharma as per the news agency—Kashmir News Observer (KNO) said that the budget presented by the Chief Minister himself is nothing but a reflection of Prime Minister Narendra Modi's schemes. "In his 120 minute speech, the Chief



Minister spoke about the Prime Minister's schemes for almost 118 minutes," the LOP said, adding, "The announcements including 200 free electricity units, free 10 kg ration and marriage assistance support has been announced only for the AAY category. What about other poor sections of the society. Where will they go?"

Sharma said, as per KNO.

He said that the government had made tall claims about addressing unemployment, but nothing has been kept for the jobless youth in this budget, adding that the daily wagers have been neglected, there has been no

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Congress terms budget 'pro-people'

KC NEWS NETWORK

JAMMU: Jammu and Kashmir Pradesh Congress Committee (JKPCC) chief Tariq Hameed Karra on Friday termed the J&K budget presented by chief minister Omar Abdullah as "pro-people" and "positive", but said a detailed assessment is needed to identify potential gaps.

Reacting to the budget, Karra, stated that all major social sectors have been addressed, with a focus on the welfare of the poorest families.

"From what we have heard so far, the budget appears to be in favour of the people. It has a lot of positivity,

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Schools reopen in Kashmir after three-month winter break



KC News Network

SRINAGAR: Schools in Kashmir reopened on Friday after remaining closed for almost three months on account of winter vacations.

The schools were scheduled to reopen on March 1 but the government extended the vacations by a week due

to inclement weather.

Officials said around 10,000 government and private-run schools across the Kashmir valley reopened this morning and resumed their academic activities. Minister for Education Sakina Itoo extended best wishes to the students and teachers on the re-opening of schools.

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JK Govt Proposes National Highway Status to Two Key Roads of Bandipora

SUHAIL RATHER

SRINAGAR: The Jammu and Kashmir government has approached the Ministry of Road Transport & Highways (MoRTH) for approval to upgrade two key roads in Bandipora to National Highway status. This move aims to improve both strategic and economic connectivity in the district.

In response to a question from Bandipora lawmaker Nizam-ud-Din Bhat, Deputy Chief Minister Surinder Choudhary, who also oversees the Planning and Roads & Buildings (R&B) department, confirmed that efforts are being made to upgrade important road networks.

He said that two major routes—Sangrama-Sopore-Watlab-Bandipora-Sumbal (78 km) and Sumbal-Bandipora-Gurez Road (128 km)—have been recommended for National Highway status. However, final approval from the Union Ministry is still pending.

The government is working to improve rural road connectivity under the Pradhan Mantri Gram Sadak Yojana (PMGSY).



Vertical-IV. This initiative, planned for the years 2024-25 to 2028-29, aims to connect villages with populations of over 250 people, as per the 2011 Census.

To identify priority areas for new road projects, officials are using the Gram Sadak Survey App to conduct detailed habitation surveys, including in Bandipora district. Once the survey is completed, a proposal will be sent to the Ministry of Rural Development (MoRD) for approval.

CAT Rejects Bandipora Teacher's Plea to Stay at CEO Office

Asked to join original place of posting after “unauthorised stint at CEO office”

SAJID RAINA

SRINAGAR: The Jammu and Kashmir Directorate of School Education has rejected a plea by a Master seeking to continue his duties at the Chief Education Office (CEO) Bandipora, directing him instead to join his original place of posting at High School Kehnusa, Bandipora.

According to the news agency-Kashmir News observer (KNO), the teacher had initially been assigned to HS Kehnusa but was later deployed to Middle School Mader, Bandipora for an academic session in 2022. During this period, he was appointed District Nodal Officer (DNO) for various education programs, including the JK Attendance App, SAMIKSHA Portal, ULLAS-Nav Bharat Saksharta Karyakram, and Vidya Shiksha Kendra (VSK) under Samagra Shiksha.

However, despite the expiration of his temporary deployment, he continued working at the CEO office without a formal order.

Challenging his reassignment, the

teacher approached the Central Administrative Tribunal (CAT), seeking to be allowed to work at the CEO Bandipora office. However, in its order dated Janu-



ary 27, 2025, the Tribunal directed that he must report to HS Kehnusa, his actual place of posting.

Following the Tribunal's ruling, the Directorate of School Education reviewed the matter and found that Teacher continued work at the CEO office lacked formal approval. In line with its directive

(Order No. 51-DSEK of 2025) requiring all teachers posted outside their parent institutions without authorization to return to their designated schools, the

Directorate formally rejected his claim and directed him to resume duties at HS Kehnusa.

The teacher has now formally submitted a request to the Headmaster of Government Secondary School Kehnusa, seeking permission to resume his duties at the institution. (KNO).

Govt to relocate GMC Handwara at alternate site: Sakeeka Itoo

SRINAGAR: Minister for Health and Medical Education, Sakeena Itoo, today said that the Government Medical College (GMC), Handwara will be constructed at an alternate site to address the healthcare needs of people of Kupwara district.



Replying to a question by Sajad Gani Lone, the Minister informed that unprecedented floods have been reported in the recent times on 29th March 2024, 16th and 28th April 2024 when the maximum flood level recorded was 0.6m, 3.8m and 4.0m respectively above Ground Level (GL) which is at the right bank of Nallah Pohru (the existing construction site for New GMC and Hostels for GMC Handwara), making it unfeasible for undertaking construction of such a prestigious facility.

She informed that a Committee was formed to check feasibility of the existing site after floods. “Committee headed by the Engineer-in-Chief, PW (R&B) Department reported that the present site is non-tenable due to the high risk of flooding, which would put students, faculty and in-

rastructure at risk”, she stated. The Minister further said, “Engineer-in-Chief, PW Department (Chairman of Committee) in subsequent meetings reiterated that the present site is not in a position to take forward the project and the proposed flood protection measures would not mitigate the risk of flooding, making it impossible to proceed with construction at the current site”.

“Technical report of the Joint Committee headed by Engineer-in-Chief, PW Department

has also reflected that the present site is not tenable”, she added.

The Minister also informed the house that the Government has constituted a committee under the Chairmanship of the Divisional Commissioner, Kashmir to resolve the issue of land for relocation of Government Medical College, Handwara.

“Based on the recommendations of the committee, the matter has now been taken up with Agriculture Production Department for finalization of alternate sites for relocating GMC Handwara”, she stated.

The Minister also informed that the project for New GMC Handwara was sanctioned under the under Centrally Sponsored Scheme ‘Establishment of New Medical Colleges Attached with District /Referral Hospitals (Phase III)’.

She said the Ministry has extended the timelines for the project for one year upto March 2025 and now Ministry of Health & Family Welfare, Government of India, has again been approached for extension of the timelines for completion of the Government Medical College, Handwara, (Phase III) for two years upto March 2027. The Minister assured the house that the Government is committed to upgrade the healthcare infrastructure across Jammu and Kashmir. She added that the matter of new site has been taken up with the Agriculture Ministry and the land will be identified at such a location which will be accessible to all areas of Kupwara district.

Awareness Programme on New Criminal Laws Held at GDC Hajin

GOWHAR MAQBOOL

SRINAGAR: District Police Bandipora, in collaboration with the District Legal Services Authority, organized an awareness campaign on three new criminal laws at Government Degree College (GDC) Hajin on Friday.

The program began with a welcome address and introduction by Advocate Irshad Ahmad.

In his lecture, the resource person explained that India has recently implemented three new criminal laws, Bharatiya Nyaya Sanhita (BNS), Bharatiya Nagarik Suraksha Sanhita (BNSS), and Bharatiya Sakshya Adhiniyam (BSA), which have replaced the old colonial-era codes, the Indian Penal Code (IPC), the Code of Criminal Procedure (CrPC), and the Indian Evidence Act, respectively. He also highlighted key points about these new laws and their significance. Probationary DySP Hajin, Vasu Agarwal, who was the chief guest on the occasion, stated that the new criminal laws are justice-oriented and victim-centric. He explained that the revised laws prioritize justice over punishment, ensuring swift trials and timely justice for victims. Special attention has been given to crimes against women and children, with stricter provisions and an improved legal mechanism for their protection. The programme was attended by SI Shoib Mohammad, Assistant Professors Falak Feroz, Faroz Ahmad, Javid Ahmad, Nahida Jan, and other senior faculty members of the college, along with students.

The event concluded with a vote of thanks delivered by Assistant Professor Falak Faroz, acknowledging the efforts of the organizers and participants in making the awareness campaign successful.

MLA Nizamuddin Bhat Urges Union Minister Gadkari to Grant NH Status to Bandipora Roads

BANDIPORA: Member of Legislative Assembly from Bandipora Nizamudin Bhat on Friday reiterated the demand to grant national highway status to two key Bandipora roads.

An official spokesperson of the legislator said Bhat has once again reiterated the demand for National Highway status for the Sumbal-Bandipora-Gurez Road (128 km) and Sangrama-Bandipora-Sumbal Road (78 km)—a crucial lifeline for North Kashmir.

After the government revealed that it had sought approval from the central government for granting national highway status to the two key roads, Bhat appealed to Union Minister Nitin Gadkari to expedite the approval process for the public good.

He emphasized that upgrading this key route to National Highway status is not merely about connectivity but a critical step toward economic growth, regional integration and ending the isolation of Bandipora and Gurez.

“We have been persistently pushing for this demand because it is a necessity, not a luxury. The highway will unlock economic opportunities, strengthen trade and improve accessibility for our people. I call upon the government to recognize the urgency of this issue and act swiftly. The public must also acknowledge the relentless efforts being made in their interest,” Bhat stated.

Bhat has reassured the people that he will not rest until this demand is fulfilled.



REC Limited Inaugurates State-of-the-Art Experience Centre

NEW DELHI: REC Limited, a Maharatna CPSE and a leading NBFC, under the Ministry of Power, Friday inaugurated a cutting-edge Experi-



ence Centre at its headquarters in Gurugram.

The inauguration was led by CMD Vivek Kumar Dewangan in the presence of the Board of Directors of REC Limited.

The newly launched Experience Centre is designed to showcase REC's contributions to the power and infrastructure sectors, highlighting its innovative financing solutions, digital initiatives, and sustainable development projects. The centre provides an interactive and immersive experience, demonstrating REC's journey, key achievements, and future vision.

Speaking at the inauguration, CMD Shri Vivek Kumar Dewangan said, “The Experience Centre is a reflection of REC's commitment to innovation and excellence in the power sector. It will serve as a knowledge hub for stakeholders, offering insights into our pioneering initiatives and the impact of our projects nationwide.”

The Experience Centre features state-of-the-art digital displays, real-time project monitoring systems, and interactive exhibits, offering visitors an engaging experience. It also aligns with REC's mission to drive technological advancements and transparency in the infrastructure financing sector.

Officials said REC Limited continues to play a pivotal role in India's power sector, supporting the nation's energy transition and infrastructure growth through strategic financing and policy support.

7th Jan Aushadhi Diwas celebrated at District Hospital Bandipora

BANDIPORA: District Hospital Bandipora celebrated Jan Aushadhi Diwas with enthusiasm, highlighting the importance of affordable and quality medicines for the public.

The event marked the success of the Pradhan Mantri Jan Aushadhi Kendra, which has been providing low-cost medicines to residents.

Medical Superintendent DH Bandipora emphasized the benefits of the scheme and urged people to take full advantage of the initiative. He reiterated the government's commitment to making quality healthcare accessible to all, particularly those from economically weaker sections.

The Pradhan Mantri Jan Aushadhi Yojana aims to promote the use of generic medicines, making healthcare more affordable while maintaining high standards of quality. The initiative has been widely appreciated for reducing the financial burden on patients.

The efforts of the health department to provide affordable healthcare options were welcomed by the residents, who expressed their appreciation for the Kendra's role in improving access to essential medicines.

...Left Behind, But Not Alone >>>

Bandipora’s Old Age Home Becomes a Family for The Elderly

SAQIB AFZAL, SUMAYA NAZIR, DANESWAR NISAR

BANDIPORA: Established in 2022, the Old Age Home in Bandipora has become a sanctuary for elderly individuals who have been abandoned by their families or have no one to care for them.

The initiative aims to provide not only food, shelter, and medical care but also a sense of dignity and belonging to those in their final years.

One of the residents shared their experience, stating, “I have been here for two to three years. The environment is very good for elderly people. The government has provided essential facilities like food, clothing, and shelter. My spouse passed away, and my daughter is married now. Unfortunately, many people today do not respect their elders. Parents care for their children with love, but when children grow up and start their own families, they often forget their parents. This home is a blessing for people like us.”

Since its inception, the home has registered 35 residents, of whom seven were reunited with their families, while four have passed away. Currently, seven elderly residents are receiving care at the facility.

Sadaf Amen, the Incharge of the Senior Citizens' Home, explained that the initiative operates under the Ministry of Social Justice and Empower-

ment, Government of India, and is meant for elderly individuals who are abandoned, neglected, or subjected to abuse. She high-



lighted that the home provides medical checkups, counseling, and recreational activities such as chess and carrom. However, she noted that delayed funding from the Jammu and Kashmir Students Welfare Mission (JKSWM) remains a major challenge in sustaining the facility.

Nasima Bilal, a counselor at the home, emphasized the importance of providing emotional and psychological support to the residents. “Most of those who come here are economically weak. This place becomes a critical refuge for them as they receive free medicines, clothing, and food. We ensure that they feel at home, allowing them to regain confidence and interact with others,” she said.

While the existence of Old Age Homes highlights the harsh reality of fractured family relationships, they have also become a necessity in today's society, offering security and care to those in need. Despite the emotional pain of separation from their families, the residents of the Bandipora Old Age Home find comfort in a space dedicated to ensuring their well-being and dignity in their twilight years.

Empowering Men to Become Positive Role Models



Dr Mehjabeen

In today's evolving society, the need for positive male role models has never been greater. Men have traditionally been expected to lead, provide, and protect, but modern empowerment redefines these expectations—focusing on emotional intelligence, responsibility, and personal growth. Empowering men to become positive role models is not just beneficial for men themselves, but also for the younger generations who look up to them, their families, and society as a whole.

A truly empowered man is not one who dominates, controls, or conforms to outdated stereotypes. Instead, he is someone who leads with kindness, mentors with wisdom, and supports those around him with compassion and respect. When men embrace this role, they help create a society where strength is not defined by power over others, but by the ability to uplift and inspire.

The Importance of Positive Male Role Models

Role models shape the way people perceive themselves and the world. From childhood, boys often look up to the men in their lives—whether it be fathers, teachers, mentors, or public figures. A positive male role model provides emotional stability, teaching the importance of expressing emotions in a healthy way. He demonstrates integrity and accountability, showing that honesty, responsibility, and ethical behaviour's are essential qualities of a strong individual. He also promotes a balanced view of masculinity, breaking away from harmful patterns and embracing a confident yet compassionate identity.

However, not all boys and young men have access to positive role models. Many grow up witnessing toxic masculinity, emotional suppression, or aggressive leadership, which can lead to unhealthy behaviour's in adulthood. This is why empowering men to become role models is essential—it helps create a generation of emotionally strong, responsible, and compassionate individuals.

Breaking Free from Harmful Stereotypes

Traditional masculinity has long been associated with strength, control, and emotional restraint. While flexibility is valuable, suppressing emotions and avoiding vulnerability can lead to deep-rooted struggles. Empowering men means challenging outdated stereotypes such as the belief that men should not cry or that asking for help is a sign of weakness. It also means redefining success, shifting the focus away from dominance and

material achievements to personal fulfillment, relationships, and well-being.

By encouraging men to embrace authenticity and vulnerability, they become stronger and more balanced individuals. They learn that it is okay to seek help, to express emotions, and to prioritize their mental health. This shift not only benefits them personally but also allows them to be better fathers, friends, mentors, and leaders.

Building Emotional Intelligence

One of the key traits of a great role model is emotional intelligence—the ability to recognize, understand, and manage one's own emotions while also being aware of the emotions of



others. Developing emotional intelligence helps men navigate relationships with greater empathy and understanding. When men are self-aware, they can recognize their strengths and areas for improvement. By practicing empathy, they learn to see the world from another person's perspective, making them more compassionate leaders.

Effective communication is another crucial aspect of emotional intelligence. Being able to express thoughts and emotions clearly and respectfully strengthens personal and professional relationships. Moreover, self-regulation allows men to manage emotions constructively rather than reacting impulsively. By fostering emotional intelligence, men can lead with wisdom, setting an example for those around them and inspiring younger generations to do the same.

Leading by Example in Relationships

A truly empowered man does not just influence young boys—he also sets a strong example in his relationships with family, friends, and colleagues. He treats his partner with respect and equality, understanding that healthy relationships are based on mutual support rather than control. He supports other men, fostering a sense of brotherhood rather than engaging in toxic competition. By breaking cycles of aggression and emotional suppression, he demonstrates that emotional expression is a strength, not a weakness.

Through his actions, an empowered man teaches younger generations the importance of respect, kindness, and responsibility. Whether as a father, uncle, teacher, or mentor, he plays a crucial role in guiding boys towards emotional maturity and respect for others. His relationships reflect his values, showing that true strength lies in patience, understanding, and the ability to nurture healthy connections.

The Role of Mentorship in Empowerment

One of the most powerful ways for men to become positive role models is through mentorship. Whether in the workplace, in schools, or in communities, mentorship allows men to pass down valuable lessons, experiences, and wisdom. A strong mentor is someone who is present, actively listening and engaging with those seeking guidance. He shares real experiences, both struggles and successes, to build trust and relatability. He encourages confidence and resilience, teaching others how to handle challenges with a growth mindset. Mentorship is not just about giving advice—it is about leading with kindness and patience. When men step into the role of mentors, they help create a cycle of empowerment, ensuring that future generations benefit from strong, positive leadership. By offering guidance and support, they contribute to a world where young men grow up with the skills, knowledge, and emotional maturity needed to thrive.

Encouraging Men to Seek Help and Growth

One of the biggest obstacles to male empowerment is the reluctance to seek help. Many men feel pressured to handle everything on their own, leading to mental health struggles, stress, and burnout. True empowerment comes when men recognize that mental health is just as important as physical health. They should feel comfortable talking to friends, family, or professionals about their struggles without fear of judgment. Developing a growth mindset is essential for personal development. Instead of fearing failure, empowered men see challenges as opportunities to learn and improve. They embrace self-care practices such as meditation, journaling, or therapy, understanding that taking care of their emotional well-being makes them stronger individuals. When men take steps towards self-improvement, they set a powerful example for those around them.

Supporting Gender Equality: Strength in Unity

An empowered man does not fear the empowerment of others. True strength lies in supporting gender equality and inclusivity rather than viewing it as a challenge to male identity. Men can contribute to a more balanced society by challenging

gender biases, advocating for equal opportunities, and encouraging women's leadership. They recognize that sharing responsibilities at home and in the workplace creates a fairer and healthier society.

By teaching respect and consent, they help shape a culture where healthy relationships and boundaries are prioritized. Empowered men understand that gender equality is not about competition—it is about collaboration and shared success. When men and women work together, they build a future where both can thrive, free from outdated societal constraints.

The Future of Male Empowerment

As society evolves, so does the role of men. Future generations need positive, emotionally intelligent, and responsible male role models who can lead with kindness, wisdom, and inclusivity. To empower men to become role models, we must encourage self-awareness and emotional growth, redefine masculinity to include empathy and vulnerability, and support mentorship programs for young boys and men. Additionally, promoting mental health awareness and championing gender equality will help create a more inclusive and balanced world.

When men step into the role of nurturers, mentors, and leaders with integrity, they create a ripple effect of empowerment that benefits not just individuals, but entire communities. Through their actions, they inspire others to break free from limiting stereotypes and embrace a more compassionate and responsible way of living.

Conclusion: Strength Through Empowerment

Empowering men to become positive role models is not about dominance or control—it is about wisdom, kindness, emotional intelligence, and leading by example. A truly strong man encourages others to grow rather than bringing them down. He understands that vulnerability is a sign of courage, not weakness. He inspires young men to be respectful, responsible, and self-aware. He supports meaningful relationships built on trust and equality. Above all, he uses his influence to uplift society rather than impose control.

By empowering men in this way, we build a future where both men and women thrive together, supporting and uplifting each other in a balanced, fair, and compassionate society. Through mentorship, emotional intelligence, and self-awareness, men can redefine what it means to be a role model, leaving a lasting impact on the generations that follow.

“Empowered men don't fear empowered women; they stand with them, creating a world where both can rise together.”

Author is Founder of Vision High Mental Health Wellness
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Involving children in the Spirit of Ramadhan



Mukhtar Ahmad Qureshi

During Ramadhan, adults not only practice fasting and spiritual reflection but also use it as an opportunity to teach Islamic principles to their children. It's our responsibility as parents, teachers, and society members to share the authentic feeling of this blessed month with the younger generation. It takes education, creativity and patience to get children involved during the Ramadhan.

Begin with Storytelling

Stories are an innate part of children's stories, and Ramadhan is a source of inspiration. The stories of the Prophets, including the life of Prophet Muhammad (PBUH) during Ramadhan, can be recounted. You can also share stories of charity, patience, and forgiveness with them. It's common for children to be influenced by storybooks or storytelling during their sleep, as I find it can make them feel good.

Design a Ramadhan Calendar

A Ramadhan calendar is a fun and engaging way for children to mark the days of the month in an interactive manner. Every day, there might be an unexpected good deed challenge, a hadith or even more appropriately 'a treat'. The calendar is a source of excitement for my children as they explore it daily. To make it more personal, you can add activities such as helping a sibling, praying with someone, or contributing to charity.

Inspire Acts of Kindness

Good and kind acts are observed during Ramadhan. Why? Our children can be taught these traits by requiring them to engage in small acts of kindness. It could be as simple as helping clean the iftar table, feeding neighbours or making cards in hand made by family members. The act of involving my children in the creation of food parcels for the underprivileged was heartwarming, and I can only attribute it to their happiness.

Make Fasting Fun and Gradual

The idea can be introduced in a gentle manner if your kids are not capable of fasting yet. Some of us practice a "half day fast" or if we do 'mini fast' for kids, in which they break the three hour period and then enjoy some special treat. You can also obtain a reward chart to acknowledge their efforts, with fewer restrictions on the dura-

learning. Ramadhan inspired arts and crafts can be accomplished through lantern making, drawing mosques, or making Eid cards. It is possible to instruct Islamic calligraphy or have them adorn prayer mats. My experience with my children was that it not only kept them engaged but also facilitated meaningful conversations about Ramadhan.

activities can foster a sense of compassion and appreciation. When I participate in charity initiatives or aid children in collecting toys and clothing for the poor, I am also involved.

Engage in Community Events



tion of the fast.

Prepare for Suhoor and Iftar

The act of cooking with others is not only a useful skill for survival but also enables people to bond over an extended period. I frequently have my children help me wash fruit, prepare table or iftar ingredients. Allowing them to select a dish or embellish the dining table adds more excitement. Additionally, it is an exciting activity that helps people become more connected to the Ramadhan rituals.

Educate Through Arts and Crafts

Play and imagination contribute to children's

Organize a Prayer Corner

A prayer area in our house can be a great way to invite children to pray with us. You can involve them in setting up the area with a prayer rug, Quran, and some decorations. Assistance is provided. I noticed that my children were more interested in participating in prayers when they helped set up our prayer corner. It is possible to introduce brief surahs and duas to them in a supportive and enjoyable way.

Involve Them in Charity Works

1. Ramadhan emphasizes the importance of charity, and engaging children in charitable

Wherever possible, taking children to community iftars or Ramadhan events can be a rewarding experience. They are able to witness the wider Muslim community in action and learn about the atmosphere of sharing and coming together. When I took my kids to a community iftar, they were amazed at the diversity and hospitality of the crowd. You can also ask them to attend mosque activities, e.g., Ramadhan quiz or storytelling sessions.

Acknowledge Their Efforts and Progress

When you celebrate your children's accomplishments during Ramadhan, you can increase their motivation. I ensure that I recognize their

efforts, whether they fasted for a couple of hours, assisted with household chores, or were kind to others. You can even create a minimal "Ramadhan Achievement Certificate" or hold a small family celebration. Positive reinforcement not only makes children feel appreciated but also enhances their connection to the essence of Ramadhan.

Involving children in the spirit of Ramadhan is all about instilling positive experiences that combine faith, fun, and family time. By teaching them the principles of fasting, prayer, and charity in an age appropriate and innovative way, we establish the foundation for a lifetime of affection for Ramadhan. As we lead them through this sacred month, our actions, stories, and shared experiences become precious memories that they will continue to carry forward. I wish that the approaches I have provided will encourage you to make this Ramadhan a special and spiritually rewarding time for your kids.

(The author is a teacher and writes on various issues)

Fix timelines for each project under SBM (U) Action Plan:Chief Secretary

Lauds Deptt for framing an applicable action plan for all towns

JAMMU: Chief Secretary, Atal Dulloo, while reviewing the action plan framed under Swachh Bharat Mission- Urban (SBM-U), impressed upon the concerned officers to fix timeline for each of the projects proposed under this plan.

The meeting besides Commissioner Secretary, H&UDD was attended by Chairman, JK Pollution Control Committee; DG, Rural Sanitation and MD, SBM- Urban along with other concerned officers.

The Chief Secretary had component wise review of the actions proposed for management of waste anticipated to be generated till 2035.

He said that the action plan thus framed is worth applicable so demands further thought process to delineate the timelines for its successful implementation.

He took note of the quantum of waste generated in each of the ULBs along with that of the capital cities. He called for having an end to end solution for effective treatment and management of each kind of the waste generated here.

Dulloo maintained that funds for such a crucial activity would never act as a stumbling block. He observed that the proposed costs are well within the range to be arranged over next few years.

He advised the Department to enhance their capacity simultaneously for fructifying these projects within the set deadlines.

He said that besides the facilities for treatment of legacy waste, solid waste, grey water, used water,

plastic waste and Construction & Demolition (C&D) waste the department should take into account inclusion of integrated sewerage network to take such waste to the sites of their treatment and



processing.

In addition, the Chief Secretary asked them to explore the option of taking up projects under AMRUT 2.0 wherever feasible as per its guidelines. He also suggested to include projects under Capex where there is no other scheme to support the activity.

Commissioner Secretary, H&UDD, Mandeep Kaur, while speaking in the meeting, said this action plan is in consonance with the NGT directions besides a roadmap for scientific disposal of urban

waste for the next 10 years.

She made out that the action plan had been framed after taking into account the decadal growth rate of the population and the waste expected to

of waste to be generated and facilities required for its management till 2035.

He presented details of the existing facilities in Municipal Corporations, ULBs of Jammu/Kashmir and that of Cantonment Boards in both Jammu and Srinagar.

The meeting was also apprised of the facilities required for door to door collection and transportation of waste.

Its processing in different municipalities of the UT and those proposed under clusters of towns together was divulged along with costs for operation and maintenance of assets for all these years.

About the legacy waste, it was said that a total of 26,11,102 MT of waste has been reported by the municipal bodies.

Out of the same, 3,91,604 MT had already been treated and rest of the 22,19,498 MT needs to be treated under this plan for which works stand awarded or tenders floated at most of the locations.

Different models for management of solid, liquid, ISWM, plastic and legacy waste were discussed in the meeting.

It was added that tender has been floated for hiring of PDMC for preparation of detailed estimates for all the 75 ULBs and 4 responsive bids have been received for this purpose, as was informed in the meeting.

Awareness programme on New Criminal Laws organised at border tehsil Kharah Balli

JAMMU: An awareness programme on New Criminal Laws was held at Tehsil Kharah Balli. The event, organised under the directions of District Magistrate Jammu, Sachin Kumar Vaishya and the overall supervision of SDM Khour, Satish Sharma, aimed at educating the public about key legal reforms.

Addressing the gathering, Tehsildar Narinder Kumar, provided an insight into the history and evolution of criminal laws, highlighting key provisions introduced in the new legal framework.

Senior Prosecution Officer Ashwani Kumar elaborated on the salient features of the new laws, explaining their objectives and how they would enhance transparency and efficiency in the judicial process.

The program witnessed active participation from officials, including Mukesh Kumar, BDO Kharah Balli, Neeraj Choudhary, SHO and representatives from various departments. Local residents also attended in large numbers.

A highly interactive Question-and-Answer Session enabled participants to seek clarifications and comprehend the practical implications of the new laws.

The interactive nature of the session was well received, with attendees appreciating the administration's efforts in making legal knowledge accessible.

DC Srinagar chairs meeting of District Level Advisory Committee on Food Safety

Directs intensifying market inspections to curb sale of unhygienic/ misbranded food items in City

FSD to strengthen food testing labs to ensure products meet set standard norms for public health
SRINAGAR: A meeting of District Level Advisory Committee (DLAC) on Food Safety and Healthy Diets was held under the chairmanship of Deputy Commissioner (DC) Srinagar, Dr. Bilal Mohi-Ud-Din Bhat at Meeting Hall of the DC Office Complex here to review the measures in place to ensure quality food to people in the District.

At the outset, DC took a comprehensive review of the functioning and achievements of the Food Safety Department with regard to public health.

The meeting held a detailed deliberation on the crucial issues related to food safety standards and hygiene being followed by the Food Business Operators in the District.

On the occasion, the Deputy Commissioner, who is also the Chairman of DLAC was apprised about the current status of food safety measures in place in Srinagar District and various proactive measures undertaken by the Food

Safety Department to ensure the provision of safe and healthy food for the public.

Underlining the importance of maintaining high standards of



food safety for the well-being of the public, the DC issued instructions to Officers to ensure availability of quality and hygienic food in the market.

He emphasized the need for inspection squads to monitor and curb the sale of unhealthy and expired food products, especially those targeted at children, besides to give focused attention towards curbing sale of misbranded food items.

The DC exhorted upon the Srinagar Food Safety Team to strengthen and upgrade the laboratories for conducting tests of food items.



He assured all possible support from District Administration for the purpose to ensure quality and hygienic food items to the people.

Dr Bilal stressed on intensifying market checking across the District and laid emphasis on increasing the volume of lifting the food samples by adopting scientific procedures for study and sharing the findings with the Administration for the safety of human lives.

He instructed for taking strict

action under law against the FBOs involved in violation of the Food Safety Act.

The DC also stressed further strengthening the Complaint Redressal Mechanism in Srinagar District to encourage the genuine complaints of the consumers and taking timely action against the violators to control the most vital and concerned area related to the public health.

In addition, the DC directed the Officers to conduct awareness programs involving all stakeholders to educate the public on the importance of safe food and maintaining a healthy diet.

He asked them to ensure effective implementation of the Food Safety and Standards Act 2006, Rules and Regulations framed there under by the Food Safety and Standards Authority of India.

The DC also stressed on conducting special drives for enforcement of bakery items, milk, edible oil, spices, meat, poultry products and other daily consumables in the City markets.

DC Ganderbal reviews physical, financial progress under District Capex



GANDERBAL: District Development Commissioner (DDC) Ganderbal, Jatin Kishore convened a meeting, here to take stock of the physical and financial achievements made under District Capex 2024-25.

At the outset, the Chief Planning Officer provided a detailed briefing on the developmental works and financial utilization. It was informed that out of 1,697 works, 1,009 have been completed, with an expenditure achievement of 57.6 percent against the available funds as of date.

The DDC conducted a comprehensive review of progress across key departments, including Rural Development, Health, Education, Roads & Buildings (R&B), Power Development (PDD), Jal Shakti, Agriculture & allied sectors.

While assessing the block-wise status of work allotment and completion, the DDC directed the concerned executing agencies to expedite implementation and ensure timely completion of projects. He stressed the importance of maximizing fund utilization under various schemes to prevent any lapses or surrender of allocated funds.

Kishore also emphasized the prompt submission of bills in the district treasury for completed works and instructed the District Treasury Officer to ensure timely processing to avoid the financial year-end rush.

Urging all executing agencies to accelerate the pace of ongoing projects, the DDC reiterated the need for achieving both physical and financial targets within the stipulated timelines.

The meeting was attended by the Chief Planning Officer, Assistant Commissioner Development, ACP, Executing Engineers from R&B, REW, Jal Shakti, I&FC, Block Development Officers, and other district and sectoral officers.

SOS Children's Villages Hosts Panel Discussion to Accelerate Women's Empowerment



Srinagar: In a nationwide initiative, in the run-up to International Women's Day under the theme 'Accelerate Action', SOS Children's Villages India organised panel discussions across its 32 Children's Villages and in Srinagar the panel discussion was held at SOS Children's Village, Srinagar located at Hyderpora. Ms. Aasiya Wani Central Administrator One Stop Centre Srinagar and Ms. Mansha Coordinator Child Helpline were the guests who lead the discussion apart from caregivers from Family Strengthening Programme and Mothers from Children's Village.

The discussion was facilitated by Ms. Affarmand Rashid Incharge FLC and MS. Shugufat Sultan Incharge FSP.

Through these discussions, which featured inspiring women leaders from diverse fields, Sumanta Kar, CEO of the NGO, focused on accelerating women's empowerment through participation, skilling, and gender equality.

The initiative highlighted the role of women caregivers and SOS Mothers in shaping a more equitable society by fostering financial independence, access to education, and social inclusion.

Through its Family Strengthening Programme and other holistic care interventions, SOS Children's Villages India has actively worked towards equipping women with essential skills and opportunities.

Over 8706 women caregivers have been trained and upskilled through these programmes, enabling them to secure stable employment or establish their own businesses.

In 2024 alone, 2770 women have successfully started their own ventures or gained stable income sources, contributing to their families' financial security.

The organisation currently has 318 SOS Mothers nurturing children across its Children's Villages, playing a crucial role in creating a supportive and empowering environment.

SDM reviews land acquisition, compensation issues in Paddar

KISHTWAR: Sub-Divisional Magistrate Paddar convened a meeting of Revenue officials here today to address land acquisition cases and compensation matters.

The meeting discussed the processing of land revenue papers for the PWD and PMGSY roads, including Machail, Chitoh, Kaban, Sazar, Ungaia, Gandhari and other roads, besides the prestigious Karthaie HEP Project.

Officials were directed to ensure that revenue documents are submitted by March 31, 2025.

Further, it was directed to submit pending title verifications and LB -10 within a week's time for prompt resolution.

The Sub-Divisional Magistrate stressed timely compensation disbursement and timely services delivery.

Plantation drive carried out at official residence of Chief Justice

JAMMU: In a simple yet impressive function, the Jammu & Kashmir Legal Services Authority (J&K LSA) organized a plantation drive at the official residence of Chief Justice, High Court of J&K and Ladakh. The initiative aimed at promoting environmental sustainability and encouraging the plantation of fruit-bearing trees.

During the event, Justice Tashi Rabstan, Chief Justice, High Court of J&K and Ladakh (Patron-in-Chief, J&K Legal Services Authority) alongwith Shahzad Azeem, Registrar General, M. K. Sharma, Principal Secretary to CJ, Amit Kumar Gupta, Member Secretary, J&K Legal Services Authority and Mayank Gupta, Joint Registrar (Judicial/Protocol), Jammu planted fruit-bearing saplings at the Chief Justice's Banglow, Jammu.

The saplings were provided by Dr. K. C. Sharma, a renowned surgeon and philanthropist, who has been instrumental in developing the Summer Zone Apple variety. This unique variety, which can thrive in high temperatures of up to 48°C, has been successfully cultivated across multiple states, including J&K, Karnataka, Maharashtra, and Gujarat. It has the potential to revolutionize fruit cultivation by ensuring fruit production within just 13 months of plantation, even in warmer regions. Dr. Sharma's research has led to the successful

plantation of these apples in various prestigious locations, including Vaishno Devi University, Rashtrapati Bhavan, Raj Bhavan, UT of J&K and military establishments. His contributions to Indian horticulture have been widely recognized, and his efforts have played a crucial role in making India self-reliant in apple production beyond traditional cold-climate regions.

Speaking on the occasion, Chief Justice appreciated the efforts of J&K Legal Services Authority in promoting eco-friendly initiatives and emphasized the importance of afforestation and sustainable agricultural practices. He also lauded Dr. K. C. Sharma for his dedication to horticultural research and his commitment to environmental conservation. On this occasion, Dr. Sharma also presented books authored by him, one of which depicts the problems and solutions of the Ladakh region. His literary contributions reflect his deep understanding of environmental and agricultural challenges, further reinforcing the need for innovative solutions to ensure sustainable development.

In addition, many saplings were also planted at the High Court Guest House at VIP-1, Ved Mandir Enclave, Jammu, further extending the green initiative.

Cancer treatment, healthcare infra being upgraded: Health Minister

Jammu: Minister for Health and Medical Education, Sakeena Itoo, informed the House that the Health infrastructure for cancer detection and treatment is being upgraded in Jammu and Kashmir.

The Minister was replying to a question by Tanvir Sadiq in the Legislative Assembly.

She said that as per Population Based Cancer Registry, 50551 cases in Kashmir Division and 13912 cases in Jammu Division were registered between 2018-2024. She said that 2 percent to 3 percent case increase is also being witnessed annually.

The Minister informed that the cancer patients in J&K are given the specialized treatment at SKIMS Srinagar and GMC, Jammu with availability of different facilities including radiation oncology, Critical Care ICU, Nuro ICU, CVTS ICU, Pulmonary ICU and Paediatric ICU at SKIMS.

She said that the Government Medical College, Jammu is presently providing OPD Services, Chemotherapy, PET CT Scan. Brachytherapy, Radiology Tests, Digital Radiography and Colposcopy to the cancer patients.

The Minister said that the State Cancer Institute is functional at SKIMS Soura which was commissioned on December 05, 2020 and houses Day Care facility for Medical Oncology patients, Clinical Haematology and Radiation Oncology, Medical Oncology and Radiation Oncology for the in-patients.

She further said that the 3rd floor of State Cancer Institute, SKIMS is ready for shifting of bone marrow Transplant facility and recruitment of manpower in this regard is under progress.



She said that the dedicated Operation theatre for Cancer Patients is being operationalized at SKIMS Soura, which would be ready soon.

She further said that the work on three Operation Theatres and 10 bedded ICU in State Cancer Institute, Jammu is near completion and likely to be completed by the end of March, 2025.

She maintained that efforts are on to decentralize the Cancer care which has been already accomplished to a great extent by way of having Chemotherapy at District Day Centers. The Minister further said that the Government has already taken an initiative of decentralising the cancer treatment by establishing cancer care in all 20 districts of Jammu and Kashmir.

Coromandel International Doubles the Sulphur Manufacturing Capacity in Visakhapatnam to 50,000 MT

Jammu: Coromandel International Limited, one of India's leading agri-solutions providers, has inaugurated its second Sulphur manufacturing plant at its Visakhapatnam facility in Andhra Pradesh.

Visakhapatnam site is the company's wholly backward integrated unit and produces approximately 12 LMT of complex fertilisers along with Phosphoric acid and Sulphuric acid. The site also hosts a Sulphur Fertiliser plant with 25000 MT production capacity. With the inauguration of this new plant, the company's Sulphur fertiliser capacity is doubled, ensuring a steady supply of high-quality bentonite Sulphur fertilisers to the farmers. This expansion marks a significant step in strengthening

Coromandel's presence in the specialty nutrients market, reinforcing its commitment to Indian agriculture. The event was graced by S Sankarasubramanian, MD & CEO, Coromandel International Limited, Avinash Thakur, Business Head, Specialty Nutrient and Organic Fertilisers, and other senior team members.

Sulphur is an essential nutrient for plant growth, playing a crucial role in protein synthesis, enzyme function, and overall crop productivity. In India, Sulphur deficiency is a growing concern due to factors like intensive cropping, imbalanced fertiliser use, and declining organic matter in soil. By increasing its Bentonite Sulphur capacity, Coromandel aims to provide Indian farmers



with high-quality, affordable, and sustainable nutrient solutions to improve soil health and maximize yields.

The new plant is equipped with advanced German technology and capabilities to fortify Sulphur fertilisers with multiple micronutrients, addressing the evolving nutrient deficiencies in Indian soil. Beyond production, this

facility also sets the stage for research and development for introducing new Sulphur variants designed to meet the crop and geography specific needs of Indian agriculture.

Speaking at the inauguration, Mr. S Sankarasubramanian, Managing Director and Chief Executive Officer - Coromandel International Limited said "At Coromandel we believe in delivering innovative and sustainable Agri solutions to the farmers.

By continuously augmenting our infrastructure and expanding capacities, we are ensuring a steady supply of fertilisers that promote long-term soil health and at the same time enhance productivity.

Over the next 4-5 years, this plant will play a crucial

role in effectively meeting the growing demand for Bentonite Sulphur fertilisers across India. This milestone aligns with our long-term vision of advancing agricultural growth through technology and farmer-focused initiatives."

Coromandel's broader vision to drive agricultural innovation, support sustainable farming practices beyond the NPKs and DAP is depicted through the Sulphur capacity expansion at the Visakhapatnam.

With this initiative, Coromandel reaffirms its leadership in providing science-backed, farmer-centric solutions that cater to the evolving needs of the agriculture sector.

Wireless EARPONES work as affordable hearing aids

Some commercial earbuds can perform as well as hearing aids. The result, presented November 15 in the journal iScience, could help a large proportion of people with hearing loss access more affordable sound amplification devices. Hearing loss has broad health impacts, but professional hearing aids are expensive and require multiple visits to otolaryngologists and audiologists for tuning. These factors lead to major barriers for many to access professional hearing aids. One estimate suggests nearly 75% of people with hearing loss in the United States do not use hearing aids. "There's also a social stigma associated with hearing aids," says Yen-fu Cheng, the study's corresponding author and an otolaryngologist at Taipei Veterans General Hospital. "Many patients are reluctant to wear them because they

don't want to appear old. So, we started exploring if there're are more accessible alternatives." Apple came out with a feature called "Live Listen" in 2016 that allows people to use its wireless earphones, AirPods, and iPhone for sound amplification. The feature makes AirPods functionally similar to a personal sound amplification product, which is designed for people with normal hearing for certain occasions like birdwatching. Cheng and his team wanted to investigate whether AirPods, which are widely available devices, can serve as alternative hearing aids. The team compared Airpods 2 and AirPods Pro -- the model with a noise canceling feature -- with a type of premium hearing aids and a basic pair of hearing aids. The premium hearing aids cost \$10,000, and

the basic type cost \$1,500. Both models of AirPods are significantly cheaper than hearing aids, with AirPods 2 costing \$129 and AirPods Pro costing \$249. Notably, AirPods Pro met four out of five technology standards for hearing aids. The team tested the four devices with 21 participants with mild to moderate hearing loss. The researchers read a short sentence, such as "the electricity bills went up recently," to participants, who were asked to repeat their words verbatim wearing the devices. They found AirPods Pro performed similarly well compared with basic hearing aids in a quiet environment and is slightly inferior to premium hearing aids. AirPods 2, while having the lowest performance among the four, helped participants hear more clearly compared with wearing no hearing aids.

In a noisy environment, AirPods Pro showed comparable performance to premium hearing aids when the noises came from the lateral direction of the participant. But when the noises came from the front of the participants, both AirPods models failed to help participants hear better. "Two reasons may account for the difference between the two scenarios," says Ying-Hui Lai, the study's co-author and a bioengineer at National Yang Ming Chiao Tung University in Taipei. "It may relate to the trajectories soundwaves travel with, as well as the advanced signal processing algorithm by premium hearing aids. This finding will hopefully inspire engineers to design hearing aids and personal sound amplification products that are more sensitive in certain directions."

CAN A MASSAGE THERAPY BE HELPFUL FOR ATHLETES?

For centuries, massage therapies have been a useful alternative for medication. It promotes health and well-being without having to contaminate your body with chemicals. Recent studies have also stated its effectiveness in quick healing and pain relief. For an athlete, these factors have great importance. They need something which can relax their body from all the physical stress. It promotes quick recovery from injuries so that they do not waste much time lying on the couch waiting to recover from all damage. And this is essential to a sound athletic plan. While massage therapies differ for all sorts of requirements, a sports massage therapy is a combination of all its types. If you feel that this therapy can only be used or can only be effective for the experienced athletes, it is not true. A massage therapy can be useful for the ones who play sports only during the weekend or those who are newcomers. National Institutes of Health have stated that massage therapies can be useful for boosting energy levels, increasing rate of recovery from injuries and also help in improving your performance in the sports field. What else can an athlete ask for? Other than these benefits, there are a number of perks of massage therapies for an athlete:-

1. Massage therapy improves flexibility Irrespective of what sport you are involved in, you need to have a flexible body for it. A massage therapy helps in improving the flexibility in your body by stretching muscle fibers and easing movement of all forms.
2. Massage improves blood circulation You may wonder how a good blood circulation can be helpful in enhancing your performance on the field. Well, it can be really helpful for you because it makes breathing easier and makes movements smoother.
3. Massage helps in relieving muscle pain better As an athlete, you must be accustomed to all sorts of pain in your body parts because of the exertion or injuries. This can keep you behind your competitors by affecting your performance adversely.

HOW MANY CALORIES DO YOU NEED IN A DAY TO STAY HEALTHY?

Calorie-counting is considered to be one of the most effective ways for shedding extra kilos. On an average, a woman requires around 2000 calories in a day to maintain certain weight and 1500 calories per day to lose around half a kilo a week. Males on the other hand need around 2500 calories in a day to maintain weight and



2000 calories in a day to lose around half a kg in a week. A simple way to do this is by eating healthy and nutritious food and regular exercise including both cardio and strength training.

How many calories do you need in a day for good health?

Celebrity nutritionist Nmami Agarwal says that daily recommended intake of calories is going to be different from person to person. The number of calories a person should consume in a day will depend on the level of physical activity. It is different for males, females and kids. "Someone with a lifestyle which includes more physical activity than usual will require more calories in a day to stay fit and healthy. Going on a calorie-deficit diet for weight loss is not recommended as it cannot be sustained in the long run," she says while adding that it is not recommended that a person compromises on health in the name of weight loss. When going ahead with your daily intake of calories, your level of energy and your overall health needs to be given consideration. According to the Academy of Nutrition and Dietetics, your daily calorie intake

should never go below 1200. If it goes below this count, you will begin losing muscle mass and will starve of energy or fuel for doing your daily activities.

Healthline reports that United States Department of Agriculture guidelines say children between ages 2 to 8 years need around 1,000 to 1,400 calories. Girls between 9 to 13 years of age need around 1,400 to 1,600 calories, boys of this age need 1,600 to 2,000 calories.

A woman aged between 14 to 30 with an active lifestyle would need at least 2,400 calories, a sedentary woman belonging to the same age group needs nothing more than 1,800 to 2,000 calories.

Active men aged between 14 to 30 need 2,800 to 3,200 calories while sedentary men of the same age group need 2,000 to 2,600 calories. Active men and women above 30 years need 2,000 to 3,000 calories while sedentary men and women above 30 years of age need 1,600 to 2,400 calories.

Eat a healthy and balanced diet

A healthy balanced diet is one which gives your body enough nutrients to function correctly. Majority of your daily calories should come from eating fresh fruits, vegetables, whole grains, nuts, legumes and lean proteins. You should include all kinds of seasonal fruits in your diet along with dark leafy green vegetables, seasonal vegetables, beans, lentils, almonds, peas, sunflower seeds and walnuts to name a few. Now, those who want to lose weight can do so by including more physical activity in your daily routine over and above exercising. This can be done by making small changes like walking to your walk, playing sports, doing some yoga, drinking lots of water, and focusing on calorie-burning cardio exercises in the gym. Make sure that the calories which you consume come only from healthy food sources and not from junk food or unhealthy deep fried food.

SIGNIFICANT DECLINE IN SPERM COUNTS GLOBALLY, INCLUDING INDIA: STUDY

An international team of researchers has found a significant decline in sperm counts over the years in many countries globally, including India.

Sperm count is not only an indicator of human fertility but also that of men's health, with low levels being associated with increased risk of chronic disease, testicular cancer and a decreased lifespan, the researchers said.

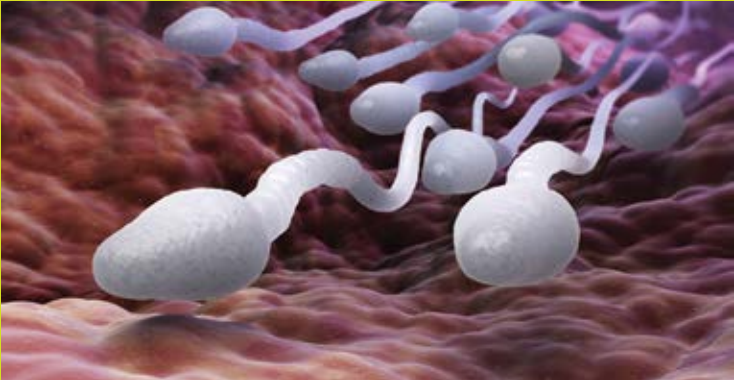
The decline reflects a global crisis related to modern environment and lifestyle, with broad implications for the survival of the human species, they said.

The study, published on Tuesday in the journal Human Reproduction Update, used data from 53 countries. It includes an additional seven years of data collection (2011-2018) and focuses on sperm count trends among men in regions not reviewed previously, specifically South America, Asia and Africa.

The data shows, for the first time, that men in those regions share the significant decline in total sperm counts (TSC) and sperm concentration (SC) seen previously in North America, Europe and Australia.

The study shows an accelerated post-2000 decline in TSC and SC globally.

"India is part of this larger trend. In India, due to availability of good data (including 23 estimates in our study, one of the countries with the richest data), we have more certainty that there is a strong and sustainable decline, but it's similar globally," Professor Hagai Levine



of Hebrew University of Jerusalem in Israel, told PTI. "Overall, we're seeing a significant worldwide decline in sperm counts of over 50 per cent in the past 46 years, a decline that has accelerated in recent years," Levine said.

While the current study did not examine the causes of sperm count declines, Levine pointed to recent research indicating that disturbances in the development of the reproductive tract during fetal life are linked to lifetime impairment of fertility and other markers of reproductive dysfunction.

"Additionally, lifestyle choices and chemicals in the environment are adversely affecting this fetal development," Levine explained.

"Our findings serve as a canary in a coal mine. We have a serious problem on our hands that, if not mitigated, could threaten mankind's survival.

"We urgently call for global action to promote healthier environments for all species and reduce exposures

and behaviors that threaten our reproductive health," Levine said.

The scientist noted that a separate study in India should be done, better by following the same population over time.

"However, there is no reason to think the trend in India is different," he added. Professor Shanna Swan at the Icahn School of Medicine, Mount Sinai, US, stressed that low sperm counts do not only affect men's fertility, but have serious ramifications for men's health more generally, and are linked with other adverse trends, termed together as testicular dysgenesis syndrome.

The troubling declines in men's sperm concentration and total sperm counts at over 1 per cent each year as reported in our paper are consistent with adverse trends in other men's health outcomes, such as testicular cancer, hormonal disruption, and genital birth defects, as well as declines in female reproductive health," Swan added.

HOW EFFECTIVE IS INTERMITTENT FASTING FOR WEIGHT LOSS?

What to eat and what not to eat for weight loss? A question which has many answers to it, and yet there seems to be no exact right answer for every individual on a fitness expedition. From ketogenic (keto) diet to general motors (GM) diet, there are numerous diet plans available online, and suggested by dietitians and nutritionists. These diets involve reducing the calorie intake in each day, with healthy eating in small portions after every few hours. But some people also prefer intermittent fasting, a diet which involves drastic reduction of calories for only a few days in a week. What is intermittent fasting? Intermittent fasting is a process which involves abstaining from eating for a long period of time, say around 8-10

hours. This kind of fasting is done only for a few days in a week and involves regular eating for the rest of the days. Many people practice this kind of fasting for every alternate day in a week, where they eat 1/4th of the calories they normally eat on other days. Kinds of intermittent fasting There are roughly 4 ways of adopting intermittent fasting, but they must be done only after medical supervision and under expert guidance. 1. One way of intermittent fasting is not eating for 16 hours in a day and eating in the remaining 8 hours. This can be done by skipping breakfast and eating from 1 pm to 9 pm. 2. Another way is by eating normally for 5 days in a week and consuming not more than 600 calories in the rest of

the 2 days. 3. The spontaneous fasting technique involves fasting for 12 or 24 hours numerous times in a week. No strict schedules are recommended for this kind of fasting. 4. Lastly, you can adopt fasting on alternate days, by fasting on one day and eating normally in the next day. How effective is intermittent fasting? Intermittent fasting has reportedly been one of the most popular eating trends in 2017. When you skip an entire meal in a day, it helps in reducing the calorie intake to such an extent that you needn't worry about the calories that you will be having in the next meal. For instance, skipping a breakfast of peanut butter toast with orange juice, can help in saving around 500 calories

in a day. On an average, women are suggested to consume 1600 to 1800 calories in a day for losing weight. And skipping 500 calories of breakfast is like saving up to 30% of the day's calories. After skipping breakfast, indulging in meal of around 750 calories with a 300 calorie dessert would still not affect your daily calorie intake for weight loss. Intermittent fasting helps in actual fat loss Some studies suggest that fasting helps in losing fat mass instead of water weight or muscle mass. This review study suggested that intermittent fasting helped in reducing around 7% of waist circumference in 6 months. This is referred to loss of one of the most difficult kind of fat, belly fat.

Continued From P1...

CM Omar

To ensure this budget truly reflects the aspirations of our people, he said, “we engaged with elected representatives, industry leaders, and key stakeholders, incorporating their insights to create a people-centric roadmap for a better quality of life for all”.

The chief minister further said that the government has set new standards of engagement with people’s representatives and taking feedback by directly involving each member of the house in the budget consultation process.

Abdullah expressed confidence that Jammu & Kashmir is on the threshold of a new era of peace and prosperity, with a semblance of normalcy returning after over three-and-a-half decades of turmoil.

“This improved environment contributes to economic progress, with J&K’s economy expanding from Rs 1,64,103 crore in 2019-20 to Rs 2,45,022 crore in 2023-24. In 2024-25, the primary, secondary, and tertiary sectors are projected to contribute 20 per cent, 18.30 per cent, and 61.70 per cent to GSVA, respectively.”

“It is a testament to the strong foundations laid by the leadership of J&K that despite its geographical challenges and multi-decade turmoil, socio-economic indicators continue to remain robust,” he said.

The chief minister further expressed confidence that J&K will emerge as a leading region in development, playing a vital role in I

For Sustainable

But the modern instruments are incomplete without rich and vibrant tradition of art and culture.

We need to have a fine balance between Technology and Arts. The role of new inventions of science and technology in making our civilization alive is incomparable. Therefore, I believe that society needs artists and spiritualists along with scientists”.

The Lieutenant Governor reiterated the commitment of the government, under the guidance of Hon’ble Prime Minister Narendra Modi, to work with the resolve of ‘Vikas Bhi Virasat Bhi’.

He further emphasized the important role of artists and intelligentsia in promoting education based on local culture, moral values and traditional knowledge.

“Society’s economic development is powered by art and culture. For sustainable development we need more creative leaders. Our efforts to connect the young generation with our culture and values should be further deepened,” the Lieutenant Governor sa

Omar Abdullah

commitment to upholding press freedom and ensuring that journalists operate in a secure and transparent environment,” he said.

He said the media plays a vital role in shaping public opinion, strengthening democratic institutions, and keeping citizens informed.

“In this spirit, we are committed to strengthening press infrastructure, facilitating greater access to information, and protecting the rights of journalists,” he said

CM Omar

which, though not painless, would ultimately serve the interests of the people of Jammu and Kashmir.

Fulfilment of Manifesto Promises
Responding to opposition criticism about the non-fulfilment of manifesto promises, Omar asserted that the promises are being fulfilled one by one.

“But I have repeatedly said that people did not give us a five-week or five-month government; they gave us a five-year government. Now, don’t ask me every day which promise has been fulfilled. Ask me after five years when the term is over. On that day, sit down and ask me what I have done in these five years. Then I will tell you. I don’t have to give you a daily checklist of promises fulfilled. After five years, I will present my checklist to you and say, these were my promises, and these are my achievements,” Omar said, as per KNO.

Free Electricity and Welfare Measures
Asked why free electricity was provided only to the AAY (Antyodaya) category and not the entire populace, the Chief Minister said, “For now, we will focus on the areas that need the most attention first. Moreover, if you look at it, we are providing much more free electricity than what is given in other states. If you see how much electricity we generate and how much revenue we collect, it is much higher than in other states. Despite this, we are committed to providing 200 units of free electricity to the most deserving people. We have started with AAY households, and as our financial condition improves, we will expand this benefit further.”

Regularization of Daily Wagers
On the issue of regularizing daily wagers in Jammu and Kashmir, Omar said the government would first ascertain their numbers in the initial phase before formulating a comprehensive policy for their regularization.

Return of Migrant Kashmiri Pandits
Regarding the return of migrant Kashmiri Pandits, Omar stated, “We have mentioned in the budget that we will improve their living conditions and complete the transit accommodation project for them. As for the issue of bringing them back, it depends on the budget and the situation. I have repeatedly said that Kashmiri Pandits did not leave Kashmir because of their financial condition; they left because their lives were in danger. Until we address this threat, we cannot expect them to return fully. Therefore, for now, it is our shared responsibility in the UT, along with the LG and the elected government, to create such conditions in Kashmir that Kashmiri Pandits who left can return voluntarily.”

Omar Abdullah as Ambassador Against Obesity
Asked about his nomination as an ambassador by Prime Minister Modi to combat obesity, Omar said, “We can only talk and set examples. We want to set an example for others to follow. For instance, at my age, I can run 20 kilometers. So, what excuse do 20-22-year-olds have if they are medically fit but cannot maintain their weight? I am not trying

to scare people or force them, but I am trying to set an example that most people can follow. That would be a good thing. First, I will ask my ministerial colleagues to start with me by running five kilometers, and then I will push the rest of Jammu and Kashmir to do the same.”

Film Shooting Policy and Tourism Promotion
Omar also highlighted plans to strengthen the film shooting policy in Jammu and Kashmir. He noted that while promoting the region in Bollywood is not difficult, there is an entire film industry in South India where Jammu and Kashmir is not actively promoted.

“Our effort will be to encourage the film industries of Andhra Pradesh, Karnataka, Tamil Nadu, and Kerala to shoot in Jammu and Kashmir. This will have two benefits: one, the use of local resources for shooting, and two, attracting tourists from South India. Currently, most of our tourists come from Gujarat, West Bengal, and Maharashtra. We hope that through film shootings, we can divert South Indian tourists to Jammu and Kashmir,” Omar said.
Budget Session Timing During Ramadan
Asked if the budget session could have been adjusted earlier or later due to the ongoing Ramadan, Omar replied, “Yes, we could have. I will definitely say that if I have to present the budget next year, I will not do it during Ramadan. I will adjust the budget session accordingly. Otherwise, I will request the Speaker to hold the session after 6:30 PM in the evening, but I will not present the budget while fasting during the day.”

Cricket Stadiums and IPL Matches
The Chief Minister also revealed efforts to build international-level cricket stadiums in Jammu and Srinagar. “We will certainly try to host IPL matches here. A stadium has been proposed on the Katra side, and discussions are ongoing with the BCCI to build a similar international-standard stadium in Kashmir so that we can organize such matches on a good pitch and in a good stadium,” Omar said, as per KNO.

Tourism and Visit Count Methodology
Responding to questions about tourist arrivals in Jammu and Kashmir and the figures projected by various media houses, Omar clarified the difference between the number of people and the number of visits. “I want to explain this. We have slightly changed the way we count. Now, we don’t count people; we count visits. For example, if you are married and have children, say one daughter, and you are three people. If you go to Srinagar for a holiday, that counts as three visits. If you go from Srinagar to Gulmarg, that’s three more visits. If you go from Gulmarg to Sonamarg, that’s another three visits. If you go from Sonamarg to Pahalgam, that’s three more visits. Only then do we arrive at the number we give you. That’s why I didn’t say that so many people came; I said so many visits happened. We count visits destination-wise, just like the Government of India’s tourism figures are counted. So, we are not saying that four crore people came here. We are saying that so many visits happened to so many sites,” Omar explained

My Govt resolute

Omar said his government is committed to holding elections to local bodies.

“My government is committed to strengthening grassroots democracy by empowering Panchayati Raj Institutions and Urban Local Bodies, which play a crucial role in local governance and development. Our Government is committed to holding elections to these bodies, reinforcing our commitment to accountable, inclusive, and decentralized governance for the holistic development of Jammu and Kashmir,” he said.

He said this Budget is more than just a financial

statement.

“It is a roadmap for a new and prosperous Jammu and Kashmir, reflecting the aspirations of our people and laying a strong foundation for economic growth, social progress, and sustainable development,” he said.

He said the budget emphasizes inclusive growth, fiscal prudence, and strategic investments in infrastructure, agriculture, industry, healthcare, education, and digital governance.

“We are focused on bridging regional disparities, empowering youth and women, and fostering a business-friendly environment to attract investment and innovation,” he said, adding that the budget truly reflects the aspirations of our people.

“We engaged with elected representatives, industry leaders, and key stakeholders, incorporating their insights to create a people-centric roadmap for a better quality of life for all,” he said

Omar announces

“In this spirit, we are committed to strengthening press infrastructure, facilitating greater access to information, and protecting the rights of journalists,” he said

J&K to get Law,

to empower the youth of Jammu & Kashmir with Industry-relevant skills and entrepreneurial Opportunities.

“Our Government proposes the establishment of the Jammu & Kashmir Skill and Entrepreneurship University (J&K SEU). This institution will provide cutting-edge training in technology, healthcare, tourism, renewable energy, and traditional crafts while fostering innovation, startup incubation, and industry partnerships,” he said.

He said the Government is committed to constructing a state-of-the-art Legislative Complex in Jammu to replace the century-old facility at the Civil Secretariat.

Opposition

mention of any power amnesty scheme, contractors have been pushed to the wall despite getting the money from the Centre. “The government has done nothing for the OBCs, SC and ST,” he said while terming the budget as “hollow claims.”

Peoples Conference
Peoples Conference (PC) Chairman and MLA Handwara, Sajad Gani Lone, while reacting to the Chief Minister’s speech wrote on X: “The budget speech was on expected lines a disappointment. Same old style of parroting Centrally Sponsored Schemes with Hindi nomenclature. Vast gulf between electoral political innuendos and economic arithmetics of Budget. Glorified and endorsed the BJP Naya Kashmir discourse and statistics, that have been berated by NC in the last decade. All of a sudden every government statistic of the past 5 years is the gospel truth and the incumbent government seems eager to jump into the frame and take credit for those statistics which until the other day they told all of us —were either fudged or fiction.”

“I was expecting a politically viable & economically vibrant budget rather than an annual statement of outlay & expenditure. Even 200 units of electricity promised is for AAY only and linked to the Centrally Sponsored Roof Top scheme which has appx 65% central share with a cap of 3 kV. Too many strings attached,” he wrote and added that “Linking social welfare payments to DA means we have to pray for a miraculous zero inflation for real increase,” he added.
“This budget is bereft of anything visible which will impact the lives of common man positively. Petrol and diesel prices set to increase by 1/ Lt and 2/ Lt respectively due to reduction in rebate on petrol and diesel,” he wrote.

“Nothing for employment Nothing for daily Wagers Nothing for contractual employees Nothing for minimum wages Shifting of police budget was mentioned as if it was an achievement. The soul of statehood which we believe was stolen from us,

NOTICE

This is an information for general public that in my Aadhaar Card bearing Registration No: 3150 1666 2809, my name is Parveena Begum, but in my Online Aadhaar record my name has been Mistakenly Mentioned as Sakinah, Now i want to apply for its correction in this regard any person having any objection he/she may file the Objections in office of the Concern Authorities with in a period of seven days from the date of the publication of this notice after that no objection shall be accepted.

Parveena Begum.
W/O Nazir Ahmad Chohan.
R/O Doban, Muradpora,
(Mangnipora) Tehsil Aloosa District
Bandipora, jammu and kashmir, pin
code: 193502.

CORRECTION

I, Nazir Ahmad Khan Gojer S/O Gulzar Ahmad Khan R/O Sumlar Gojerpati Tehsil Bandipora, District Bandipora Do Hereby declare that as per my adhaar records my name has been wrongly written as Nazir Ahmad Khan instead of correct name Nazir Ahmad Khan Gojer in my service book. Now i am applying for correction of the same. Objection if any may be conveyed to concerned authority within 7 days of publication of this notice.

was relegated to yet another statistic. If the LG address was a political relegation of aspirations, this budget is a statistical relegation of aspirations,” Lone wrote further.

“And hang on— here is some good news. The PM, The HM and the Union Finance Minister were praised more than once. Saga of love letter continues. This love letter to BJP part II,” he wrote.

Awami Ittehad Party
Awami Ittehad Party (AIP) strongly criticized the Jammu and Kashmir Budget 2025, calling it a “complete U-turn” from the promises made by the National Conference (NC) during elections.

AIP Chief Spokesperson Inam Un Nabi accused the NC government of deceiving the people by failing to fulfil key pledges. “During the elections, they promised 200 units of free electricity for all households. But now, they have limited it to Antyodaya Anna Yojana (AAY) beneficiaries, that too with the unrealistic condition of installing solar panels. This is nothing but a cruel joke on the economically weaker sections,” he said.

The AIP leader also slammed the government for neglecting thousands of workers awaiting job security. “During elections, the NC promised regularization of daily wagers, casual laborers, contractual employees, vocational trainers and others. Yet, this budget has absolutely no mention of them. These hardworking individuals, who form the backbone of various departments, have been left in limbo once again,” he said.

Peoples Democratic Party
Peoples Democratic Party (PDP) legislative leader and MLA Pulwama, Waheed Parra expressed “deep disappointment” over the budget, calling it a mere compilation of centrally sponsored schemes rather than a people-centric financial roadmap.

Parra criticized the budget for failing to address critical issues like poverty alleviation, unemployment, and economic revival. “This budget is nothing but a U-turn from the commitments made in the election manifesto. Instead of prioritizing grassroots development, it merely repackages old schemes without any substantial allocations or vision for the future,” he said.

Para pointed out that despite tall promises of a transformative economic strategy, the budget falls short on key sectors such as agriculture, youth employment, and social welfare, raising serious concerns about the government’s intent in fulfilling its electoral pledges.

He slammed the government for sidelining the aspirations of the youth, calling the budget a complete letdown. “With an allocation of 1.12 lakh crore, one would expect a clear roadmap for tackling unemployment, economic recovery, and public welfare. Shockingly, the budget does not even mention crucial terms like ‘youth’ or ‘unemployment’ at a time when J&K’s jobless rate stands at a staggering 32%,” he stated.

He accused the government of betraying the region’s youth, who had been waiting for decisive action. “Instead of being a step towards empowerment and development, this budget is merely an exercise in numbers, offering no real relief to the common citizen.”

Another PDP leader, Iltija Mufti while speaking

to the media persons said that the budget presented by the government was quite disappointing, saying that the National Conference (NC) government has completely failed to deliver on its promises.

“Nothing has been mentioned for the daily wagers. NC has failed to deliver on the promises done with the people. The party has taken a different direction, it is a complete reversal on their part as whatever they had promised including one lakh jobs, 12 gas cylinders, none of the promises have been fulfilled while only 5 per cent people have been given benefits of free electricity units and ration,” she said.

Communist Party of India (M)
Meanwhile, State Secretary CPI(M) Mohamad Abbass Rather said that the budget, presented in the J&K Assembly after seven years, had raised significant public expectations.

However, the necessary financial support from the Government of India was not provided as required, leaving the concerns of farmers and daily wagers unaddressed. Nonetheless, the party welcomes provisions such as free ration and free electricity under AAY. But electricity woes continue unabated with frequent power cuts in the region which needs to be addressed, he said.

Peoples Democratic Front
Peoples Democratic Front (PDF) Chairman Hakeem Mohammad Yaseen strongly criticized Chief Minister Omar Abdullah for what he termed as a “misleading and deceptive” budget that has ignored the majority of Jammu and Kashmir’s population.

Congress terms

and almost all social sectors have been addressed,” he said.

He, however, refrained from making a conclusive statement, stating the need for a thorough review. “Only after studying the budget can we assess the gaps and whether they have been sufficiently addressed,” he added.

Karra also hinted that Congress has no immediate objections but would closely examine the modalities of implementation. “Now, let us see what modalities are fixed in this, we will find out,” he said.

Responding to the announcement of free 200 units of electricity to only AAY families, Karra said their party had also proposed the same for the poor families only.

When asked about his overall impression, the JKPC chief maintained an optimistic stance. “The overall budget seems positive,” he said.

Schools reopen

“As Winter Zone students join their schools after winter break, I wish them success for the session and future. I appreciate support from all stakeholders, especially the teaching fraternity to make it a memorable, successful year. Best wishes to all!” Ittoo said in a post on X.

Many schools were decked up and small celebrations were held to welcome the students.

The students, many of whom were feeling bored and confined in their homes for such a long time, were excited going back their schools.

“I am very excited that the schools are re-opening. I am more excited to meet my friends and teachers after such a long time,” Ziya-ul-Islam, a student at a private school, said.

علوم اسلامی اور دین اسلام کے خدام آپ کے محبوب ادارہ

دارالعلوم رحیمیہ بانڈی پورہ کشمیر

کی آپ مندرجہ ذیل طریقوں سے رجسٹرڈ ہونے کے اس مہینہ میں مدد کر سکتے ہیں

۱۔ صدقہ جاریہ (خریدی زمین اور تعمیرات وغیرہ)

0061010100001532
IFSC Code: JAKA0WULLAR

کرنٹ اکاؤنٹ دارالعلوم رحیمیہ کے بک بینک میں باز رہا بانڈی پورہ کشمیر

۲۔ زکوٰۃ، نیاز وغیرہ

کرنٹ اکاؤنٹ دارالعلوم رحیمیہ کے بک بینک میں باز رہا بانڈی پورہ کشمیر

0061010100000321
IFSC Code: JAKA0WULLAR

۳۔ عام امداد، عمومی خیرات، اللہ علیہ

بیونگ اکاؤنٹ دارالعلوم رحیمیہ کے بک بینک نشاط پارک بانڈی پورہ

0727040100000386
IFSC Code: JAKA0NIPARK

۴۔ تعمیر مسجد شریف

کرنٹ اکاؤنٹ دارالعلوم رحیمیہ کے بک بینک میں باز رہا بانڈی پورہ کشمیر

0061010100001226
IFSC Code: JAKA0WULLAR

۵۔ مدرسۃ البنات

0727010100000200
IFSC Code: JAKA0NIPARK

کرنٹ اکاؤنٹ جنوں و کشمیر بینک

۶۔ ریلیف کے لئے (ہنگامی آفات، مریضوں کے ڈاکٹر، ر ہمتانج)

0061010100001098
IFSC Code: JAKA0WULLAR

کرنٹ اکاؤنٹ ریلیف بینک کے بک بینک میں باز رہا بانڈی پورہ

۷۔ اچھوتوں کے لئے ادارہ ہارمپورہ یتیم خانہ، امداد بیوگان مساکین

0181010100002615
IFSC Code: JAKA0FRUITS

کرنٹ اکاؤنٹ بنام احمد چٹلہل ہوم پلام پورہ بیرونٹ منڈی سترنگر

نوٹ:- آپ جس اکاؤنٹ میں رقم داخل کریں اس کی اطلاع دفتر کو فون 01957-225271 پر ضرور کریں یا موبائل

9419089250 پر SMS کریں تاکہ مدد کے حسابات اور بینک کے اندراجات میں موافقت رہے اور فرق نہ آئے۔

الداعی الی الخیر

محمد رحمت اللہ ناظم دارالعلوم رحیمیہ بانڈی پورہ کشمیر پین: 193502 فون دفتر: 01957-225271

جاری کردہ: رمضان المبارک ۱۴۴۶ھ مطابق مارچ ۲۰۲۵ء

England would be 'stupid' not to consider Ben Stokes as ODI captain: Rob Key

Ben Stokes could be one of the candidates to replace Jos Buttler as England's limited-overs captain, with Rob Key stating it would be "stupid" not to consider the Test skipper as an option to rejuvenate a struggling white-ball set-up.

The move, one of many Key is considering as men's managing director following Buttler's resignation after a dire Champions Trophy campaign, would see Stokes become ODI captain. In that scenario, the T20I job would likely go to current vice-captain Harry Brook.

Stokes has not played ODI cricket since the 2023 World Cup, a tournament that required him to U-turn on his decision to retire from 50-over cricket, during his first summer as Test captain in 2022. He had kept his options open for a potential return for the Champions Trophy, before that decision was taken out of his hands after a second hamstring tear in six months sustained during third Test against New Zealand at the end of last year.

Stokes is currently stepping up his recovery in Abu Dhabi with an England Lions training group and is expected to be fully fit to start the summer with Durham. Key was also out in the UAE, and sees no reason why the 33-year-old cannot do as he has done with the Test side and re-energise an ODI team who have lost their way.

Stokes is currently stepping up his recovery in Abu Dhabi with an England Lions training group and is expected to be fully fit to start the summer with Durham. Key was also out in the UAE, and sees no reason why the 33-year-old cannot do as he has done with the Test side and re-energise an ODI team who have lost their way.

Rohit must aim for bigger scores, can take game away from opposition: Gavaskar

Legendary Sunil Gavaskar believes Rohit Sharma should not be content with scoring just 25-30 runs and must focus on building longer innings, as his presence at the crease can have a game-changing impact for India.

In ODI cricket, the Indian skipper has embraced an aggressive approach to give India quick starts, but this has often resulted in early dismissals.

His highest score in the ongoing Champions Trophy is 41 against Bangladesh in the opening game.

"(If) He (Rohit Sharma) bats for even 25 overs, India will be around 180-200. Imagine if they have lost only a couple of wickets by then; just think what they could do. They could reach 350 or more," Gavaskar told India Today.

"He also needs to give it some thought. It's one thing to go out and play aggressively, but there has to be a bit of discretion somewhere to give himself the chance to bat for 25-30 overs. If he does that, he takes the game away from the opposition. That kind of impact is match winning."

Rohit has managed scores of 20, 15, and 28 against Pakistan, New Zealand, and Australia respectively in the tournament.

"And I think, as a batter, are you happy with scoring 25-30 runs? You shouldn't be! So that is what I would say to him: your impact on the team will be even greater if you bat for 25 overs instead of just seven, eight, or nine overs," Gavaskar said.

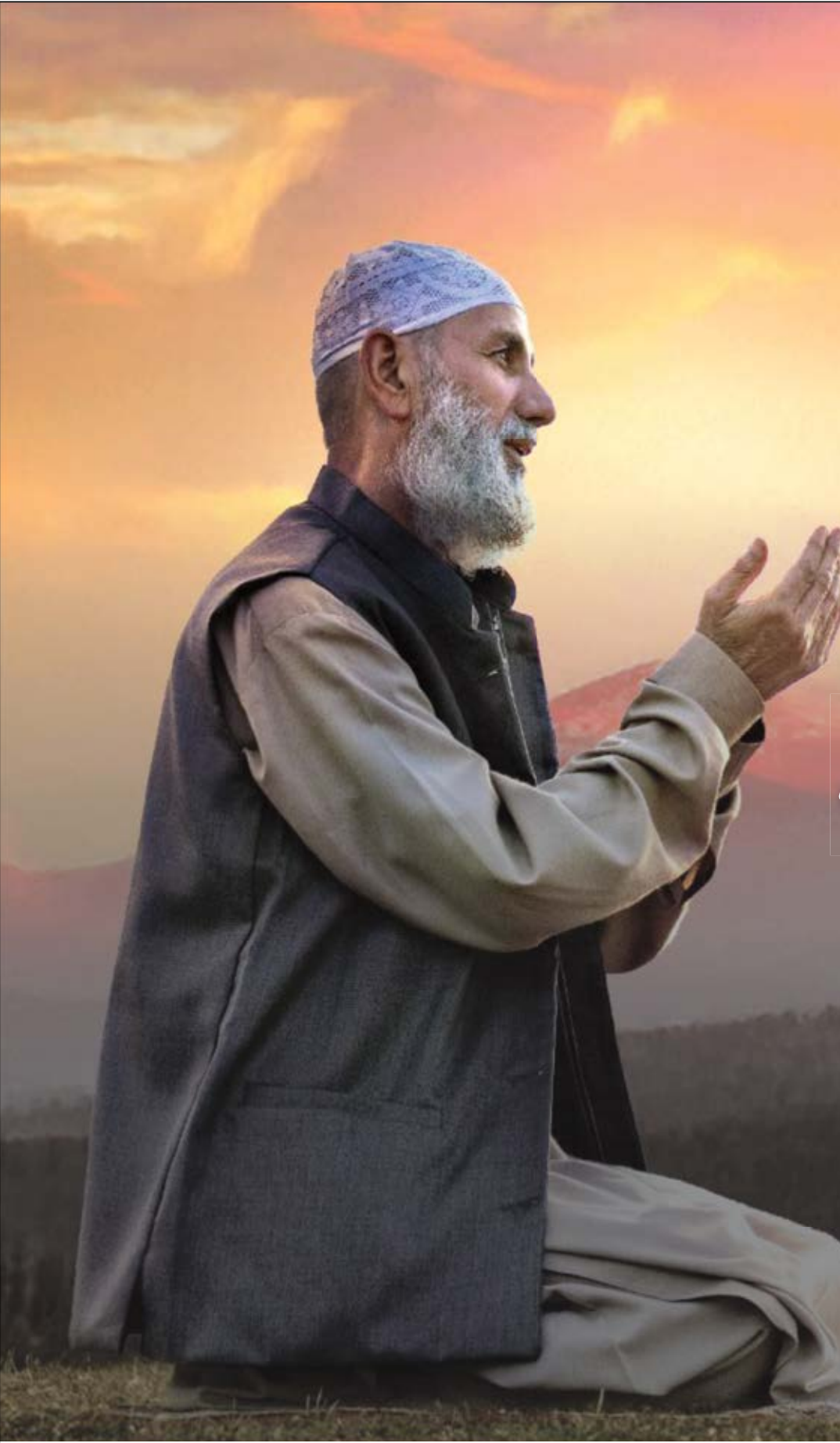
Nasser Hussain backs NZ


India and New Zealand will face off again in the Champions Trophy final on Sunday, having played the final group A game in Dubai.

Former England captain Nasser Hussain has backed New Zealand to win, saying the Kiwis have some tough cricketers who won't choke under pressure.

"They will not bottle it, they won't choke. We were having dinner with [former Australia batter] Aaron Finch and he summed it up pretty well in saying New Zealand are never a side that beat themselves. And by that, he means that they will rock up, and they will put in a performance," he told Sky Sports.







KHYBER CEMENT

Dil se banao

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دعا وہی جو دل سے نکل آے

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