

Kashmir Convener



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No timeline can be fixed for AFSPA revocation from J&K: Army Chief

KC News Network

NEW DELHI: Stating that the Armed Forces Special Powers Act (AFSPA) would continue to remain in force in Jammu and Kashmir till the situation improves, Army Chief General Upendra Dwivedi on Saturday said no timeline can be fixed for its revocation.

Speaking at a national television conclave, the Army Chief, according to the news agency—Kashmir News Observer (KNO) said, "The act (AFSPA) will be withdrawn when the Army is convinced that the local police can manage security without military assistance."

He said that while AFSPA could eventually be lifted, there is no specific



timeframe for its removal. Referring to the areas like Doda,

Rajouri, and Kishtwar where terrorism had been contained to an extent that

tourism initiatives, such as bed-and-breakfast accommodations, were being planned, the Army Chief said, "The Mughal Road was also being considered for significant use. However the recent security concerns have led to the induction of 15,000 additional troops in these areas." He said that the final decision on AFSPA would be collectively taken by the local government, along with the Union Home and Defence Ministries. Asked about discussions between Jammu and Kashmir's leadership,

the armed forces, and the Home Ministry regarding the phased removal of AFSPA, General Dwivedi said,

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PoK residents keen to assimilate into India: Rajnath

KC News Network

NEW DELHI: Defence Minister Rajnath Singh on Saturday said the people of Pakistan-occupied Kashmir (PoK) would themselves demand

He said that Jammu and Kashmir was witnessing a new paradigm of growth under the NDA government and with businesses and growth projects flourishing in the region, it is attracting the attention of not just Pakistan but the whole world.



Rajnath Singh's remarks come close to External Affairs Minister (EAM) S. Jaishankar's statement that the return of the stolen part of Kashmir, which is under the illegal Pakistani occupation, was the final measure to resolve the Kashmir issue. On an earlier occasion, Rajnath Singh said that the Pakistan government calls

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Women endowed with special gift to drive social change: LG Sinha



KC News Network

JAMMU: The Union Territory of Jammu Kashmir today celebrated the International Women's Day. The Lieutenant Governor Manoj Sinha joined the 'Sashakt Nari Samman' event organized by Buddha Art & Painting, in collaboration with Padma Shri Padma Sachdev Government College for Women, Gandhi Nagar.

In his address, the Lieutenant Governor extended his heartiest greetings and felicitations to Nari Shakti on International Women's Day.

"Nari Shakti's impact on shaping the future of humanity is immense. She has been endowed with a special gift from existence to nurture creativity and drive social change," the Lieutenant Governor said.

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"Female leading 296 startups in J&K"

Yogesh

JAMMU: Lieutenant Governor Manoj Sinha on Saturday asserted that under the leadership of Prime Minister Narendra Modi, women empowerment has transformed from a mere slogan into a new revolution.

Extending his greetings and felicitations to Nari Shakti on International Women's Day, LG Sinha while addressing a 'Sashakt Nari Samman' event here, according to the news

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Kashmir received 13 pc of total tourist footfall in J-K from 2021-24

KC News Network

SRINAGAR: Kashmir has received almost 13 percent of the total tourists who visited the Union Territory in the last four years, with the bulk of the share going to the Jammu region, official data suggests.

According to the Economic Survey 2024-25, tabled by the Jammu and Kashmir government in the Legislative Assembly, the union territory received a total of 7,49,70,943 tourists from 2021 to 2024.

This figure includes religious tourists — those visiting the Mata Vaishno Devi Shrine in Jammu and the Amarnath Cave Shrine in Kashmir.

The data suggests that out of the 7.49 crore tourists, 6,49,77,187 visited Jammu, while only 99,93,756 visited the Kashmir Valley, with Jammu receiving a share of 86.66 per cent and Kashmir 13.33 per cent.

In 2021, J-K received a total of 1,13,16,534 tourists. Out of this, Jammu received 1,06,50,757, including domestic, foreign, and religious tourists, while Kashmir



got 6,65,777 visitors.

In 2022, the tourist footfall in J-K was 1,88,84,317, out of which 1,62,10,875 visited Jammu, while Kashmir received 26,73,442.

Similarly, in 2023, out of a total of 2,11,80,011 tourists, 1,80,24,176 visited Jammu and 31,55,835 visited Kashmir.

In 2024, while 2,35,90,081 tourists visited J-K, Jammu received 2,00,91,379, and Kashmir 34,98,702. In 2024, 5,11,922 yatis visited the Amarnath Cave Shrine in Kashmir, while 94,55,605 yatis visited the Mata Vaishno Devi Shrine in Jammu.

While more domestic tourists visited Jammu, Kashmir received

more foreign tourists in the last four years, the survey said.

The number of foreign tourists in J-K has risen manifold in the last four years — from 1,650 in 2021 to 65,452 in 2024.

The Economic Survey stated that the J-K Tourism Department's extensive promotional campaigns, both within and outside J-K, have produced impressive results.

Participation in various national and international events and active digital and social media promotion has significantly increased tourist visits, it said. The 3rd Tourism Working Meeting of the G20,

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J&K's debt soars to Rs 125025 cr

Rs 5429 cr await clearance in treasuries

Convener News Desk

SRINAGAR: The Jammu & Kashmir Government has disclosed that the Union Territory's liabilities have soared to a staggering Rs 125205 crore.

In a written reply to a question of MLA Handwara, Sajad Gani Lone, the minister in-charge of the Finance department, Omar Abdullah, as per the news agency—Kashmir News Observer (KNO), disclosed that the total debt portfolio of J&K, including State Development Loan/Reserve Bank of India loan, negotiated loans, National Saving Small Fund (NSSF), Government of



India Advances, Ways and Means Advance/Overdraft, General Provident Fund (GPF), Reserves and Deposits, UDAY power bonds, stands at a staggering Rs 125205 crore. According to the Finance department's reply, the total outstanding on account of SDL/RBI loans is Rs 69894

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General discussion on Budget resumes in LA

KC News Network

JAMMU: Jammu and Kashmir Legislative Assembly today discussed the budget 2025 presented by Chief Minister, Omar Abdullah, on Friday.

Initiating the budget discussion, Javed Hussain Baig presented a holistic view of the budget saying that it speaks of the futuristic approach of the present dispensation. He said that it is a balanced budget taking care of all sections of the society. He added that the people have huge expectations from the government and all the promises made with them will be fulfilled.

Tariq Hameed Karra, while speaking on the proposed budgetary provisions, said that there is longer positivity in the budget touching all the social sectors. However, he said that the issue of daily wagers, anganwadi workers, filling up of vacant posts, rehabilitation of

>>>SEE ON P-7



CS reviews relief, rehab measures being extended to migrant categories

Assesses disaster management preparedness of J&K admin



KC News Network

JAMMU: Chief Secretary, Atal Dulloo, today held an intensive meeting with the Department of Disaster Management, Relief, Rehabilitation & Reconstruction (DMRR&R) to assess the relief and rehabilitation measures being extended to different migrant categories of J&K besides the status of disaster management preparedness across different districts of the region.

Present in the meeting were Principal Secretary, Home and DMRR&R Departments; Divisional Commissioner, Kashmir/Jammu; Secretary, PWD; CEO, SHA; Relief Commissioner; Chief Engineers of PWD and other concerned officers and officials of the department.

Dulloo enquired about the present status of relief and rehabilitation measures being extended to different migrant categories in the UT. He said that the set timelines

for each of these measures should be met without any fail.

He took note of the location wise status of 6000 transit accommodations being constructed for Kashmiri Pandit (PM Package) employees. He asked about the details of flats constructed, under-construction and those allotted and occupied by these employees. He said that the flats completed in all respects should be allotted forthwith and the allied works like construction of boundary walls, internal roads, approach roads should also be taken up for actual utilisation of these structures. Regarding inclusion of these migrant families under NFSA, the Chief Secretary emphasised on extending allied benefits like old age and widow pensions, marriage assistance, scholarships, Ayushman Bharat Gold Cards to them to clear any doubt in their mind besides enhancing its uptake among others.

>>>SEE ON P-7

Budget Session 2025

Govt taking steps to promote tourism in Karnah : CM Omar

KC News Network

JAMMU: Chief Minister Omar Abdullah today emphasized the government's commitment to empower youth in border areas such as Karnah, Keran, Machhil and Gurez by equipping them with vocational skills to promote tourism-driven economic growth.

He stated that unskilled youth from these regions would be provided training enabling them to acquire skills in trades relevant to the tourism sector.

The Chief Minister, who also holds Tourism Department, stated this while replying to a supplementary question from MLA Karnah, Javid Ahmad Mirchal, regarding the promotion of tourism in border areas like Karnah. The Chief Minister remarked that Karnah has immense tourism potential and stressed the need to explore it further.

"We believe that there is potential for tourism. We need to explore that potential. Recently, festivals were organized in Karnah—the Border Festival and Yoga Festival.

The purpose is to let people outside Jammu and Kashmir know about Karnah's tourism potential and its culture. Because of such initiatives,

in bringing tourists if there is no place to host them," he said, adding, "We do not want to build massive hotels there. If big hotels are built,



we have started to see a gradual increase in tourism. For this reason, local people should benefit from tourism," Chief Minister Omar Abdullah told Legislative Assembly.

The Chief Minister said that the tourism department has started registration of paying guest houses and homestays in the area.

"For now, in Karnah, we have registered six homestays, and five in Teetwal. Now, I request the MLA to help us in this. There is no point

local people will not benefit from them."

"At present we need to focus more on homestays. For this, MLAs should help us and involve local people in this.

In response to another supplementary question from member Nazir Ahmad Khan Gurezi, the Chief Minister informed the House that the government would identify

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Unfair means in public recruitment exam: SC quashes HC order granting bail to 2 accused

NEW DELHI: The Supreme Court has quashed an order granting bail to two persons accused of compromising with the sanctity of a public recruitment exam, saying this possibly affected many others who put in earnest effort in the hope of securing a job.

A bench of Justice Sanjay Karol and Justice Ahsanuddin Amanullah said such acts represented possible chinks in people's faith in public administration and the executive.

"In India, the reality is that



there are far more takers of government jobs than there are jobs available. Be that as it

interview process has only to be filled in accordance thereof," the bench said.

It said absolute scrupulousness in the recruitment process instills and rejuvenates the faith of the public in the fact that those truly deserving of the positions are the ones who have deservedly been appointed to such posts.

The apex court delivered its verdict on the appeals filed by Rajasthan challenging a May last year order of the state's high court.

The high court had granted bail to the two accused in connection with an FIR lodged for alleged offences under various sections of the Indian Penal Code and under the provisions of the Rajasthan Public Examination (Prevention of Unfair Means) Act, 2022.

It was alleged in the FIR that the accused had compromised with the sanctity of the Assistant Engineer Civil (Autonomous Governance Department) Competitive Examination-2022.

Take Parliament into confidence: Cong to PM on Trump's India cutting trade tariff claim

NEW DELHI,: The Congress on Saturday asked Prime Minister Narendra Modi to take Parliament into confidence on US President Donald Trump's claims that India has agreed to cut its tariffs.



The opposition party's general secretary, communications, Jairam Ramesh asked whether the interests of Indian farmers and manufacturers are being compromised.

"Commerce Minister Piyush Goyal is in Washington DC to talk trade with the Americans. Meanwhile, President Trump says this....," he said in a post on X, tagging a video of the US president speaking on trade tariffs.

US President Donald Trump said India has agreed to cut its tariffs "way down" as he reiterated his claim that the country charges America massive tariffs that make it difficult to sell products there.

Ramesh said, "What has the Modi Government agreed to? Are the interests of Indian farmers and of Indian manufacturing being compromised? The PM must take Parliament into confidence when it resumes on March 10." Both houses of Parliament will meet on Monday as the second part of the budget session resumes.

ED seizes business jet at Hyderabad airport in money laundering case

HYDERABAD: The Enforcement Directorate has seized a business jet parked at the Hyderabad airport as part of a money laundering investigation against a Hyderabad-based company and its promoters who allegedly duped numerous investors in a Rs 850 crore Ponzi "scam", official sources said on Saturday.

The money laundering case stems from a Cyberabad police FIR against Falcon Group (Capital Protection Force Pvt. Ltd.), its CMD Amar Deep Kumar and some others, the sources said.

It is alleged that the Falcon Group "collected" Rs 1,700 crore from investors for high returns through a "fraudulent" invoice discounting investment scheme.

Rs 850 crore, out of the total funds, was re-paid leaving a total of 6,979 investors unpaid, according to the sources.

Kumar, the sources said, fled the country using this jet.

He or his company could not be contacted immediately for a response on the charges.

Officials from the ED's Hyderabad office found that the 8-seater business jet 'N935H Hawker 800A' (owned by a company of Kumar) landed at the Rajiv Gandhi International airport located in the Shamshabad area on Friday, the sources told PTL.

A search of the jet, purchased for about USD 1.6 million (about Rs 14 crore) in 2024, was conducted by ED officials on Friday under the Prevention of Money Laundering Act (PMLA) and they also recorded the statement of the crew and some "close associates" of Kumar present there, the sources said.

The business plane, owned by Kumar's private charter company named Prestige Jets Inc, was seized after the search, they said.

Government of Jammu & Kashmir (UT)

OFFICE OF THE EXECUTIVE ENGINEER

Machinery Division Kashmir, Mechanical & Hospital Engineering Department, Kashmir.

Fax No: 0194-2497093 / email: xenmids@gmail.com / website: www.medkashmir.org

Corrigendum 03 For Amendment.

Name of work :- SITC of Horizontal Multistage Pumping Unit, along with allied works for Bore well no 52, 94 and 110 under National Mission on Saffron

Reference:- This office e-NIT No: - MDSK/TS/2024-25/101 Date:20-02-2025

(Tender ID: 2024_PWDJK_272903_1)

In view of the representation of the firm and for wider participation, the following amendment is made :-

Clause as per e-NIT	Description as per NIT	Amended to
Annexure A Clause 3(a)	70% of the allotted cost shall be paid to firm on pro-rata basis upon receipt of material & furnishing of TPI report in case of pumps & upon verification by the AEE concerned	70% of the allotted cost shall be paid to firm on pro-rata basis upon receipt of material & furnishing of manufacture's test certificates of pumps.
Annexure A Clause 23(b)	The firm shall get the materials supplied by them inspected through some third-party agency M/S RITES M/S CEIL New Delhi and the charges on account of testing shall be borne by the firm.	The material shall be inspected by the Departmental inspection committee, before installation at the site/before making any payment.
Annexure B Technical Specifications	Impeller material:- Bronze/Cast steel	Impeller material: - Cast iron
Estimated Cost	Rs 12,77,340.00	Rs 12,41,340.00
EMD	Rs 25,546.00	Rs 24,800.00

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

No: MDSK/TS/ 6599-6603

Date: 07-03-2025.

Sd/-Executive Engineer

Machinery Division Kashmir

DIPK-12814/24

Government of Jammu & Kashmir (U T)

OFFICE OF THE EXECUTIVE ENGINEER

Machinery Division Kashmir, Mechanical & Hospital Engineering Department, Kashmir.

Fax No: 0194-2497093 email: xenmids@gmail.com website: www.medkashmir.org

Corrigendum 02 For Date Extension & Amendment

Name of work:- SITC of Horizontal Multistage Pumping Unit, along with allied works for Bore well no52, 94and110 under National Mission on Saffron

Reference: This office e-NIT No: - MDSK/TS /2024-25/101 Date:20-02-2025

(Tender ID: 2024_PWDJK_272903_1)

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

S.No	Description	Previous Dates	Extended Dates
01.	Last date of downloading/ submission of bids	06-03-2025 upto 18:55	14-03-2025 upto18:55PM
02.	Date of opening of bids online	07-03-2025 at 02:00PM	15-03-2025 at 02:00PM

No: MDSK/TS/ 6584-88

Date: 07-03-2025.

Sd/ Executive Engineer

Machinery Division, Kashmir

DIPK-12812/24

Need to filter out those Congress leaders who work for BJP, says Rahul

AHMEDABAD: Congress leader Rahul Gandhi on Saturday said there was a need to filter out workers and leaders from his party who were working for the BJP.



Addressing party workers on the second day of his two-day Gujarat visit, Gandhi said people of the state will not vote for his party till it fulfils its responsibilities.

People of Gujarat were screaming for a new vision because the vision they were shown in more than three decades of the BJP rule had failed, he said.

The Leader of Opposition in the Lok Sabha said the state can't see the way ahead, and the Congress is unable to show it the way.

Electronics manufacturing key priority for PM Modi: Union Minister Ashwini Vaishnaw

HYDERABAD: Prime Minister Narendra Modi has placed a strong emphasis on electronics manufacturing, with the Centre supporting three electronics manufacturing clusters in Telangana, Union Minister for Electronics and IT, and Railways, Ashwini Vaishnaw, said on Saturday.

Vaishnaw arrived in Telangana to visit a cluster at Diviti-palli in Mahabubnagar district.

"This facility will primarily focus on battery packs, cell manufacturing and lithium batteries, which are crucial for the rapidly growing electric vehicle industry in our country," he told reporters at the RGI airport.

The Centre in collaboration with the state government is supporting the project, with the Centre providing funds for infrastructure, he added.

electricdivisionrnb@gmail.com

Government of Jammu & Kashmir

Office Of The Executive Engineer (R&B) Electric Division

Kashmir, Engineering Complex Srinagar Rajbagh.

Near Silk Factory Srinagar-190008.

(Short Term) NOTICE INVITING TENDER

E-NIT No.F2/239/R&B/Electric Division Kashmir of 2024-25 issued under Endorsement

DATED:06-03-2025. No: ERB/11722-30

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

SL No.	Name of Work	E/. Cost (In. Lacs)	Cost of T/Doc. (In Rs.	2% E/Money (In Rs.	Time of Completion (Calendar Days)	Class of Contract	Major Head of Account	Remarks
01	Construction of Additional Accomodation of PHC Wakura by way of raising of 1st floor over existing ground at Wakura B.W.O Electrification of Sub centre at Wakura Ganderbal	Rs. 10.11/ = Lacs	Rs. 600/=	Rs. 20,215/=	20 Days	AAW" Class Electric al	(Health Sector) District Capex Budget	Revised Accord of Administrative Approval accorded by District Development commissioner Ganderbal vide order No.31 DDCG of 2025 Dated:-21-02-2025
02	Construction of Additional Accomodatin of PHC Bahwina by way of Raising of 1st floor over existing ground floor (Electric work)	Rs. 8.85/ = Lacs	Rs. 8.85/ = Lacs	Rs. 17705/=	20 Days	AAW" Class Electric al	(Health Sector) District Capex Budg	Revised Accord of Administrative Approval accorded by District Development commissioner Ganderbal vide order No.31 DDCG of 2025 Dated:-21-02-2025

1	Date of Issue of Tender Notice	06-03-2025
2	Period of downloading of bidding documents	06-03-2025 from 02.00 PM
3	Bid submission Start Date	06-03-2025 from 02.00 PM
4	Bid Submission End Date	12-03-2025 upto 12.00 PM
5	Date & time of opening of Technical Bids (Online)	12-03-2025 at 02:00 PM in the office of Executive Engineer R&B Electric Division Kashmir, Engineering Complex Srinagar Rajbagh
6	Date & time of opening of Financial Bids (Online)	To be notified after technical bid evaluation is completed.

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

Note:- The Bidders are advised to read all conditions laid down in the E-NIT carefully before uploading soft's copy.

As per Circular issued by the Government of Jammu and Kashmir Civil Secretariat Finance departmen t vide No. OM No. A/24(2017)-651 dtd.07-06-2018 which reads as under:-

Furnishing of Hard Copies of bids immediately after submission of e-tenders is dispensed with. The same should be obtained only from the Bidder who's declared 1st Lowest (L-1) after opening of financial bids.

The Cost of tender document should be collected by introducing Treasury Challan (Receipt).

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

1.2. The bidder who so ever participate the e-tenders floated by this office will submit Additional Performance security in shape of CDR/FDR/BG in case the bidder has Submitted the below Percentage Bid against the Advertised Cost for the work as per below mentioned percentage Breakup in order to avoid unbalancing of e-tender and shall be released after 70% completion of work:

S. No.	% age of Unbalanced bid Viz-a-viz advertised cost on account of Low Rate.	Additional Performancesecurity to be Deposited on quoted bid by L1
1	Upto and including 15%	NIL
2	Greater than 15% upto& including 20%	5%
3	Greater than 20% upto& including 25%	10%
4	Greater than 25% upto& including 30%	15%
5.	Greater than 30% below	20%

The date and time of opening of Bids shall be notified on Web Site www.jktenders.gov.in and conveyed to the bidders automatically through an e-mail message on their e-mail address. The bids of Responsive bidders shall be opened online on same Web Site in the Office of the Executive Engineer R&B Electric Division Kashmir, Srinagar (Tender receiving authority)

2. The bids for the work shall remain valid for a period of 120 days from the date of opening of bids.

3. The Employer reserves the right to invite fresh tender without any Prior Notice to the Bidders.

4. The earnest money (EMD) shall be released in favour of unsuccessful bidders only after submission of Treasury Challan.

5. The earnest money may be forfeited if:-

No.ERB/11722-30

DATED:-08-03-2025

Sd/=Executive Engineer,

(R&B) Electric Division Kashmir

Engineering Complex Srinagar Rajbagh

DIPK-12771/24

SHER-E-KASHMIR UNIVERSITY OF AGRICULTURAL SCIENCES & TECHNOLOGY OF KASHMIR

Estates Wing, Main Campus Shalimar – 190 025

Notice Inviting e-Tender

E-NIT No. (95) of 2024-25 Dated: 07.03.2025

For and on behalf of Vice-Chancellor, SKUAST(K), e-tenders (single-cover system) are invited on percentage basis from approved and eligible Civil Contractors whose cards are valid up to 31-03-2025 registered with State PWD, CPWD, Railways and other State/Central Govt. departments for the following work:-

S.No	Name of the work	Estimated Cost (in lacs)	Earnest Money (in Rs.)	Class of Contractor	Cost of T/Doc	Time of completion
1.	Repair/ Renovation of "Seed Processing Unit" at MRCFC, Khudwani, SKUAST-K (HADP).	7.12	14,240	C & D Class	200/-	30 Days

a) Position of AAA: Accorded

b) Position of T.S : Sanctioned

c) Position of funds: Available

1. The Bidding document consisting of qualifying information, eligibility criteria, specifications, set of terms and conditions and other details can be downloaded from the departmental website www.jktenders.gov.in as per following schedule:-

1.	Date of issue of Tender Notice	07.03.2025
2.	Date of start of downloading	07.03.2025
3.	Pre-bid meeting date	NA
4.	Bid submission start Date	07.03.2025
5.	Bid submission end date	15.03.2025 (18.00 PM)
6.	Date & Time of opening of Technical bid (online)	17.03.2025 (11.30AM)
7.	Date of opening of Financial bid of qualifying bidders (online)	18.03.2025

Further information can be had from the office of the undersigned.

No. Au/Estates/e-NIT(95)/1047

Dated: 08.03.2025

Sd/-Executive Engineer

SKUAST-Kashmir

DIPK-NB-3698/24

Government of Jammu & Kashmir

DIRECTORATE OF HEALTH SERVICES, KASHMIR

Office of the Deputy Director (HQ), I/C SHTO Bemina, Srinagar.

Gist of Short Term Notice Inviting e-Tenders

NIT No. DD/SHTO/R&M/eNIT/2024-25/02;

Dated: 06.03.2025

Tender ID: 2025_HME_273823_1

Tender Reference No: 02_SHTO_2024_25

For and on behalf of the Lt. Governor, UT of J&K, e-tenders are invited from Govt. Registered Dealers/ Authorized Dealers or Service Stations of M/s Tata Motors Ltd./M/s Force Motors Ltd. / M/s Maruti Suzuki India Ltd. the below mentioned jobs in single cover system:-

S. No.	Name of Work	E/Cost (In lakhs of INR)	Cost of T/ Doc (In INR)	E/Money (In INR)
1	General Overhauling and repair and maintenance works of several ambulances (see Annexure C of the eNIT) of Force Motors, Tata Motors, and Maruti Suzuki make vehicles of Directorate of Health Services, Kashmir.	8.04	1000/-	16,000/- (see Annexure F of the eNIT for details)

1. The Tender document consisting of qualifying information, eligibility criteria, specifications, bill of quantities (B.O.Q), set of terms and conditions of contract and other details can be seen/downloaded from the Govt. website www.jktenders.gov.in from 07.03.2025 (10:00AM)

2. The bidders shall deposit their bids in electronic format on the above website from 07.03.2025 (10:00AM) to 12.03.2025 (11:00AM).

3. The bid uploaded on the Web Site up to due date and time will be opened online on 12.03.2025 (03:00PM) in the Office of the Dy. Director (HQ), I/C SHTO, Bemina Srinagar.

No: DD/SHTO/R&M/02/728-29

Dated: 08.03.2025

Sd/-Deputy Director (HQ)

I/C SHTO, Bemina, Srinagar.

DIPK-12789/24

Bandipora Celebrates International Women's Day with Mega Awareness and Felicitation Programme

Bandipora: SANKALP HEW Mission Shakti Bandipora in collaboration with District Administration, ICDS, NRLM and Youth Services and Sports Department on Saturday organised a Mega Awareness and Felicitation Programme to celebrate International Women's Day.

The programme held in Auditorium Hall N.M Higher Secondary School Bandipora brought together key stakeholders to honour women achievers and promote awareness of various women-centric initiatives.

The programme presided over by ADC Bandipora Zaffar Husson Shawl along with District Programme Officer ICDS Yaar Ali Khan commenced with an empowerment pledge, reaffirming collective commitment to women's rights and gender equality.

In her welcome address, District Coordinator SANKALP HEW Mission Shakti, Tahira Tabasum emphasized the role of Mission Shakti in fostering women's empowerment and the importance of multi-sectoral support.

She also presented an overview of mission shakti services and support available to women.

Speaking on the occasion, ADC Zaffar Husson Shawl highlighted the role of women, unwavering support and contribution of women in the progress of men besides highlighted resilience, achievements, and contributions of women towards society.

He commended the efforts of Mission Shakti in creating opportunities for women in various sectors and stressed the need for continuous support and awareness initiatives.

Farah Deeba, a teacher at GMS Sonerwani while deliberating on the 2025 theme of women's day , spoke about the need of promoting gender equity to accelerate the action. She stressed on being fair with women and men to find a way to ensure that women and men have an equal chance to thrive in a just society.

The programme featured speeches by officials from HUB, ICDS, ARSH (Health Department), RSETI, and NRLM, highlighting government schemes, skill development programmes, and women's safety measures.

Adding to the vibrance of the event, a Nukkad Natak (street play) was performed by students of Army Goodwill School, spreading awareness on

gender equality, while cultural performances by ICDS and Education Department teams highlighted the spirit of women empowerment.

On the occasion, women entrepreneurs from NRLM shared their inspiring success stories, motivating others to pursue self-reliance.

Further to honour excellence and inspire others, a felicitation ceremony was also held to felicitate Winners of the Kickboxing & Poster Making competitions, Tribal NEET qualifiers and toppers of 10th, 11th, 12th, and NEET qualifiers, Skilled trainees from RSETI & ITI, and women achievers.

The programme concluded with a vote of thanks by DPO ICDS Yaar Ali Khan who expressed gratitude to all departments, participants, and stakeholders for their support in making the programme a success.

A medical health camp offering health check-ups was also organized outside the venue, providing free medical consultations and screenings to women.

Among others the programme was attended by DIO Aadil Manzoor, ICDS Workers, and a large gathering of female students.

First National Lok Adalat Held in Bandipora, 78 Cases Settled

BANDIPORA: The first National Lok Adalat of 2025 was held in Bandipora, marking a significant step towards providing accessible and efficient justice. Organized under the aegis of the J&K Legal Services Authority, the event brought together judges, legal professionals, and community members to resolve pending cases amicably.

The Lok Adalat at District Court Bandipora was conducted under the supervision of Chairman District Legal Services Authority (DLSA) and Principal District & Sessions Judge, Khalil Ahmad Choudhary. Five benches were constituted, each comprising presiding officers and members to facilitate settlements.

The first bench was presided over by Khalil Ahmad Choudhary, with Advocate Shafeeq Ahmad Bhat as a member. The second bench was led by Additional District Judge Susheel Singh, assisted by Amandeep Singh (Munsiff)/JMIC/Chairman TLSC Bandipora). The third bench was headed by Munsiff/JMIC Sumbal Rahila Rashid, with Advocate Ghulam Mohammad Bhat as a member. The fourth bench, presided over by Munsiff/JMIC Gurez Mehak Mehboob, had Advocate Javaid Iqbal Lone as a member. The fifth bench was chaired by Assistant Labour Commissioner Rabia Mir, with Labour Inspector Abid Naik assisting.

Various cases, including bank recovery disputes, criminal compoundable cases, labour disputes, revenue cases, money suits, cheque bounce cases under Section 138 of the NI Act, MACT cases, matrimonial disputes, traffic challans, BSNL cases, and other civil matters, were taken up during the Lok Adalat.

Out of the 291 cases listed, 78 were successfully settled, with a total amount of Rs. 25,21,015 awarded to the aggrieved parties.

Officials said the initiative aimed at providing speedy justice and reducing the burden on courts, reinforcing the commitment to alternative dispute resolution mechanisms in Jammu and Kashmir.



Int'l Women's Day : GDC Sumbal Discuss Challenges, Achievements of Women

BANDIPORA: Women's Development cell in collaboration with the National Social Service, Government Degree College Sumbal on Saturday organised an inspiring and insightful programme to mark the celebration of international women's Day.

The programme presided over by Deputy commissioner Bandipora Manzoor Ahmad Qadri

equality.

He highlighted Government initiatives in STEM fields designed to empower women, promote education and innovation and bridge the gap in these critical sectors.

He emphasized continued support to initiatives that empower women, provide equal opportunities, and eliminate the barriers that hinder their progress.



Addressing the participants, Nighat Aman, SSP, JK Police, spoke about the importance of self-realization among women, pointing out that gender inequality is deeply rooted within family structures and must be addressed from the grass-roots level.

Entrepreneur Najamul Sehar Mufti underscored the vital contributions of women, from homemakers to professionals, across different walks of life.

The programme featured insightful discussions from various speakers who shed light on the challenges women face daily, including

the dowry system, gender-based violence, and cyber exploitation.

They also elaborated on strategies, legislative measures, and policies aimed at amplifying women's voices and overcoming these challenges.

On the occasion a felicitation ceremony was held to honour guests, dignitaries, and outstanding female students excelling in sports, cultural activities, and academics.

Dr. Shafia, a faculty member, was recognized for her significant contributions to the college's development.

Additionally, female local fund workers were appreciated for their unwavering commitment.

The celebrations were further enriched by cultural performances from Govt. Girls Higher Secondary School students, featuring traditional dance and music, which added vibrancy to the event while showcasing Kashmir's rich cultural heritage.

The program concluded with a Vote of Thanks delivered by Dr. Shumaila Nazir, who expressed gratitude to guests, faculty members, students, and participants from various departments.

He further pointed out that the transfer of teachers to schools facing an acute shortage of staff has also been hampered due to their BLO assignments, creating an administrative deadlock and preventing an equitable distribution of teachers where they are most needed.

KTF Bandipora Demands Immediate Replacement of Teachers Assigned as BLOs

BANDIPORA: The Jammu & Kashmir Teachers Forum (JKTF), Bandipora, has raised concerns over the deployment of teachers as Booth Level Officers (BLOs), citing its adverse impact on the functioning of schools in the district.

According to JKTF Chief Spokesperson Anjum Nisar, dozens of teachers across Bandipora are currently engaged in BLO duties, leaving schools understaffed and disrupting academic activities. "Schools with only two teachers are facing severe challenges, as one is often occupied with election-related tasks, placing an excessive burden on the remaining teacher".

Anjum Nisar said the forum has urged the Election Commission of Jammu & Kashmir and the District Election Officer to immediately replace teachers serving as BLOs with non-teaching personnel or other suitable alternatives. He stressed that a teacher's primary responsibility is education, and their prolonged engagement in non-teaching assignments is detrimental to students' learning outcomes.

He called for urgent action to relieve teachers from these duties to ensure that schools function smoothly and students' education remains uninterrupted.



SAKHI OSC Bandipora Featured in Special Women's Day Edition 'Sakhi Shines'

BANDIPORA: SAKHI One Stop Centre (OSC) Bandipora has earned national recognition by being featured as the cover story in the Women's Day Special Edition of SAKHI Shines, a publication by



Pune-based Kashmiri Puravasi Publication (KPP).

The feature highlights the leadership of Centre Administrator of SAKHI OSC Bandipora Ishrat Ayoub for her dedication to women's empowerment and rights. Under her leadership, the centre has provided crucial support to survivors of violence, transforming countless lives.

The magazine hails the centre as a "Model of Support for Women", emphasizing its role in offering protection, legal aid, and rehabilitation services.

"The recognition belongs to every woman who dared to speak up and every team member who turned challenges into opportunities," Ms. Ayoub

stated in an interview. She also credited the J&K Students Welfare Mission (JKSWM) for its role in managing the centre efficiently, as well as the District Administration, Police, and Judiciary for their support in addressing women's issues.

Adding to the achievements, Shahida Bashir, In-charge IT and a well-known women's rights activist, was honored with the Naari Ratna Samman Award 2025 for her outstanding contributions to women's welfare. "Empowerment begins when a woman realizes her voice matters. SAKHI is that catalyst," she remarked.

Operating under the chairmanship of Deputy Commissioner Bandipora, Manzoor Ahmad Qadri and the supervision of the District Social Welfare Officer Bandipora, SAKHI OSC Bandipora has played a pivotal role in addressing domestic violence and gender-based issues.

With 605 registered cases of domestic violence, 506 successfully resolved, and over 500 awareness programs and workshops conducted, the centre has emerged as a beacon of hope. Its impact has previously been recognized with the UT-Level Best Performing OSC Award in 2022 and a ranking among India's top 115 OSCs by the World Health Organization.

This latest national recognition on International Women's Day 2025 stands as a testament to the power of commitment, resilience, and collective action in advancing women's rights. As SAKHI Shines stated, "Bandipora's beacon burns bright—proof that even in the darkest storms, hope, when nurtured collectively, becomes an unstoppable force."

Brigadier DN Pandey Reviews NCC Activities at Shri Chhote Shah College Mendhar

POONCH: Brigadier DN Pandey, Group Commander of the NCC Jammu Group, paid a visit to Shri Chhote Shah Government Degree College in Mendhar, a border town in Poonch District, to inspect and review the ongoing NCC activities.

He was accompanied by the Commanding Officer, PI Staff, and the Girl Cadet Instructor (GCI) of the 5 J&K Battalion NCC.

Upon his arrival, Brigadier Pandey was accorded a Guard of Honour by the smartly turned-out NCC cadets of the college. He was warmly welcomed by the Principal, Dr. Mohd Azam, ANO Third Officer Dr. Liyaqut Ali, Caretaker Dr. Rehfit Naz Kouser, faculty members, and the entire NCC cadet contingent of the college. Additionally, ANOs and NCC cadets from nearby schools were present, showcasing unity and collective spirit.

During his motivating address to the NCC cadets, Brigadier Pandey commended the high morale, discipline, and dedication of the young boys and girls. He emphasized that being part of the NCC offers a wide range of activities that help in shaping their lives, moulding them into responsible citizens, and preparing them to be the torchbearers of the nation's progress.

Brigadier Pandey further praised the efforts of the college and the NCC Battalion in advancing the educational and social development of the region. He also acknowledged the positive influence the NCC program has in the lives of students, particularly those from remote border areas, and reiterated the importance of embracing education and development for a better future.

Highlighting the need for further support, the

Principal of the college, Dr. Mohd Azam, requested assistance from the NCC Organisation in the construction and establishment of an Obstacle Course within the college campus. This facility would enhance



the physical fitness and skills of the NCC cadets, enabling them to excel in the Thal Sena Camp in New Delhi as part of the Jammu and Kashmir and Ladakh NCC Directorate Team, while also providing a foundation for future career opportunities in the armed forces.

In response, Brigadier Pandey assured the Principal and staff that the request would be addressed in the near future, further boosting the college's commitment to the development of its NCC cadets. He expressed his happiness in seeing the enthusiasm of young students from remote border towns who are embracing education and contributing to the nation's growth.

The visit underscored the continued progress of the NCC activities at Shri Chhote Shah Government Degree College and the ongoing efforts to empower youth in the border region of Jammu & Kashmir.

Tourism assets at Watlab Sopore not defunct: Minister

WARIS FAYAZ

JAMMU: The Jammu and Kashmir Government on Saturday said that the tourism assets at Watlab in North Kashmir's Sopore area are not defunct and concrete steps are being taken to boost tourism infrastructure there.

Responding to a query raised by MLA Irshad Rasool Kar, the Minister In-charge Tourism Department, as per the news agency—Kashmir News Observer (KNO) said that the government has projected the upgradation work under the Capex Budget for 2024-25 — upgradation of assets (Cafeteria, 6 Double Room Huts with Kitchen, Meeting Hall, 5-Bedroom Guest House, etc.) at Watlab, Sopore.

He said that the department has already prepared a Detailed Project Report (DPR) for carrying out repairs and upgradation, including fixing sanitary fittings, restoring the drainage system, painting, and other allied works.

The estimation project cost is Rs 48.82 lakh, while approved allocation Rs 10.00 lakh, however, Rs 8.00 lakh stand released so far, he said.

The Minister clarified that the tourist infrastructure at Watlab, Sopore is not defunct but requires renovation and upgradation to enhance visitor experience.

The Minister further stated that the Tourism Department is committed to enhancing tourism potential in Sopore by promoting Watlab and other nearby destinations through sustainable tourism campaigns and including these locations in tourism promotional literature and materials—(KNO)

Sainik School Nagrota Celebrates International Women's Day with Enthusiasm

NAGROTA: Sainik School Nagrota marked International Women's Day with great enthusiasm, reaffirming its commitment to gender equality and empowering young girls for leadership roles, especially in the Armed Forces.

An official Spokesperson said the event witnessed the participation of 43 girl cadets along with lady teachers from Sainik School Nagrota and Chinar Primary School.

The celebration began with an introduction to the significance of International Women's Day, followed by speeches from Cadet Nivriti Namyand Cadet Rashi Yadav, who highlighted the milestones achieved by women globally and the challenges ahead in ensuring gender equality. "Their words resonated with the young girl cadets aspiring to serve in the Indian Armed Forces".

Capt (IN) Shibu Devasia, Principal of Sainik School Nagrota, delivered an insightful address on the historical significance of International Women's Day, its global recognition, and the role of women in shaping the future. He commended the determination of the girl cadets, calling them the torchbearers of the institution.

Spokesperson further stated a cake-cutting ceremony was also held that symbolized the collective celebration of womanhood, followed by a group photograph and an informal interaction over high tea. "The event underscored the school's progressive approach in fostering future leaders, reinforcing its dedication to gender inclusivity and excellence in service to the nation".



The Quran’s Infinite Dimensions: Interpreting Divine Wisdom Through Shifting Lenses



Shabeer Ahmad Lone

"And We sent down to you the Book as clarification for all things and as guidance and mercy and good tidings." (Surah An-Nahl, 16:89)

"He it is who has sent down to you the Book; in it are verses that are precise-they are the foundation of the Book- and others ambiguous. As for those in whose hearts is deviation, they will follow that of it which is ambiguous, seeking discord and seeking an interpretation. But no one knows its true interpretation except Allah. And those firm in knowledge say, 'We believe in it; all of it is from our Lord.' And no one will be reminded except those of understanding." (Surah Aal-e-Imran, 3:7)

The Quran, with its boundless layers of wisdom, transcends the limitations of time and space, offering not just intellectual, spiritual, moral and practical guidance but a profound spectrum of legacy that has the power to illuminate the human mind, heart, intellect, soul and spirit and challenge the very fabric of human understanding with boundless enlightenment, wisdom and awe. It is not a static text confined to a single historical moment, but a dynamic and ever-evolving message that speaks to the perennial questions of existence, ethics, and the divine. Its verses, intricately woven with metaphors, paradoxes, and divine wisdom, invite humanity into a dialogue that spans not just across cultures and eras but also within the individual consciousness. The Quran's transcendence is realized in its extraordinary capacity to offer both an inward journey of self-discovery and an outward journey of social and cosmic harmony. It challenges us to confront the deepest questions of our existence while offering profound clarity on issues such as justice, governance, gender, morality and spirituality. The multiplicity of interpretive traditions surrounding the Quran, from classical tafsir to modern reformist and feminist exegesis, reveals its timeless relevance, showing how its wisdom can be adapted to the changing needs of society, politics, economics and global challenges. At its core, the Quran represents the ultimate convergence of the spiritual and the intellectual, offering a pathway that is at once timeless and ever-relevant, inviting humanity to seek truth not only in the text but within themselves, and in their relationship with the divine and with one another. From the earliest transmitted interpretations to the gender-sensitive and pluralistic readings of the 21st century, Quranic tafsir reveals a mosaic of approaches that testify to its timeless relevance and universal appeal.

The earliest tafsir emerged in the milieu of the Prophet Muhammad's (pbuh) companions, such as Ibn Abbas, who is often referred to as "Tarjuman al-Quran" (Interpreter of the Quran). This era was characterized by tafsir bi'l-ma'thur, which relied on Prophetic traditions, sayings of the companions, and the occasions of revelation. Such interpretations were deeply contextual, aiming to elucidate verses in light of their immediate historical and linguistic milieu. For instance, the Quranic prohibition against riba (usury) is often contextualized within the exploitative economic practices of pre-Islamic Arabia. Early interpreters emphasized the Quran's ethical stance, portraying these verses as a call for justice and balance rather than merely a legal prohibition. Such insights underscore the Quran's ability to transcend its immediate context, offering universal moral principles.

The classical period of Quranic tafsir, spanning from the 9th to the 13th centuries, represents a zenith of intellectual synthesis. Al-Tabari's monumental Jami' al-Bayan epitomizes this era's reliance on transmitted traditions, offering a meticulous compilation of opinions from the Prophet's (pbuh) companions and successors. In contrast, Fakhr al-Din al-Razi's Mafatih al-Ghayb ventures into rationalist philosophy, astronomy, and metaphysics, reflecting a broader engagement with intellectual currents of his time. A rare insight emerges from Al-Razi's interpretation of Quranic cosmology. For example, his reading of the verse, "And the heavens We constructed with strength, and indeed, We are [its] expander" (51:47), delves into astronomical phenomena, aligning Quranic descriptions with evolving scientific knowledge. Such exegesis showcases the Quran's engagement with reason and its capacity to inspire intellectual exploration beyond its historical confines.

The Sufi tradition brought a transformative lens to Quranic interpretation, emphasizing its esoteric dimensions. Mystical interpreters like Ibn Arabi, Jalal al-Din Rumi and Al-Ghazali viewed the Quran as a living dialogue with divine realities, where the apparent meanings of the verses unveiled profound spiritual truths. Ibn Arabi's interpretation of "And He taught Adam the names-all of them" (2:31) exemplifies the mystical approach. He interpreted the "names" as divine attributes, suggesting that humanity's ultimate purpose lies in reflecting these attributes through spiritual perfection. Rumi, on the other hand, often employed poetry to elucidate Quranic themes. His reflections on the verse "Verily, with hardship comes ease" (94:6) highlight the transformative nature of suffering as a pathway to divine enlightenment. These mystical approaches enrich the Quranic tradition by inviting readers into an intimate relationship with the divine. Al-Ghazali's tafseer Al-Ghazali's most prominent work of tafseer is titled "Al-Mistafa" (). provides a holistic approach to Quranic exegesis, blending intellectual rigor with spiritual insight. His work remains a foundational reference for those seeking to understand the Quran not just as a text but as a living guide to personal and societal transformation. His insights into Quranic interpretation are often interwoven within his broader works on theology, ethics, and mysticism. Al-Ghazali's tafseer, like his other works, focuses on the internal spiritual and philosophical meanings of the Quran rather than providing a detailed, systematic exegesis of the entire text.

The challenges posed by modernity catalyzed a shift in Quranic hermeneutics, with reformist scholars emphasizing the text's dynamic and progressive potential. Muhammad Abduh, Sayyid Qutb, and Fazlur Rahman stand out as key figures in this transformative era. Fazlur Rahman's "double movement" methodology is particularly enlightening. By situating Quranic verses within their historical context and then deriving universal principles, Rahman presented the Quran as both contextually grounded and eternally relevant. His analysis of the verse, "Indeed, Allah commands you to render trusts to whom they are due" (4:58), illustrates the Quran's emphasis on justice and governance, principles that resonate with contemporary notions of ethical accountability. Similarly, Sayyid Qutb's revolutionary exegesis frames the Quran as a guide for societal transformation. His commentary on "Indeed, Allah will

Mystical exegeses highlight the Quran's role as a guide to self-transcendence and divine love. Dynamic Relevance: Reformist readings underscore the Quran's timeless applicability, addressing modern issues like justice and pluralism.

While the works of Persian exegetes share a common goal of elucidating the Quranic text, their methodologies and findings offer distinctive and critical contrasts. For example, while Al-Mizan by Tabatabai is philosophical and intellectual in nature, engaging with Western philosophical thought, Ruh-ul-Ma'ani by Alusi focuses more on reconciling legalistic and mystical interpretations, making it a valuable resource for those seeking balance. Similarly, Baqir's Tafseer-e-Fath stands out for its integration of spiritual, ethical, and legal perspectives, drawing attention to the societal implications of the Quran. In contrast, Nu'mani's

influence of external intellectual traditions on Islamic exegesis. Greek philosophy, Persian mysticism, and Indian metaphysics, among others, have all left their imprints on Quranic interpretation. This synthesis reflects the universality of the Quran and its ability to absorb and transform external knowledge while remaining rooted in its divine essence. It challenges contemporary readers to embrace a broader, more inclusive approach to learning and engagement with the sacred text.

At its core, the comparative study of Quranic tafaseer offers timeless insights into the dynamic relationship between the divine and the human. It affirms that the Quran, as a living text, speaks to every heart and mind, regardless of era or context. Its interpretations, shaped by the diverse intellects and contexts of its interpreters, remind us of the infinite depth and universality



not change the condition of a people until they change what is in themselves" (13:11) underscores the Quran's call for self-reform as a prelude to social change. These reformist readings reflect the Quran's adaptability to modern challenges, portraying it as a source of ethical and spiritual resilience.

Scientific Quranic tafaseer across periods reveal a profound interplay between divine revelation and humanity's understanding of the natural world. Early scholars like Al-Biruni and Ibn Sina integrated Quranic reflections with empirical observation, particularly in cosmology and geography, highlighting a synergy between scripture and science. Later classical works, such as Tafsir al-Jassas and Al-Kashaf, included contemplations on natural phenomena like embryology, astronomy, and hydrology, albeit framed within the context of their era's knowledge systems.

The modern era marked a significant shift as thinkers like Muhammad Abduh and Sayyid Qutb emphasized the Quran's alignment with emerging scientific discoveries, showcasing verses on the cosmos, biological processes, and ecological systems as evidence of divine prescience. For instance, the Quran's references to the origins of the universe (Surah Al-Anbiya, 21:30), its expansion (Surah Adh-Dhariyat, 51:47), and the stages of embryonic development (Surah Al-Mu'minun, 23:12-14) have been interpreted as remarkably consistent with modern scientific understandings.

In contemporary times, scholars like Maurice Bucaille analyzed the Quran through a scientific lens, presenting it as prescient and aligning with advanced knowledge in cosmology, biology, and environmental science. Observations of the water cycle (Surah Az-Zumar, 39:21) and ecological balance (Surah Ar-Rahman, 55:7-8) reflect not only an understanding of natural processes but also ethical imperatives regarding sustainability.

While such interpretations demonstrate the Quran's remarkable relevance across ages, they also raise important questions about the limits of aligning divine wisdom strictly with temporal scientific paradigms, emphasizing the need for a balanced, reflexive approach that honors both the text's spiritual essence and its engagement with human intellect.

The late 20th and early 21st centuries have seen the emergence of tafsir that foregrounds inclusivity, gender justice, and interfaith harmony. Scholars like Amina Wadud and Asma Barlas have challenged patriarchal interpretations of the Quran, highlighting its egalitarian ethos. Wadud's reinterpretation of the verse, "And they [women] have rights similar to those [of men] over them according to what is equitable" (2:228), underscores the Quran's affirmation of gender parity. Such readings not only enrich our understanding of the Quran's ethical framework but also provide a counter-narrative to restrictive interpretations. Pluralistic exegeses, as championed by Farid Esack, emphasize the Quran's recognition of religious diversity. His analysis of "For you is your religion, and for me is my religion" (109:6) highlights the Quran's endorsement of peaceful coexistence, offering a compelling vision of interfaith harmony.

Across these interpretive traditions, several rare findings stand out: The Quran's Linguistic Elasticity: Its unparalleled use of metaphors, such as light (nur) and darkness (zulumat), enables interpretations that resonate across intellectual and emotional domains. Reason and Revelation: The Quran's encouragement of rational inquiry, as exemplified by Al-Razi and reformist scholars, bridges the gap between faith and reason. Spiritual Universality:

Al-Tafseer al-Nu'mani emphasizes esoteric spirituality and the metaphysical aspects of the Quran, offering insights that focus on the personal and mystical connection between the believer and the divine. Collectively, these tafaseer offer profound, rare

Scientific Quranic tafaseer across periods reveal a profound interplay between divine revelation and humanity's understanding of the natural world. Early scholars like Al-Biruni and Ibn Sina integrated Quranic reflections with empirical observation, particularly in cosmology and geography, highlighting a synergy between scripture and science. Later classical works, such as Tafsir al-Jassas and Al-Kashaf, included contemplations on natural phenomena like embryology, astronomy, and hydrology, albeit framed within the context of their era's knowledge systems.

insights into the Quranic text, enriching the intellectual tradition with their unique approaches. Persian tafsir, with its diverse intellectual and spiritual perspectives, represents a critical part of Islamic hermeneutics, offering deep reflections on the divine wisdom embedded in the Quran. These tafaseer remain timeless sources of guidance, illustrating the Quran's relevance across different periods and contexts.

Asian or in the subcontinent, Tafaseer such as Tarjuman al-Quran by Abul Kalam Azad, Taftheemul Quran by Syed Maududi, Tadabarul Quran by Amin Ahsan Islahi, Tazkiratul Quran by Wahiduddin Khan, Bayanul Quran by Ashraf Ali Thanvi, and Ruhul Bayaan by Ismail Dehlavi, present diverse and compelling insights into Quranic interpretation, shaped by the socio-political and intellectual contexts of their times. Azad's tafsir uniquely blends modernity with traditionalism, offering a synthesis of spiritual and political thought, particularly relevant during India's colonial struggle. Maududi's Taftheemul Quran, heavily influenced by his political activism, highlights the Quran's potential to guide the establishment of an Islamic state, offering rare insights into Islamic governance and justice. Islahi's Tadabarul Quran emphasizes internal reflection, presenting the Quran not just as a legal text but as a guide for holistic living, urging readers to adapt its message to modern challenges. In contrast, Wahiduddin Khan's Tazkiratul Quran offers spiritual clarity and simplicity, focusing on the Quran's moral teachings and their practical application in daily life. Thanvi's Bayanul Quran stands out for its balanced approach, advocating moderation and ethics in personal and social matters, while Dehlavi's Ruhul Bayaan emphasizes the Quran's theological depth and internal coherence, making a rare contribution to understanding the Quran's literary and rhetorical excellence.

Comparative and critical study of tafseer also reveals the

of divine wisdom. Tafseer is not merely an academic exercise; it is a spiritual and intellectual journey that connects humanity to its Creator and to one another.

Through the lenses of comparative and critical commentary, the Quran emerges as a timeless and boundless source of enlightenment, capable of addressing the intellectual, spiritual, and practical needs of humanity. The rare and enriching findings from this field challenge us to approach the Quran not as a static text confined to the past but as a living revelation, continually guiding, inspiring, and transforming us across the epochs of history. The insights gleaned from tafaseer encourage humility, openness, and an unyielding commitment to truth, qualities that are as essential for the individual seeker as they are for the collective progress of humanity.

Collectively, these tafaseer provide a profound, dynamic range of insights into the Quranic text, offering not just theological depth but practical, socio-political, and ethical guidance. They reflect the evolving intellectual landscape of the Muslim world, from colonial resistance to modern Islamic activism, spiritual enlightenment, and literary analysis, demonstrating how Quranic exegesis adapts to the needs and contexts of each era while maintaining the timelessness of its message.

The Quran's exegetical tradition is not simply a series of intellectual exercises, but a continuous and dynamic dialogue between the sacred and the human, between divine revelation and the complexity of human experience. This evolving tradition, enriched by centuries of scholarship and contemplation, shows how the Quran speaks not just to the historical and immediate but to the eternal and universal. While early tafsir focused on elucidating the Quran's meanings through the lens of its socio-historical context, modern interpretations broaden this horizon, demonstrating the Quran's profound ability to respond to contemporary concerns while remaining grounded in its spiritual roots. Whether explored through the lens of rational inquiry, mystical reflection, feminist critique, or political activism, the Quran continues to be a source of rare critical insights that challenge and inspire. For instance, contemporary scholars like Amina Wadud and Farid Esack have highlighted how the Quran, when understood through a gender-sensitive and pluralistic lens, calls for a vision of justice and equality that resonates with the deepest moral aspirations of modern society. This capacity for reinterpretation and relevance underscores the Quran's infinite dimensions, showing that it is not simply a repository of ancient wisdom, but a living text that transforms those who engage with it. In this process of interpretation, the Quran teaches us not only about the divine but about the human condition, revealing deep insights into our relationship with the cosmos, our social structures, and our capacity for moral and spiritual growth. The Quran, therefore, is not merely a religious text but a critical framework for understanding humanity's place in the world, offering transformative potential for the individual and society alike. As we continue to engage with its message, we realize that the Quran is an inexhaustible source of wisdom that is, paradoxically, both ancient and eternally new, timeless and deeply responsive to the unfolding needs of the humanity.

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Women empowerment must for creating just, equitable society: Sakeena Itoo

Addresses International Women’s Day celebrations at Jammu

Jammu: Minister for Health and Medical Education, Social Welfare and Education, Sakeena Itoo, today remarked that Women have excelled in every field, performing a crucial role in shaping the society.

The Minister made these remarks while addressing the International Women's Day celebrations at Convention Centre here. This year's theme of International Women's Day, 'Accelerate Action,' calls for rapid advancements in gender equality.

Addressing the large gathering of women achievers and female students, Sakeena Itoo emphasized on the importance of gender equality, women's empowerment and inclusive development for creating a just and equitable society. She called for continued efforts to ensure participation of women in all spheres of life.

“Women are backbone of our society. We must work collectively to create an environment where women feel safe, valued and empowered to achieve their dreams”, she stated.

The Minister applauded the resilience and achievements of women from various walks of life, encouraging them to break barriers and contribute to nation-building. “We need to recognise the strength, resilience and contributions of women in every field, from science and politics to business and arts, civil services to healthcare providers and educationists and reflect on the work that still lies ahead”, Sakeena said.

While speaking on different aspects related to women empowerment, the Minister highlighted that some issues like dowry and drug menace

are prevalent in our society and we need to work collectively to destroy the roots of these evils from our society.

“We all need to remember that the fight for



Kashmir.

She added that marriage assistance to deserving women has also been increased from Rs. 50,000 to Rs. 75,000, besides old age/widow and disability



equality is not just for the women, but for all of us. When women succeed, communities thrive, economies grow and societies become more just”, Sakeena stated.

In her address, the Minister also expressed gratitude to Chief Minister, Omar Abdullah, for announcing several measures for women welfare and empowerment while presenting Budget in the Legislative Assembly. She said that the free travel in government buses for women folk will ensure increase in female literacy rate and add to empowerment of women across Jammu and

pension has also been increased.

Calling out women to aspire big, Sakeena Itoo said that times have changed and women are everywhere and in every field. She asked the women folk to pledge today that they will aspire for big dreams and remain determined to achieve those.

The Minister, on the occasion, also said that it is a proud moment for Jammu and Kashmir, especially women folk that a daughter of soil is Medical Superintendent of AIIMS, New Delhi a prestigious health institution of our country.

In his welcome address, MD Mission Shakti and

Mission Vastalya, Majid Khalil Drabu said that this day is celebrated to honour the incredible achievements of women and acknowledge difficulties faced by them. He said that we as a society have a role to play in creating a world where women have equal opportunities to fulfil their potential and achieve their aspirations and dreams.

A short film on different schemes operated by Social Welfare department regarding empowering women and transforming lives was also showcased on the occasion.

On the occasion, the Minister felicitated several women achievers of J&K like Kailash Mehra, Dr. Milan Sharma, Surinder Kour, Rubeena, Nazia Bibi, Sunita Sharma, Sangeeta Devi, Gurmeet Kour, Kumti Khajuria and Shagun Manchanda. She also felicitated sports achievers like Chavi Sharma, Ria Bhakshi and Jia Manhas on the occasion.

She also distributed tabs among the meritorious girl students. The event also witnessed remarkable performances by Sonali Dogra on Beti Bachao Beti Padoo and other artist group.

On the occasion, some remarkable women achievers of J&K like Indian Para Archer, Sheetal Devi, International Car racer, Humaira Mushtaq and Medical Superintendent of AIIMS New Delhi, Dr. Nirupama Madan gave unique video messages to women folk on how to excel in lives.

Commissioner Secretary, Social Welfare department, Sanjeev Verma; HoDs of Health/Colleges/Social Welfare, senior officers of concerned departments and large number of women achievers and female students were present to mark the International Women's Day celebrations.

International Women’s Day celebrated under the theme ‘Accelerate Action’ at Baramulla



BARAMULLA: International Women's Day was celebrated at Dak Bungalow Baramulla under the theme 'Accelerate Action.'

The event was organized by the Department of Social Welfare and witnessed the participation of senior officials and stakeholders committed to promoting gender equality and women's empowerment.

Deputy Inspector General of Police, North Kashmir Range, Maqsood ul Zaman; Superintendent of Police Sopore, Divya Dev; Additional Deputy Commissioner Baramulla, Dr Zahoor Ahmad Raina; Joint Director Planning Baramulla, Javed Ahmad; President Bar Association Baramulla, Nilofar; District Social Welfare Officer, Sajad Ahmad Bhat and other concerned officers attended the event.

DIG North Kashmir, in his address, highlighted the urgency of advancing gender equality and strengthening women's empowerment across all sectors. He stressed the need to cultivate an environment where women have equal access to opportunities and resources, enabling them to excel and lead.

Acknowledging the significant contributions of women in various fields, the DIG emphasized the importance of education, capacity building, and leadership roles in driving lasting progress. He called for united efforts from all sectors of society to eliminate obstacles and create a culture of fairness, respect and empowerment for women.

Speakers, including SP Sopore, emphasized the need to accelerate efforts toward gender equality and women's empowerment. They highlighted the importance of creating equal opportunities for women in education, employment and leadership roles.

The speakers commended the achievements of women in various fields and stressed the need for collective action to remove barriers and ensure that women have access to the resources and support necessary for their growth and success.

On the occasion, several women achievers were felicitated for their outstanding contributions in various fields. As part of the empowerment initiative, tablets were distributed among meritorious students to support their educational journey and encourage academic excellence. Additionally, educational kits were distributed among achievers to support their continuous learning and skill development.

Furthermore, smartphones were distributed among specially-abled students to enhance their access to educational resources and communication tools, empowering them to overcome barriers and achieve greater independence.

The event featured interactive sessions and discussions on key issues affecting women. The speakers called for strengthening policies and initiatives aimed at enhancing women's participation in decision-making and development processes.

Govt intends to establish Satellite Township to check unplanned urban expansion: J&K Govt

PDP's Para says it fuels fears of demographic engineering

Jammu: Jammu & Kashmir Government on Monday said that it intends to establish satellite township in the Union Territory to check unplanned urban expansion and to meet housing needs of people.

Replying to a question of MLA Pulwama Waheed-Ur-Rehman Para, Chief Minister, who is in charge of Housing and Urban Development Department, according to the news agency—Kashmir News Observer (KNO) said that "Yes the government intends to establish satellite township in J&K. We want to check the unplanned urban expansion and meet housing needs of the people."

The CM said that the Housing Board has identified 1298.28 kanals of land at nine places in J&K for satellite township in J&K.

Of which, 30 kanals have been identified at Padgampura (Pulwama), 200 kanals at Watapora (Bandipora), 85 kanals at Bhalwal (Jammu), 81.48 kanals at Chnagrah (Kathua), 353.35 kanals at Chatterhama (Srinagar), 214 at Bakoor (Ganderbal), 248.65 at Chak Bhalwal (Jammu), 69 kanals at Chowdhai (Jammu) and 16.80 kanals at Kanuyian (Poonch).

Asking supplementary questions, MLA Pulwama Waheed-ur-Rehman Para said that the idea of township is scary and fuels fears of demographic engineering and environmental disasters.

"The government should come clear on the definition of people of Jammu and Kashmir as it is very vague," he said. Para said the government's admission about setting up satellite townships is contrary to the CM's earlier statement that no proposal for satellite townships is under consideration.

DIPR Shopian holds Photo Exhibition on ‘International Women's Day’

SHOPIAN: The Department of Information and Public Relations, Shopian conducted a Photo Exhibition at GDC Shopian on the occasion of International Women's Day.

The exhibition showcased women achievers, their contribution and participation in public services, highlighting various facets of women achievements across fields of public service, elections, participation in development, social welfare, entrepreneurship, community engagement, publicity of Women welfare schemes, among others.

The women achievers in the field of sports, academics, public services, child care, women welfare, business, and other fields were prominently depicted in the photo exhibition.



2400 children in Child Care Institutes in Jammu and Kashmir: Govt ‘69 CCI's sanctioned, 63 established, 6 more being established’

Jahangeer Ganaie

Srinagar: The Jammu and Kashmir government on Saturday said that there are around 2400 children living in Child Care Institutes in the region and that all the requisite interventions are being made for the overall development of these children.

Replying to the question of MLA Pampore Justice Hasnain Masoodi, Minister for Social Welfare Sakina Itoo as per the news agency—Kashmir News Observer (KNO), said that the department is committed for welfare of all the children in need of care and protection and children in conflict with law.

"Mission Vatsalya is monitoring and inspecting the existing CCI's and provides all necessary help and assistance as required as per the guidelines of Mission Vatsalya," she said, adding that there are 1796 children in government run Child Care Institutes while 579 are in eight private institutions.

She added that the number of government

run CCI registered under Juvenile justice act 2015 is 69 while NGO run CCI registered under Juvenile justice act 2015 is 58.



Regarding the steps taken to ensure registration of left out institutions to ensure their compliance with law, she said that notice issued to unregistered CCI's Dealing with children in need of care and Protection, with the direction to register the institutions as per sub-section (1) of section 41 of Juvenile Justice (Care & Protection) Act, 2015.

International Women’s Day: Distt admin Srinagar organizes programme at SP College

DC Srinagar stresses on building a constructive environment that values the Girl Child and stops gender-bias

Felicitates Women Achievers of the District, winners of Essay competition

SRINAGAR: To commemorate the International Women's Day, celebrated on 8th of March every year, an impressive function was today organized by District Administration Srinagar here in the Auditorium of SP College under the theme "For All Women and Girls: Rights, Equality, Empowerment".

Commissioner (DC) Srinagar, Dr. Bilal Mohi-Ud-Din Bhat was the chief guest at the event organized jointly by the District Administration Srinagar and District Social Welfare Office.

During the function, various programmes related to women empowerment were presented, besides women achievers of Srinagar were also felicitated by the District Administration.

Speaking on the occasion, the DC highlighted the significance of International Women's Day and role of Administration and society to raise awareness about women empowerment and to promote gender equality.

He underscored the importance of birth of Girl Child and emphasized end to gender stereotypes to empower Girls and protecting their rights at society and domestic level as well.

He said the day is also observed to address concerns of gender discrimination and

women empowerment.

The DC stressed on building a constructive environment that values the girl child and stop gender-bias, ensuring survival



and protection of the Girl child.

Dr Bilal urged all participants to support the movement for gender equality and women's empowerment by advocating for policies,

Supporting women's businesses and mentoring and educating, challenging gender norms, and speaking out against violence to help the women in distress.

The DC also made a mention of various initiatives towards women emancipation ensuring their empowerment and safe public space all around.

He also referred to various schemes of the Government launched for the welfare of women, especially those from underprivileged sections of the society.

He called for one and

all to contribute in women empowerment for overall prosperity of the society.

Earlier, District Social Welfare Officer, Dr Mukhtar

Ahmad delivered the welcome address wherein he highlighted the importance of the International Women's Day and deliberated upon the theme 'For All Women and Girls: Rights, Equality & Empowerment.'

Later, in a felicitation ceremony, women achievers of the district were felicitated for their outstanding contributions in different walks of life viz. Sports, Academics, Entrepreneurs, Art & Culture and winner of Essay Competition.

Additional Deputy Commissioner, Syed Ahmad Kataria; Principal S.P College, Prof Bashir Ahmad Sheikh; Chief Planning Officer, Fayaz Ahmad Dar, faculty members, students of the College and a large number of participants attended the event.

District Floriculture Office Ganderbal to observe Chinar Plantation Drive-2025

All educational institutions, NGOs, government departments PSUs & general public of Gbl & B'pora invited to take part in this initiative

GANDERBAL: The Department of Floriculture, District Ganderbal, is set to observe Chinar Plantation Drive 2025 on March 15, 2025, as part of its ongoing efforts to promote greenery and environmental conservation.

To facilitate participation, Chinar saplings will be available free of cost at Qamaria Park, Ganderbal, and RKVY Nursery, Manasbal.

The saplings will be provided to interested agencies, individuals, educational institutions, NGOs, government departments, and public sector undertakings (PSUs).

All educational institutions, NGOs, government departments, PSUs, and the general public of District Ganderbal and Bandipora are invited to take part in this initiative by submitting their requisitions



for Chinar saplings to Assistant Floriculture Officer, Ganderbal at RKVY Nursery, Manasbal and Assistant Floriculture Officer, Bandipora at Mini Secretariat, Bandipora.

For further information, interested persons can contact Sheikh Altaf Ahmad, Assistant Floriculture Officer, Ganderbal/Bandipora (7006299365)

Škoda Auto India celebrates Women’s Day with a pan-India drive from Kashmir to Kanyakumari

Srinagar: Škoda Auto India, in partnership with Embark Motorworld, proudly announces The Bold Route Series - a pioneering women-only, self-drive expedition spanning from Kashmir to Kanyakumari.

Designed to inspire adventure, empowerment, and fearless exploration, this exclusive Women's Day drive will bring together over 50 women from diverse backgrounds to drive a convoy of 25 Škoda vehicles traversing 3,700 km across 11 cities, championing road safety, inclusivity, and the spirit of discovery from the north to the southernmost tip of India.

Petr Janeba, Brand Director, Škoda Auto India, shared his thoughts on the initiative: "Exploration and innovation are at the core of Škoda's legacy. As we celebrate 130 years globally and 25 years in India, we are marking this milestone with impactful initiatives that put our customers and fans at the centre of our journey. The 'HerŠkoda Road' drive embodies the vastness, diversity, and vibrancy of India, an ode to its rich culture and heritage. It is inspiring to see Škoda cars leading

this mission of empowerment and adventure. Every woman in this drive will not only embrace the thrill



of exploration but also advocate for road safety and responsible driving in our 5-star safe fleet."

A journey with purpose

This drive is more than an expedition, it's a powerful

statement. Women entrepreneurs, professionals, adventurers, and influencers will come together to break stereotypes, inspire confidence, and redefine the narrative of solo and group travel for women.

As part of the government's Sadak Suraksha Abhiyan 2025 initiative, participants will actively engage in road safety awareness campaigns, interact with local communities, champion sustainability efforts, and celebrate India's diverse cultural fabric. 11 cities, one incredible drive.

Spanning 11 culturally rich cities: Srinagar, Katra, Chandigarh, New Delhi, Gwalior, Jabalpur, Nagpur, Hyderabad, Bengaluru, Madurai and Thiruvananthapuram, each stop on this journey will offer unique experiences, building deeper connections with India's heritage and landscapes.

The expedition will also be meticulously documented, capturing real stories of adventure, camaraderie, and transformation, amplifying the message of empowerment and road safety across digital and traditional media.



8 MISTAKES HEALTHY INDIANS ARE MAKING

Do you eat right, work out, encourage others to do the same? Pat yourself on the back, but you're not out of the woods yet. Cracking down on sugar but ignoring salt There is of course the table salt you use, but more insidious are the hidden sources you may not know about, or choose to ignore — like packaged chips, papad, and ketchup. Cutting all carbs Carbs are a dietary fiber that boost prebiotic growth in the gut. If you're too focused on the weighing scale, you will likely go through periods when you cut all or most carbs, and you think you're getting it right because the numbers on your scale dip. What you aren't seeing is that your gut

health is suffering as a result too. Linking acidity to a particular food Acidity works in mysterious ways, and it's most likely not the samosa or the chai. Think about it... for decades, the foods that now 'give you acidity' did no such thing. Acidity develops over time. So, it's a good idea to ask yourself, what has changed in recent years? Chances are it's stress, smoking, excessive drinking, not enough water, late dinners, erratic sleep patterns, or all of the above. Overdoing it with the fruit Fruit is best absorbed on an empty stomach, in the mornings, or as a snack between meals or before or after a workout. Fruit contains natural sugars, and there is such a thing as too much of that. If you're juicing

your fruit, you're also losing the fiber that could help neutralise some of that sugar. Eat too much whole fruit, and you could end up burdening your digestive system, which means your body wouldn't even be able to properly absorb the nutrition from the fruit. Doing the same exercise every day Your body is smart, and quickly adapts to patterns. And the one thing it's really good at is finding ways to conserve calories. So if you keep lifting the same weights and performing the same exercises, you're not going to get the best results — especially if you're trying to lose weight. If you've done some intensive circuit training today, allow your body to recuperate with a light session of yoga the following day. And

vice versa. Putting cardio over everything else Would you check your car engine regularly and never retread the tyres? Of course not. And that's in a simple car. The body is an extremely complex mechanism, with numerous interlocking and interplaying sub-systems. Don't race in place on the treadmill and ignore weight-training, or core exercises. Don't expect to eat junk every day, go for a run and get away with it. Your fitness regime must be about the body as a whole, with a focus on different workouts designed to suit the different areas that need exercise. And weight-training thrown in for good measure, to help keep your metabolism ticking over nicely.

ELECTRICAL STIMULATION IMPROVES MEMORY: STUDY

WASHINGTON :: A study has recently found that tickling the brain with low-intensity electrical stimulation in a specific area can improve verbal short-term memory. Mayo Clinic researchers found word recall was enhanced with stimulation of the brain's lateral temporal cortex, the regions on the sides of the head by the temples and ears. They also Patients recalled more words from a previously viewed list when low-amplitude electrical stimulation was delivered to the brain. One patient reported that it was easier to picture the words in his mind for remembering. Study author Michal Kucewicz said, "The most exciting finding of this research is that our memory for language information can be improved by directly stimulating this underexplored brain area". Senior author Gregory Worrell said, "While electrical stimulation of the brain is emerging as potential therapy for a wide range of neurological and psychiatric diseases, little is known about its effect on memory". The team focused on four areas of the brain known to support memory for facts and events that can be consciously recalled. The memory testing was done with patients undergoing evaluation for surgery to address seizures. These patients agreed to have their memory investigated using the electrodes implanted in their brains for surgical evaluation. It is common for people with epilepsy to have memory problems because the brain circuits that underlie memory function often are affected by epilepsy. The patients were instructed to read a list of words -- one at a time -- from a computer screen. Electrical stimulation was applied some of this time. The patients then attempted to freely recall the words in any order. Among 22 patients, they found enhanced memory performance in the four patients with stimulation of the lateral temporal cortex but not among those

OVERDOSE OF VITAMIN A MAY UP BONE FRACTURE RISK

Over-supplementing Vitamin A in your diet may decrease bone thickness, leading to weak and fracture-prone bones, a new study claims. Vitamin A found in meat, dairy products and vegetables, is an essential source that is important for growth, vision, immunity and organ function. The findings showed that mice which were given lower doses of Vitamin A, equivalent to 4.5-13 times the recommended daily allowance (RDA) in humans, showed thinning of their bones in just eight days. "Overconsumption of Vitamin A may be an increasing problem as many more people now take

vitamin supplements. Overdose of Vitamin A could be increasing the risk of bone weakening disorders in humans but more studies are needed to investigate this," said Ulf Lerner, Professor from Sahlgrenska Academy at the University of Gothenburg in Sweden. "In the majority of cases, a balanced diet is perfectly sufficient to maintain the body's nutritional needs for Vitamin A," Lerner added. Previous studies on mice have shown that short-term overdosing of Vitamin A, at the equivalent of 13-142 times the RDA in people, results in decreased bone thickness and an increased fracture risk after just one or two weeks. However, these studies were

performed with very high doses of Vitamin A, over a short period of time. "In our study we have shown that much lower concentrations of Vitamin A, a range more relevant for humans, still decreases rodent bone thickness and strength," Lerner noted. Researchers suggested that people should be cautious of over-supplementing Vitamin A in their diets.



GROUP WORKOUTS, A KEY TO FOLLOW FITNESS GOALS

LONDON: People are more likely to stick to their fitness goals if they workout in groups, according to a study published in the International Journal of Technology Assessment in Health Care. The study was published after Anglia Ruskin University conducted a research on 18 physically healthy adults walking in groups and compared them to those who either walk alone or do not walk. The results showed that those who conducted



workout sessions in the group continued with it even after six months. The World Health Organization also recommends that adults must undertake 150 minutes of moderate aerobic physical activity per week. Professor Catherine Meads of Anglia Ruskin University said, "Walking in groups is a safe and inexpensive intervention that can be delivered easily and successfully in the community."

DRUG BOOSTS GROWTH IN KIDS WITH DWARFISM

A ground-breaking drug that helps regulate bone development may boost growth rates in children with achondroplasia — the most common type of dwarfism — according to scientists who conducted a global trial. The drug vosoritide was tested in children aged five to 14 years, according to the research published in the New England Journal of Medicine. According to researchers, achondroplasia is caused by overactivity of a signal that stops growth, and could be likened to overwatering a plant. "This drug basically kinks the hose so that the plant gets the right amount of water and can resume regular growth," said Ravi Savarirayan, a professor at Murdoch Children's Research Institute in Australia. Achondroplasia is a genetic bone disorder affecting about one in every 25,000 infants. It is caused by a mutation in the FGFR3 gene that impairs the growth of bones in the limbs, the spine, and base of the skull. The most common health complications experienced by children with achondroplasia are spinal cord compression, spinal curvature and bowed legs. About half of these children will need spinal or other surgery. "This can mean a lot of time away from school as the child recovers and rehabilitates after surgery, which can affect important social connections," Savarirayan said. Unlike other treatments — such as growth hormone and limb-lengthening surgery — that focus on symptoms, vosoritide focuses on the underlying cause of achondroplasia and directly counteracts the effect of the mutation that slows growth. The study ran over four years across research centres in Australia, France, the UK and the US with 35 children assigned to one of four groups receiving daily subcutaneous doses of the drug in increasing amounts. The patients' average boost in height to about six centimetres per year was close to growth rates among children of average stature, and the side effects of the drug were mostly mild, said Julie Hoover, an associate

professor at the Johns Hopkins University in the US. "Right now, the results of the study show an impact on growth, and this effect is sustained, at least over nearly four years in this trial," Hoover said. "The potential long-term benefit will take more time to observe," she said. The main aims of the trials were to evaluate safety and tolerability of the drug and to determine the best dose for the Phase 3 trials, which are now underway. The results showed vosoritide was generally well tolerated by patients and demonstrated dose-dependent increases in centimetres grown per year during the first six months, with improvements maintained over the study extension period of a further three years. On average, participants in the trial grew at a 50 per cent faster compared to baseline with no adverse effects on body proportion. Overall bone age was not accelerated implying that this effect, if sustained long-term, might increase final adult height. "This study is the very first report of a possible disruptive, precision therapy for children with achondroplasia, which we hope will improve their health outcomes and functioning, as well as increase their height and access to their environment," Savarirayan said.



HEAVY RED MEAT EATERS AT INCREASED RISK OF DEATH

Increasing red meat consumption, particularly processed red meat, is associated with a higher risk of death, researchers warned. A study published in the journal BMJ shows that replacing red meat with other protein sources, such as eggs and fish, whole grains and vegetables, over time may help you live longer. For the study, a team of researchers from Harvard University looked at the link between changes in red meat consumption over an eight-year period with mortality rate during the next eight years, starting from 1986 to the end of follow-up in 2010. They used data for 53,553 US registered female nurses, aged between 30 and 55, and 27,916 male health professionals in the US, aged between 40 and 75, who were free of cardiovascular disease and cancer at the start of the study. Every four years the participants were given

a food frequency questionnaire (FFQ) where they were asked how often, on an average, they ate each food of standard portion size in the past year. They were then divided into five categories based on their changes in red meat intake. During the study period, the total number of deaths from any cause reached 14,019 (8,426 women and 5,593 men) and the leading causes were cardiovascular disease, cancer, respiratory disease and neurodegenerative disease. After adjusting for age and other potentially influential factors, increasing total red meat intake by 3.5 servings a week or more over an eight-year period was associated with 10 per cent higher risk of death in the next eight years. Overall, reducing red meat intake while eating more whole grains, vegetables or other protein

foods such as poultry without skin, eggs and fish, was associated with a lower risk of death among both men and women.



Continued From P1...

No timeline

“There must first be a transition period where the local police take greater responsibility.” He cited the example of Manipur, where AFSPA was withdrawn from Imphal, but military intervention remained possible if needed. “In Jammu, AFSPA is still in effect while police continue to conduct operations. Before the act is repealed, there must be enough evidence that the police can handle the situation and that the Army is no longer required,” he said, adding, “Only with such proof would the Army support the removal of AFSPA.” (agencies)

PoK residents

the people of PoK ‘foreigners’ while India considers them as its own citizens. He said in a recent affidavit, the solicitor general of Pakistan called the people of PoK as ‘foreigners’. “We don’t call them foreigners. They are our people. Let them come and join us,” he said. He said that “the PoK was part of India, is part of India and will remain its part forever”. He said that Jammu and Kashmir was witnessing a new paradigm of growth under the NDA government and with businesses and growth projects flourishing in the region, it is attracting the attention of not just Pakistan but the whole world. “Recently, Pakistan flags were taken down in some areas of PoK, this shows the simmering anger in the region,” he said. (agencies)

J&K’s debt

crore, followed by GPF with Rs 27901 crore, Rs 14294 crore in reserves and deposits, Rs 5758 crore NSSF, Rs 4032 crore in negotiated loans, Rs 2616 crore UDAY bonds, and Rs 710 crore Gol advances. The Government also disclosed that the total outstanding liability in treasuries as of 27.02.2025 under various object heads of accounts is to the tune of Rs 5429.49 crore. It also revealed that the total unpaid work bills of PHE are Rs 0.24 crore as of February 25, 2025.

Kashmir received

held in Srinagar from May 22 to 24, 2023, brought J-K into the global spotlight, marking a crucial moment for its tourism sector. The survey also highlighted that the highest-ever number of yatris in the last 10 years was recorded for the annual Amarnath Yatra in 2024. “Off-beat tourist destinations and Border Area Tourist Destinations are also witnessing huge footfall. Tourism is directly/indirectly creating employment opportunities for the locals,” it said. Referring to the famous ropeway project — the Gulmarg Gondola, the official data suggests the cable car project saw over 7.68 lakh visitors in 2024, generating Rs 103 crore in revenue.

The government said it endeavours to make tourism in J-K an enriching experience for tourists, increase livelihood opportunities for the people and position the region as a leading global destination by 2025, aiming to make it a destination that is natural in its environment, global in standards, modern in outlook, traditional in hospitality, mystical in sensibilities, and entertaining in experience.

Looking ahead to increasing tourist footfall, the government said it aims to achieve the desired results by focusing on various aspects such as high-class tented accommodations, five-star hotels, skiing products, adventure activities, eco-tourism parks, golf tourism, wellness tourism and the development of international institutes with private sector participation. Promoting leisure sports and establishing health and wellness centers at various tourist spots are also on the agenda. Infrastructure facilities are being developed to bring new destinations and areas onto J-K’s tourism map.

New trekking routes and pilgrim/Sufi circuits are also being identified and promoted to connect famous shrines with lesser-known pilgrimage places. These measures collectively aim to enhance the appeal of Jammu and Kashmir as a burgeoning tourist destination, the Economic Survey said.

The government emphasized that the tourism sector holds the potential to transform J-K’s entire economy, as it plays a pivotal role in generating employment and boosting local businesses.

The government has proposed the development of nine new tourist destinations — Doodpathri, Kokernag, Bungus, Wular-Manasbal, Bhaderwah, Baradari, Sanasar, including Sudmahadev, Ranjit Sagar Lake, and Loran-Poonch—in a planned manner according to international standards through an externally aided project for which a request has been sent to the Centre.

“Female leading

agency—Kashmir News Observer (KNO) said, “Framers of the Constitution had ensured equal rights for women, and today, the government is steadfast in its commitment to their progress and empowerment.”

The event organized by Buddha Art & Painting, in collaboration with Padma Shri Padma Sachdev Government College for Women, Gandhi Nagar was attended by senior officers from police and civil administration; heads of various educational institutions, women achievers, artists, artisans, teachers and students.

LG Sinha said, “Women empowerment is the priority of the nation. Jahan nariyon ki puja hoti hai, devata wahin prakashtay hain,” he remarked, quoting an ancient Sanskrit verse that underscores the revered status of women in the society. Highlighting key achievements of the government, LG Sinha listed numerous welfare initiatives that have significantly improved the lives of women across the country: “As many as 14 crore toilets have been constructed in the past 10 years to ensure dignity and hygiene for women. Under the Ujjwala Yojana, 11 crore households have received LPG cylinders, reducing the burden of traditional cooking methods.” Referring to Pradhan Mantri Awas Yojana LG Sinha said that 70% of houses under PMAY are registered

in the name of women, ensuring financial security. “Nearly 14 crore households have received tap water connections under the Jal Jeevan Mission. Out of 40 crore Mudra loans given to small businesses, 27 crore have been availed by women, fostering economic independence.”

The Lieutenant Governor said that the “Startup India” movement is being led by women, with 296 startups in Jammu & Kashmir alone founded by female entrepreneurs. “The law against Triple Talaq has ensured justice and security for Muslim women. Over 90,000 SHGs in J&K have empowered 8 lakh women by providing financial independence and skill development,” he said, adding, “Women in Jammu & Kashmir are excelling in various professions, including engineering, medicine, law, and education.”

In academics, LG Sinha, according to KNO, said, “Girls are consistently outperforming boys, winning 75% of gold medals in universities.” He also highlighted the contributions of women artists, calling them the main architects of sustainable development. “Women artists and artisans are architects of sustainable development. To be an outstanding creator, one needs to be full of love, kindness and compassion and this is what makes woman artists unique.”

He reaffirmed that the government is committed to providing equal opportunities for women and ensuring their continued participation in nation-building. “In Jammu and Kashmir, we have made every attempt to empower our sisters and daughters. They are excelling in every field, and their achievements are shaping a bright future for the region,” he said. Referring to impact of the women power, LG Sinha said, “Nari Shakti’s impact on shaping the future of humanity is immense. She has been endowed with a special gift from existence to nurture creativity and drive social change.”

The Lieutenant Governor lauded the remarkable achievements of women artists and artisans of J&K and expressed gratitude for their contribution to the Union Territory of Jammu Kashmir and nation-building. He said, “The greater participation of women artists and artisans in the contemporary art and craft arena has enriched this sector and strengthened the fabric of our cultural ethos. Many artisans in J&K and the country have achieved new milestones and others are crafting their way to a brighter tomorrow”. The Lieutenant Governor reiterated his commitment to socio-economic empowerment of women and providing them a conducive environment to realise their true potential. “A new era of Women-Led Development has begun in the UT of J&K. Today, our Nari Shakti are scripting their own success stories and have become the active partner in the development journey of Jammu Kashmir,” the Lieutenant Governor said.

He called upon the artists, artisans, NGOs, teachers, entrepreneurs and various stakeholders to work collectively for women empowerment and to ensure that the benefits of government schemes dedicated to Nari Shakti percolate to grassroots.

On the occasion, the Lieutenant Governor felicitated the women achievers and students. He also visited the stalls put up by the women artists and artisans. LG Sinha hailed the efforts of former minister Priya Sethi and Sanjogita Dogra, Founder, Buddha Art & Painting for organizing an “enlightening event” on the occasion of International Women’s Day

Women endowed

The Lieutenant Governor lauded the remarkable achievements of women artists and artisans of J&K

and expressed gratitude for their contribution to the Union Territory of Jammu Kashmir and nation-building. The Lieutenant Governor said, “Women artists and artisans are architects of sustainable development. To be an outstanding creator, one needs to be full of love, kindness and compassion and this is what makes woman artists unique. Greater participation of Women artists and artisans in the contemporary Art and Craft arena has enriched this sector and strengthened the fabric of our cultural ethos. Many artisans in J&K and the country have achieved new milestones and others are crafting their way to a brighter tomorrow”. The Lieutenant Governor reiterated his commitment to socio-economic empowerment of women and providing them a conducive environment to realise their true potential.

General discussion on

Kashmiri pandits should have found due prominence in the budget. He also talked in detail about other social aspects and economic aspects, sustainable tourism and mineral exploitation among other things. He said that we carry a profound responsibility on our shoulders towards the welfare of the people who have voted for us for the good of the community and we are duty bound to respect the mandate of the people. Arjun Singh Raju extended his whole support to the budget presented by Omar Abdullah saying that it is a vision, roadmap and commitment to the people of Jammu and Kashmir. He said that the budget stands as a beacon of hope ensuring that no section of the society is left behind in terms of growth and development.

Tamvir Sadiq, while participating in the discussion, said that it is a historic moment that such a budget has been presented in Jammu and Kashmir despite the UT being heavily deficit. “It is the first budget of our government and it is a good beginning despite facing a very difficult situation. All the promises made with the people will be fulfilled in a phased manner,” he maintained.

Sunil Bhargadwaj said that the budget does not reflect the aspirations of the people completely. Nazir Gurezi, while speaking on the occasion, said that it is an extremely balanced budget that has taken care of most of the downtrodden people.

“It is the first budget of our government and the people will witness our progress and performance in the next five years. We will address all issues in due course of time,” he said.

Balwant Singh Mankotia hailed the support being provided to the UT of Jammu and Kashmir by the Union Government.

Farooq Shah said that it is a remarkable budget as it has taken care of every section of the society, particularly its focus on women empowerment, tourism, 200 units of free electricity and marriage assistance among other things. He said that Jammu and Kashmir can come up as Switzerland of Asia if we fully explore the tourism potential of the Union territory.

CS reviews

The Chief Secretary also asked for updating the ‘Kashmiri Migrant Grievance’ portal to make its functioning more satisfactory for its users. He called for appointment of Nodal Officer for different regions by the office of Relief Commissioner who would ensure satisfactory resolution of grievances registered by personally taking up the issues with the concerned Deputy Commissioners.

He further directed for digitization of all the migrant records to enhance the overall efficiency of these relief measures. He called for updating the website of Relief Organization through NIC to make it more user-friendly and informative simultaneously. The meeting took note of the progress on outreach campaigns launched to cover PoJK and other West Pakistani Refugees (WPRs) under the Rehabilitation Package meant for them. It also discussed the status of different infrastructural projects including establishment of ‘PoJK Bhawan’ at Suketar, Community Hall at Jagti and other demands of these displaced people.

NOTICE

It is notified to the general public that my son, namely Mohammad Mutahir, is reading in class 3rd in Mehboob ul Aalm Model School Bandipora. His date of birth has been mistakenly written as 10/0/2018 instead of 12/09/2015 in school records. Now I want to make corrections on the date of birth of my son. Anybody having any objection may be in the office of Principal Mehboob Ul Aalam Model School Bandipora within seven days from the date of publication of this notice. No objection will be entertained after the stipulated time.

Zahoor Ahmad Lone
F/O Mohammad Mutahir
R/O Nowpora Bandipora

NOTICE

This is an information for general public that i have lost my 9th class pass Discharge Certificate some where, Now i want to apply for its duplicate in this regard any person having any objection he/she may file the Objections in office of the principal Govt Higher secondary school Aloosa District Bandipora, with in a period of seven days from the date of the publication of this notice, after that no objection shall be accepted.

Dulloo impressed upon the Department to further gear up for enhancing the capacity of the Department to deal with different disasters the UT is vulnerable to. He urged them to make the Emergency Operation Centre (EOC) functional by optimal utilization of its capacity. He observed that it has added role at the time of disasters while ensuring relief to the affected population.

He emphasised upon utilising the data collected after carrying out expeditions to different mountainous lakes to prevent disasters of Glacial Lake Outburst Floods (GLOF). He called for training the students and other volunteers for enhancing their ability to work during relief activities.

Principal Secretary, DMRR&R, Chandraker Bharti, informed the meeting about different activities and achievements including strengthening of UT, Divisional and District level disaster management systems by deploying necessary manpower there.

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unskilled youth in border areas like Kamah, Keran, Machhil, and Gurez so that they can be trained in ITIs and the Institute of Hotel Management, Srinagar, to develop skills and trades relevant to tourism.

“In my Budget speech yesterday, I stated that our focus is on skills and entrepreneurship so that youth are equipped with skills and provided handholding to build their future in Jammu and Kashmir,” he said.

Member Saifullah Mir suggested the establishment of a Tourism Development Authority to boost local tourism in these destinations.

Earlier, replying to the starred question, the Chief Minister stated that Kamah region is known for its breathtaking landscapes, rich cultural heritage

Imam Hussain Hospital Srinagar Organizes Free Eye Screening and Medical Checkup Camp

SRINAGAR: Imam Hussain Hospital Bemina Srinagar, in collaboration with Al Imdad Srinagar, organized a free eye screening and medical checkup camp today at IH Hospital Srinagar benefiting over 100 patients who received free medical consultations and medicines.

Dr. Iftikhar Hussain Gazi, Medical Superintendent of Imam Hussain Hospital Bemina Srinagar, stated that the hospital remains committed to providing quality healthcare to the underprivileged. He emphasized that such initiatives aim to ensure that eye care and other essential medical services reach those who may not have easy access to them.

The initiative aimed to raise awareness about eye health and provide essential medical care to those in need. According to hospital authorities, such free medical camps will continue in the future to ensure more patients receive necessary healthcare services.

Dr. Iftikhar Gazi further added that Imam Hussain Hospital will continue to hold similar camps in the coming months, expanding services to benefit a larger population.

and strategic location near the Line of Control (LoC), he said. He further said that Teetwal, Karanoo in Nawagabra, and Budnambal villages possess natural beauty and tourism potential. “These areas offer breathtaking landscapes, lush meadows and have cultural significance, making them attractive destinations for tourism. These areas have the potential for nature tourism, adventure tourism, and cross-border heritage tourism,” he said. He stated that the Department of Tourism has taken several initiatives to bring these villages onto the tourist map.

“In order to promote pilgrim tourism in Kamah Constituency, the J&K Tourism Department has projected the construction of ‘Yatri Niwas’ at Sharda Temple at Teetwal, Kupwara, along with a cafeteria,” he said.

CM Omar Abdullah said that the Construction of Yatri Niwas at Sharda Temple at Teetwal, Kupwara, along with a cafeteria is currently in progress, with the preparation of the Detailed Project Report (DPR) underway. The project cost is estimated at Ra 150 Lakh.

He informed that House that the Border Tourism Festival was organized by the Tourism Department in border areas to promote tourism.

“The festival was held at Teetwal in September 2022 and featured cultural and musical events, an ATV rally from Kupwara to Teetwal, nature photography sessions, trekking, camping, and horse riding,” the CM said.

He added that Yoga Festival was organized by the Tourism Department in collaboration with other departments in the Teetwal area of the Kamah constituency on June 21, 2024, to promote tourism in the area.



Patients and their families appreciated the hospital's efforts, expressing gratitude for the free medical services and hoping for more such welfare programs in the future.

علوم اسلامیہ اور دین اسلام کے حنادم آپ کے محبوب ادارہ

دارالعلوم رحیمیہ بانڈی پورہ کشمیر

کی آپ مندرجہ ذیل طریقوں سے رجسٹرڈ ہوں گے اس مہینہ میں مدد کر سکتے ہیں

۱۔ صدقہ جاریہ (خریدی زمین اور تعمیرات وغیرہ)

0061010100001532
IFSC Code: JAKA0WULLAR

کرنٹ اکاؤنٹ دارالعلوم رحیمیہ ہے کے بنک میں بازار بانڈی پورہ کشمیر

۲۔ زکوٰۃ، نیاز وغیرہ

کرنٹ اکاؤنٹ دارالعلوم رحیمیہ ہے کے بنک آف انڈیا رانچ بانڈی پورہ
11662154537
IFSC Code: SBIN0001362

کرنٹ اکاؤنٹ دارالعلوم رحیمیہ ہے کے بنک میں بازار بانڈی پورہ کشمیر
0061010100000321
IFSC Code: JAKA0WULLAR

۳۔ عام امداد، عمومی خیرات، عطیہ

0727040100000386
IFSC Code: JAKA0NIPARK

بیونگ اکاؤنٹ دارالعلوم رحیمیہ ہے کے بنک نشاط پارک بانڈی پورہ

۴۔ تعمیر مسجد، شریف

کرنٹ اکاؤنٹ نشاط پارک رانچ ہے کے بنک بانڈی پورہ
0727010100000084
IFSC Code: JAKA0NIPARK

کرنٹ اکاؤنٹ دارالعلوم رحیمیہ ہے کے بنک میں بازار بانڈی پورہ کشمیر
0061010100001226
IFSC Code: JAKA0WULLAR

۵۔ مدرسہ البنات

0727010100000200
IFSC Code: JAKA0NIPARK

کرنٹ اکاؤنٹ جموں و کشمیر بنک

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

0061010100001098
IFSC Code: JAKA0WULLAR

کرنٹ اکاؤنٹ ریلین میل ہے کے بنک میں بازار بانڈی پورہ

۷۔ انجمنوں، ادارہ یا ریمپورہ، یتیم خانہ، امداد بیوگان مساکین

0181010100002615
IFSC Code: JAKA0FRUITS

کرنٹ اکاؤنٹ ناظم انجمن پھولن ہوم پلام پورہ معروف 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 دوسرے 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

India favourites but only just against New Zealand in CT final: Ravi Shastri

Former India head coach Ravi Shastri has picked India as the favourites in Sunday's Champions Trophy summit clash against New Zealand but pointed out that the advantage will be miniscule, given that the Black Caps are a formidable side.

India, who have played all their matches here, stormed into the final with an all-win record, and defeated Australia in the semifinal.

New Zealand, who finished second behind India in Group A after losing their league match, secured their spot in the final with a one-sided win over South Africa in the second semifinal in Lahore.

"If there's one team that can beat India, it's New Zealand," Shastri said in 'The ICC Review'. "So India start as favourites but only just," he said referring to the final, which will be a rematch of the 2000 Champions Trophy title clash, where New Zealand triumphed by four wickets in Nairobi.

The 62-year-old, who has seen both teams evolve over the years, picked four players from the New Zealand squad who could make a difference in the high-stakes final.

He singled out Rachin Ravindra, calling him "immensely talented", Kane Williamson for his "stability and calmness like a saint", and captain Mitchell Santner, whom he described as an "intelligent" leader who can influence the game alongside Glenn Phillips, who could be the X-factor for the team.

Shastri also highlighted Virat Kohli's current form as a potential game-changer, while also acknowledging Williamson's ability to seize crucial moments.

"Now (on) current form, Kohli. When these guys get hot and you let them get their first 10 runs, then they're trouble. Whether it's Williamson, whether it's Kohli," Shastri said. "So from New Zealand, I would say Williamson. To an extent, Ravindra, he is a fabulous



young player.

"But these guys when they smell the coffee and you let them, in a final, get to that 10-15, then they're doubly dangerous."

Ravindra, at just 25, has already accumulated five centuries in ICC 50-over tournaments -- the youngest to achieve the feat.

"I just like the way he moves in the crease," Shastri said. "There's an element of fluency,

which is fabulous to see. He's either forward, he's back, he'll cut, he'll sweep it, play the quicks well, and he's got a very good temperament.

"You don't get hundreds in big tournaments like this just like that. You've got to have something up your sleeve, and I think

the way he goes about his job," Shastri said.

"He's like a saint, a sage, just sitting, meditating. Lot of people look at the big shots, I look at the way he moves in the crease. There's an element of fluency.

"Joe Root when he's batting at his best. He's forward, back. Kohli (as well). When people move in the crease, the footwork is sound.

"It's a joy to watch. And then with their experience, their talent, the volume of runs they've got, doesn't matter what format they play," added Shastri.

Shastri also made special mention of Santner, who has impressed in his first ICC event as New Zealand captain.

"He's an intelligent man. And I think this captaincy suits him," Shastri said. "It just adds that edge to him as a batter, as a bowler, as a cricketer.

"So I think it's a smart move by New Zealand opting for that and just the way he goes about his job, like I said, he's a good reader of the game, is an intelligent bloke and should be there for some time for New Zealand."

Shastri also didn't hold back his admiration for Phillips' ability to turn a match around single-handedly as he also picked him as one of the Player-of-the-Match contenders alongside India's Axar Patel and Ravindra Jadeja.

"Player of the Match, I would go for an all-rounder," he said in 'The ICC Review'. "I'll say Axar Patel or Ravindra Jadeja from India.

"From New Zealand, I think that Glenn Phillips has something up. He might just show flashes of brilliance in the field. He might come and smash a cameo of 40, 50 and probably surprise you by taking a wicket or two."

He singled out Rachin Ravindra, calling him "immensely talented", Kane Williamson for his "stability and calmness like a saint", and captain Mitchell Santner, whom he described as an "intelligent" leader who can influence the game alongside Glenn Phillips, who could be the X-factor for the team.

DC Srinagar attends Real Kashmir FC's training session

SRINAGAR: District Development Commissioner (DDC) Srinagar, Dr. Bilal Mohi-Ud-Din Bhat, attended a training session of Real Kashmir FC at TRC Ground, Srinagar, on Saturday.

During the event, Dr. Bilal interacted with the players and coaching staff, lauding their efforts in promoting football in Jammu and Kashmir. He emphasized the importance of sports in youth development and encouraged players to bring laurels to the region through their performances.

He also congratulated the U-15 RKFC team for qualifying for the AIFF Youth League.

He said that RKFC provides a significant platform for young players, preparing them for national tournaments. He also stated that the government is focusing on developing more sports grounds to promote athletic activities.

He attended the practice sessions in RKFC's jersey.

The event witnessed enthusiastic participation from football enthusiasts, sports officials, and club supporters.

Real Kashmir FC, a prominent football club from the valley, has been instrumental in promoting local talent and making a mark in national football circuits. The club's owner, Arshid Shawl, along with other officials, expressed gratitude to Dr. Bilal for his support and encouragement.



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دعا وہی جو دل سے نکل آے

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