# Kashmir Convener\*\*



India Revels In Holi Festivities, Friday Prayers Held Peacefully





SC To Hear On Mar 18 Plea To Debar Poll Candidates Charged For Serious Offences





Two held for British woman's rape, molestation



## 'Yellow Alert': Rains, snow lash J&K for 3rd straight day

>>> MeT predicts improvement from Mar 16 <<<

**KC News Network** 

**SRINAGAR**: While the rains and snowfall continued to lash Jammu and Kashmir for the third consecutive day today, the weatherman predicted that precipitation would continue for the next 24 hours.

According to the details available with the news agency—Kashmir News Observer (KNO) the upper reaches of Kashmir including Gulmarg, Sonamarg, Peer Ki Gali, Zojila Pass, Sadhna Top and other areas continued to receive snowfall while the intermittent rains lashed plains including Srinagar on



department issued a 'yellow alert' for

The Meteorological (MeT) Saturday stating that intermittent spells of light to moderate rain are expected at

most places and snow in higher reaches

Director MeT, Dr Mukhtar Ahmad said that the intermittent brief spell of light rain and snow is expected at few places towards morning and improvement towards afternoon.

The Director said that weather would generally remain dry from March 17 to 24.

Meanwhile, Independent Weather Forecaster, Aadil Maqbool said that moderate to heavy rainfall is expected over Jammu and Kashmir during the next 24 hours. "Good rainfall activity is expected across Kashmir with snowfall over higher reaches.

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## Govt notifies "The Jammu and Kashmir Road Safety Policy 2025"

Commits to reduce road accidents, fatalities by 50% by 2030

**KC News Network** 

JAMMU: Aiming prevention of accidents and fatalities on roads, the Government of Jammu and Kashmir, notified "The Jammu and Kashmir Road Safety Policy -2025".

In an official notification issued in this regard, it was stated that the road transport is the most effective mode of transportation in J&K and the government recognises that the road safety demands an integrated and holistic approach to tackle road safety issues in the UT.

Highlighting the need to frame new Road Safety Policy, the notification briefed that there were over 22.66 lakh registered vehicles in J&K. During the year 2022, 6092 road accidents were reported in the UT in which 805 people lost their lives whereas in year 2023, 6298 accidents were reported and 893 people lost their lives.

As per data, 40% of all the accidents have occurred in districts of Jammu, Udhampur, Samba and Kathua. Accidental data analysis shows that

number of accidents and fatality rate needs to be brought down making it imperative to promote preventive strategy for road safety.



Keeping in view the above data, the government with a vision to achieve the goal of reduction in road accidents as well as fatalities by 50% by 2030, reiterates its commitment to bring significant reduction in road accidents in J&K in coordination with all stakeholders and government agencies.

It is further said that the government will create an effective institutional mechanism to strengthen the road

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## **India Dismisses Pakistan's Allegations,** Calls It the "Epicentre" of Global Terrorism

**KC News Network** 

**NEW DELHI**: India has firmly rejected Pakistan's accusations of sponsoring terrorism



following the Balochistan train attack and criticized Islamabad for blaming others instead of addressing its own internal issues.

Responding to media queries, External Affairs Ministry spokesperson Randhir Jaiswal dismissed the claims as "baseless" and reiterated that"the whole world knows where the epicentre of global terrorism lies." He urged Pakistan to introspect rather than shift blame for its failures.

Pakistan had accused India of supporting terrorism after a deadly attack on a train in Balochistan, which resulted in the deaths of 21 passengers. However, Islamabad did not directly implicate New Delhi.

At a press briefing, Pakistan Foreign Office spokesperson Shafqat Ali Khan claimed that the attackers were in direct contact with Afghanistanbased handlers during the incident. He urged Kabul to take action

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## Over 15.3 crore tourists visited J&K in last 10 years: Parliamentary report

**Raja Syed Rather** 

**SRINAGAR**: Over the last decade, more than 15.3 crore tourists have visited Jammu and Kashmir (J&K), according to a report presented by the Department-Related Parliamentary Standing Committee on Home Affairs in the Rajya Sabha earlier this week.

The report, accessed by the news agency—Kashmir News Observer (KNO) details the number of tourist visits



(in crores) to J&K over the last ten years, comparing periods before and after August 5, tourism showed a fluctuating

but generally upward trend, starting at 1.33 crore visits in 2015 and peaking at 1.69 crore in 2018. This was followed by a slight dip to 1.62 crore in

2019. However, the COVID-19 pandemic severely impacted tourism in 2020, with visits plummeting to 0.35 crore.

A partial recovery was observed in 2021 with 1.13 crore visits, and by 2022, tourism had rebounded strongly, reaching 1.89 crore. The upward trajectory continued into 2023 and 2024, with 2.12 crore and 2.36 crore visits, respectively. The report also highlights the introduction

>>SEE ON P-7

#### Parliament Panel **Nudges Govt To Bring Broadcasting Services** (Regulation) Bill

KC News Network

**NEW DELHI**: A parliamentary panel has nudged the government to spell out a timeline to introduce in Parliament the Broadcasting Services (Regulation) Bill that was shelved last year after a furore over certain provisions that sought to



regulate individual content creators.

The suggestion from the Standing Committee on Communications and Information Technology, chaired by BJP member Nishikant Dubey, comes at a time the government plans to celebrate content creators at the World Audio Visual and Entertainment Summit (WAVES) in Mumbai from

## In JK, non-tax power tariff revenue increases by 11% since 2022

**Riyaz Bhat** 

SRINAGAR: In Jammu and Kashmir, power tariff

share in non-tax revenue has increased by 11 percent

An official informed the news agency-Kashmir News Observer (KNO) said, "Power tariff's share in non-tax revenue grew from 56 percent to 67 percent since Financial Year-22."

It further states that the power is a critical driver of economic development in Jammu and Kashmir, generation and enhancing infrastructure to ensure a sales tax, water user charges and taxes on vehicles.

reliable, 24 hours supply at affordable rates.

"Key initiatives include expanding hydel power plants, promoting rooftop solar panels for households, encouraging solar energy in agriculture, and upgrad ing transmission networks to support uninterrupted supply and export surplus power to other states for revenue generation," the official said. The official further said that the major contributors

"The proportion of these six revenue resources has increased from 86 percent in FY-22 to 93 percent

It also said that the highest increase of 96 percent is witnessed in taxes on vehicles, followed by 67 percent increase in power tariff collections, 36 percent increase in GST collections, 33 percent increase in water user charges and 14% increase in excise collections. "Sales

>>SEE ON P-7

## **Security Forces** Celebrate Holi In Kashmir



**KC News Network** 

SRINAGAR: Security forces deployed in Kashmir celebrated Holi, the festival of colors, with great enthusiasm and joy on Friday.

Border Security Force (BSF) personnel marked the occasion in the forward areas on the snowcovered Line of Control (LoC), embracing the festive spirit despite harsh weather conditions.

The border guards extended their greetings to the people by inscribing 'Happy Holi' in vibrant colours on the snow, symbolizing unity and celebration. The Central Reserve Police Force (CRPF)

personnel celebrated the Holi festival at Ashajipora camp in south Kashmir's Anantnag district with great enthusiasm. The troops hugged each other, danced in

joy and sprinkle colours on each other amid inclement weather. Talking to the media, CRPF personnel said, "Despite away from home the joyous occasion

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## **BSF DG Joins** Holi Celebrations At Border Outpost In Sunderbans

KC NEWS NETWORK

**KOLKATA: Border Security Force (BSF)** jawans celebrated Holi with colourful flower petals and patriotic songs at the Hingalganj border outpost and floating border outpost (BOP) in the remote Sunderbans area of West Bengal on Friday.

Joining the celebrations, BSF Director General Daljit Singh Chawdhary praised the dedication and devotion of the jawans to

He was accompanied by Additional Director General of BSF Eastern Command Ravi Gandhi, Inspector General of South Bengal Frontier Karni Singh Shekhawat, and other senior officers.

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## Centre orders transfer of Justice Atul Shreedharan from J&K

KC News Network

**NEW DELHI**: The Central Government has officially notified the transfer of Justice Atul Sreedharan from the High Court of Jammu & Kashmir and Ladakh back to his parent Madhya Pradesh High Court. The notification, issued on March 13, 2025.



states that the transfer has been made under Article 222(1) of the Constitution of India, following consultation with the Chief Justice of India.

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## Srinagar court summons designers over controversial Gulmarg fashion show

**KC News Network** 

**SRINAGAR**: A court in Srinagar has issued a pre-cognizance notice to the organisers of a fashion show held in Gulmarg on March 7, which sparked outrage across the Valley.

The event, conducted during the ongoing month of Ramadhan, sparked a major controversy, leading to disruptions in the Jammu and Kashmir Legislative Assembly's Budget session.

Following the uproar,



Chief Minister Omar Abdullah clarified that the government had no involvement in the event, describing it as a "private affair".



The Special Mobile Magistrate Court in Srinagar issued the precognizance

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## 2nd Ramadan Friday

## Thousands of devotees offer prayers across Kashmir



Rehan Qayoom Mir

**SRINAGAR:** On the second Friday of Ramadan, thousands of devotees

offered congregation prayers at various mosques and shrines across Kashmir. As per the details obtained by the news agency—Kashmir News Observer

(KNO), despite rain and chill since morning, Jamia Masjid in old city and the revered Hazratbal shrine witnessed huge congerations.

'We prayed for the well-being of the people of Kashmir and asked Almighty Allah to make the Kashmir Valley peaceful and harmonious," said Jibran, who offered prayers at Jamia

Abdul Latif, another devotee from Kupwara, said he has been coming to Hazratbal for the last many years during Ramadan and even on regular days. "There is a different peace one feels here, especially on Fridays. The environment here connects us directly with our faith and strengthens our bond with Allah," he said. The rain did not dampen the spirit of the devotees

>>SEE ON P-7

## "Festival Of Joy Will Deepen Colours Of Unity": PM Modi

KC NEWS NETWORK

NEW DELHI: As the country begins to mark the festival of color and celebrate the occasion in harmony and joy, Prime Minister Narendra Modi extended greet-



ings for the festival and prayed for joy and happiness in the lives of the countrymen. "I wish you all a very Happy Holi. This festival filled with joy and happiness will infuse new enthusiasm and energy in everyone's life and will also

## SC To Hear On Mar 18 Plea To Debar Poll **Candidates Charged For Serious Offences**

**NEW DELHI**: The Supreme Court is scheduled to hear on March 18 a plea seeking to debar from polls, candidates charged with serious offences.

A bench of Justices Surva Kant and N Kotiswar Singh would likely hear the matter.

The apex court in September 2022 sought responses from the Centre and the Election Commission of India (ECI) on the plea filed by advocate Ashwini Kumar Upadhyay.

Aside from seeking to debar persons against whom charges were framed in criminal cases, the plea also sought directions to the Centre and the ECI to restrain such candidates put on trial for serious offences.

The plea, filed through advocate Ashwani Kumar Dubey, alleged that despite



recommendations of the Law Commission of India and court's previous directions,

the Centre and the ECI did not act. The plea said of the 539 winners of the

2019 Lok Sabha election, about 233 or 43 per cent, declared facing criminal cases.

Referring to data from a report of NGO Association for Democratic Reforms, the petition said there was a 109 per cent increase in the number of MPs with declared serious criminal cases since 2009, with one MP declaring 204 criminal cases against him, including culpable homicide, house trespass, robbery, criminal intimidation, etc.

The plea claimed the political parties were competing with each other in a race to the bottom as they couldn't afford to leave their competitors free to recruit persons with criminal antecedents.

The injury caused to the people was large owing to the criminalisation of politics and parties were still setting up candidates with serious criminal antecedents, it added.

## **India Rejects** Pakistan's 'Baseless' Charges; Calls It Epicentre' Of Global **Terrorism**

NEW DELHI: India on Friday trashed Pakistan's allegations of backing terrorism against that country following the Balochistan train attack and said Islamabad should look inwards before shifting the blame on others for its "failures"

India also said the whole world knows "where the epicentre of global terror-

On Thursday, Pakistan accused India of "sponsoring terrorism" without directly implicating it in the Balochistan train attack that killed 21 passengers.

"We strongly reject the baseless allegations made by Pakistan," External Affairs Ministry spokesperson Randhir Jaiswal said, responding to media queries on Islamabad's allegations

He also said, "The whole world knows where the epicentre of global terrorism lies."

"Pakistan should look inwards instead of pointing fingers and shifting the blame for its own internal problems and failures on others," he added.

Pakistan Foreign Office spokesperson Shafgat Ali Khan, at a weekly press briefing, was asked several questions about the deadly attack on Tuesday, which led to a hostage situation lasting for more than 24 hours.

Terrorists were in direct communications with Afghanistan-based planners throughout the incident,

he said, adding Islamabad has repeatedly asked Afghanistan to deny the use of its soil for terrorist groups like the Balochistan Liberation Army (BLA) for their attacks against Pakistan.

"We urge Afghanistan to hold the perpetrators, organisers and financiers,

of this reprehensible act of terrorism accountable and cooperate with the government of Pakistan to bring all those who are concerned with this attack, including the real sponsors of terrorism, to justice, Khan had said.

When asked about any change of policy because India was blamed in the past for any activity by the BLA while this time the finger was pointed towards Afghanistan, the spokesman said there was no change

in the policy. 'There is no shift in our policy. And again, the facts have not changed. India is involved in sponsoring terrorism against Pakistan," the spokesperson alleged without providing any evidence.

Class 12 Students Missing Exam Due To pear in Hindi exam scheduled on Holi To Get Another

New Delhi, Mar 13: CBSE Class 12 students unable to ap-March 15 on account of Holi will get another opportunity write Chance: CBSE the paper, the board announced on Thursday.

"It has been informed to CBSE that, though the festival of Holi would be celebrated on March 14 in most parts of the country, in few places, either the celebrations would take place on March 15.

### Government of Jammu & Kashmir **General Manager District Industries Centre Pulwama Public Notice**

The unit M/s Aishan Agro Fresh, at IGC Lassipora (Unit-II) stands provisionally registered with D.I.C. Pulwama under No.01/005/23/06242/Prov/MSME dated: 02.03.2023 for the line of activity "C.A. Store with conditioning (with integrated grading/packing and washing of fruits & vegetables (5000 Mts)", as a proprietorship concern of Mrs. Irfana Qadri W/o Mr. Riyaz Ahmad Qadri R/o Sanatnagar, Srinagar.

Now, the promoter of the instant unit has submitted an application before office of the undersigned wherein she has requested for change of constitution by virtue of conversion of proprietorship firm to Limited Liability Partnership (LLP) under the name & style of "M/s Appycold Agro Fresh LLP" with inclusion of one more partner namely Mr. Aizaz Qadri S/o Riyaz Ahmad Qadri R/o Pine Avenue Colony, Sanat Nagar Srinagar having its 49% shares.

Any person (s) or any organization/department having any objection in this behalf should convey in writing to the General Manager DIC Pulwama within seven (07) days from the date of publication of this notice. After expiry of the time frame no objection shall be entertained.

NO: DICPL/A-86/25/

Dated: -03-2025

**DIPK-13066/24** 

Sd/-General Manger, **District District Industries Centre**, **Pulwama** 

E-mail ddkashmir@gmail.com

## India Revels In Holi Festivities, Friday Prayers Held Peacefully values of unity in diversity.

**NEW DELHI**: Holi was celebrated with pomp and splendour around India on Friday, with people soaking in the festivities by smearing 'gulaal' on each other and exchanging greetings and sweets.

Homes and streets wore a colourful look as the revellers splashed colours and feasted on traditional delicacies. Public transport did not ply in the morning in most major cities while metro services started functioning from noon.

As Holi coincided with the second Friday prayers during the holy Islamic month of Ramzan, security – including increased patrolling and picketing – was beefed up in several states.

In Delhi, more than 25,000 security personnel were deployed. Police closely monitored about 300 sensitive areas with CCTV cameras and drones.

Traffic and city personnel set up joint pickets and officials said. Friday prayers were eve, saying the festival of colours and performed 'aarti'. From there, special teams were deployed at held at the mosque at 2:30 pm. nurtured the spirit of unity and he visited the Shrinathji temple major intersections to check drunk

driving and traffic violations. In Uttar Pradesh's Sambhal, which has been tense since

administration had made a threetier security arrangement. Rapid Action Force (RAF) battalions riots broke out on November conducted flag marches in the city.



24 following a survey of the Mughal-era Shahi Jama Masjid, the celebrations passed off peacefully amid tight security.

The traditional 'chaupaai kaa juloos (procession)' was also taken out in Sambhal city on Holi,

Prime Minister Narendra Modi had on Thursday greeted people on Holi eve, wishing the festival further deepened the colour of unity among the citizens. President Droupadi Murmu also conveyed her greetings on Holi

Political leaders cutting across party lines also greeted people, with Uttar Pradesh Chief Minister Yogi Adityanath on Friday describing Holi as a "messenger of unity".

In a post in Hindi on X, he said, "...The festival of Holi is the messenger of unity, which inspires us to walk on the path of 'sadbhaav (amiability)' with love and 'sauhaard (harmony)'."

Later, addressing the traditional Narsingh Shobhayatra in Gorakhpur, he said no country and religion had such a rich tradition of festivals as Sanatan Dharma and asserted that India moved forward through festivals.

Adityanath, Gorakshpeethadhiswar, started the celebrations at the Gorakhnath temple. He visited the temple's mela ground where Holika (demon king's sister) was burnt, worshipped the 'bhasm (ashes)', The police and the district brotherhood and reflected the and offered the ashes to the deity.

### Ph. No. 0194-2311325 Fax No.2310007

**GOVERNMENT OF JAMMU AND KASHMIR** 

## OFFICE OF THE DEPUTY DIRECTOR KASHMIR HORTICULTURE (P&M) RAJBAGH SRINAGAR.

FRESH e-Nit AUC Notice170F 2025-26 Dated:13-03-2025 Outsourcing of Gate Entry Contract with respect to F & V Market Handwara

For and on behalf of MAC Fruit & Vegetable Market Handwara. E bid, accompanied with CDR 25,000/- (Rupees twenty Five thousand only) pledged to Member Secretary MAC Fruit & Vegetable Market Handwara as earnest money and DD for an amount of Rs, 500/- pledged to Member Secretary MAC Fruit & Vegetable Market Handwara as tender processing fee are invited from the interested parties/persons having valid GST Registration for Outsourcing of Gate Entry fee contract in Fruit & Vegetable Market Handwara for the Year 2025-26 (01.04.2025 - 31.03.2026)

 $The minimum reserve \ bid is fixed at 2,50,000/- (Rupees two lakhs fifty thousand only). The tender documents can be downloaded from http://iktenders.gov.in.$ The Tenders/bids shall be opened online in the Office of the Deputy Director Kashmir/Chairperson MAC on bid opening date.

Rs 25 000/-	Name of work	Minimum Reserve Bid	of CDR/FDR	Cost of Tender Document	Period of Contract
Collection of Gate EntryFeeofFru   itandVegetableHandwaraforthey   Rs.2,50,000/-+GST   ear2025-26(w.e.f.from00.00hrs.   /TCS&othertaxesasapplicable   of MarketAdministrative   (infavor of M	ear2025-26(w.e.f.from00.00hrs. of01-04-2025 andshallterminate at 24.00 hrs.of the intervening	Rs.2,50,000/-+GST /TCS&othertaxesasapplicable in the J&KUnionTerritory	bid amount) in favor ofMarketAdministrative Committee (MAC/	(Non-RefundableDemandDraft (in favor of MarketAdministrative	(w.e.f.01-04-2025 to 31.03.2026)

### Critical Dates Table.

1	Publishing Date	13-03-2025
2	Document Download/Sale Date	13-03-2025
3	Bid Submission start Date	13-03-2025
4	Bid Submission Closing Date	24-03-2025 (Up to 4:00 PM)
5	Bid Submission Opening Date	25-03-2025 (At 11:00 AM) at Deputy Director (K) office Rajbagh Srinagar

TheGateEntryFeeforeachtypeofvehicle(loaded/unloaded)/entering/leavingFruitandVegetableMarketHandwara shallbeasunder

S. No.	Type of Vehicle	Entry Fee Per Trip for 2025-26
1	Troller 14/18/20 tyres	Rs. 240
	Troller /10 /12 Tyres	Rs. 190
2	Truck/Bus-6tyre	Rs, 120
3	Tata Mobile, Tata Sumo, Trolley. Matador, Tractor and Jonga/ Mini bus	Rs, 40
4	Auto/Load Carrier/Tiller/ Reda/Tonga/Horse Rs, 10	

: Member

The committee will comprise of the following members: -Deputy Director Horticulture (P&M) Kashmir

2. Accounts Officer Horticulture (P&M) J&K

Member-Secretary MAC /Area Marketing Officer Handwara : Member

Assistant Grading and Marketing Officer Handwara or Grading and Marketing

Inspector

The other terms & conditions are as under: -

The Successful bidder shall have to enter into an agreement with the Member Secretary MAC Fruit & Vegetable Market Handwara. The other terms and conditions are as under: -The Successful tendered shall deposit the offered bid amount in the office of the MAC Fruit & Vegetable Market Handwara in full at the time of

allotment of contract through assured payees account cheque or Bank Guarantee whichever is thought feasible in the interest of MAC Handwara. The allotment to the successful bidder shall be given after two days of opening of tenders after depositing the bid amount.

: Chairman

: Member

The agreement shall be executed only after the successful bidder has deposited the entire of the bid amount. The Possession of the Gate shall be given only after the execution of the agreement with Member Secretary Market Administrative Committee

(MAC) Fruit & Vegetable Market Handwara. In case the successful tenderer fails to deposit the bid amount within the stipulated time his contract shall be cancelled and the Security deposit

shall be forfeited and the contract shall be given to the 2nd highest bidder under rules.

The Offer should be quoted both in figures and works duty covered with transparent tape and without any cutting. The highest offer received is excluding income tax/GST etc. and the successful bidder has to pay the income Tax/GST and other taxes of his own.

The successful tenderer shall not raise any additional structure in the Mandi premises for collection of gate entry fee and has to utilize the

structure already existing in the premises for said purpose.

The Fee shall be charged every time the vehicle enters in the Mandi Premises. The Member Secretary Market Administrative Committee (MAC) Fruit & Vegetable Market Handwara. shall not be responsible and bound to

provide any kind of relief/relaxation/compensation in the event of any adversity or unavoidable circumstances like Hartal /Bandh / less arrivals etc. The successful bidder has to charge the entry fee as per the approved rates of Directorate of Horticulture (P&M). Any complaint with regard to overcharging of rates will be viewed seriously which may lead to the cancellation of the allotment and in that case the amount deposited shall be forfeited

along with the earnest money. The Government Vehicle/police and security vehicle or personal vehicles of MAC employee and vehicles carrying the construction material for Mandi developmental works are exempted from entry fee at all the entry gates.

The Member Secretary Market Administrative Committee (MAC) Fruit & Vegetable Market Handwara reserves the right to accept or reject any or

all tenders without assigning any reason thereof. The allottee will strictly abide by the rules and regulations as provided under APMR Act 1997/Model Act.

In case of any dispute between the parties, the Decision of the Director Agricultural Marketing/Director Horticulture planning and Marketing shall

be final and binding upon both the parties. The successful bidder shall be responsible for any damage to the entry/exit gates or guard room during the contract period and shall be bound by the labour laws being in force.

In case the highest bid amount of two or more bidders is same, then such highest bidders may be asked to submit sealed revised offers but the revised quoted rate of bidders should not be lower that their respective original bids quoted already at the time of the submission of bid. The higher bidder shall be decided on the basis of revised offer. If the revised bid amount of two or more bidders received in revised offer is again found to be equal the highest bidders, amount such bidder, shall be decided by draw of lots in the presence of next higher authority and the highest bidders those have quoted equal bids. In case all the highest bidders those have same bid amount, refuse to submit revised offers, or quoting lower revised bids than their offers, or quoting lower revised bids than their respective original bid quoted already at the time of submission of his bid shall not be allowed to participate in the retendering process

18. Clause on arbitration issued by Department of Law Justice & Parliamentary Affairs U.T of J&K under Circular No. 16-JK(LD) of 2023, dated 28.12.2023 shall be applicable. No: - 142-III/MAC/DDK/HPM/ 2025/5430-34

Dated: - 14-03-2025

Sd/-Deputy Director (K), DIPK-13022/24 Horticulture (P&M), Srinagar

## Two held for British woman's rape, molestation

NEW DELHI: Delhi police have arrested two men, one of whom allegedly raped a British woman at a hotel in Mahipalpur in the national capital after befriending her online, and another man who molested her when she tried to raise an alarm, a police official

in Delhi

 $said\ on\ Thursday.$ 

Following the arrests, the police intimated the British High Commission about the incident, which took place on the night of March 11.

The woman travelled to India a month ago and stayed in Maharashtra for some time before visiting



Goa. She came to Delhi on March 11 to meet Kailash, 24, whom she met on Instagram recently, said the police official.

The British national had booked a room at a hotel in the area and had a few drinks with the man before he allegedly raped her and left.

When she tried to raise an alarm with the hotel staffers. one of them, identified as the hotel's 27-year-old housekeeper touched her inappropriately in the hotel lift, the official added.On March 12, she went to a hospital following which the police learnt about the incident and registered a case under Sections 64 (rape), 75 (sexual harassment), 127(2) (wrongful confinement) and 115(2) (voluntarily causing hurt) of the BNS was registered at the Vasant Kunj North Police Station.

## Government of Jammu & Kashmir

DIRECTORATE OF FLORICULTURE (G&P) KASHMIR Tel:0194-2474234 Fax:2482032email:kashflori@rediffmail.com Subject: - Extension Notice No. 01.

In view of poor response, the Bid Submission end/opening date (Online) of technical/financial bid in respect of e-NIT No. 07 of 2025 dated:-19.02.2025 invited by this office under endorsement No: DOFK-GSOMiss/1/2025/E-7630056/F-755 Dated:-19/02/2025 with regard to "Outsourcing of Hiring out for plying of (05) No.'s of paddle boats in Mini Lake at Nehru Memorial Botanical Garden, Cheshmashahi"is hereby extended as per details given below:-

Bid Submission End date & time 26.03.2025 up to 02:00 PM at 02:00 PM Date & time of opening of Bids (Online) 29.03.2025

Other terms & conditions shall remain same as laid down in the concerned e-NIT.

Sd/-**Accounts Officer, DIPK-13070/24** (Member Secretary)

Government of Jammu & Kashmir (U T)

## **OFFICE OF THE EXECUTIVE ENGINEER Machinery Division Kashmir, Mechanical &** Hospital Engineering Department, Kashmir.

Fax No: 0194-2497093 email: xenmds@gmail.com website: www.medkashmir.org Corrigendum 02

Name of work: - Repairs/replacement of parts to Escort make Backhoe-Loader Loadmax-11 pertaining to the Executive Officer Municipal Committee Beerwah... Reference: This office e-NIT No: - MDSK/TS /2024-25/100 Date:20-02-2025.

Due to poor response, the critical dates of the above referred e-NIT is extended as under: -

For Date Extension

S.No.	Description	Previous Dates	New Dates.
01.	Last date of downloading/ submission of bids	13-03-2025 upto 06:55 PM	20-03-2025 upto 06:55 PM
02	Date of opening of bids online	14-03-2025 at 02:00 PM	22-03-2025 at 02:00 PM

All other terms, conditions and specifications as stipulated in the e-NIT shall remain unchanged. No: MDSK/TS/6775-79

**DIPK-13059/24** 

Date: 14-03-2025.

Sd/ **Executive Engineer Machinery Division,** Kashmir

# Bandipora Hospital Without Lift; Pregnant Women, Elderly Face Hardships

**Suhail Rather** 

**BANDIPORA**: Patients, Employees and attendants at District Hospital (DH) Bandipora are facing immense hardship as the hospital is without a lift leaving vulnerable patients in great trouble.

Despite repeated pleas for repair and maintenance, the concerned authorities have failed to address the issue, adding to the distress of patients and their families.

The lack of a working lift has particularly impacted pregnant women, elderly patients, and those with mobility issues, forcing them to climb multiple stairs to reach different hospital depart-

The situation is most concerning for patients requiring surgery, as the hospital's operation theatre is located on the fourth floor.

"At a time when healthcare infrastructure is advancing across the country, it is shocking that in 2025, patients in Bandipora have to endure such basic hardships," said Atifa, an attendant at the hospital. "Pregnant women, the elderly, and even emergency cases are forced to struggle just to reach the treatment facilities. This is not just an inconvenience; it is a failure of the hospital administra-

Hospital staff and patients alike have expressed their frustration over the delay in restoring elevator services. Many employees highlighted the difficulties in transporting critically ill patients, while patients and their attendants shared stories of suffering due to the defunct lift.

Despite multiple assurances from the author-



ities, no concrete steps have been taken to address the issue, leaving hundreds of patients in distress every day. Locals have now appealed to Lieutenant Governor Manoj Sinha, the Chief Minister, MLA Bandipora, and Deputy Commissioner Bandipora to intervene immediately and ensure the urgent repair or replacement of the lift.

"This issue cannot be ignored any longer," said a concerned local resident. "Authorities must act now before a tragedy occurs due to negligence."

As the delays persist, the suffering of patients continues, raising serious concerns about the hospital's preparedness and commitment to patient care. The people of Bandipora now wait to see whether their voices will finally be heard by the elected government or if their appeals will continue to fall on deaf ears.

## **Bandipora Hospital** Delays Inquiry Report on 'Unnecessary Referral'

SUHAIL RATHER

**Bandipora**: The administration of District Hospital Bandipora is under scrutiny for failing to submit its inquiry report on the alleged unnecessary referral of a pregnant woman to LD Hospital,

Despite the official order directing the hospital to complete its investigation by March 3, no



report has been submitted yet, leaving the patient's family frustrated and demanding justice.

The controversy erupted after Umar Akbar Khan, a resident of Kaloosa, Bandipora, lodged a formal complaint against the hospital. He alleged that his sister, scheduled for a C-section, was referred to LD Hospital at around 3:30 AM on February 28, despite their repeated requests to conduct the surgery in Bandinora itself. The family claims the referral caused unnecessary distress, as they had to rush to Srinagar in an emergency condition. However, upon reaching LD Hospital at 6:00 AM, the patient was made to wait for nine hours before undergoing surgery at 3:00 PM.

"If the case was truly an emergency, why did the doctors at LD Hospital delay the surgery for nine hours? And if there was no urgency, why did the doctors at Bandipora Hospital insist on an immediate referral?" questioned Khan in his complaint to Deputy Commissioner (DC) Bandipora.

Following the complaint, the Deputy Commissioner Bandipora ordered a thorough probe into the matter. The Chief Medical Officer (CMO) Bandipora, Dr. Rafi Ahmad Salati, directed the Medical Superintendent of District Hospital Bandipora to seek a comprehensive report from the concerned gynecologist and attending doctor.

An official order (No: CMOB/Estt/2024-25/2244-

46) instructed the hospital to provide details of the medical interventions given to the patient, findings, diagnosis, and justifications for the referral. The administration was given five days to submit its findings.

In response, the Medical Superintendent of DH Bandipora constituted a four-member team of doctors on March 1 and directed them to complete the inquiry by March 3. However, despite

the deadline passing, the hospital administration has yet to submit the report, leading to growing frustration among the patient's family and the public.

The complainant's family has expressed deep disappointment over the hospital's failure to meet the deadline. They now demand that an independent team of doctors from other district hospitals be assigned to conduct a fair and unbiased investigation.

"This delay raises serious doubts about the transparency of the inquiry. We suspect an attempt to cover up negligence. We urge the authorities to appoint an external panel of doctors from other hospitals in the district to investigate this matter thoroughly," the family stated.

Beyond this specific case, the family has raised broader concerns about what they describe as a "systematic failure" of District Hospital Randinora. They allege that frequent and unnecessary referrals are causing immense hardship to patients, forcing them to travel long distances even for manageable medical conditions.

Health authorities had assured that action will be taken based on the findings of the investigation. However, with the hospital failing to submit its report on time, the credibility of the process is now being questioned.

Locals said they are now waiting for a response from the Deputy Commissioner and the CMO Office regarding the next course of action. The key questions remain-Was the referral truly necessary? Or was it part of an emerging pattern of unnecessary patient transfers?

As the family continues to seek justice, the delay in the inquiry has only intensified demands for accountability and better maternal healthcare services in Bandipora.

## 6 School Children Among 10 Injured in Chandhara Road Mishap

BILAL HABIB

**PAMPORE**: Ten persons including six minor students, were injured in a road accident on the Srinagar-Jammu National Highway near Chand-

Rafiq Bhat, Toiba Qadir (07) daughter of Sartaj Ganie, Mohammad Ibhraim Lone (05) son of Parvaiz Ahmad, Mohammad Abrar (13) son of Ghulam Hassan Ganie and Zanib (08) daughter of Altaf Hussain Ganie, All residents of Chandhara Pampore and



hara Crossing Pampore in south Kashmir's Pulwama district on Friday afternoon, officials Kashmir Convener.

The accident occurred between a school Van registration number JK01AF/9470 carrying students and an Innova vehicle registration number JK02DD/6767. Among the injured were six students from Khadija Tul Kubra Memorial Public School Barsoo, Awantipora.

The injured were immediately shifted to SDF Pampore, from where one student and the driver of the Tavera were referred to a hospital in Srinagar for further treatment, officials told Kashmir Con-

Police officials, led by SDPO Pampore Ravenderpal Singh and SHO Pampore Nayeem Rashid Bhat, arrived at the hospital soon after the injured were shifted to SDH Pampore.

Officials identified the six students traveling in the School Van as Muntazir Faroor (12) son of Faroog Ahmad Mir, Aishya Noor (05) daughter of Mohd

School Van driver identified as Farooz Ahmad Kuchy (50) son Ghulam Nabi, resident of Barsoo Awanti-

Four other injured persons traveling in Inova vehicle identified as Toiba Mushtaq (22) daughter of Mushtaq Ahmad Bhat, Asrar Mushtaq (24) son of Mushtaq Ahmad Bhat. Both residents of Noorani Colony Pampore. Driver of the Inova vehicle was identified as Vijay Kumar (48) son of Shamshair Kumar resident of Jammu

Talking to Kashmir Convener, Registered Medical Officer of SDH Pampore, Dr. Bilal Ahmad, said that they received a total of 10 injured persons, including 6 school children and 4 adults. After providing treatment at SDH Pampore, two injured persons, including one school child, were referred to Srinagar hospital for further treatment.

The remaining eight injured persons were in stable condition and were discharged from the

## **NIT Srinagar faculty secures** prestigious ISRO RESPOND project funding

SRINAGAR: Dr. Majid Hussain, Assistant Professor at Department of Civil Engineering, National Institute of Technology (NIT) Srinagar has secured funding from the prestigious RESPOND Programme of the Indian Space Research Organisation (ISRO) for

ISRO's RESPOND Programme, headquartered at Antariksh Bhavan, New BEL Road, Bengaluru. Expressing his gratitude, Dr. Majid Hussain said

that this project will contribute to scientific advancements in planetary dust modeling, benefiting both

> "I am thankful to ISRO for recognizing and supporting our work," adding that both the Department of Civil Engineering and faculty community at NIT Srinagar are committed to advancing knowledge in planetary science and space technology. The project will focus on the interaction between the rower/lander and lunar & martian regolith.

In her message, Prof. Roohie Naaz, Incharge-Director NIT Srinagar congratulated Dr. Hussain on this remarkable achievement, emphasizing that this recognition underscores NIT Srinagar's commitment to cutting-edge research and its growing collabora-

"We take immense pride in Dr. Hussain's accomplishment and look forward to further strengthening our research capabilities in space sciences," he

well as the research community at NIT Srinagar.

valuable contributions to the field of space science and planetary research," Prof. Rehman added.

The letter was signed by M.A. Paul on behalf of

fundamental research and space missions.

tion with premier national institutions.

Institute's Registrar Prof. Atikur Rehman extended his congratulations to Dr. Majid Hussain and stated that it is a proud moment for the institute as

## **GHS Trigam Hosts Educational** Meet to improve Enrolment

BANDIPORA: Government High School Trigam Sonawari in Bandipora district on Friday organised an educational meet to emphasize the

importance of enrolling children in government schools and strengthening public education.

The event was attended by Zonal Education Officer (ZEO) Sumbal, Cluster Head Shadipora, DDC Member Ganstan Block, along with government officials, teachers, parents, and students.

Speakers at the event highlighted theimprovements in government schools,

including modern classrooms, well-equipped laboratories, and enhanced learning resources. They urged parents to shed outdated notions about the quality of education in government institutions and take advantage of free and inclusive learning opportunities.

The meet served as a platform to bridge the gap between parents and the education system, ensuring that every child in the region has access to quality education in government schools.

## Imtiyaz Parray Visits Hajin Villages; Urges LG Admin to Address Public Grievances

HAJIN: Jammu and Kashmir Apni Party Senior Leader Imtiyaz Parray on Friday visited Mukhumyari and Madwan Hajin areas of the Sonawari constituency to review public ameni-

ties and assess local issues. During his visit, Parray interacted with local residents, who voiced concerns about basic infrastructure, electricity supply, water availability, and other civic issues. He assured them that their grievances would be taken up with the concerned authorities and addressed at the earliest possible time.



Parray also urged the Lieutenant Governor's administration to intervene and ensure the swift resolution of these genuine grievances, particularly during the holy month of Ramadan, when people face heightened difficulties due to essential service shortages.

He reaffirmed his commitment to working for the welfare of the people and vowed to continue advocating for better infrastructure and public services in Sonawari.

## Rana Battalion Celebrates Holi with Children Along LoC in Bagtore

BANDIPORA: The Indian Army's Rana Battalion, deployed along the Line of Control (LoC) in the Bagtore sector, celebrated Holi with local children while continuing their operational duties.

An official spokesperson said the festival was marked within the perational framework, ensuring that security responsibilities remained uninterrupted. The soldiers shared the festive spirit with the children, reinforcing the bond between the Army and the local community.

Children expressed their joy and appreciation for the Indian Army's efforts in celebrating Holi with them, further strengthening the prevailing peace, tranquility, and harmony in the region.

## DC inaugurates RRR Centre at MC Kupwara

KUPWARA: The Deputy Commissioner (DC) Kupwara, Ayushi Sudan inaugurated the much-awaited Reduce, Reuse, Recycle (RRR) Centre at the Municipal Council Office Kupwara.



The inauguration marks a significant step towards promoting environmental sustainability and waste management in the district.

DDC Member Sogam, Executive Officer MC Kupwara, President Traders Federation Kupwara, President Transport Association Kupwara and a large number of employees of Municipality were present on the occa-

RRR Centre is aimed to promote the act of kindness where people will deposit their used clothes, discarded household items and other charitable things which will help other people especially poor and destitute. The aim is to reduce the wastage of resources by the people by recycling the used things for the people in need.

Speaking at the occasion, DC appreciated the initiative of the Municipal Committee and said that it is a noble and eco-friendly concept aimed to help the poor people by donating used items which will be

She appealed to the people to make the initiative vibrant by donating their surplus things including used clothes, household items and other discarded stuff to the RRR Centre which will be useful for the people in

## **JKSA Welcomes Prof. Rizvi as JMI** Registrar, Calls for **Student-Centric Reforms**

**NEW DELHI:** The Jammu and Kashmir Students Association (JKSA) on Friday extended heartfelt congratulations to Prof. Mohammad Mahtab Alam Rizvi on his appointment as the full-time, regular Registrar of Jamia Millia Islamia (JMI), New Delhi.

Hailing Prof. Rizvi as a distinguished academic and administrator, the National Convenor of JKSA, Nasir Khuehami, expressed confidence that his wealth of experience—including his current role as Director of the Nelson Mandela Centre for Peace and Conflict Resolution—would enable him to lead the university to new heights and restore its past

Khuehami emphasized that Prof. Rizvi's tenure presents an opportunity to address

fundamental issues crucial to transforming Jamia into a world-class institution.

"We urge and hope that Prof. Rizvi will prioritize creating a positive, student-friendly atmosphere on campus, ensuring fairness and merit in addressing concerns like nepotism and hostel accommodation issues," said Khuehami.

JKSA also highlighted the persistent accommodation crisis faced by hundreds of Kashmiri students at JMI, despite the existence of a dedicated hostel built specifically

Khuehami expressed optimism that Prof. Rizvi would take proactive steps to resolve this pressing issue, which, he noted, would serve as a positive gesture in fostering trust and confidence among the youth of Jammu and Kashmir.

Describing Prof. Rizvi as a visionary academician and researcher, Khuehami assured full cooperation from JKSA in supporting initiatives that would advance Jamia Millia Islamia's growth and academic excellence.

"We look forward to supporting Prof. Rizvi's leadership in enhancing education, research, and student welfare, and we believe his tenure will bring significant strides for the university," Khuehami concluded.





tal work related to interplanetary/planetary dust." The project, approved by the Chairman of ISRO and the Secretary of the Department of Space (DOS),

The research is expected to make significant contributions to the understanding of planetary and interplanetary dust dynamics, with potential applications in space exploration and planetary sci-

has received funding for a duration of two years.

As per the official communication from ISRO, the Department of Space will release the sanctioned funds annually through the Central Nodal Agency (CNA) Scheme. In an official letter dated March 11, 2025, addressed

to Dr. Majid, ISRO confirmed the approval of the "We are confident that this project will make project and outlined the necessary administrative procedures for fund disbursement.

## **Energy** Independence

The PM Surva Ghar: Muft Biili Yoiana is undoubtedly a landmark initiative in India's renewable energy journey. With 10 lakh households already solarpowered and a vision to reach 1 crore by 2027, the scheme is making solar energy accessible and affordable for millions. The financial support, collateral-free loans, and streamlined digital application process have significantly accelerated the adoption of rooftop solar, helping households cut down on electricity costs while contributing to a greener future. However, despite these commendable achievements, several challenges remain. One of the key obstacles is the slow pace of installations in some states due to bureaucratic red tape and limited awareness among consumers. While states like Chandigarh, Daman & Diu, and Rajasthan have made significant progress, others lag behind due to delays in subsidy disbursement and inefficiencies in vendor selection. Another major issue is the financial burden on lower-income households. Even with subsidies and loans, many families struggle to afford the upfront costs of installation. The government must consider extending further financial support, such as zero-interest loans or additional subsidies for economically weaker sections, to ensure equitable access to solar energy. Moreover, the scheme's success depends on a strong supply chain for solar panels, inverters, and other components. While the initiative promotes 'Make in India,' local manufacturing must be ramped up to meet the growing demand. Incentives for  $domestic\,manufacturers\,and\,stream lined\,policies$ for faster approval of solar projects could help bridge this gap. A critical area that requires urgent attention is awareness and outreach. Many potential beneficiaries remain unaware of the scheme's benefits and application process. A targeted information campaign, leveraging local governance bodies and community organizations, could help expand participation and ensure that no eligible household is left behind. The PM Surya Ghar Yojana is a grand remarkable step towards energy selfreliance and sustainability. By addressing these challenges with policy refinements, financial inclusivity, and enhanced awareness campaigns, India can truly harness the power of the sun for a brighter, more sustainable future.

## Ramadan: A Path to Piety, Purity, and Patience



BY SHAHBAAZ BASHIR SHAH

Ramadan is a sacred and spiritually enriching month in which Muslims worldwide seek closeness to Allah through fasting, prayer, charity, and self-discipline. It is the ninth month of the Islamic calendar and holds great significance as it is believed to be the month in which the Holy Quran was revealed as guidance for mankind.

#### The Quran mentions:

"The month of Ramadan is the one in which the Quran was revealed as a guidance for mankind, and as clear signs that show the right way and distinguish between right and wrong. So those of you who witness the month must fast in it. But the one who is sick or on a journey should fast an equal number of days later. Allah intends ease for you and does not intend hardship."

(Surah Al-Baqarah 2:185)

#### The Spiritual Race of Ramadan

Islamic scholars describe Ramadan as a spiritual racetrack where believers compete in acts of devotion. Hassan Al-Basri ( ) beautifully stated: "Allah has made Ramadan a racetrack for His

creation to compete in His obedience. Some have come out ahead, emerging victorious, while others have fallen behind, failing the test."

This sacred month is an opportunity for selfreflection, devotion, and seeking for giveness. However, it is short, and negligence can cause one to miss its blessings. Therefore, Muslims should engage in acts of worship such as fasting, prayer, Quran recitation, remembrance of Allah (Zikhr), charity, seeking forgiveness, and I'tikaf (spiritual retreat).

#### 1. Fasting: A Path to Taqwa

Fasting in Ramadan is not just an act of abstaining from food and drink; it is a means of attaining spiritual purification and God-consciousness (Tagwa). It teaches self-restraint and patience, reinforcing discipline in all aspects of life. Allah says in the Holy Quran:

"O you who believe, fasting has been prescribed

for you as it was prescribed for those before you, so that you may become God-fearing."

Prayer (Salah) is the cornerstone of a Muslim's faith and is particularly emphasized in Ramadan. Taraweeh prayers, performed at night, hold special significance. The Quran highlights the importance



(Surah Al-Bagarah 2:183)

While fasting, maintaining proper hygiene and cleanliness is emphasized. Prophet Muhammad (PBUH) said:

"Cleanliness is half of faith."

(Sahih Muslim - 223) Additionally, a balanced diet during Suhoor (pre-dawn meal) and Iftar (meal at sunset) is essential to maintain health. The Quran warns against

"And eat and drink, but do not waste. Indeed, He does not like the wasteful."

(Surah Al-A'raf 7:31) Prophet Muhammad (PBUH) further advised moderation in eating:

"The son of Adam does not fill a vessel worse than his stomach. It is sufficient for him to eat a few mouthfuls to keep his back straight."

2. The Importance of Prayer

"Indeed, prayer prohibits immorality and wrongdoing."

(Surah Al-Ankabut 29:45) Abu Hurayrah (RA) narrated that the Prophet

(PBUH) encouraged prayer at night in Ramadan: "Whoever prays at night in Ramadan out of faith and hope of Allah's reward, all his previous

(Bukhari & Muslim)

sins will be forgiven."

#### 3. Recitation of the Holy Quran

Since the Quran was revealed in this blessed month, its recitation holds immense spiritual rewards. Muslims strive to read, understand, and implement its teachings. The Quran describes itself as:

"This is the book about which there is no doubt, a guidance for those conscious of Allah." (Surah Al-Bagarah 2:2)

4. Zikhr (Remembrance of Allah) Remembering Allah through Zikhr brings peace and spiritual elevation. The Quran instructs believers: "O you who believe! Remember Allah with

much remembrance." (Surah Al-Ahzab 33:41)

Prophet Muhammad (PBUH) emphasized its

"He who remembers his Lord and he who does not are like the living and the dead." (Bukhari & Muslim)

#### 5. Charity and Generosity

Ramadan is the month of giving. Muslims are encouraged to give Zakat and Sadaqah (charity) to those in need. The Quran states:

"So, for those of you who have believed and spent (in Allah's way), there is a big reward."

Prophet Muhammad (PBUH) was known to be the most generous in Ramadan, helping the poor and feeding the needy.

#### 6. Seeking Forgiveness

Ramadan is an opportunity to repent and seek Allah's mercy. Ibn Taymiyyah ( ) said:

"Whoever does not feel contentment of the heart and cannot experience the sweetness of Imaan and the light of guidance, then he should increase in repenting and seeking forgiveness."

Allah's mercy is vast, and He promises forgive-

ness to those who repent sincerely: "O believers! Turn to Allah in sincere repentance, so your Lord may erase your sins and admit you into gardens under which rivers flow."

#### 7. I'tikaf: The Spiritual Retreat

(Surah At-Tahrim 66:8)

In the last ten days of Ramadan, many Muslims observe l'tikaf, a practice of seclusion in mosques to focus solely on worship. Prophet Muhammad (PBUH) practiced I'tikaf regularly:

"The Prophet (PBUH) used to observe I'tikaf during the last ten days of Ramadan."

(Bukhari - 2025)

Ramadan is a transformative experience that purifies the heart, strengthens faith, and brings believers closer to Allah. It is a time of self-reflection, discipline, and renewal of spiritual commitments. By embracing fasting, prayer, Quranic recitation, charity, and repentance, Muslims can fully benefit from this sacred month. May Allah accept our efforts and grant us His mercy. Ameen.

# True Education: Nurturing the Mind and the Heart



Aristotle's assertion that "educating the mind without educating the heart is no education at all" underscores the importance of holistic learning. Education should not be limited to intellectual development; it must also cultivate character, ethics, and emotional intelligence. Without moral and emotional growth, knowledge alone can be dangerous or ineffective.

Modern education systems often emphasize technical knowledge, analytical skills, and cognitive abilities. Students are trained to solve complex equations, analyze historical events, and master scientific theories. However, if education stops at intellectual development, it risks creating individuals who are knowledgeable but lack empathy, ethics, or a sense of social responsibility. A brilliant mind without a moral compass can lead to exploitation, dishonesty, and unethical behavior.

For example, in history, figures like Adolf Hitler and Joseph Stalin were highly intelligent and strategic leaders, but their lack of ethical grounding led to immense suffering. Conversely, leaders like Mahatma Gandhi and Nelson Mandela combined intellect with compassion, using their knowledge to promote peace and justice.

Albert Einstein once said, "Intellectual growth should commence at birth and cease only at death, but wisdom is not a product of schooling but of the lifelong attempt to acquire it." This highlights the idea that true education extends beyond acquiring facts-it involves developing moral wisdom and ethical judgment. Educating the heart involves fostering empa-

thy, kindness, integrity, and emotional resilience. These qualities help individuals build meaningful relationships, contribute positively to society, and  $navigate \, life's \, challenges \, with \, wisdom. \, Emotional \,$ intelligence—the ability to understand and manage emotions—is just as crucial as intellectual ability.

Consider a corporate scenario where two managers possess equal technical expertise. One is highly skilled but indifferent to his employees'

well-being, leading to a toxic work environment. The other balances competence with empathy, motivating employees and fostering collaboration. The latter's approach creates long-term success, demonstrating that emotional intelligence is essential in leadership.

The Dalai Lama supports this notion, stating, "When educating the minds of our youth, we must not forget to educate their hearts." This

and personal development.

True education should prepare individuals to contribute positively to society. It should teach students not only how to think but also how to act with integrity. A well-educated person is not merely one who excels academically but one who possesses wisdom, compassion, and a sense of duty toward others. By integrating intellectual and moral education, we create individuals who use

ligence plus character—that is the goal of true education." This perfectly captures the balance between academic knowledge and moral develop-

ment necessary for a just society. Aristotle's words remain profoundly relevant today. A well-educated individual is not just a repository of facts but a person of character. Schools, parents, and societies must recognize the importance of nurturing both the mind and



reinforces the importance of emotional intelligencein personal and societal well-being.

Schools should integrate lessons on empathy, ethical decision-making, and emotional well-being into their curricula to ensure that students develop into well-rounded individuals. Programs like social-emotional learning (SEL), which teaches students how to manage emotions, resolve conflicts, and practice kindness, have been shown to improve both academic performance

their knowledge for the betterment of society.

For instance, doctors who combine medical expertise with empathy provide better patient care. A physician who simply diagnoses and prescribes medicine without considering a patient's emotional state may miss important aspects of eatment. On the other hand, a doctor who listens, empathizes, and offers reassurance improves both patient outcomes and trust in healthcare.

Martin Luther King Jr. once stated, "Intel-

the heart to ensure that education fulfils its true purpose-not just creating intelligent individuals, but good ones. By fostering both intellectual and emotional growth, we build a society where knowledge serves humanity rather than merely advancing personal gain.

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

Schools should integrate lessons on empathy, ethical decision-making, and emotional well-being into their curricula to ensure that students develop into wellrounded individuals. Programs like socialemotional learning (SEL), which teaches students how to manage emotions, resolve conflicts, and practice kindness, have been shown to improve both academic performance and personal development.

# Chief Justice visits DCC Ganderbal, assesses measures concerning court management, infrastructure

**GANDERBAL:** Chief Justice High Court of Jammu & Kashmir and Ladakh and Patron-in-Chief, J&K Legal Services Authority, Tashi Rabstan, today visited the District Court Complex, Ganderbal to take stock of measures concerning court management and infrastructure.

Present on the occasion were Abdul Nasir, Principal District & Session Judge (Chairman District Legal Services Authority) Ganderbal, Jatin Kishore, Deputy Commissioner, Ganderbal, Judicial Officers from the District Headquarter Ganderbal, Ragav S, Senior Superintendent of Police, Ganderbal, Public Prosecutors and District Bar Association, Ganderbal.

During the visit, the Chief Justice was accompanied by Mohinder Kumar Sharma, Principal Secretary to the Chief Justice and Jahangir Ahmad Bakshi, Joint Registrar (Judicial) Srinagar.

A ceremonial guard of honour was accorded to the Chief Justice by the District Police Ganderbal. The Chief Justice inaugurated the office of Legal Aid Defense Counsel at the District Court Ganderbal, marking a significant milestone in enhancing access to justice for the people of

During his visit, the Chief Justice inspected



Ganderbal. The initiative was a part of the Legal Aid Defense Counsel (LADC) system, adopted by the National Legal Services Authority (NALSA) to provide free and competent legal aid especially the court complex, reviewed the functioning of e-Sewa Kendra, Judicial infrastructure of various courts and also took stock of court functioning. The Chief Justice directed all the judicial officers to work hard for the cause of justice and dispose of the old and targeted cases especially which are more than 10 years old on priority, up keeping the faith of general public in court's functioning.

He also emphasized that the facility of e-Seva Kendra be made fully functional and its benefits must reach to the litigants of Ganderbal for filling of their cases through e-mode.

The Chief Justice also held interactive meetings with the judicial officers and Bar members, where the paucity of space for judicial infrastructure and chambers for advocates was raised.

In response, Deputy Commissioner apprised the Chief Justice that 45 kanal of land has already been identified for construction of new Court complex, Ganderbal for which DPR has been prepared and submitted to the higher authorities.

The Chief Justice also directed the Deputy Commissioner Ganderbal to construct prefabricated structures, including necessary furniture on a priority basis for lawyer's chambers.

## DC reviews performance of Banks in Doda

Calls for sustained credit flow to priority sector

**DODA:** A meeting of the District Level Review Committee (DLRC) and District Consultative Committee (DCC) was held at the DC Office Doda the other day to review performance of banks for the quarter ending December 2024.

The meeting was chaired by Deputy Commissioner (DC) Harvinder Singh and attended by the Chief Planning Officer (CPO), ACD, Lead District Manager (LDM), representatives from the Reserve Bank of India (RBI), and officials from different financial institutions and government departments.

The meeting was convened by the Lead Bank Office, State Bank of India (SBI).

The focus of the meeting was to review banking performance, financial inclusion, and credit disbursement in the district.

Officials presented the progress of banks under the Annual Credit Plan for 2024-25 including deposit growth, advances and the Credit-Deposit (CD) ratio. The DC directed banks to increase credit flow, especially to priority sectors and weaker sections of society.

A significant focus was on the status of loan disbursement to beneficiaries under self-employment and entrepreneurship schemes, including Mission Youth.

The DC reviewed the implementation of government-sponsored self-employment schemes, such as PMEGP, Kisan Credit Card (KCC) for farmers, Stand-Up India, PMFME, Mudra loans, and financial support to Self-Help Groups (SHGs).

He asked financial institutions to speed up loan disbursements to Business, agriculture and allied sectors to push economic growth.

The DC instructed the LDM to set up a help desk at the Chief Education Office to assist students with the education loan.

The meeting also discussed housing loan disbursements and the chair asked banks to make the process easier for people to access financial assistance.

The availability of the loan under the PM Muft Bijli Yojana was also discussed with JK Bank, SBI, and Punjab National Bank (PNB).

The status of gold loan disbursements was reviewed, and banks were urged to improve their lending performance in all areas.

## Fervor, gaiety mark Holi celebration in Poonch

**POONCH:**Deputy Commissioner Vikas Kundal and SSP Shafkat Hussain Bhat today greeted people during their visit to the Sanatan Dharam Sabha amid a vibrant celebration of Holi.

The event brought together residents and members of the Management Committee, fostering a spirit of harmony and togetherness.

The Deputy Commissioner emphasized the significance of unity and joy that Holi represents. He encouraged everyone to celebrate the festival in a manner that reinforces communal values and strengthens bonds among individuals.

## Srinagar admin organizes awareness programmes on Drug de-addiction at Fakir Gujri

**SRINAGAR:** On the directions of Deputy Commissioner (DC) Srinagar, Dr. Bilal Mohi-Ud-Din Bhat, a series of awareness programmes on drug de-addiction was organized by District Administration Srinagar in collaboration with District Social Welfare Office at Fakir Gujri-A and Fakir Gujri-B.

During the programme, the Resource persons highlighted the harmful effects of drugs on individuals, families, and society at large. They urged the public to raise awareness about the detrimental impacts of drugs and remain vigilant against those involved in illegal drug trade.

The participants unanimously called for



widespread awareness efforts, emphasizing the need to be cautious of individuals engaged

in such illegal activities.

On the occasion, the measures needed to be undertaken for the eradication of drug menace from the society were also underlined. The special focus was laid on saving youth, the most vulnerable age group with regard to drug menace from the harmful effects of its use.

Other Speakers on the occasion said that drug addiction is an issue of grave concern, especially among the younger generation and has very ill effects not only on the individual concerned but on the society as a whole. The programme was attended by Officers of Social Welfare, Police, Education and other Departments.

## DC inaugurates RRR Centre at MC Kupwara

**KUPWARA:** The Deputy Commissioner (DC) Kupwara, Ayushi Sudan today inaugurated the much-awaited Reduce, Reuse, Recycle (RRR) Centre at the Municipal Council Office Kupwara.

The inauguration marks a significant step towards promoting environmental sustainability and waste management in the district.

DDC Member Sogam, Executive Officer MC Kupwara, President Traders Federation Kupwara, President Transport Association Kupwara and large number of employees of Municipality were present on the occasion.

RRR Centre is aimed to promote the act of kindness where people will deposit their used clothes, discarded household items and other charitable things which will help other people especially poor and destitute. The aim is to reduce the wastage of resources by the people by recycling the used things for the people in need

Speaking at the occasion, DC appreciated the initiative of the Municipal Committee and said that it is a noble and ecofriendly concept aimed to help the poor people by donating used items which will be recycled.

She appealed the people to make the initiative vibrant by donating their surplus things including used clothes, household items and other discarded stuff to the RRR Centre which will be useful for the people in need.

## DC, SSP join civil society in Holi celebration at Rajouri

**RAJOURI:** Deputy Commissioner Abhishek Sharma and SSP Gaurav Sikarwar celebrated Holi with the civil society of the District Rajouri at Town Hall today. Civil Society representatives, including MLA Rajouri were present, marking a historic moment for the region.

Keeping the traditions, the district administration, religious leaders, and civil society came together to celebrate the festival of colors in a spirit of unity and brotherhood.

of colors in a spirit of unity and brotherhood.

Adding to the festive spirit, the grand Jhanki of Bhairon
Baba, being taken over the past eight days, concluded smoothly

last evening.

The seamless conduct of the event highlighted the collaborative efforts of the administration and the local community in ensuring a peaceful and joyous atmosphere.

Speaking on the occasion, DC Abhishek Sharma extended his warm greetings to the people, emphasizing the importance of inclusive celebrations in fostering social bonds.

SSP Rajouri Gaurav Sikarwar commended the collective efforts of all stakeholders in ensuring a secure and vibrant Holi celebration.

The event concluded on a positive note, with attendees appreciating the initiative and expressing hope for more such celebrations that promote unity and brotherhood in Rajouri.

## CEO ERA reviews progress on World Bank funded JTFRP

Bid evaluation process for additional Gynae block at L.D. Hospital to conclude soon



**SRINAGAR:** Chief Executive Officer, J&KERA/JTFRP, Muhammad Aijaz Asad, has asked the Project Implementation Unit to expedite the bid evaluation process for construction of additional Gynae block at Lal Ded hospital, Srinagar, being constructed under the World Bank funded Jhelum Tawi Flood Recovery Project (JTFRP).

The CEO was chairing a meeting held at civil secretariat to review the progress on World Bank funded Jhelum Tawi Flood Recovery Project. He was informed that 200 sub-projects out

of the total of 213 sub-projects taken up for execution under JTFRP have been completed till date with an overall expenditure of Rs 1527 crore. Sajad Nageeb, Chief Engineer PWD (R&B

Central), while giving details about the progress on construction of additional Gynae/Infertility/ Oncology block at Lal Ded Hospital, being constructed under JTFRP, said that the evaluation of technical bids is under process and is expected to be completed shortly for submitting to World Bank for approval.

The CEO asked the Chief Engineer to expedite the bid evaluation process for the prestigious health sector project.

Susheel Kumar, Director Technical JTFRP/Chief Engineer, PWD (R&B North), informed that work on 4 bridges in North Kashmir, namely Wahdina, Waza Mohalla, Wagoora and Shrakwara has been allotted and contractor has already started procurement of material on Wahdina

bridge. He added that work on all the 4 bridges is expected to be completed by December, 2025. He also informed that work on construction of Trikolabal bridge in Pattan is underway and work on the sub-project is expected to be completed by April, 2025. Giving details about progress on construction of Emergency Operations Centre at Ompura, being constructed by J&KERA under JTFRP, it was informed that work on Dormitory building has been completed and the contractor has initiated process for procurement of various electromechanical equipments.

The CEO directed that contractor be asked to submit the procurement status of equipment. He asked the engineers to devise a strategy for expediting pace of work on the sub-project to ensure its completion at an earliest.

Vinod Kumar, Chief Engineer, PWD (R&B South), while giving details of progress on construction of Trenz bridge, informed that work on the 3 spans has already been completed while work on other spans is in process. The work on the bridge will be completed by June, 2025, he added.

Sajad Kawoosa, Superintendent Engineer, Srinagar Municipal Corporation, informed that work on upgradation of 45 Dewatering stations in Srinagar city has been completed and made functional along with installation of SCADA system.

The CEO asked the SMC to formally close the project and submit utilisation certificate at an earliest.

Ghulam Rasool, Director J&KERA, Jammu, informed that more than 95% progress has been achieved on construction of Ghulati- Shahdra Sharief Road with laying of bituminous remaining to be laid for only 300 metre which will be done once weather permits while as work on road markings, signages is underway.

The meeting was also attended by Narinder Kumar, S.E. (PWD) (R&B Central), Dr. Sajad Wani, Chief Accounts Officer, Senior officers of Health and Medical Education, Srinagar Municipal Corporation, PWD (R&B) and JKERA/ JTFRP.

## DC Poonch reviews arrangements for upcoming festivals POONCH: Deputy Commissioner issued directives to the heads of Commissioner about various issues,

**POONCH:** Deputy Commissioner Vikas Kundal convened a meeting with officers from different departments, civil society members and religious heads to review the arrangements for the upcoming Eid & Navratra festivals.

The meeting focused provision of safe drinking water, uninterrupted power supply, medical aid services, sanitation, and fire safety measures, street lighting, cleanliness and smooth transport management across the district. The Deputy Commissioner

different departments, emphasizing meticulous planning and execution in their respective areas of responsibility. Particular attention was given to security to mitigate any potential untoward incidents during the festive period.

Civil society's cooperation was encouraged to uphold the successful celebration of all the festivals in the town. The representatives of religious institutions apprised the Deputy

in response to which the DC assured their resolution on priority basis. The Deputy Commissioner

emphasized the importance of maintaining peace, harmony and brotherhood during the festivals and appealed to the people to cooperate with the administration in ensuring smooth celebrations. The meeting was attended by ADC Poonch, ASP, ACR, SDM Mendhar/Surankote, Tehsildar and other concerned stakeholders

# Coromandel International signs Definitive Agreement to acquire controlling stake in NACL Industries

**Jammu:** Coromandel International Limited (BSE: 506395, NSE: COROMANDEL), one of India's leading agri-solutions provider, today announced the signing of definitive agreements to acquire majority stake in NACLIndustries Limited (NACL). NACL is an India based Crop Protection player having strong branded formulation business in domestic markets, exports Technicals in key global geographies and has presence in contract manufacturing operations with global multinational agrochemical companies. Coromandel is set to acquire 53% shareholding in NACL industries, for consideration of Rs 820 Crores at Rs 76.7/- price per share from the current promoter KLR Products Limited.

Coromandel also proposes to make an open offer to the public to acquire upto 26% of the equity share capital of the company as per the SEBI Takeover Regulations. The proposed transaction is subject to regulatory approvals and is likely to be consummated over next few months.

The proposed acquisition will position Coromandel as one of the leading players in the Indian Crop

Protection industry with a wide range of technicals and pan India presence in domestic formulation business. This will also help in expanding Coromandel's scale, accelerating its entry into contract manufacturing

business, fast-tracking new product commercialization and expanding its product portfolio.

NACLIndustries operates

Technical and Formulation plants in Andhra Pradesh, besides having centralized R&D facility near Hyderabad. NACL's subsidiary has also recently invested in Technical grade facility at Dahej, capable

of manufacturing Active Ingredients. It has established formidable partnerships with key global players, offering contract manufacturing services for over two decades.

The company has strong brand presence in domestic formulations segment with pan India footprint.

Reflecting on the transaction, Coromandel's Executive Chairman Mr. Arun Alagappan stated,

"This is a defining moment for

Protection business. Coromandel's long-term strategy has always been centered on driving sustainable growth and market leadership. The decision to acquire NACLIndustries is a natural

Coromandel International's Crop



extension of company's growth vision. By combining our extensive distribution network and deep industry expertise with NACL's manufacturing capabilities, diversified product portfolio and large formulations presence, we are setting the stage for a significant increase in operational scale.

The acquisition not only expands our scale but also enables us to tap into critical customer segments and secure strategic CDMO relationships."

# Safeguarding Legal Rights: District Legal Services Authority Budgam organizes awareness programme at Central Jail Srinagar

BUDGAM: In a significant move, as part of Calendar of activities, District Legal Services Authority (DLSA) Budgam, under the aegis of J&K Legal Services Authority organized an awareness programme on Bail & Legal aid for under trial Convicted and other prisoners at Central Lail Sripagar

The programme was also held in consonance with the judgment dated:18-02-2025 passed by the Hon'ble Supreme Court of India in Suo Motu writ petition number 04 of 2021 titled IN RE: Delay in release of convicts after granting of bail with SLP

No.529 of 2021

The awareness session, organised under the guidance of Hon'ble Justice Atul Sreedharan Executive Chairman J&K Legal Services authority and Shazia Tabassum, Member Secretary of J&K Legal Services authority was held under the chairmanship of O.P.Bhagat, Chairman DLSA (Pr.Distt.& Sessions Judge) Budgam and supervision of Nusrat Ali Hakak, Secretary DLSA Budgam, who attended and monitored the said programme personally.

On the occasion Legal aid defense counsels of



DLSA Budgam Shahrooq Bhat and Ab Rouf Parray

spoke on the subject and apprised the under trial prisoners, convicts, jail inmates etc, about ways and means of obtaining free and competent Legal aid from Legal Services institutions for defending their cases at various Levels free of cost. They also threw light on S.432 crpc and section 473 of BNSS etc.

They also deliberated upon the different types of bails pertaining to different categories/nature of cases and raised awareness among the inmates regarding the benefits that can be availed in light of the said Supreme Court judgment.

On the occasion, Secretary DLSA Budgam gave a presidential address in which she briefed the inmates about the services and schemes of DLSA meant for them and also imparted a wide range of awareness amongst them regarding the legal provisions etc. which they can get help from.

The programme witnessed the active participation of Incharge Superintendent Central Jail Srinagar, Shahbaz Hussain; officials of Prison Legal aid Clinic and PLVs existing at Central jail Srinagar, police personnel, jail inmates, PLVs of DLSA Budgam etc.

# 'HOWGENES,

## Environment Influence Coffee Drinking Decoded'

he study, published in the journal Behavior Genetics, noted that coffee addiction is affected by a positive feedback loop between genetics and the environment via a phenomenon known as quantile-specific heritability.

"It appears that environmental factors sort of set the groundwork in which your genes start to have an effect," said Paul Williams, study co-author from the Lawrence Berkeley National Laboratory (Berkeley Lab) in the US.

"So, if your surroundings predispose you to drinking more coffee—like your coworkers or spouse drink a lot, or you live in an area with a lot of cafes -- then the genes you possess that predispose youtolike coffee will have a bigger impact," Williams said.

According to the Berkeley Lab scientist, these two effects are synergistic.

He said the phenomenon is also associated with cholesterol levels and body weight, and may play a role in other

human physiological and behavioural traits like alcohol addiction.

As part of the study, Williams assessed 4,788 child-parent pairs and 2,380 siblings from the Framingham Study—an ongoing research launched by the National Institutes of Health (NIH) in the US in 1948 to investigate how lifestyle and genetics affect rates of cardiovascular disease

In the Framingham Study, participants submitted detailed information about diet, exercise, medication use, and medical history every three to five years.

Based on this data, Williams used statistical methods to calculate what proportion of the participants' coffee drinking could be explained by genetics, and what must be influenced by external factors

Earlier studies had shown that the most significant environmental factors influencing coffee drinking were culture and geographic location, age, sex, and whether or not one smokes tobacco.

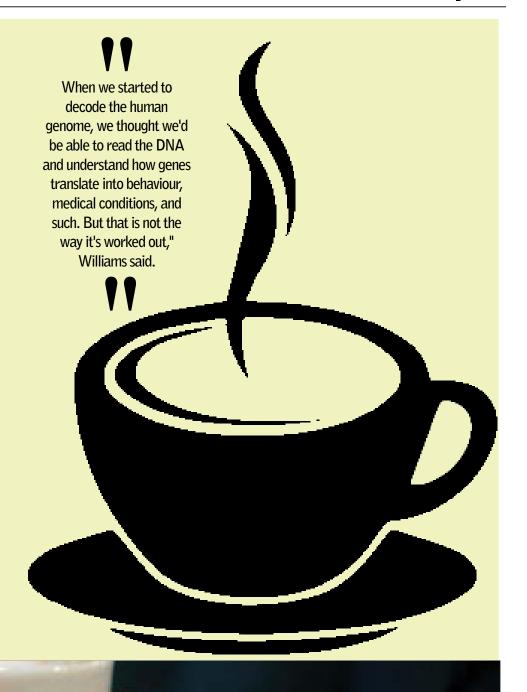
The current assessment showed that

between 36 and 58 per cent of coffee intake could be genetically determined—although the exact set of causative genes remain unknown.

However, the study noted that the association between a parent's coffee drinking and an offspring's habit got increasingly stronger for each of the offspring's coffee consumption quantile, or bracket -- zero cups per day, one to two cups, two to four cups, or five or more cups.

"When we started to decode the human genome, we thought we'd be able to read the DNA and understand how genes translate into behaviour, medical conditions, and such. But that is not the way it's worked out," Williams said.

"For many traits, like coffee drinking, we know that they have a strong genetic component—we've known coffee drinking runs in families since the 1960s. But, when we actually start looking at the DNA itself, we usually find a very small percentage of the traits' variation can be attributed to genes alone," he added.



# Rice Vs Chapatti: Which Is Healthier For Weight Loss?

Rice and chapattis, the two main staples of your diet, have been accompanying your meals since forever, because that is what completes your meal. So giving up on one or both is not an easy task. But when it comes to weight loss, the very first thing you wish to do is give up on all sources of carbs. So you give up both rice and chapattis till the ultimate goal is achieved. The truth is both have their own set of pros and cons. But is one of these two a better option for weight loss? Let's find out!

Objectively, both have the same amount of carbs and calorific value. But they differ in nutritional value. Chapattis are rich in protein and fibre as compared to rice and help in keeping you full for longer. But rice is easier to digest due to its starch content. So which one should you choose?

When considering the nutritional value, chapatti is the winner. But one important consideration is the sodium levels in a whole wheat chapatti. Every 120 grams of wheat contains 190 mgs of sodium. However, rice has no sodium. So for those who are trying to avoid sodium, chapattis are a big 'no no'.

If no such health issue bothers you, chapatti is the winner

in terms of weight loss. But what makes chapatti take over rice? We'll tell you:

Rice contains lower dietary fibre as compared to chapattis. Chapattis have a higher protein and fibre content.

Chapattis, because they are a rich source of fibre, help in keeping you full for longer, thereby promoting weight loss.

Rice is higher in calories and do not satisfy you as much

as chapattis do.

Every bite of chapatti gives your body calcium, potassium, iron and phosphorus. However, rice has no calcium and lower

levels of potassium and phosphorus.

The fact that chapattis take longer to digest helps in keeping

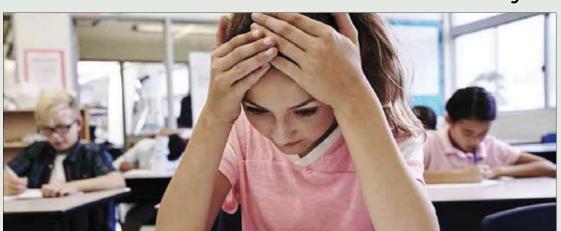
the blood sugar levels normal.

Don't forget to check your portions...

Just because it is healthier, you shouldn't load your plate with dozens of chapattis. You should stick to four chapattis a day and have dinner before 7.30 if you are planning to have chapattis for dinner. However, if you wish to continue with rice, a healthier option is brown rice. Also, you could try multigrain chapattis.



# **Depression** may up risk of multiple chronic diseases in women: Study



Women who experience symptoms of depression are at increased risk of developing multiple chronic diseases such as diabetes, heart disease, stroke and cancer, a study has found.

The research, published in the journal Health Psychology, suggests that depression and chronic diseases share a similar genetic or biological pathway.

"These days, many people suffer from multiple chronic diseases such as diabetes, heart disease, stroke and cancer," said Xiaolin Xu, a PhD scholar at the University of Queensland in Australia.

"We looked at how women progress in the development of these chronic diseases before and after the onset of depressive symptoms," Xu said.

The Australian Longitudinal Study on Women's Health followed healthy, middle-aged women with no previous diagnosis of depression or chronic illness over 20 years.

The study found 43.2 per cent of women experienced elevated symptoms of depression and just under half the cohort reported they were diagnosed or taking treatment for depression.

Women from the depressed group were 1.8 times more likely to have multiple chronic health conditions before they first experienced depressive symptoms.

"Experiencing depressive symptoms appeared to amplify the risk of chronic illness," Xu said.

After women started experiencing these symptoms, they were 2.4 times more likely to suffer from multiple chronic conditions compared towomen without depressive symptoms.

"Inflammation in the body has been linked to the development of both depression and chronic physical diseases," he said.

"Chronic diseases, like diabetes and hypertension, are also commonly

associated with depression," Xu said.

These findings help strengthen healthcare professionals understanding of mental and physical health.

"Healthcare professionals need to know that clinical and sub-clinical depression (elevated depressive symptoms) can be linked to other chronic physical conditions," he said.

When treating patients for these symptoms, healthcare professionals must realise these people are at risk of developing further chronic illness, researchers said.

Women with both conditions were more likely to come from low-income households, be overweight and inactive, smoke tobacco and drink alcohol.

"Maintaining a healthy weight, exercising regularly, eating a balanced diet, and reducing harmful behaviours could help prevent and slow the progression of multiple chronic diseases," Xu said.

## Is arsenic safe? Study says it may clog arteries

research has found that environmental exposure to low levels of the toxic metals arsenic, cadmium and titanium appears to increase the risk of plaque buildup in arteries in the neck, heart and legs.

The study has been published in the 'Arteriosclerosis, Thrombosis and Vascular Biology Journal'.

Traces of metal may enter the body through contaminated soil that infiltrates food, through drinking water, air pollutants or tobacco smoke. There is strong evidence that toxic metals, such as arsenic and cadmium, are cardiovascular risk factors. Arsenic and cadmium are often

found in tobacco and food, while arsenic is also found in water. Titanium exposure is mainly derived from dental and orthopaedic implants, screws, pacemaker encasings, cosmetic products and some foods.

"Metals are ubiquitous in the environment, and people are chronically exposed to low levels of metal," said lead investigator of the study Maria Grau-Perez, M.Sc., of the Institute for Biomedical Research Hospital Clinic de Valencia INCLIVA in Valencia, Spain, and a PhD candidate in the department of preventive medicine, public health and microbiology at the Universidad Autonoma de Madrid, in Spain. "According to the World Health Organization,

31 percent of the cardiovascular disease burden in the world could be avoided if we could eliminate environmental pollutants," she added.

Atherosclerosis developed when fatty deposits, or plaque, build up in the arteries causing them to narrow, weaken and stiffen. Depending on the arteries affected, it can lead to a heart attack, stroke, angina, peripheral artery disease or kidney disease.

Priorresearchontheimpactofmetalexposure on atherosclerosis has traditionally centred on the carotid arteries, the major arteries in the neck. This study focused on subclinical atherosclerosis -- before symptoms are present -- and examined the impact of metal exposure

on the carotid, femoral and coronary arteries. Previous research suggested that imaging of the femoral artery, which is the main artery supplying blood to the lower body, may lead to earlier detection of atherosclerosis.

Researchers evaluated 1,873 adults (97 per cent men) in the Aragon Workers Health Study. The study participants worked at an auto assembly factory in Spain and ranged in age from 40 to 55. Researchers measured participants' environmental exposure to nine toxic metals -- arsenic, barium, uranium, cadmium, chromium, antimony, titanium, vanadium and tungsten -- and the exposure's association

with the presence of subclinical atherosclerosis

in the carotid, femoral and coronary artery regions. The study explored the potential role of individual metals and metal mixtures on the development of atherosclerosis.

During the participants' annual occupational health visits between 2011 and 2014, socioeconomic and health information for each participant were recorded, including education level, smoking status and medication use. Each person in the study had a medical examination to measure body mass index, blood pressure, blood glucose levels, cholesterol levels, triglyceride levels and more. Urine samples were collected to assess metal exposure from air, water and food.

## **Continued From P1...**

### 'Yellow Alert'

The snowfall is also possible over Gulmarg, Sonamarg, Doodhpathri, Yousmarg and some middle reaches of Shopian, Kulgam and Kupwara," Maqbool said, as per KNO.

'Improvement in weather is very likely from tomorrow night or early morning of March 16,"

Moreover, the MeT issued an advisory, advising the travellers, tourists and transporters to follow administration and traffic advisory.

Farmers have been advised to suspend farm operations till March 16. The advisory also appealed to people to avoid visiting sloppy & avalanche prone areas and said that landslides, mudslides and shooting stones are expected at vulnerable spots.

Notably, the fresh snowfall and rains have further increased the water level in the river Jhelum and other streams across the Valley.

### **Govt notifies**

safety measures besides providing necessary support structure to enable each institution to play its role effectively.

The government will promote awareness regarding road safety among the key decision makers and government departments responsible for making provision of safer roads. The initiative will facilitate them for planning and promoting road safety involving Motor Vehicles Department, Traffic Police and citizens through effective involvement of print, electronic and social media for creating awareness on Road Safety by highlighting the consequences of road

In the new Road Safety Policy, the institutional arrangements have been strengthened by constituting the State Road Safety Council which shall be headed by the Minister In-charge Transport and a lead agency headed by an officer of the rank of Additional Transport Commissioner.

The government will ensure that best practices are incorporated and accident prevention and reduction strategies are adopted in a big way.

DRDCs shall conduct regular identification of accident-prone areas/black spots on the basis

This is an information for general public that the Mother's name of my Children has been Mistakenly Mentioned in their school records as Noorin Begum, while as their Actual and correct Mother's name is Gulzari Begum. Now i want to apply for its correction in this regard any person having any objection he/ she may file the Objections in office of the Headmaster GOVT Middle school Challiwan Chattibandy Bandipora within a period of seven days from the date of the publication of this notice, after that no objection shall be accepted.

Altaf Hussain Gojer Qureshi. F/O Mohammad Khalid Oureshi Gojer, and Seeret Altaf. R/O Chithibandi Bandipora.

This is an information for general public that in my Bank account No: 0061040800026510, my name has been Mistakenly Mentioned as Talib Hussain Khan, S/O Mohmmad Afzal Khan, while as my Actual and correct name is Talib Hussain Gojer Turk, S/O Mohammad Afzal Gojer Turk, Now i want to apply for its correction in this regard any person having any objection he/she may file the Objections in office of the Manager iammu and kashmir Bank branch office Main Bandipora with in a period of seven days from the date of the publication of this notice, after that no objection shall be accepted.

Talib Hussain Gojer Turk. S/O Mohammad Afzal Gojer Turk. R/O Kudara Bandipora.

Inadvertently my name has been mentioned as Nabla Begum in Adhaar Card Bearing No 704663376473 instead of my correct name Nabla Banoo. Now I want to rectify the same. Anybody having objection in this regard may file the same before the concerned authority within seven days from the date of publication of this notice. No objection will be entertained thereafter.

Nabla Banoo W/O Abdul Rehman Sheikh R/O Qazipora Bandipora

of accident intensity and severity after every six months. The corrective actions within six months for the identified accident-prone areas/black spots through proper planning design and construction techniques will be done.

The government will also establish an accountability mechanism for defaulting contractors and consultants regarding poorly constructed and maintained roads, including a process for black

The notification said that Development Authorities have already been entrusted with a responsibility to create more parking spaces. Parking policy will be notified to impress upon the vehicle owners to have parking space before vehicle is purchased. Further Municipal/Development authorities should charge for road side parking with charges increasing exponentially with time.

In order to reduce pressure on roads, the government will adopt innovative features to encourage use of Public Transport System instead of Private Transport System.

The government will also bring into effect a Non-Motorized Transport policy for J&K to specifically recognise the rights of non-motorised road users.

Expressing satisfaction with the Road Safety Policy 2025, Transport Minister, Satish Sharma, asserted that new policy will improve the quality of traffic enforcement in J&K in close coordination with J&K Traffic Police and Motor Vehicles Department.

He said that the government will ensure that the enforcement agencies are adequately trained and equipped to undertake their functions more effectively and professionally.

### **India Dismisses**

against groups like the Balochistan Liberation Army (BLA) and prevent its territory from being used for anti-Pakistan activities.

Despite Pakistan's shifting focus towards Afghanistan, Khan insisted that there was no change in policy and reiterated unverified allegations against India, accusing it of destabilizing neighboring countries and running a "global assassination campaign." However, no concrete evidence was provided to

This is an information for general public that the Name and parantege of my Children has been Mistakenly Mentioned in their school records as Ashio Hussain Khan Gojer, S/O Mohammad Shafi khan Gojer, and Rafagat Hussain Gojer koushi, S/O Mohammad Shafi Gojar koushi, while as their Actual and correct name and parantege is Ashig Hussain Khan, and Rafagat Hussain Khan, and parantege is Mohammad Shafi khan, Now i want to apply for its correction in this regard any person having any objection he/she may file the Objections in office of the Headmaster GOVT Concer School with in a period of seven days from the date of the publication of this notice, after that no objection shall be accepted.

Mohammad Shafi khan. F/O Rafaqat Hussain Khan, and Ashia Hussain Khan. R/O Sumlar Shok baba Bandipora.

This is an information for general public that in my Aadhaar Card bearing Registration No: 6085 6160 3756, my name is Nasreena Begum, But in my online Aadhaar Records my name is mentioned as Babbya Begum, Now i want to apply for its correction in this regard any person having any objection he/she may file the Objections in office of the Concern Authorities with in a period of seven days from the date of the publication of this notice, after that no objection shall be accepted.

Nasreena Begum. W/O Abdul Majeed Ganie. R/O Sumlar Shok baba Bandipora.

It is hereby informed that my date of birth has been wrongly recorded in my driving license as 20.01.1976. lintend to correct the DoB as 02.01.1976. If anyone has any objection in this regard, they may submit their objections to the office of the ARTO Baramulla within seven (07) days from the date of publication of this notice. No objections will be entertained after the stipulated time.

Khursheed Ahmad Khan S/o: Ghulam Ahmad R/o: Sofipora, Asham Bandipora DL no: JK0520070017266

support these claims.

## Over 15.3 crore

of the Home Stay Policy 2022 by the Jammu and Kashmir government, which allows residential houses to be converted into homestays. This policy provides an alternative source of income and employment opportunities for both rural and urban families. Currently, 2,302 homestays/PGHs are registered

The report emphasises the government's focus on skill development programmes, which aim to train locals in tourism-related services like hospitality, guiding, and management. Jammu and Kashmir is also renowned for adventure tourism activities, including trekking, skiing, river rafting, and mountain biking. These activities have created employment opportunities for local guides, instructors, and adventure operators.

economic opportunities for the local population

## Parliament Panel

May 1-4. The committee, in its sixth report tabled in the Lok Sabha earlier this week, has asked the Union Ministry of Information and Broadcasting "to set a deadline for completing the entire process (of stakeholder consultation) and introduce the 'Broadcasting Services (Regulation) Bill' in Parliament at the earliest".

The suggestion also comes at a time the Supreme Court has asked the government "to do something" about OTT regulation while hearing the case involving YouTuber Ranveer Allahbadia for his comments on the comedy show "India's Got Latent".

The ministry had informed the committee on January 17 that, after completing consultations with stakeholders - extended until October 15, 2024, - a new draft of the Bill would be prepared and sent for inter-ministerial consultation.

"Following this, the draft Bill will be submitted for the Cabinet's consideration. This process is expected to take some time. The committee will be duly informed about the progress of this process," the ministry had told the panel.

The committee, in its recommendations, said more  $than \, three \, months \, had \, passed \, since \, the \, additional \, time$ was given for receiving comments and suggestions from the general public and stakeholders.

## In JK, non-tax power

8 percent, while the pool of all remaining own revenue resources has dropped by 30 percent," the

Pertinently, in the past nine years, Jammu and Kashmir has witnessed an average annual increase of 3.60 percent in electric power purchases while the growth stands at only 2.45 percent.

### Centre orders

With this transfer, Justice Sreedharan is directed to assume charge as a Judge of the Madhya Pradesh High Court, marking his return to the court where he was first appointed as a judge on April 7, 2016.

The transfer was formally announced through a notification issued by the Ministry of Law & Justice, Department of Justice, which reads:

"In exercise of the power conferred by clause (1) of Article 222 of the Constitution of India, the President, after consultation with the Chief Justice of India, is pleased to transfer Shri Justice Atul Sreedharan, Judge, Jammu & Kashmir and Ladakh High Court, as Judge of High Court of Madhya Pradesh and to direct him to assume charge of his office in the High Court of Madhya Pradesh."

## Srinagar court

notices to fashion designers Shivan and Narresh, the organisers of the show, and the Editor-in-Chief of ELLE India, following a complaint filed by Awami

Inadvertently the name of my daughter has been mentioned as Agra Bano in Adhaar Card Bearing No 984896317110 instead of her correct name spelled as Igra Gani. Now I want to rectify the same. Anybody having objection in this regard may file the same before the concerned authority within seven days from the date of publication of this notice. No objection will be entertained thereafter.

Abdul Gani F/O Iqra Gani R/O Mantrigam Bandipora

I, Abrar Rashid, S/O Abdul Rashid Dar, R/O Tilsara, Tehsil Charar-i-Sharief, District Budgam, state that my name and date of birth are incorrectly recorded in my Aadhaar Card (No. 7303 7154 1548). My name is wrongly mentioned as Abraj Ahmad Dar instead of Abrar Rashid, and my date of birth is incorrectly recorded as (01/03/2009) instead of (27/05/2012) as per my school records. I am applying for necessary corrections.

If anyone has any objections, they may contact the concerned department within seven days from the date of this notice. No objections will be entertained thereafter.

Name: Abrar Rashid S/O: Abdul Rashid Dar R/O: Tilsara Tehsil: Charar I Shareif **District: Budgam** 

Ittehad Party (AIP) leader Adil Nazir Khan.

The complainant, through his counsel Advocate Naveed Bukhtiyar, has asked the court to take appropriate action, stating that the petition is made in good faith and in the interest of justice.

The fashion show, organized to mark the 15th anniversary of Shivan and Narresh's label, featured models in skiwear against the snowy backdrop of the popular ski resort. However, it has drawn widespread criticism from local residents, politicians, and religious groups, with many deeming it "obscene" and "inappropriate".

In response to the backlash, the designers apologized, stating that their intent was to celebrate creativity rather than offend religious or cultural values. Despite this, the controversy has escalated into a legal matter, with photographers involved in capturing the event also facing scrutiny.

The court has scheduled the next hearing for

"Festival Of Joy of unity among the countrymen," posted PM on X.President Droupadi Murmu also greeted everybody on the auspicious occasion of Holi on Friday.

"Heartiest greetings to all countrymen on the auspicious occasion of Holi, the festival of colours. This festival of joy gives the message of unity, love and harmony. This festival is also a symbol of India's precious cultural heritage. On this auspicious occasion, let us all together pledge to fill the lives of all the children of Mother India with the colours of continuous progress, prosperity and happiness," posted President Murmu on X.

### Thousands of

Many were seen standing in the courtyards of Jamia Masjid and Hazratbal shrine to shield

Meanwhile, Anjuman Auqaf Jamia Masjid expressed deep disappointment over its president, Mirwaiz-e-Kashmir Moulvi Umar Farooq being placed under house arrest once again. "Mirwaiz should be released forthwith," a spokesman of the Anjuman said in a statement

### **BSF DG Joins**

The celebration included various cultural programmes and a community feast, barakhana. Senior officials appreciated the jawans' commitment, highlighting their continued service to the nation despite being away from their families during the festive season(agencies)

## **Security Forces**

of the festival of colours is being celebrated with great fun and traditional enthusiasm with companions of the force".

The personnel of CRPF also celebrated Holi with the Kashmiri Pandits at Vesu transit camp. They exchanged pleasantries and threw colours on each other with humour and joy on the occasion.

Reports of similar functions held by the Army's Chinar Corps headquarters at BB Cantonment in Srinagar, Sashastra Seema Bal (SSB) at Batmaloo, CRPF camp Kulgam and STC BSF Humhama and other force camps of the valley.

# مرار بیاست والے مدارس کوتصد اِق نامہ جاری کیا گیا

(جن میں کچھا قامتی، کچھدن دن، کچھدا خلہ فیس اور کچھ ماہانہ فیس اور کچھ بغیر فیس کے نظام چلاتے ہیں )

تصدیق کی ذمه داری شلعی ذمه داران کوسپر د کی گئی

بنات کے مدارس کے سلسلے میں کئی بارمثاورت ہوئی بھی تمیٹیاں اب تک بنائی گئیں تا کدان کے معائنہ کی کوئی شکل بینے مگر ابھی تک کامیابی عاصل نہیں ہوئی جبکہ بیمعائنہ بہت ضروری ہے کیونکہ بنات کے مدارس کی ایک بڑی تعداد داخلہ فیس دوسری تعداد ماہانہ فیس وصول کرتی ہے بعض مدارس ا قامتی جبکہ کافی تعداد دن دن کے مدارس کی ہے بعض دویہر کا کھانا بیموں کو دے کررات کو واپس ایسے گھرول کو بھیجتے ہیں اس ساری صورتحال کا جائز ہ لینا ہماری نظرول میں لازمی ہے اور یہ کام اِن بنات والے مدارس کے تعاون کے بغیر نہیں ہوسکتا۔اس کتیق اوراس طرح کی دوسری ضروری با توں کے لئے تھی بارکمیٹیاں بنائی گئیں اس امید پر کہ بیکام کمل ہو۔وقت وقت پر گزشۃ سالول میں عاضی فہرتیل رابطہ کے معلق ذمہ د اران کی ریورٹوں پر جاری کی گئیں۔

اس سال امتحانات سالانه میں ابتدائی عربی درجات میں تعداد زیادہ ہونے کی بنا پرعربی درجات کے نتائج بھی رمضان المبارک سے جاریا خچ دن پہلے تیار ہوئے حفظ و ناظرہ کے نتائج ابھی تک بھی موصول نہیں ہوئے،اس لئے مدارس بنین میں بھی تعدا د طلبہ شامل کئے بغیر ہی فہرست ثائع کر دی گئی تا کہ کم از کم رمضان المبارک میں چندہ وصولی میں رکاوٹ مذہوبے جبکہ اس فہرست کے ثائع کرنے کے باوجودبعض امامول نے رابطہ کی فہرست کے ساتھ ساتھ بھی دوسری تصدیق کا تقاضا کرنا شروع کردیا ہے اس سے مزید انتثاریپدا ہوجا تا ہے ۔ رابطہ کی تصدیق ملنے کے بعد مزید تصدیق کی ضرورت نہیں ہونی چاہیے ۔ کون سے امام ایمااور کیول کررہے ہیں پیوبی جان سکتے ہیں کیونکدرابطہ کی تصدیق سالانہ امتحان میں شرکت کے بعد جاری ہوتی ہے اور رابطہ میں شرکت <sup>صنع</sup>ی ذمہ داران کی جانچ کر د وفہرست کے مطابق ہوتی ہے۔ دارالعلوم دیو بندگئ ضوابط کے بورا کرانے کے بعدرابطہ سے مر بوط کرتا ہے یانچ سال کے بعد دارالعلوم دیوبند دوبارہ مربوط ہونے کے لئے تجدید کی کاروائی کراتاہے۔اتنے لمبے ممل سے گذر کریہ فہرست رابطہ اپنی طرف سے یوری اعتیاط کرنے کے بعد شائع کرتا ہے اس کے باوجود اگر ہمارے اداروں سے وابتہ چنر گنتی کے امام بھی مزیرتصدیق کامطالبہ کرتے ہیں تو قابل غورہے ایسے امامول کے نام رابطہ دفتر کوموصول ہونے چاہئیں تا کہ اس بات پرغور ہوسکے کہالیں حرکتوں کے پیچھے کون سے عوامل کارفر ماہیں تب اس کا بھی تدارک ہوسکتا ہے۔

تراین رون سے پپورٹ سے اس مار درجانیں جاس کی ماروں ہو ساتھ کے اس کے مداران اپنی تحقیق کے بہر حال اس وقت بنات کے مدارس کی مجبوری کے پیش نظر یہ فیصلہ بعد مثورہ کیا گیا ہے کہ نبات کے مدارس کی مجتصد این جاری کریں گے وہی ان کی تصدین رابطہ کی تصدیل شمار کرلی حالے یہ تاکہ ماہ مبارک میں اس سال ان کا چندہ کا میر مرحلہ آسانی سے طے ہو سکے آئندہ کے لئے لاگئے عمل ان شاء اللہ نشروع سال ر خجلس عاملہ میں سو چاجائےگا-اللہ تعالی آسان فر مائے۔ م یہ میں سوچاجائے گا-اللہ تعالیٰ آسان فرمائے۔ بیرون ریاست والے مدارس کو تصدیل نامدالگ کاغذ پرجاری کیا گیا۔جس کی میعاد اخیر رمضان المبارک ۴ ۳ ۱۳ اھ

غادم رابطه مدارس اسلامیه عربیه د ارالعلوم دی**و** بند شاخ جمول کششمیر

محره ۱۲ رمضان المبارك ۲۲ ۱۲ ۱۴ بجرى

## مدارس کو چندہ دینے والے اہل خیر حضرات کے لئے نیک مشورہ اس بات میں شک نہیں کہ مدارس اسلامیہ اس قرب قیامت کے دور میں بھی قرآن یا ک کی خدمت انجام د 🗕

رہے ہیں رمضان المبارک میں تراویج میں قرآن یا ک کی بہارانہی کے ذریعے سے قائم ہے اوران مدارس کا ذریعہ آمدنی تو کل علی اللہ ہے پھر آپ حضرات کا خصوصی تعاون اس سلسلہ میں دومشور سے عرض کر نامنا سب معلوم ہوتا ہے۔ اکٹرلوگ ان مداری کوصدقہ وزکوۃ دیتے ہیں جس کے ادا ہُونے کے لئے تحق ہونے والا شرعی حکم لازمی ہے تا کہ ز کو ہ صحیح ادا ہو۔ ہما پنی پوری کوشٹ سے رابطہ مدارس کے تحت مر بوط ہونے والے مدارس کی علا قائی ذمہ داروں کے ذریعے

چیان بین کراتے ہیں چرسالاندامتحانات میں ضلعی ذمہ داران کے ذریعے ان کے درجات (Classes)، تعداد طلبه (Roll) اور تعلیمی لیاقت (Merit) کے علاؤہ معیار (Standard) پرائمری (Primary)، سینڈری (Secondary) اور گریجویٹ (Graduate) کی چھان بین کرا کراحتیاط کے ساتھ فہرست (List) ثالُع کراتے ہیں تا کہ خواہشمند حضرات اپنے شوق کے مطابق اداروں تک اپنی رقم بھیج سکیں مناسب ہے آپ اس کامطالعہ کیا کریں۔

ایک مزیدمشورہ پیہ ہے کہ ان مدارس کے لئے کیٹی یاڑ سٹ پاسوسائٹی کا ہونامروجہ قانون کے تحت لاز می قرار دیا گیاہے اورقانونی اعتبار سے سب کے پاس مینک اکاؤنٹ بھی موجود ہیں ہفیروں کی بھیڑ بھاڑ کوئم کرنے کے لیے اگر آپ حضرات ان سے ان کاا کاؤنٹ نمبر حاصل کرنے اُن کو براہ راست رقم ٹرانسفر کریں گے اور متعلقہ مدر سے کے فون نمبر پران کو طلع کریں گے تو آپ کواطمئنان بھی عاصُل ہوجا ہے گااورو الوگ آپ کورسیر بھی بھیج سکتے ہیں۔اس سے سفراء کی بھیڑ بھیاڑ کم کرنے میں کافی مددمل سکتی ہے۔ بیمشور چھن دینی خیرخواہی کےطور پر دیا جاتا ہے کوئی لازمی ضابطہ یا قانون نہیں بنایا جار باہے۔اللہ تعالی مدرسوں کے ساتھ آپ کی مجت وتعاون اور سخاوت کوصدقہ جاریہ بنائے اور قبول فرمائے ۔فقط والسلام ۔

ناظب دارالعب ومرحيميه بانڈي يوره

وصدررابط مدارس اسلاميه شأخ جمون وكشمير

## Sanju Samson reflects on Rahul Dravid's influence on his captaincy

successive year, credits Rahul Dravid's leadership as a major influence on his own approach. Dravid's return to Rajasthan Royals as head coach in 2025, after a successful tenure with the Indian team that culminated in their T20 World Cup triumph, marked a full-circle moment for Samson.

Dravid's association with the Royals spans back to 2012-13, when he captained the side, a period during which the Indian great picked Samson during a trial.

Dravid later became the team director and mentor in 2014-15.

Samson said his journey from a young talent to the captain of the Royals has been shaped by Dravid's mentorship.

"It's quite funny how things work out. In my first season, Rahul sir was the one who spotted me during the trials," Samson told

Reflecting on how far he has come since then, he further added: "He was the captain back then, looking out for young talent. After watching me, he came up to me and said, 'Okay, can you play for my team?' From that day to today, it feels surreal.

"Now, I am the captain of the franchise, and Rahul sir has returned after so many years to coach the team. It's a unique and special feeling. He was always part of the Rajasthan Royals family, and we are all grateful to have him back.

"I have played under him both at Rajasthan Royals and in the Indian team when he was the

anju Samson, who will be lead- coach. But now, having him as a coach while ing Rajasthan Royals for a fifth I captain the side is something truly special. I am looking forward to learning a lot from him Samson said, "That's his love for the game.

Asked whether Dravid ever gets tired,

of preparation is taken care of. "I was with him last month in Nagpur, Talegaon, and saw how involved he is. From



in the coming years, and it's really exciting." Samson further said he admires how Dravid led by example, both on and off the field, and his effective communication with

both seniors and newcomers. "As a captain, I see how he led from the front -- not just through his skills but off the field as well. He never missed an optional practice session when he was the captain.

"I observed how he treated young players in the dressing room, how he communicated with seniors, how he handled team meetings, and how he welcomed new players. All those small but significant things shaped my understanding of leadership, and I try to follow the

That's his tribute to cricket.

"I remember sitting at the back and seeing him standing in the sun, near the sightscreen, doing shadow practice all by himself. Even now, he is fully immersed in the game. There is so much to observe and learn from his passion." 'Dravid fully committed'

Dravid recently joined the preseason camp despite being in crutches with his left leg secured in a cast. He injured his left leg while playing in a Karnataka club match with his younger son Anvay.

"I've always observed him from a distance and also been close to him. He's a top-notch professional who ensures that every aspect

10 AM in the morning till 5 PM in the evening, in the heat, he was there watching batsmen bat and bowlers bowl, interacting with them, discussing strategies with the coaches.

"He is fully committed to the team, from A to Z. That's something I admire and want to learn—how to prepare better. Preparation is a key part of his character, and I want to incorporate that into my own approach," he added.

Rajasthan Royals, who lost to Royal Challengers Bengaluru in the Eliminator in the last edition, will begin their campaign against Sunrisers Hyderabad in an away match on March 23.

## **Axar Patel named Delhi Capitals Captain** for IPL 2025

ndia all-rounder Axar Patel was on Friday appointed captain of Delhi Capitals for upcoming IPL on expected lines pipping another senior player KL Rahul, who has joined the team this season. Currently team's longest serving player, having played six seasons for Delhi since 2019, the 31-year-old was DC's top retention for INR 16.50 crore ahead of the mega auction last November. In 82 games for Delhi, he has scored 967 runs and picked up 62 wickets at a fantastic economy rate of shade over 7.

While his IPL captaincy experience is limited, he led Gujarat in domestic cricket including the Syed Mushtaq Ali Trophy and Vijay Hazare Trophy in 2024-25.

He also served as India's T20I vice-captain earlier this year and in their recent triumph in Champions Trophy Axar played a key role, taking five wickets at an economy of 4.35. He also played a key role at No 5 and scored 109

"It is my absolute honour to captain the Delhi Capitals, and I'm deeply grateful to our owners and support staff for placing their faith in me," stated Axar in a media release.

Axar will replace Rishabh Pant at the helm with the flamboyant keeper-batter exiting the franchise before the

mega auction, and will now lead Lucknow Super Giants. The team has seasoned players like Rahul, Kuldeep Yadav, Faf du Plessis, and Mitchell Starc in the leadership group, and it remains to be seen how Axar brings out the best in them to drive Delhi Capitals forward.

"I've grown as a cricketer and a human being during my time here at the Capitals, and I feel ready and confident to lead this side going forward.

DC, one of the three original IPL franchises yet to win a title (along with Punjab Kings and Royal Challengers Bengaluru), finished sixth last season with an equal win-loss record.

For IPL 2025, they have a revamped coaching setup with GMR taking management control for 2025 and 2026 season as per their understanding with co-owners JSW.



Reflecting on how far he has come since then, he further added: "He was the captain **back then,** looking out for young talent. After watching me, he came up to me and said, 'Okay, can you play for my team?' From that day to today, it feels surreal.

