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## Floating Rally And Hard Facts Mark World Heart Day In Kashmir

Doctors and students rowed across Dal Lake before gathering at SKIMS to confront the valley's rising epidemic of cardiac disease among the young

**Hirra Azmat**

Srinagar: As the first light spread across Dal Lake on Monday, a line of brightly painted shikaras glided away from the shore. Inside sat doctors, nurses, and students from the Sher-i-Kashmir Institute of Medical Sciences (SKIMS), rowing in

steady pace. People along the banks stopped to watch the calm procession of white coats and fluttering banners.

The boats carried a simple message that hung in the air as firmly as the autumn mist: a strong heart builds a strong future.

The Department of Cardiology at SKIMS chose the



lake as the starting point for its World Heart Day program, hoping that a striking image would spark conversation about a problem that is no longer hidden.

Cardiac disease has become one of Kashmir's leading health threats, and doctors say it is striking younger people with

alarming speed.

By midmorning, the action moved from water to words inside the SKIMS auditorium.

Cardiologists presented data showing a steady climb in heart attacks and related conditions across Jammu and Kashmir. They spoke of diets loaded with salt and preservatives,

a stubborn culture of smoking and the reluctance to seek regular checkups.

Each factor, they said, feeds a crisis that is now visible in emergency rooms across the valley.

"Heart disease is showing up in patients a decade earlier than we once expected," said Dr. Ashraf Ganie. | [More on P6](#)

## 7 Tourist Spots Reopen In Kashmir

**Observer News Service**

Srinagar: The Jammu and Kashmir administration on Monday reopened seven tourist spots in the Valley that had remained shut since the April 22 terror attack in Pahalgam. The decision came after a fresh security review chaired by Lieutenant Governor Manoj Sinha during a meeting of the Unified Headquarters (UHQ) last week.

"After a thorough security review and discussion in today's UHQ meeting, I've ordered reopening of more tourist spots in Kashmir and Jammu Divisions, which were temporarily closed as precautionary measures," Sinha said in a post on X on Friday.

Nearly 50 tourist destinations were shut down by the administration in April after heavily-armed terrorists opened fire at Baisaran in the Pahalgam area, killing 26 people – most of them tourists.

The seven destinations reopened in Kashmir include Aru Valley, Rafting Point Yanner, Akkad Park, Padshahi Park and Kaman Post. In Jammu division, five more spots have been thrown open, among them Dagan Top in Ramban, Dhaggar in Kathua and Shiv Cave in Salal, Reasi.

Earlier in June, the administration had allowed the reopening of 16 sites, including parts of Pahalgam. Officials said Monday's move is expected to boost tourist inflow in the run-up | [More on P6](#)

## Ladakh Row: LAB Sets Preconditions For Talks



**KO Web Desk**

Leh: The Leh Apex Body (LAB), spearheading the agitation for statehood and constitutional safeguards in Ladakh, on Monday announced that it will suspend talks with

the Centre until a judicial inquiry into the police firing is constituted and all detained activists, including Sonam Wangchuk, are released unconditionally. LAB chairman Thupstan Chhewang | [More on P6](#)

## LG Calls For Crackdown On Encroachments Along Water Bodies

» Calls Jammu Floods Unprecedented Catastrophe

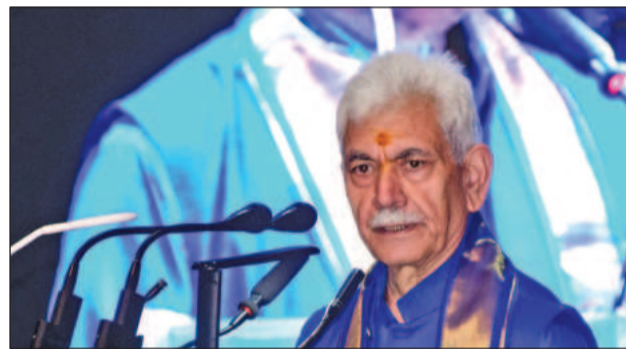
» Vows To Bridge Gap Between Rural & Urban J&K

**Observer News Service**

Srinagar: Lieutenant Governor Manoj Sinha on Monday called for a strict crackdown on encroachments along water bodies in Jammu and Kashmir and urged citizens to actively report violations to the authorities.

Addressing the Swachhata Vijayotsav organised by the Department of Rural Development and Panchayati Raj under the ongoing Sewa Parv in Jammu, the LG reaffirmed his administration's commitment to bridge the gap between rural and urban J&K to ensure prosperity and inclusivity.

"The truest evidence of the Central Government's



commitment to J&K can be seen in performance over the last 5-6 years," Sinha said, while highlighting the importance of sustained development in both rural and urban sectors.

He underlined the significance of cleanliness drives

in promoting public health, community participation, and building happier, healthier villages. "Initiatives under education, social welfare, rural development, urban development, and healthcare are integral to build a just and inclusive | [More on P6](#)

**Lays Foundation For 60 Projects Worth ₹700 Cr**

**Observer News Service**

Lieutenant Governor Manoj Sinha on Monday laid the foundation stone of 60 projects worth nearly Rs 700 crore and called for sustainable urban planning and its execution on the ground as a bold roadmap for future cities to mitigate environmental challenges. The governor asked the Housing and Urban Development Department to replicate the Swachhata Internship Programme and Green Colony initiative of Jammu Municipal Corporation in | [More on P6](#)

## Always Open To Dialogue With LAB, KDA: Centre

**Press Trust Of India**

The Centre on Monday said it is always open to talks on Ladakh matters with the Leh Apex Body (LAB) and the Kargil Democratic Alliance (KDA) at any time and expressed confidence that continuous dialogue | [More on P6](#)

**THE DIALOGUE MECHANISM ESTABLISHED** with LAB and KDA through the High Powered Committee (HPC) on Ladakh has yielded good results till date

## Leh Violence Must Not Repeat In J&K: CM

**Observer News Service**

Srinagar: Jammu and Kashmir Chief Minister Omar Abdullah on Monday cautioned that a situation like the recent violence in Leh over statehood must not occur in Jammu and Kashmir. Speaking at a media interaction, he emphasised that statehood for the region is not a favour but a promise made by the Government of India to the people and reaffirmed by the Supreme Court.

Omar referred to the unrest in Leh following protests demanding statehood and inclusion of Ladakh in the Sixth Schedule, which turned violent on September 24, leaving four people dead and many injured. Activist Sonam Wangchuk, a prominent figure in the agitation, was detained under the National Security Act (NSA).



"It doesn't take time for any situation to worsen. We would never want innocent blood to be shed here. We will continue to raise our demand," Osaid, stressing the importance of maintaining peace in J&K. He urged the administration to follow through on its commitments, noting that delimitation and elections have been completed, and now the government needs to fulfil | [More on P6](#)

## Monitor Social Media To Curb Anti-National Content: IGP

**Observer News Service**

Srinagar: Kashmir Police chief V K Bardi on Monday reviewed the security scenario across the valley and called for proactive intelligence gathering and enhanced monitoring of social media platforms to curb the spread of misinformation, propaganda, and anti-national content.

Bardi, the Inspector General of Police (IGP), Kashmir, chaired a comprehensive security review meeting at the Police Control Room, where range deputy inspectors general of police (DIsG) and senior superintendents of police (SSsP) briefed him on the overall law and order situation, ongoing anti-terror operations, and public safety | [More on P6](#)

## J&K Bank, Govt Sign MoU For Timely Pension Payments

**Observer News Service**

Srinagar: J&K Bank Monday entered into a Memorandum of Understanding (MoU) with the Government of Jammu & Kashmir to ensure timely reimbursement of pension claims submitted by the Bank.

According to the bank, the fresh mechanism under the MoU is designed to facilitate smooth and seamless settlement of pension claims, eliminate accumulation of pending cases, and further streamline the pension disbursement process including those pertaining to municipal and local bodies across Jammu and Kashmir. Principal Secretary (Finance



Department, J&K) Santosh D. Vaidya presided over the signing ceremony, wherein Director General, Accounts & Treasuries (DGAT) Fayaz Ahmad Lone signed the MoU on behalf of J&K Government while

General Manager (Government Banking) Ashutosh Sareen put in his signatures representing the Bank. Bank's DGM (Government Banking) Manju Gupta, In-charge | [More on P6](#)

## Snowfall Likely In Higher Reaches On Oct 5, 6: MeT

**Observer News Service**

Srinagar: The Meteorological Centre Srinagar on Monday issued a detailed forecast for Jammu and Kashmir, predicting generally dry weather in the immediate days but the season's first snowfall over higher reaches during the first week of October.

According to a detailed forecast issued by the Director of the Meteorological Department, Dr Mukhtar Ahmad, the weather is expected to remain generally dry tomorrow.

He said that generally dry weather is expected from October 1 till the evening of October 4, with the possibility of light rain. | [More on P6](#)



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# How Artificial Wombs Will Shape Future of Assisted Reproduction

Madhusree Jana | 360info

London-Artificial wombs, devices that can gestate human embryos outside the body, have shifted from speculative fiction to the brink of medical reality. Recently, a Chinese firm made headlines by announcing plans for a humanoid robot with a built-in artificial womb, promising a prototype by 2026. The technology was estimated to cost USD \$14,000. While that story was later exposed as a fabrication, the underlying technology of artificial wombs continues to advance. Popular culture has long anticipated this development. Aldous Huxley's dystopian novel Brave New World (1932) depicted hatcheries with embryos in glass bottles. The Matrix movies portrayed humans bred in pods. Artificial womb technology (AWT), once purely

fictional, is now entering the domain of biomedicine, with implications for the field of assisted reproductive technologies (ART), including surrogacy, the law on abortion and social inequality. From lab experiments to market disruption, the science of AWT is real, although limited. Current experiments represent partial ectogenesis: where a foetus begins developing in the uterus and is then transferred to an artificial womb to continue its growth. Scientists in the US, the Netherlands and Japan have sustained premature animal foetuses in external 'bio-bags'. Full ectogenesis (a baby never incubated in a human womb) may still be decades away, dependent on breakthroughs in placental bioengineering, infection control, and safely initiating embryo growth outside the uterus. But history suggests we should not underes-

timate incremental breakthroughs. In-Vitro Fertilisation (IVF) too, was once dismissed as fantasy until Louise Brown, the first 'test-tube baby', was born in 1978. Once AWT achieves scale, it threatens to disrupt the multi-billion-dollar global surrogacy market, redraw the boundaries of reproductive labour and challenge the existing legal and ethical frameworks. Surrogacy arrangements in lower-income countries — where wealthy intending couples, domestic or international, contract working-class women to carry pregnancies — have generated heated arguments about bodily autonomy, commodification and stratified reproduction. The transnational surrogacy landscape is already driven by disparate legal regimes and variable social attitudes across countries. In the US, a surrogacy arrangement can cost

over USD \$100,000 with surrogates earning USD \$25,000-40,000. The surrogacy market is vast and unequal. It was estimated to be a USD \$25 billion market in 2024, with projections reaching USD \$201.8 billion by 2034. Infertility rates have surged to affect 17.5 percent of the global population, creating urgent demand for reproductive solutions. Potential AWT breakthroughs threaten to upend this booming sector and cast uncertainty over the futures of those depending on surrogacy as an income source. Should artificial wombs ever be priced around USD \$14,000, as speculated by the Chinese hoax, the logic of surrogacy changes. Ethical dilemmas Perhaps the thorniest ethical concern is the impact of artificial wombs on abortion. In many jurisdictions, abortion law is closely tied to the

concept of foetal viability, the stage at which a foetus can survive outside the mother's body (around 24 weeks). Full ectogenesis could theoretically make a foetus potentially 'viable' at any stage, even immediately after conception. In that case, courts might argue that abortion is no longer necessary; rather, embryos could be 'rescued' into machines. Bioethicists warn that this could undermine women's reproductive autonomy. If women are legally required to preserve embryos through artificial gestation, they may be forced into genetic parenthood without consent. There are also concerns about the legal and moral status of embryos. Many countries currently prohibit growing a human embryo in a lab beyond 14 days as a moral safeguard. Full ectogenesis would require revisiting those rules.

**ASF ENTERPRISES**  
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 Sale and Sendee of Laptops. Desktops. Printers, Photocopiers. Faxes, ,CCTV Cameras, Security System and Refilling of all Types of Cartridges, Toners Registered Government order Suppliers.

**Public Notice**  
 I want to change the name on electricity bill bearing consumer ID No: 020603003184 from Gh Qadir Bhat Ro Nisar Ahmad Sheikh . If anybody has any objection in this regard he/she may file them in the office of the PDD Sub Division Beerwah within seven days. After that no objection shall be entertained.  
 Nisar Ahmad Sheikh  
 S/o Mohd Akbar Sheikh bmg  
 R/o Magam Budgam

**Public Notice**  
 The description in the document of my motorcycle bearing Registration No: JK01AQ 0465 has been mistakenly mentioned as Firm instead of Individual. Now, I have applied for the correction of the same. If anybody has any objection in this regard, he/she may file the same in the concerned office within seven days. After that, no objection shall be entertained.  
 Sameer Bashir  
 S/o Bashir Ahmad Wani fko  
 R/o Sheikh Dawood Colony, Bagati Kanipora


**Public Notice**  
 The name of my son has been wrongly recorded in his Date of Birth certificate as Faizan Bashir, whereas his correct name is Uzair Bashir, who was born on 23-01-2019, as per the certificate issued by the Office of Government Boys Middle School, Chichilora. If anybody has any objection in this regard, he/she may file the same in the concerned office within seven (7) days from the date of this notice. After that, no objection shall be entertained.  
 Bashir Ahmad Chopan  
 F/o Uzair Bashir bmg  
 R/o Chichilora

**اطلاع عام**  
 ہر خاص و عام کو بذریعہ اشتہار مطلع کیا جاتا ہے کہ غلطی سے میرے بیٹے رضوان بشیر اختر بشیر احمد خان ساکن گرینڈ کان کن تحصیل و ضلع بڈگام کی تاریخ پیدائش کو نمٹ بائرنڈل اسکول گرینڈ کان کن زون سوبگ بڈگام میں 20-09-2018ء درج کرانی مطلوب ہے۔ اس ضمن میں اگر کسی کو کوئی اعتراض ہو تو وہ سات دنوں کے اندر اندر اعتراض گورنمنٹ بائرنڈل اسکول گرینڈ کان کن بڈگام کے دفتر میں پیش کریں۔ مبعدا گورنمنٹ کے بعد کوئی بھی اعتراض قابل قبول نہیں ہوگا۔  
 بشیر احمد خان والد رضوان بشیر احمد خان گرینڈ کان کن بڈگام۔  
 MBC

**نمبر پلٹ کی گمشدگی**  
 میرے لوڈ کیئر (three Wheeler) زیئر نمبر JK04G-6417 کے نمبر پلٹ کہیں گم ہو گئی ہے۔ بہت ڈھونڈنے پر نہیں ملی۔ اگر کسی نے اٹھائی ہو تو وہ برائے انسانیت نیچے دے ہونے نمبر پر فون کرے۔ بصورت دیگر اسکی ڈپلیکیٹ نکالنی مطلوب ہے۔ اس بارے میں اگر کسی کو کوئی اعتراض ہو تو وہ ایک ہفتہ کے اندر اندر RTO A بڈگام کے دفتر میں پیش کریں۔ بعد از مبعدا کوئی اعتراض قابل قبول نہیں ہوگا۔  
 غلام محمد کاٹو ولد عبدالاحد کاٹو ساکن واگر بڈگام۔  
 فون۔ 9419397551

**نمبر پلٹ کی گمشدگی**  
 میری سکوٹی زیئر نمبر JK04F 7422 کے نمبر پلٹ کہیں گم ہو گئی ہے۔ بہت ڈھونڈنے پر نہیں ملی۔ اگر کسی نے اٹھائی ہو تو وہ برائے انسانیت نیچے دے ہونے نمبر پر فون کرے۔ بصورت دیگر اسکی ڈپلیکیٹ نکالنی مطلوب ہے۔ اس بارے میں اگر کسی کو کوئی اعتراض ہو تو وہ ایک ہفتہ کے اندر اندر RTO A بڈگام کے دفتر میں پیش کریں۔ بعد از مبعدا کوئی اعتراض قابل قبول نہیں ہوگا۔  
 مدر اشرفی ولد غلام محمد شمس ساکن نارو بڈگام۔ فون۔ 9541241687

**Empowering Skills in Pulwama: Keltron's Training Initiative Promotes Socioeconomic Growth.**



**Pulwama, Jammu and Kashmir** — In a remarkable effort to bolster entrepreneurship opportunities and foster economic development, the Kerala State Electronics Development Corporation (Keltron) recently conducted a capacity building training program in the district of Pulwama, Jammu and Kashmir. This initiative is supported by the Ministry of MSME (Micro, Small, Medium Enterprises), Govt. of India through the National SC/ST Hub (NSSH) scheme, which aims to promote entrepreneurship culture among SC/ST communities by enhancing their participation in public procurement. The program, attended by forty eligible SC/ST selected candidates from July 3, 2025, to September 25, 2025, was designed to enhance their technical skills, entrepreneurial capabilities, elevate their professional competence and prepare them to meet the demands of industries, particularly for participation in public procurement processes. The culmination of the training program was marked by a formal certificate distribution ceremony held on September 27, 2025. The occasion was graced by distinguished members, including, Mr. Abdul Qayoom Khan, Mr. John Mohammad (Official from Horticulture Department), Mr. Mohd Younis (Officer, Social Welfare Department), Mr. Manzoor Ahmad (Officer, Labour Department) and Anayat Yousuf Sofi (Center Head, Keltron). These officials recognized the efforts of Keltron and NSSH towards building SC/ST entrepreneurs and linking them with public procurement for sustainability. During the ceremony, the dignitaries expressed strong appreciation for the National SC/ST Hub initiative and emphasized the need for more SC/ST entrepreneurs in Jammu and Kashmir to boost regional industries. They pledged continued support for expanding such training programs to foster sustainable economic growth in the State. Participants shared overwhelmingly positive feedback about the program. **Zahid Hussain** said, "The training significantly improved my technical skills and boosted my confidence to participate in government tenders." **Bilkiss Rashid** noted, "The practical insights on business processes have prepared me to face real-world challenges effectively." **Irtiga Gul** added, "The supportive learning environment made the experience both enjoyable and inspiring." This successful initiative in Pulwama demonstrates the effectiveness of strategic partnerships in driving inclusive economic development. The program's impact extends beyond skill development, creating pathways for sustainable entrepreneurship that will contribute to both regional growth and national development objectives. With strong local support and committed partnerships, similar programs promise to unlock the entrepreneurial potential across Jammu and Kashmir. **FKO**

**GOVERNMENT OF (U.T) JAMMU & KASHMIR**  
**Office Of The Executive Engineer Jal Shakti (PHE) Deptt.**  
 Ground Water Division Srinagar  
 Baghi-Ali-Mardan, Nowshara Srinagar.  
 E-mail:- hakeemmushtaq.75316@jk.gov.in Tel./FaxNo:-0194-2411285

**EXTENSION NOTICE 1ST**

Subject: This office e-NIT No. 44-JS-PHE/GWDS/Mech. of 2025-26, issued vide endorsement No: JS-PHE/GWDS/25-26/Camp./7113-23, dated: 17-09-2025. Bearing Tender ID No. 2025\_PHE\_288832\_1 to 24.

In view of the application put forth for the above mentioned e-NIT under bearing tender ID's by various Firms/Agencies with regard to upcoming Bank Holidays, the revised critical dates are as under are extended as per the details given below: -

S.No.	Item	Fresh Date
1.	Last date & Time of submission of bids	04-10-2025 Up-to 11:00 AM
2.	Date & Time of opening of tenders	06-10-2025 11.00 AM

**NOTE:** All other terms and conditions shall remain same as laid down in the aforesaid e-NIT issued vide above referred endst: nos.

DIPK-6657/25 dated: 29-09-2025

Sd/= Executive Engineer  
 Jal Shakti (PHE) Deptt.  
 Ground Water Division Srinagar.

**PUBLIC NOTICE**

This is to inform the general public that Bsharat Ahmad Ganaie S/o Abdul Jabar Ganaie R/o Kousumbagh, Tehsil Hajin, District Bandipora, passed away on 07-07-2008 due to drowning in River Jhelum. Now, I, Abdul Jabar Ganaie, father of the deceased, R/o Kousumbagh, Tehsil Hajin, District Bandipora, have applied for the formal issuance of the death certificate from BDO Hajin. Any individual or party having any objection to the issuance of the said death certificate may file a written objection with the Registrar, Births & Deaths, BDO Hajin, within 7 days from the date of this notice.

For any further queries, please contact the office of the BDO Hajin.  
 Issued by: BDO Hajin iko

**PUBLIC NOTICE**

I, Rifat Ara D/o Mohammad Sidiq R/o Habbak Naseem Bagh, Hazratbal, Srinagar, intend to apply for the discharge certificate of 5th Class under Roll No. 24, Admission No. 1830, for the session 1987. If anybody has any objection in this regard, they may contact the concerned authorities within a period of seven (7) days from the date of this notice. After that, no objection shall be entertained.  
 inf

**Office Of The Naib Tehsildar Kreeri**

Sub: Application of Feroz Ahmad Wani S/o Ab Ahad Wani R/o Hail Jazir for issuance of Income Dependent certificate.

**NOTICE**

Regarding the subject cited above, in this context, a detailed report sought from the concerned patwari halqa which reveals that the family consists of 05 members and the annual income of the applicant family from all sources is Rs 63000 moreover family structure of the applicant is as under

S. NO	NAME OF DEPENDENT	RELATION WITH DECEASED	AGE	OCCUPATION
1	Feroz Ah Wani	Head	65	Lbour
2	Muneera BEGUM	Wife	63	H/W
3	Dawood Ah	Son	26	Student
4	Zainab	Daughter	24	-
5	Nusrat	DO	23	-

It is further submitted that Feroz Ah Wani S/o Ab Ahad Wani is labour by profession and is s/oe earning member of the said family the applicant needs income dependent certificate in favour of Dawood Ah & Zainab Marriage Assistance. The applicant has applied for issuance of income dependent certificate. As such the instant mater is published through newspaper. If any one is having any kind of objection may approach this office within 7 days (Seven Days) of the publication of this notice after passing of stipulated time of 7 days (Seven Days), no objections will be entertained.  
 Naib Tehsildar fko

**Union Territory of Jammu & Kashmir**  
**Office of the Divisional Forest Officer Social Forestry Division Srinagar**

**e-Tender Notice**  
 e-NIT NO: - 01OF 2025-26 DATED: 26-09-2025

For and on behalf of the Hon'ble President of India, e-tenders are invited on percentage basis from registered, reputed and resourceful Forest / FDC Contractors registered with Jammu & Kashmir Govt/ Central Govt. for the following work: -

S.NO	NAME OF WORK	ADV. COST (Rs. In lacs)	Bid Security (EMD)INR	CLASS OF CONTRACTOR	Cost of Tender Document. (Rs)	TIME OF COMPLETION
1	Raising 16000 Naked root plants, 15000 nos of polybag plants & Transplanting of 1000 2nd year polybag plants at KhanmohNursery, SF Range Srinagar, SF Division Srinagar under CAPEX 2025-26	1.679	3358/-	"D" Class PWD Contractor/Forest Contractor/JKFDC Contractor	Rs. 200/=	45 Calendar days
2	Dismantling and refixation of 375 nos of trees guards with plantation at Khanmoh Phase II	4.301	8602/-	"D" Class PWD Contractor/Forest Contractor, JFKDC Contractor	Rs. 200/=	45 Calendar Days
3	Planting of 13633 nos of polybag plants in various institutions of District Srinagar	4.000	8000/-	"D" Class PWD Contractor/Forest Contractor, JFKDC Contractor	Rs. 200/=	45 Calendar Days

The e-NIT Consisting of qualifying information, eligibility criteria, specifications, bills of quantities, (B.O.Q) set of Terms & Conditions of contract and other details can be seen/downloaded from the Website: - [www.jktenders.gov.in](https://jktenders.gov.in)  
 Position of AA: **Accorded**  
 Position of T/S: **Accorded**  
 Position of Funds: **Budgeted**

Publishing Date: -	26-09-2025
Download Start Date:	26-09-2025 from 06:00 PM
Bid submission Start Date:	27-09-2025 from 11:00 AM
Bid submission End Date:	10-10-2025 Up to 03.00 PM
Date of Opening of Technical Bid Online:	11-10-2025 at 02:00 PM in the Office of the Regional Director, Department of Social Forestry, Kashmir, Raj Bagh Srinagar. To be opened (Online) after Technical Evaluation is Completed. Date will be notified separately.
Date of Opening of Financial Bid Online:	

- The bids shall be deposited in electronic format on the website: - <https://jktenders.gov.in>
- The date for opening of Technical & Financial bids online shall be opened as per time schedule mentioned above.
- Bids uploaded must accompany **Govt. Treasury Receipt** (cost of tender document) in shape of Treasury Challan for the amount shown against the work above to be deposited in Govt. Treasury under Account Head 0406- Forest and Bid Security Deposit in the shape of EMD for requisite amount and pledged to **Divisional Forest Officer Social Forestry Division Srinagar**.
- The bids for the work shall remain valid for a period of **120 days** from the date of opening of bids.
- The bidders have to submit their Technical & Financial bids online in electronic format with digital signature. No Technical or financial bid will be accepted in physical/hard form. Bids will be opened online as per time schedule mentioned above.

NO:- 01-05/SF/Sgr/25-NIT  
 Dated:-26/09/2025.

Sd/-  
 Divisional Forest Officer,  
 Social Forestry Division,  
 DIPK-6659/25  
 dated: 29-09-2025

## Rotten Meat Scandal Aftermath

### Lal Chowk's 'Batte Gali' Shifts From Meat Dishes

Agencies

Srinagar: The bustling Food Street in Srinagar, popularly known as Batte Gali, has undergone a remarkable change in its culinary offerings. Traditionally known for its rich variety of Kashmiri meat dishes, the street has now almost entirely abandoned serving popular delicacies such as rista, kebab, yekhni, and meethi. The only meat dish still being prepared for customers is the classic rogan josh.

According to the vendors, the shift is a direct response to a series of recent incidents in which rotten meat was recovered from multiple locations in the Valley. The controversy has left a lasting impact on customer preferences, with most people now avoiding meat altogether and instead opting for vegetable and pulse-based meals.

"After the rotten meat recovery, customers became reluctant to order meat dishes. Rarely anyone asks for rista, kebab, or meethi. We have completely stopped preparing them," said one food stall owner at Bata Gali said. He added that while rogan josh is still served occasionally, demand remains minimal compared to previous years.

The change has also been reflected in the business dynamics of the area. Earlier, vendors reported a sharp slump in sales due to consumer fears. However, in recent weeks the market has started picking up again, largely due

**“After the rotten meat recovery, customers became reluctant to order meat dishes. Rarely anyone asks for rista, kebab, or meethi. We have completely stopped preparing them**

to the growing demand for vegetable and pulse-based food. "Business is slowly re-activating, but 99 percent of the customers prefer vegetarian options. Only about one percent still ask for meat," another vendor explained.

Batte Gali, located in the heart of Srinagar, has long been a popular stop for both locals and visitors seeking affordable Kashmiri cuisine. It was once famous for its range of aromatic meat dishes that formed an everyday version of the celebrated wazwan. Today, however, the changing food habits of customers have transformed the street into a hub for vegetarian dining.

Many locals expressed satisfaction with the change, noting that they feel safer eating vegetables and pulses at a time when questions over food quality continue to linger. Others said the shift away from meat may also be a temporary trend, with some expecting demand to return once public confidence in meat supplies is restored. (KNT)



## Div Com Stresses Multi-Pronged Strategy To Tackle Drug Menace

Calls For Strict Regulation, Supply Chain Crackdown & Monitoring Of De-Addiction Centres

Observer News Service

SRINAGAR: Taking serious note of the rising substance use among youth in the Valley, Divisional Commissioner (Div Com) Kashmir, Anshul Garg on Monday convened an urgent meeting of key stakeholders to chalk out a comprehensive strategy to curb the growing drug menace.

The meeting was attended by Director Health Services Kashmir; HOD Community Medicine, GMC Srinagar; CMO Srinagar; Deputy Director Health Services Kashmir; Deputy Director Planning; District Social Welfare Officer; OSD to Divisional Commissioner and other concerned officers.

Emphasizing the need for a multi-pronged approach to tackle the issue, the Div Com called for intensive regulation of the supply chain of Scheduled Drugs, strict monitoring of medical stores, and

**“The Div Com called for intensive regulation of the supply chain of Scheduled Drugs, strict monitoring of medical stores, and effective regulation of private drug de-addiction centres.”**

effective regulation of private drug de-addiction centres. He also underlined the importance of evaluating the success rate of de-addiction centres and Alternate

Treatment Facilities (ATFs).

To strengthen institutional response, the Div Com directed the constitution of a divisional committee to frame comprehensive guidelines for addressing substance abuse.

Expressing deep concern over the alarming trend, Garg said substance use is "destroying the lives of youth and tearing the social fabric." He stressed the need to dismantle supply networks of banned substances and called for de-linking private drug stores from prescribing medications often misused for withdrawal symptoms, in order to curb the misuse of prescriptions.

He urged all stakeholders to work in close coordination to protect society from the devastating impact of drug addiction through stricter enforcement, better monitoring, and targeted awareness initiatives.

## Police Solve Nowhatta House Burglary, Stolen Gold Retrieved

Observer News Service

Srinagar: Srinagar Police have solved a major house burglary case in Nowhatta by arresting the accused and recovering stolen gold items worth around 12 lakh.

The case surfaced after Police Station Nowhatta received a written complaint from Mohammad Yousuf Rather, son of Abdul Gaffar Rather, a resident of Wantpora, Rajouri Kadal. In his complaint, Rather stated that unknown burglars had broken into his house in his absence, ransacked it, and fled with gold valuables worth lakhs of rupees.

Acting swiftly, police registered FIR No. 51/2025 under sections 305 and 331 of the Bharatiya Nyaya San-

hita (BNS) and launched an investigation. To expedite the probe, a Special Investigation Team (SIT) headed by the SHO Nowhatta was formed. Using a combination of technical inputs and human intelligence, investigators were able to narrow down on several suspects.

During the course of the investigation, police identified and apprehended one suspect, Waseem Ahmad Kaloo, son of Ghulam Qadir Kaloo, a resident of Chattabal. Officials said Kaloo confessed to the crime during questioning. Following his disclosure, police recovered stolen gold items valued at approximately 12 lakh.

The accused has been arrested and re-

mains in custody. Police said further investigation is in progress to ascertain whether others were involved in the burglary and to trace any remaining stolen property. Srinagar Police reiterated their resolve to act firmly against social crimes. "Such cases will be pursued to their logical conclusion. Our teams remain vigilant and committed to maintaining law and order," the statement said.

Residents of Nowhatta expressed relief at the quick resolution of the case and lauded the police for the prompt recovery. They urged authorities to continue their proactive efforts to curb incidents of theft and burglary that cause insecurity among households in the area.

## Missing Kupwara Man Found Dead Inside Shop

Observer News Service

Srinagar: The body of a man from north Kashmir's Kupwara district, who had been missing for over a week, was recovered from a shop in Srinagar on Monday, officials said.

According to officials, the body was found inside a shop located near the BSNL Exchange Office in Srinagar. The deceased was identified as Mushtaq Ahmad Pathan, son of Mohammad Akbar Pathan, a resident of Minigah, Kupwara.

Pathan had gone missing on September 21, following which a missing report was filed at the nearest police station. The body has been sent for medico-legal formalities, and police have initiated investigations into the case.

## Woman Dies After Being Hit By Unknown Vehicle

Observer News Service

Srinagar: A woman lost her life in a hit-and-run incident at Sanath Nagar in Srinagar on Monday, officials said.

The victim, identified as 55-year-old Shar Banu, wife of Ansar Hussain Khan, originally from Jammu and presently residing at Khomeini Chowk Be-

mina, sustained critical injuries after being hit by an unknown vehicle at Sanath Nagar.

According to KNT, locals and police rushed her to Shri Maharaja Hari Singh (SMHS) Hospital in Srinagar, where doctors declared her brought dead.

The body of the deceased woman was later handed over to Police for necessary medico-legal formalities.

Sewa Parv:

## Short Play On Drug Menace Staged At Baitul Miras

Observer News Service

SRINAGAR: As part of Sewa Parv celebrations, a thought-provoking short play highlighting the menace of drug abuse, its grave consequences, and eradica-

tion measures was today staged at Baitul Miras, Downtown Srinagar.

The programme was organised by the Cultural Unit Kashmir, Department of Information and Public Relations (DIPR).

**The Jammu & Kashmir Bank Limited**  
Zonal impaired Asset recovery Branch  
Zonal office, Srinagar

### Possession Notice

Notice under Section 13 (4) of the SARFAESI ACT, 2002 read with Rule 8 (1) of the Security (Enforcement) Interest Rules, 2002

Whereas the Authorized Officer of the Jammu & Kashmir Bank Limited under the Securitization and Reconstruction of Financial Assets and Enforcement of Security Interest (SARFAESI) Act, 2002 and in exercise of powers under Section 13(2) of the said Act read with Rule 3 of the Security Interest (Enforcement) Rules 2002, issued Demand Notice dated 20.02.2023, thereby calling upon the Borrowers namely 1) Mr. Tanveer Ahmad Wani S/O Ghulam Ahmad wani R/O Achgoza, Pulwama (Borrower/Mortgagor), 2) Mr. Sajad Hussain Wani S/O Ghulam Ahmad Wani R/O Achgoza, Keller, Pulwama (Borrower/Mortgagor), 3) Mr. Syed Ashiq Elahi S/O. Syed Mohammad Shafi R/O Surasyar, Chadura, Budgam (Guarantor) and 4) Mr. Shahid Iftikhar Khan S/O Ghulam Hassan Khan R/O 151, Garden Lane, Chanpora, Srinagar Guarantor) to repay an amount of Rs. 1,60,12,702.87 (Rupees One Crore Sixty Lac Twelve Thousand Seven Hundred Two and paisa Eighty Seven only) being the balance outstanding as on 31.01.2023 in the account of the borrower, within 60 days from the date of the said notice together with the future interest and other charges thereon.

The said borrowers having failed to repay the said amount, notice is hereby given to the said borrowers in particular and the public in general that the undersigned being authorized officer of the J&K Bank Ltd. has taken possession of the mortgage property described herein below, in exercise of the powers conferred on me under Section 13(4) of the said Act read with Rule 8 of the said Rules, on 26th day of September, 2025.

The borrowers in particular and the public in general are hereby cautioned against dealing with the said property in any manner whatsoever and any dealings with the said property will be subject to the charge of the J&K Bank Limited for the amount in aggregating to Rs.2,24,39,785.19 (Rupees Two Crore Twenty Four Lac Thirty Nine Thousand Seven Hundred Eighty Five and Paise Nineteen only) together with future interest thereon from 01.09.2025 and other charges incurred or to be incurred.

The borrower's attention is invited to the provisions of Sub-section (8) of Section 13 of the Act, in respect of the time available, to redeem the secured assets.

#### Description of the Immovable Property

Land measuring 10 Marlas falling under Khasra No. 405 512, 1031/512/1, Khata No. 330 and Khewat No. 220 situated at Mouza Soiteng, Panthachowk, Srinagar, standing in the name of Mr. Tanveer Ahmad Wani S/O Ghulam Ahmad Wani R/O Achgoza, Keller, Pulwama.

**Authorized Officer**

- TRAFFIC POLICE : 9419993745, 01998-266686
- PCR: 0194-2452092, 2455883
- PDD: 0194-2450213
- FIRE AND EMERGENCY SERVICES : 2479488, 2452222, 2452155
- CAPD: 18001807011
- SMC HEALTH OFFICER: 9469409081
- Ambulance: Kashmir EMS Service: +91 94841 00200

#### AIRPORTS

SHIEK UL ALAM AIRPORT: 01942303311

#### RAILWAYS

- SRINAGAR: 0194-2103259
- ANANTNAG: 01932-228243
- BARAMULLA: 0194-102029
- BUIBHARA: 01932-228243
- PAMPORE: 01933-294132
- PATTAN: 01954-293507
- QAZIGUND: 01951-296153

#### HIGHWAY STATUS

- Sgr-Jammu highway - (Open)
- Mughal Road - (Open)
- Srinagar- Leh- (Open)

**HIJRI CALENDAR**  
06 Rabi-ul-Sani  
1447

**PRAYERS**

FAJR	5: 03
ZUHR	12:22
ASR	4: 37
Magrib	6:23
ISHA	7: 43

### This Day In History

- 489- Germanic King of Italy Odoacer attacks Ostrogothic leader Theodoric the Great at the Battle of Verona and is defeated again
- 1124- Orval abbey church consecrated in southeast Belgium
- 1199- Rambam (Maimonides) authorizes Samuel Ibn Tibbon to translate Guide of Perplexed from Arabic into Hebrew
- 1399- King Richard II of England's (supposed) abdication read out in the House of Commons by the Archbishop of Canterbury. In reality deposed by his cousin and successor Henry IV
- 1520 Suleiman the Magnificent succeeds his father Selam I as Ottoman Sultan (rules till 1566)
- 1868- Spain's Queen Isabella is deposed, flees to France
- 1880- American amateur astronomer Henry Draper takes the first-ever photograph of the Orion Nebula
- 1939 - Germany & Russia agree to partition Poland
- 1939 - Britain first evacuates citizens in anticipation of war.
- 1940 - 47 German aircraft shot down above England
- 1958 - French Guinee becomes independent republic Guinea
- 1966 - Botswana (formerly Bechuanaland) gains independence from Britain (National Day)
- 1967 - BBC starts its own popular music radio station (Radio 1)
- 1968 - 1st Boeing 747 rolls out
- 1980 - USSR performs nuclear test at Eastern Kazakh/Semipalinsk USSR
- 1980 - Ethernet specifications published by Xerox working with Intel and Digital Equipment Corporation.
- 1981 - Seoul, South Korea, is selected to host 1988 Summer Olympics
- 1986 - US performs nuclear test at Nevada Test Site
- 1986 - US releases soviet spy Gennadiy Zakharov
- 1986 - Mordechai Vanunu, who revealed details of Israel covert nuclear program to British media, is kidnapped in Rome, Italy
- 1988 - IBM announces shipment of 3 millionth PS/2 personal computer
- 1989 - NASA closes down tracking stations in Hawaii & Ascension
- 1989 - Senegambia separates back into Gambia & Senegal
- 1990 - The Dalai Lama unveils the Canadian Tribute to Human Rights in Canada's capital city of Ottawa.
- 1994 - Space shuttle STS-68 (Endeavour 7), launches into orbit
- 1997 - Microsoft releases Internet Explorer 4
- 1999 - Japan's worst nuclear accident at a uranium reprocessing facility in T kai-mura, northeast of Tokyo.
- 2004 - The first images of a live giant squid in its natural habitat are taken 600 miles off Tokyo.
- 2004 - The AIM-54 Phoenix, the primary missile for the F-14 Tomcat, retired from service. Almost two years later, the Tomcat retires.
- 2005 The controversial drawings of Prophet Muhammad (SAW) are printed in the Danish newspaper Jyllands-Posten.
- 2006 - the National Assembly of the Republic of Serbia adopted the Constitutional Act that proclaimed the new Constitution of Serbia.
- 2012 - Two opposition Venezuelan politicians are shot dead a week before the presidential election
- 2012 - Car bomb blasts kill at least 32 people across Iraq
- 2018 - Chinese-French painter Zao Wou-Ki's work "Juin-Octobre 1985" sells for \$65 million in Hong Kong, in one of the most expensive art auctions ever in Asia
- 2019- 315 billion-tonne iceberg named D28 breaks away from Amery Ice Shelf, Antarctica
- 2021- Land, including the world's oldest living rainforest, Daintree National Park (180 million years old), is returned to the Eastern Kuku Yalanji people in Far North Queensland, Australia
- 2022- In defiance of international law Vladimir Putin announces Russia's illegal annexation of four Ukrainian provinces, Donetsk, Kherson, Luhansk and Zaporizhzhia. Despite Russia occupying only part of each region.

## KASHMIR OBSERVER®

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### KO VIEW

## A Welcome Step

On World Tourism Day, the Jammu and Kashmir administration chose a fitting moment to announce the reopening of 12 major tourist destinations across the Union Territory. It is a decision that brings hope to a sector left reeling since the April 22 terror attack in Pahalgam, which not only claimed lives but also silenced the Valley's tourism heartbeat.

For months, some of Kashmir's most loved destinations, Aru Valley, Padshahi Park, Dara Shikoh Garden, and Kaman Post among them, have stood empty. Hotels and houseboats reported record low occupancy, and shikara owners waited idly at the Dal Lake ghats. The ripple effects were felt far beyond, affecting artisans to ponywalas. The closure of nearly 40 tourist spots only deepened the economic distress.

The announcement by Lieutenant Governor Manoj Sinha of the reopening of tourist spots, following a detailed security review, is a significant step toward revival. Stakeholders from the Kashmir Chamber of Commerce and Industry to hotel and travel associations have welcomed the decision but insist it must be only the beginning. They rightly argue that unless all destinations are reopened and actively promoted, tourists will be reluctant to come. As a result, the Valley will struggle to regain the vibrancy of 2022, 2023 and 2024, when arrivals had touched historic highs.

The challenges remain stark. Hotel occupancy has plunged below 20 percent, and tourist arrivals are down to a trickle. Travel agents admit they cannot convince visitors when the sought-after destinations are still closed. Promotion without access, they warn, will not work. The government must therefore move quickly, opening more circuits, investing in safety and infrastructure, and launching targeted campaigns that remind tourists why Kashmir is still the "crown jewel" of Indian travel.

What is at stake is far more than revenue. Tourism in Kashmir sustains a significant chunk of population, from hoteliers to hawkers, and from guides to artisans. It is also about perception: every visitor who returns home with memories of snow peaks, gardens, and warm hospitality becomes an ambassador for peace and normalcy, persuading them and the others to return again.

The reopening of the destinations is, therefore, more than a bureaucratic decision. It is an assertion that fear cannot be allowed to dictate the Valley's future. The hope now is that the flow of visitors will return, restoring both confidence and livelihoods.

### CASH COURSE

Read This Before You Buy Anything

## Pharmacies In The Fast Lane

Discounts, WhatsApp, and rapid delivery can turn local chemists into engines of growth and health.

Ishad Mushtaq

Kashmir pharmacy counters stay busy, but the business model feels dated. Shelves are full, prices remain stiff, and customers still wait in line. A smarter play, already thriving in cities like Gurgaon, could rewrite the script.

The hook is value. Offering medicines at 18 percent or higher discounts wins trust in a region where healthcare eats into family budgets. Convenience follows. Instead of pushing complex apps, orders flow through WhatsApp, a platform every household already uses. A quick photo of a prescription becomes an instant order.

Speed gives the final push. An automated reply and a personal call within minutes assure customers their medicine is on the way. Delivery within a few hours, free of charge, turns a routine purchase into dependable service. Staff trained to suggest related products or discounted lab tests add care while boosting revenue.

This model needs modest resources: a WhatsApp business number, a lean delivery network, and a team trained to treat service like medicine itself. For young entrepreneurs, it blends technology with local trust, creating jobs while improving access to essential drugs.

Kashmir's pharmacy sector stands at a promising crossroads. Those ready to mix discounts, speed, and customer-first service can strengthen public health, energize small business, and show how smart ideas, delivered as simply as a text, can drive economic renewal across the valley.

The author is a Srinagar-based reputed financial advisor.

A group of farmers gathers along the Lidder River in Pahalgam to plant willow and poplar saplings. These are local residents, acting to protect the lands they have farmed for generations.

The trees are meant to prevent soil erosion and slow the river's rising waters during sudden floods, a reality that has grown more frequent as glaciers shrink and rainfall patterns shift.

Similar community-led projects are emerging across the valley.

In Srinagar, school clubs and youth groups organize monthly clean-ups and afforestation drives, turning public spaces into living classrooms.

Students measure saplings, track growth, and learn how local wetlands absorb carbon while controlling floods. Religious institutions support these initiatives, using spaces and networks to mobilize volunteers.

Each effort is small on its own, but together they form a network that strengthens the valley's resilience.

Households are changing too. Families are adopting energy-efficient cookstoves, installing solar water heaters, and switching to LED lighting.

These adjustments reduce dependence on firewood and kerosene, cutting emissions while improving air quality. Neighbourhoods that collectively embrace these practices notice a measurable drop in fuel use and cost, creating an incentive to continue.

Seasonal and locally produced foods are gaining popularity, further reducing carbon footprints while sustaining local markets.

Community support extends to renewable energy. The valley's topography allows for micro-hydro-power projects and solar installations. Villagers in remote areas are pooling resources to fund small solar grids, reducing reliance on fossil fuels and increasing electricity access.

These projects create ownership, responsibility, and pride among participants, showing how climate action can coexist with livelihoods.



## Kashmir Communities Leading the Climate Fight

From riverbank tree planting to renewable energy projects, local initiatives are shaping a resilient future for the valley.

Iqbal Hussain

Education underpins every initiative. Workshops in schools, colleges, and vocational centers equip young people with knowledge about sustainable farming, energy use, and ecosystem management.

Youth trained in these programs act as local ambassadors, sharing practices with neighbours and families.

When a single village embraces energy conservation, tree planting, and sustainable agriculture, its impact extends beyond borders, influencing nearby communities.

encement nearby communities.

Civic engagement reinforces these actions. Residents monitor local development projects, advocate for the implementation of the Jammu & Kashmir State Action Plan on Climate Change, and participate in public consultations.

This combination of household choices, community initiatives, and local advocacy creates a model that complements state-led climate policies. It demonstrates that miti-

Community-led initiatives in Kashmir are proof that climate action begins at home. Every sapling planted, solar panel installed, and household that shifts to sustainable practices contributes to a larger story of adaptation and hope.

gation does not depend solely on top-down programs.

The valley faces mounting environmental pressures. Glaciers are retreating, rivers swell unpredictably, and floods threaten homes and farms. Yet, the collective energy of communities is turning vulnerability into resilience.

When residents plant trees along rivers, restore wetlands, and invest in renewable energy, they are not waiting for external solutions. They are shaping them.

Community-led initiatives in Kashmir are proof that climate action begins at home. Every sapling planted, solar panel installed, and household that shifts to sustainable practices contributes to a larger story of adaptation and hope.

The future of the valley depends on these actions, showing that when people lead, they can transform both landscapes and lives.

The author is a research scholar at Integral University, Lucknow, focusing on the socio-economic impacts of climate change in the Kashmir Valley.

## Kangan to Kingfisher

From treasuries in Kashmir to financial empires and pilgrim betrayals, India's scandals reveal how oversight gaps, opaque systems, and weak accountability threaten public trust.

Syed Nissar H Gilani

In 1958, a scandal in Kangan, a small town in Kashmir, shook the valley and left a mark that lasts even today.

A Naib Tehsildar looted Rs. 85,000 from the local treasury and framed his peon. The peon bore the weight of a crime he did not commit, suffering years of hardship and dying of a heart attack before the truth came out.

Investigators later punished the officer, but the state restored him with promotions and arrears. The injustice, the reversal, left a bitter imprint on local memory.

This early scandal in Kashmir foreshadowed patterns seen across India.

In 1948, V.K. Krishna Menon, India's High Commissioner to the UK, bypassed protocol to order hundreds of jeeps worth lakhs of rupees. Questions of transparency and accountability eventually reached the highest offices.

The Jeep Scandal hinted at a recurring tension in governance: ambitious officials moving faster than rules and leaving citizens to untangle the aftermath.

The 1971 heist by Rustom Sohrab Nagarwala added another layer of mystery. Claiming to act on orders from Prime Minister Indira Gandhi, he withdrew Rs. 60 lakh from the State Bank of India.

The audacity of the act, and the questions it raised about government oversight, remain a source of speculation decades later.

In the 1990s, India faced Harshad Mehta, who manipulated the stock market, exploiting weaknesses in banking systems.

Investors lost faith as financial instruments meant to secure their futures became vehicles for one man's ambition.

Vijay Mallya's Kingfisher Airlines followed, with billions lost in defaulted loans and allegations of bank fraud.



The story is far from over. Every new scandal reminds us that human ambition finds cracks wherever oversight is weak. Kangan taught Kashmir that a peon could be punished for another's greed. Kingfisher taught India that billion-rupee defaults ripple through economies. Ponzi schemes show that trust is fragile.

The Commonwealth Games in 2010 under Suresh Kalmadi exposed inflated contracts and mismanagement on a national stage, turning civic pride into scandal headlines.

Closer to Kashmir, scandals continue to erode trust. The Srinagar Haj scam duped pilgrims, siphoning lakhs from innocent devotees. Local banking scandals are part of the narrative.

In 1978, J&K Bank clerk K.K. Dhar swindled crores, spending on discos and gambling.

The Medical Health Department scandal saw hospitals supplied with adulterated, even fungus-infested saline. Officers implicated in both cases were later reinstated and promoted.

Ponzi schemes like the Sharda Chit Fund and Saradha Group defrauded millions, showing how easily greed can hide behind promises of prosperity.

Scandals follow a pattern: weak oversight, opaque governance, and uneven enforcement create spaces for malfeasance.

The story is far from over. Every new scandal reminds us that human ambition finds cracks wherever oversight is weak.

Kangan taught Kashmir that a peon could be punished for another's greed. Kingfisher taught India that billion-rupee defaults ripple through economies. Ponzi schemes show that trust is fragile.

Each case closes one chapter but leaves another waiting.

The question now is whether lessons will be learned or repeated. From treasuries to banks, from pilgrimages to markets, India's scandals trace a line between oversight and chaos, ambition and ethics, faith and betrayal.

Kashmir sits on that line, familiar with both the cost of betrayal and the urgent need for accountability.

The author is a former civil servant with decades of experience in administration and governance.

### Letter to Editor

## End School Violence Before Another Kashmiri Child Suffers

A 15-year-old schoolgirl was recently beaten by a staff member for trimming her eyelashes in Srinagar. She explained it was an accident, but the punishment went ahead.

The incident sent shockwaves through the city, exposing a troubling reality: some schools in Kashmir treat fear as discipline.

Reports from the same institution reveal a pattern. Girls slapped for minor missteps, chairs hurled over "improper" hijabs, beatings over low grades. These acts go beyond discipline, and inflict lasting physical and emotional harm.

Such practices twist the meaning

of authority, faith, and self-worth. When adherence to religion or modesty is enforced through pain, compassion itself becomes a casualty.

Parents often stay silent, believing punishment builds character. Research tells a different story: corporal punishment increases anxiety, depression, and aggression. The effects are magnified in Kashmir, where mental health support is limited.

Forcing children into compliance risks alienating them from faith and school alike, replacing learning with fear.

Legally, these punishments are banned. The Right to Education Act prohibits physical and mental abuse, and Jammu and Kashmir's School

Education Department reinforced the ban in 2023. Yet enforcement lags.

This June, a Class 3 girl in Srinagar was hospitalized after a teacher's thrashing. In April, a second-grade boy faced similar abuse. These events expose systemic failure.

The distinction between corporal punishment and abuse is misleading. Any intentional harm violates a child's rights and dignity. The UN Convention on the Rights of the Child, ratified by India, demands an end to such violence. Locally, IMHANS-K has documented the psychological toll of punishment, highlighting the need for counseling and positive reinforcement instead of sticks and slaps.

Parents, teachers, and authorities must act. Families should demand accountability. Schools must train staff in non-violent discipline and make mistakes opportunities for learning. Government bodies need stronger monitoring, strict penalties, and campaigns to shift cultural attitudes.

Our children deserve more than fear. Ending corporal punishment protects their minds and bodies, and it safeguards the future of Kashmir, a future built on empathy, education, and respect for human dignity.

Sincerely

Fatima  
fatimachand.85@gmail.com

# Hidden Sadness in Kashmir

From top student to introvert, the story of a Kashmiri girl shows how academic pressure and isolation can affect young minds.

Madeeha Farooq

She always had a smile on her face. Even on dull mornings in her hometown in Kashmir, her bright grin made people look twice. Friends leaned in when she spoke, strangers stayed a moment longer. Her cheer was like a warm scarf, you could feel it, and it made everything feel a little safer. She liked this part of herself. She liked the idea that she could make people feel lighter. Even the saddest souls seemed to walk taller after passing her. She thought she was gifted, chosen to lift the weight of others.

But underneath that bright and buoyant body language, a small



**She had survived disbelief, failure, loneliness.** She had carried joy through the heaviest rains. If she could survive all of that, perhaps the girl she had always been, the happy and radiant one, could exist again, even if only in secret.

ried the scent of saffron from far-away fields, she would smile, softly, for no one else, and remember that the girl who made others whole still lived somewhere inside.

She had survived disbelief, failure, loneliness. She had carried joy through the heaviest rains. If she could survive all of that, perhaps the girl she had always been, the happy and radiant one, could exist again, even if only in secret.

Her hometown waits, life moves, and she walks among it, a girl who smiles, sometimes for the world, sometimes for herself, learning that even in shadows, the light she carries can endure.

— The author is a B.Sc. Nursing student at Kular College of Nursing, Ludhiana, affiliated with Baba Parid University of Health Sciences. She can be reached at [nf4.pecr@gmail.com](mailto:nf4.pecr@gmail.com)



**Her hometown waits, life moves, and she walks among it, a girl who smiles, sometimes for the world, sometimes for herself, learning that even in shadows, the light she carries can endure.**

voice whispered doubts. That voice told her she was unworthy, imperfect, and unfit for deep attachment. Lifelong friendships never took root. People stayed at the edges,

close enough to enjoy the warmth but never to see the ache behind it.

When she was alone in her room, the tears came like rain on tin roofs: sharp, relentless, and unobserved. She wiped her face, adjusted her scarf, and stepped into the streets again, smiling as if her heart had never cracked.

School had its battles. She stumbled academically. Teachers doubted her, peers whispered. "She won't make it," they said, and she heard the words as sharply as knives.

She passed her board exams with a score that silenced the whispers, a small triumph that tasted of iron and honey.

Later came the NEET exams, a crucible that she failed despite her efforts.

Failure could have been a wound,

but it became a bridge. She found but friends who believed in her, who celebrated her existence beyond grades and results.

Four friends, scattered across different cities, yet somehow their affection remained unshaken. Letters, calls, late-night messages created a small constellation in her life. For a time, the "happy girl" and the "loser" lived together: one in the world's eyes, the other in her own secret sphere.

Then the transformation came without warning. The laughter faded. Her smile became a mask that strained against the shifting landscape inside her. People began noticing. "Why do you look so sad?" they asked. She laughed and said, "Nothing. I'm okay."

Pressed further, she snapped: "You're the problem. Always asking me what's wrong. I'm okay. Did you get it?"

Her cheerful halo began to tarnish. People speculated, judged, and withdrew. The absence of her closest friends, the weight of unshared worries, the fear of burdening her parents combined into a suffocating fog.

Her mornings became exercises in endurance. She wished she could stay in bed, away from mirrors and other faces, away from the relentless expectation to be "happy girl." Her colleagues noticed and advised her to focus on herself, breathe, and step back.

She repeated the words that had become armour: "I'm good. Noth-

ing is wrong with me."

She withdrew from the world she once lifted. Her laughter no longer travelled the streets. She moved among people like a ghost of herself, seeing their warmth but feeling none of it. The mirror reflected a stranger she neither hated nor recognized.

She had become a girl who could be adored, but no longer believed she deserved it.

Within this subdued form, a silent spirit stirred. She remembered the music of her own cheer, the gratitude of strangers, the joy in friends' eyes. The world had loved her once for her light. Could she summon it for herself now? She did not know.

Sometimes, when the wind car-

## Bridges in Words

From markets to classrooms, Hindi connects Kashmiris to the mainland and the wider world without overshadowing traditional languages.



Malikah Rizvi

The valley has always thrummed with words. Kashmiri echoes through homes, Urdu colours literature and administration, and Dogri whispers in the borderlands.

Hindi arrived slowly, carried by classrooms, radio, and films, and has since begun to carve its own path in everyday life.

Today, the language has grown beyond a school subject.

It opens doors to national exams, government positions, and careers for students outside the valley. Hindi's presence in songs, films, and television shows allow young Kashmiris to understand and engage with India's broader culture effortlessly.

For those studying or working elsewhere, Hindi becomes a bridge, connecting them to colleagues, communities, and a world beyond cities and towns.

But the language arrives in a crowded landscape in the valley. Urdu is rooted in decades of local literary and cultural expression. Kashmiri carries intimacy and identity. English dominates higher education, corporate corridors, and global opportunities.



**Kashmir's linguistic mosaic remains layered and complex.** Hindi is neither a threat to Kashmiri nor a substitute for Urdu. It simply connects classrooms to careers, tourists to locals, and communities within the valley to the wider nation.

Hindi rarely replaces any of these. It functions as a practical tool, valuable in scope but neutral in emotional depth.

That practicality translates into tangible benefits for Kashmiri society.

Hindi strengthens ties with the rest of India, creating shared spaces in classrooms, offices, and markets.

In tourism, it is often the language through which visitors hear about Mughal gardens, alpine trails, and Kashmir history.

The language helps locals explain traditions, customs, and stories with clarity and ease.

In media and government work, proficiency in Hindi adds versatility, making careers accessible in ways that Urdu or Kashmiri alone cannot.

Its influence also surfaces in everyday conversations. Market stalls in Lal Chowk or

tourist kiosks in Gulmarg are spaces where Kashmiri, Urdu, and Hindi blend seamlessly. Street slogans, public conversations, and local idioms often borrow from Hindi, integrating it into the social fabric without displacing older languages.

It shows that Hindi's role in the valley is practical and social, not political or competitive.

Kashmir's linguistic mosaic remains layered and complex. Hindi is neither a threat to Kashmiri nor a substitute for Urdu.

The language bridges classrooms to careers, tourists to locals, and communities within the valley to the wider nation.

Its story in Kashmir is less about cultural conquest and more about everyday connection.

— The author is pursuing a Master's in Hindi, IGNOU.

## Mother Tongue Nearing Silence

Urban parents increasingly raise children in Urdu and English, leaving Kashmiri to fade from daily conversation.

Dr. Rashid Manzoor Bhat

Fewer than 25 percent of schoolchildren in Srinagar speak Kashmiri fluently at home. Among Kashmiri families living abroad in Jizan, Saudi Arabia, 69.8 percent of children speak Urdu with their parents, 26.4 percent speak Kashmiri, and 3.8 percent use English.

These numbers, from studies by the University of Kashmir and researchers A. Ganai and I. Naikoo, reveal a pattern: the mother tongue is retreating from domestic life, replaced by Urdu or English even where Kashmiri is the native language.

Parents often explain the shift pragmatically.

English signals academic success and future career opportunities. Urdu connects children to religious instruction and formal correspondence. Kashmiri is seen as informal, even rural.

In many urban households, children understand only basic Kashmiri, responding instead in Urdu or English when grandparents speak to them.

Oral traditions, like folk tales, lullabies, proverbs and seasonal songs fade as fewer children grasp the language. The cultural bond that once flowed through storytelling is shrinking.

Urban schools accelerate the decline. Private institutions discourage native-language use, framing Kashmiri as unrefined.

The language is seldom taught beyond primary grades. Reading and writing skills remain minimal, while Urdu and English proficiency strengthens.

Surveys indicate that more than 77 percent of sibling interactions in cities occur in Urdu, with English gradually creeping in. Kashmiri survives mainly in token exchanges with extended family. Even ancestral towns see



**Preserving Kashmiri requires integrating it into everyday life, schools, and aspiration.** Bilingual instruction, home storytelling, and cultural engagement can ensure children retain both academic fluency and cultural rootedness.

it reduced to festive phrases or greetings.

The consequences reach beyond vocabulary. Language carries worldview, local knowledge, humour, and ritual. Children who cannot speak Kashmiri lose access to cultural references, historical idioms, and moral lessons encoded in stories.

Heemal and Nagrai, folktales once told rhythmically to teach values and cosmology, are rarely narrated today. Festivals, marriage songs (wanwun), seasonal chants,

and mourning verses often go misunderstood, leaving ceremonies hollow.

The family unit, ideally a site of intergenerational continuity, becomes fragmented along language lines.

Social aspiration reinforces this pattern. English, in particular, has become a symbol of sophistication and upward mobility. Children speaking Kashmiri, especially with rural accents, may face subtle ridicule in public or in schools.

Parents internalize these norms, prioritizing Urdu and English to secure better academic placement, social recognition, and professional opportunities.

Social media mirrors this hierarchy: content in English gains traction, Kashmiri remains niche.

The classroom, too, diminishes Kashmiri's role. English-medium schools explicitly prohibit native-language use. Optional Kashmiri subjects exist but lack weight in examinations or competitive environments. Children who spoke Kashmiri at home often stop using it after entering school, shrinking their expressive range.

Oral traditions, like chakri, roof, leela, fade because they are no longer reinforced in daily life. Literature by Mahjoor, Rasul Mir, or Habba Kha-

toon is often read in translation, missing idiomatic nuance and emotional depth.

Efforts by institutions such as the Jammu & Kashmir Academy of Art, Culture, and Languages and Adbi Markaz Kamraz aim to preserve Kashmiri through festivals, publications, and courses. But these initiatives cannot replace home use.

Children must hear, speak, and experiment with Kashmiri at meals, during storytelling, and in casual conversation. Without this, the mother tongue is relegated to archives and classrooms, while identity, memory, and community connection erode.

Census data from 2011 recorded over 6.8 million Kashmiri speakers. Yet fluency among urban youth is dwindling. A 2023 field report found that many children cannot read or write in Kashmiri, even if they recognize it. Educational strategies that privilege English for entrance exams and career mobility reinforce the trend. Parents often consider Kashmiri a distraction, leaving the language confined to informal or emotional contexts.

Losing Kashmiri within households is cultural erosion. Children grow competent in global languages but disconnected from their own heritage. Rituals lose depth, family exchanges lose emotion, and the shared memory that binds generations frays.

Preserving Kashmiri requires integrating it into everyday life, schools, and aspiration.

Bilingual instruction, home storytelling, and cultural engagement can ensure children retain both academic fluency and cultural rootedness.

— The author is a researcher and linguist based in Shopian, Jammu and Kashmir.

# 'Bringing Iranians to Knees a Pipe Dream': Iran Slams UN Sanctions

## Agencies

Tehran: Iran has strongly denounced the United Nations' decision to restore sanctions against the Islamic Republic, dismissing the move as unlawful, politically motivated, and doomed to fail.

The sanctions, which officially returned at 00:00 GMT on Sunday, re-impose measures that had been lifted under the 2015 Joint Comprehensive Plan of Action (JCPOA). They include freezing Iranian assets abroad, halting arms deals, and targeting Tehran's missile and defense programs.

In a formal letter dated September 28, Iran's ambassador and permanent representative to the United Nations, Amir Saeid Iravani, lodged a strong protest with Secretary-General António Guterres and the president of the UN Security Council. Iravani argued that Security Council Resolution 2231, which endorsed the JCPOA, grants no authority to the UN Secretariat to "determine, declare, or notify" member states about the

reapplication of terminated resolutions.

"The resolution sets out a specific mechanism under operative paragraphs 11 and 12, placing the matter exclusively within the purview of the Security Council," he wrote.

The envoy accused the Secretariat of overstepping its authority and siding with the E3 (Germany, Britain, France) and the United States, despite clear divisions within the Security Council.

He recalled the failed U.S. attempt in October 2020 to trigger the same "snapback" mechanism, which at the time was rejected by most Council members. The Secretariat then refrained from taking unilateral steps, Iravani stressed, demonstrating that no independent mandate exists under Resolution 2231.

Calling the Secretariat's move a "serious breach of Article 100 of the UN Charter", Iravani said the office had compromised its duty of independence and impartiality.

The re-imposition of sanctions followed two failed UNSC votes on September 19. One draft resolution that sought to block the "snapback" was rejected, while another, backed by China and Russia to extend the JCPOA and Resolution 2231 for six months, also failed due to Western opposition.

Two days later, the U.S. and its allies vetoed yet another proposal by Beijing and Moscow that would have delayed the bans.

"A Pipe Dream to Break Iran" Earlier Iranian President Masoud Pezeshkian dismissed the sanctions as a futile attempt to subdue the nation.

"They want to force us to submit to base and vile people, but even imagining that has no place in my mind," he declared Monday.

"Bringing Iran and our people to their knees is a pipe dream."

"The enemies are seeking to sanction Iran because the country refuses to bow and won't accept humiliation," Pezeshkian said.

Pezeshkian said his government would do everything to preserve the nation's dignity and safeguard citizens' welfare under the revived sanctions.

He recalled Iran's unity during the 12-day U.S.-Israel war in June, when Tehran launched hundreds of ballistic missiles, including hypersonic variants, and drone strikes against Israeli and U.S. targets, including the al-Udeid airbase in Qatar.

The president also blasted Western claims of defending human rights, pointing to the ongoing conflict in Gaza.

"Take a look at what they're doing in Gaza. A regime that has sown chaos in the region has not once been sanctioned in the Security Council because the United States erases decisions with a veto."

He went further, calling international institutions such as the UN and UNESCO "nothing but lies", given their failure to prevent civilian deaths.

Full Preparedness Against Aggression

Meanwhile Iran's top military

commanders have also reaffirmed the nation's readiness to respond to any aggression.

Major General Abdulrahim Mousavi, Chief of Staff of the Armed Forces, praised the IRGC and Basij for victories that prove the effectiveness of Iran's active deterrence strategy.

IRGC Commander Major General Mohammad Pakpour said the force stands at the forefront of Iran's defensive doctrine and warned of a "swift, decisive, and instructive" response to any hostile move.

Army Commander Major General Amir Hatami described the Armed Forces' readiness as "permanent and invaluable," pledging that "any mistake on the enemy's part will be met with a severe response."

The commanders emphasized that unity between the Army and the IRGC is the cornerstone of Iran's national security and independence. They also warned Iranians against falling for what they described as psychological warfare and empty rhetoric by adversaries.

Vaishno Devi Yatra

## Over 1.25 Lakh Pilgrims Pay Obeisance During Navratri So Far

### Press Trust Of India

Jammu: The pilgrimage to the cave shrine of Mata Vaishno Devi in the Trikuta hills of Jammu and Kashmir's Reasi district is going on smoothly, with over 1.25 lakh devotees having paid obeisance at the temple during the past one week of Navratri.

Navratri, being observed from September 22 to October 1, is dedicated to the worship of Goddess Durga and holds special significance at the Mata Vaishno Devi shrine, which records one of its highest pilgrim footfalls during this period.

"The yatra is going on smoothly as pilgrims in large numbers are paying obeisance at the temple every day. So far, over 1,25,645 pilgrims have registered for darshan till Sunday night," a Shri Mata Vaishno Devi Shrine Board official told PTI.

Amid chants of devotion and bhajans echoing through Katra, the base camp of Mata

Vaishno Devi, and en route, devotees continue to arrive in the town from across the country and abroad to seek the deity's blessings.

Katra, the twin routes and the Bhawan temple area, dazzling with lights and flower-decked decorations, resonate with spiritual fervour and traditional gaiety as the nine-day-long festival of Shardiya Navratri began on September 22 amid multi-tier security.

He said elaborate arrangements have been made by the Shrine Board for Shardiya Navratri to ensure a comfortable yatra for devotees.

The Board has deployed volunteers to guide pilgrims, manage the anticipated rush and ensure smooth movement along the 13-km yatra route, the official said.

This year, the Shrine Board has introduced wireless communication sets to enhance co-ordination and communication along the yatra route.

## CONTD. FROM FRONT PAGE

### Floating Rally And

the SKIMS director, in his keynote address. "This is no longer an illness of old age. Staying aware, getting checked on time, and living healthier are the best ways we can protect the next generation."

The warnings are backed by local health surveys.

Hypertension and diabetes, two major drivers of cardiac problems, are rising across the region, with urban Srinagar showing some of the sharpest increases.

Cardiologists report that patients in their thirties are arriving with blocked arteries once seen only in retirees.

Doctors at SKIMS attribute the trend to a mix of high-stress living, processed food and declining physical activity.

The day's program balanced urgency with recognition.

After the talks, SKIMS honoured its cardiac staff for years of service and paid tribute to retired faculty members whose careers helped build the institute's reputation as the valley's premier heart center.

Applause filled the hall as the audience stood to salute the veterans of a fight that has grown more complex with each passing year.

Outside, the boats that began the day bobbed gently along the lakefront, their banners now fluttering in the evening breeze.

For many Srinagar residents who stopped to watch, the sight was a reminder that the battle for heart health begins in kitchens, daily routines and the choices made long before a patient ever reaches a hospital.

### 7 Tourist Spots

to the autumn season.

### LG Calls For

society. We must push through challenges to achieve the goals of prosperous rural J&K," he added.

Calling for a dedicated awareness campaign on environmental protection in rural areas, Sinha said Seva Parv should not be seen in isolation but as a way of life. "We must work towards creating a unified national identity to ensure the welfare and prosperity of all," he remarked.

Sinha on Monday described the recent floods in Jammu as an unprecedented catastrophe, saying the region endured nature's fury for nearly a month in a manner never witnessed before.

Sinha said, "Climate change is a reality and people should realise it."

He said, "Many people revealed that they had never seen such a catastrophe in the past. Everyone in the Jammu region was affected in one or other way."

He said, "J&K Administration and the Government of India are standing like a rock behind the victims of catastrophes. Every effort is being put to provide them with all the possible assistance so that their life comes back on track."

He said, "I extend my deepest condolences to the families who have suffered losses. I want to tell them that the Home Minister of India himself visited and assessed the situation with his own eyes."

"A central team also toured Jammu and Kashmir and, together with local authorities, prepared a damage assessment. I am fully confident that the Central Government will extend complete support to Jammu and Kashmir," he said.

The LG said that the Centre has approved the construction of more than 5,000 houses under the Rural Development Department. "A private organization from Kerala has assured that it would construct 1500 new houses, with each house having three rooms. They have said that the work will start in October. Each structure would cost around Rs 9 lakhs."

The Lieutenant Governor said that the losses have been enormous as more than 4,000 houses were damaged, over 3,237 kilometres of roads affected and more than 70 major bridges destroyed.

On the occasion, the LG laid the foundation stones for GOBARdhan Biogas Plants and Faecal Sludge Treatment Plants (FSTPs) under SBM (G) at various locations. He also interacted

with Safai Mitras, felicitated Swachhagrahis, and released a documentary on Shri Amarnath Ji Yatra 2025 highlighting best sanitation practices.

The event was attended by Member of Parliament Jugal Kishore Sharma, DDC Chairman Jammu Bharat Bushan, legislators, senior officials, social organisations, and citizens from diverse walks of life.

### Lays Foundation

other cities across Jammu and Kashmir.

Sinha attended the Seva Parv celebrations organised by the Housing and Urban Development Department here and laid the foundation stone for 60 projects under the Atal Mission for Rejuvenation and Urban Transformation (AMRUT) 2.0 worth Rs 699.79 crore.

In his address, Sinha lauded the efforts of the department and Jammu Municipal Corporation for fostering inclusive growth and improving infrastructure and services for the city's residents.

He said sustainable urban planning and execution on the ground is a bold roadmap for future cities.

"Under the guidance of Prime Minister Narendra Modi, my mission is to ensure that no one is left behind. We will ensure that the marginalised are reached and included in the development process for greater progress and prosperity," the governor said.

He called for sustainable urban infrastructure and integration of smart technology to develop more liveable and vibrant cities and to mitigate environmental challenges.

"We must adopt sustainable practices and strictly enforce environmental regulations to create a smart urban ecosystem. The Tawi Riverfront served as a protective shield for Jammu city against recent natural disasters and saved the surrounding areas from flooding. It is an excellent example of sustainable development projects," he added.

He also urged officials and citizens to cultivate a sense of ownership of their city to strengthen connections and contribute to the betterment of urban assets and public spaces.

On the occasion, Sinha felicitated students under the Swachhata Internship for the best models and Swachhagrahis for their exemplary contribution during the Amarnath Yatra. Sanction letters were also handed over to beneficiaries under different schemes.

### Ladakh Row: LAB

and co-chairman Chering Dorjay said restoring a "conducive atmosphere" in Leh was necessary before dialogue could resume. They warned that unless a judicial probe by a retired Supreme Court judge is ordered and all prisoners are released, the LAB will not participate in upcoming talks, even the scheduled October 6 session.

"We will urge the Home Ministry and the UT administration to take steps to address the atmosphere of fear, grief and anger that is there," the leaders said.

### Curfew Enters 6th Day

Curfew remained in force for the sixth consecutive day in Leh on Monday, as Lt Governor Kavinder Gupta prepared to chair a high-level meeting to review the overall security situation.

"The situation remained by and large peaceful in the curfew-bound areas with no untoward incident reported from anywhere. Police and paramilitary forces are deployed in strength in sensitive areas and are maintaining strict vigil to maintain law and order," an official said.

The last rites of ex-serviceman Tsewang Tharchin of Skurbuchan and Rinchen Dadul (21) of Hanu are scheduled later in the day, while those of Stanzin Namgyal (24) and Jigmet Dorjay (25) were performed on Sunday. The four had died on September 24 amid widespread violence in the town.

Mobile internet services remain suspended in Leh town, and prohibitory orders banning assembly of five or more persons are in force across major parts of the Union Territory, including Kargil.

The curfew was initially imposed on Wednesday evening following violent protests during a shutdown called by the Leh Apex Body (LAB) to push for talks with the Centre on demands for statehood and extension of the Sixth Schedule to Ladakh. Over 150 people, including 80 policemen, were injured, and more than 60 individuals, including two councilors and climate activist Sonam Wangchuk, were taken into custody. Wangchuk was detained under the National Security Act and lodged in Jodhpur jail.

A four-hour phased relaxation of the curfew on Saturday passed off peacefully.

### Govt Maintains Willingness for Dialogue

Late Monday, the Home Ministry issued a brief statement, asserting that it has always been open to talks with LAB and Kargil Democratic Alliance (KDA).

"We would continue to welcome discussion with the Leh Apex Body and Kargil Democratic Alliance through the High Powered Committee on Ladakh or any such platform," the statement read. It highlighted past outcomes, including increased reservations for Scheduled Tribes, women's reservation in LAHDCs, protection of local languages, and recruitment for 1,800 government posts in the Union Territory.

### Tourism Sector Suffers Setback

Leh remained largely subdued, with the curfew only briefly relaxed for two hours at 4 PM on Monday. Tourists were stranded, confined to hotels, unable to move or access key attractions. Closed markets and suspended mobile internet services further dampened their experience.

Stakeholders said the unrest, following widespread violent protests on September 24, has dealt a fresh blow to the region's tourism industry, which was just recovering from setbacks earlier this season, including cancellations after the April 22 Pahalgam terror attack in Jammu and Kashmir.

### LAB Blames Govt

LAB leaders strongly criticized the administration, rejecting allegations that protestors were "anti-national" or influenced by foreign powers.

"The people of Ladakh will never tolerate the 'anti-national' or 'Pakistani agent' tag as they have always shown loyalty to the country," Chhewang said. The LAB alleged that the CRPF used "excessive force, killing and injuring our people and creating an atmosphere of fear, grief and anger." Authorities, however, maintained that security forces acted in self-defense after protests turned violent.

The unrest stems from dissatisfaction with Ladakh's Union Territory status granted in 2019. LAB claims that safeguards under Articles 370 and 35A were eroded, prompting the fresh agitation. Their core demands include statehood, extension of the Sixth Schedule, job reservations, a separate public service commission, and separate Lok Sabha seats.

### KDA Echoes LAB Demands

The Kargil Democratic Alliance (KDA), also advocating statehood and constitutional safeguards, reiterated demands for the immediate and unconditional release of Wangchuk and other detained activists. The KDA warned that failure to meet these core demands is "alienating" the people of Ladakh.

### Dialogue Process Disrupted

Chhewang noted that while the Centre granted UT status after a "long struggle of 70 years," the move in August 2019 did not meet local expectations. Dialogue on the four core demands had continued for five years but was shattered by the deadly violence on September 24.

He criticized the administration for deploying "excessive force" despite being in touch with the central government ahead of planned talks.

Tourism and daily life in Leh remain severely

affected, with stakeholders urging immediate restoration of peace to revive confidence and livelihoods.

### Always Open

would yield the desired results in the near future. The statement by the Union Home Ministry came after the LAB announced that it will stay away from talks with the Centre till normalcy is restored and a conducive atmosphere is created in Ladakh. The outfit said it would rethink about returning to the table, "if the right steps are taken before the scheduled next round of talks (on October 6)".

It demanded that the government order a judicial probe by a retired Supreme Court judge into the September 24 killings and release all those taken into custody, including climate activist Sonam Wangchuk.

The Home Ministry said the central government would continue to welcome the discussion with LAB and KDA through the High Powered Committee (HPC) on Ladakh or any such platform.

The Government has always been open for dialogues on Ladakh matters with the Leh Apex Body and the Kargil Democratic Alliance "at any time", the statement said.

The dialogue mechanism established with LAB and KDA through the High Powered Committee (HPC) on Ladakh has yielded good results till date in the form of increased reservations to the Scheduled Tribes of Ladakh, providing women's reservation in Ladakh Autonomous Hill Development Council (LAHDC) and protection to local languages.

"The process of recruitment for 1800 posts in government has already commenced in the UT of Ladakh. We are confident that continuous dialogue would yield the desired results in the near future," the statement said.

Widespread violent protests occurred in Leh on September 24 during a shutdown called by LAB to advance talks with the Centre on the demands for statehood and extension of the Sixth Schedule to Ladakh.

Four people were killed and scores of others were injured in the clashes between protesters and security personnel, while over 50 people were taken into custody for their alleged involvement in rioting. Activist Sonam Wangchuk, the main face of the agitation, was also detained under the stringent NSA.

According to government sources, talks were offered on July 20 for which it did not get response. The LAB and KDA have been spearheading the agitation for statehood and extension of the Sixth Schedule to the Union Territory.

### Monitor Social Media

measures in their respective jurisdictions. The deliberations also focused on critical issues including actions under the NDPS Act, achieving zero-terror recruitment, strengthening district-level security grids, and property attachment proceedings against terror elements. Birdi stressed the importance of swift response mechanisms to effectively tackle emerging threats and directed officers to intensify area domination and night patrolling in sensitive locations.

Addressing the growing concern of drug abuse in the region, the IGP instructed officers to step up anti-narcotics operations, increase surveillance on offenders, and work actively toward dismantling drug networks. He underlined the need for community outreach and rehabilitation as part of a comprehensive anti-narcotics strategy.

A district-wise security plan was also discussed in detail, with a focus on safeguarding key installations, sensitive areas, and ensuring stronger inter-agency coordination. Officials said Birdi urged officers to maintain vigilance while adopting a people-centric approach in their duties.

"The emphasis is on proactive intelligence, rapid response, and preventive policing, alongside monitoring social media to prevent the circulation of anti-national and misleading content," a police spokesperson said.

### Leh Violence

the promise of statehood. Reflecting on the 2019 decision to grant Union Territory status to Ladakh, Omar said the

region had initially welcomed the move, with residents requesting UT status and celebrating the decision. "Today, those people are also regretting seeing the situation. They feel there is no progress in the UT," he noted. Omar stressed that the 2019 decision in Ladakh was aligned with local aspirations, unlike the unilateral changes in Jammu and Kashmir.

He also criticised the Centre for misleading Ladakhi leaders with "impossible assurances" regarding the Sixth Schedule, which he said is difficult to grant due to strategic and defence considerations in the border region. Omar questioned the sudden allegations of anti-national activities against Wangchuk, highlighting the shift in narrative despite his earlier praise of the Prime Minister for granting UT status in 2019.

The Chief Minister reassured the people that his government is committed to development despite multiple challenges and interference. "We have not wasted these 10 months. In a few days, when the government completes one year, we will share our achievements with the people of Jammu and Kashmir," he said.

Omar also outlined major developmental initiatives, including the Ganderbal Hydroelectric Project, which he said would benefit local residents. As part of his visit to Ganderbal, he laid the foundation for six major sports infrastructure projects in Beehama, including the upgradation of Beehama Stadium, Madr-e-Meharban Stadium, and playfields at Gund Rehman, Manigam, Wakura, and Batwina.

He unveiled new sports equipment for youth and witnessed performances in Judo, Thang-Ta, and Yoga, highlighting the district's vibrant sporting culture. Omar reaffirmed his commitment to providing modern facilities and opportunities to nurture local talent and ensure community participation in sports.

Stressing the broader development agenda, the Chief Minister assured that no part of the region would be neglected. He said the government aims to balance infrastructure development, education, health, and employment while ensuring that public aspirations are addressed in a people-centric manner.

Omar concluded by reiterating that while Jammu and Kashmir continues to press for statehood, peace and law and order must be preserved, drawing lessons from the unrest in Leh.

### Snowfall Likely

thunder, and gusty winds towards late evening or night.

Dr Ahmad added that from October 5 to 7, generally cloudy weather is expected, with the possibility of intermittent spells of light to moderate rain, thunder, and gusty winds, and that light snow over higher reaches is also expected at many places in J&K.

From October 8 to 10, generally dry weather is expected across the region, he said.

The MeT has issued an advisory to farmers, urging them to complete the harvesting of paddy and other horticultural crops and ensure safe storage by October 4 (afternoon), before the wet spell sets in.

A gradual fall in day temperatures is expected from September 29 onwards, with a significant drop in mercury on October 5-6 due to the approaching weather system.

The advisory further noted that the coming spell will mark the transition to colder conditions in Jammu and Kashmir, setting the stage for winter in the region.

### J&K Bank, Govt

(Government Banking) Mushtaq Ahmad Bayroo and Branch Head (Moving Secretariat) Dheeraj Sharma besides AAO (Finance Department) Majid Mohiuddin Dar were also present at the event.

"Such formalized mechanisms reaffirm the Bank's resolve to deliver efficient government banking services with focus on seamless execution of pension reimbursements," a spokesperson for J&K Bank said.

He added that the renewed arrangement is expected to bring greater efficiency, ease, and assurance to both the Government and pensioners, reflecting the Bank's role as a trusted partner in public service delivery through citizen-friendly banking services.

'WORLD HEART DAY'

# Medical Experts Warn Of Year-Round Heart Attack Risks In Kashmir

## Agencies

**SRINAGAR:** Heart attacks and strokes are no longer confined to winter in Jammu and Kashmir, as such cases are now being reported throughout the year, with young people also falling victim, doctors said on the occasion of World Heart Day.

They said urbanisation, sedentary lifestyles, fast food consumption, stress, and uncontrolled hypertension and diabetes are the main reasons.

Cardiologists from leading tertiary healthcare institutions in the valley said the number of cardiac emergencies has almost doubled in the last five years, and it is increasing with each passing year.

The rise is evident from the sharp increase in stent procedures and pacemaker implantations being carried out at hospitals such as SKIMS, SMHS and other hospitals, they said.

Dr Ashraf Mir, a cardiologist at a tertiary care hospital in Srinagar, said that not only has the volume of cases risen, but the very pattern of heart attacks has changed.

"Earlier, we would see far

fewer cases in summer compared to winter, but now heart attacks are reported across all seasons. What is more worrying is the growing number of young patients—something we rarely encountered two decades ago," he said.

According to him, pollution, drug abuse, unhealthy diets, and lack of exercise are all fueling hypertension and diabetes, which act as precursors to heart attacks.

"Today, the comfort-driven culture—online deliveries, work-from-home setups, and lack of physical activity—is pushing people into a sedentary lifestyle. This, combined with stress and substance abuse, is worsening the situation," Dr Mir said, adding, "Even college-going girls have been diagnosed with heart conditions linked to drug abuse and Endocarditis, which was once rare in our region."

Dr Showkat, another cardiologist, said that mental health is playing a key role in this crisis. "The socio-political climate, economic burdens, and competitive lifestyles are elevating stress levels. Stress is directly linked with high blood pressure,



**6 EARLIER, WE WOULD SEE FAR FEWER CASES in summer compared to winter, but now heart attacks are reported across all seasons."**

inflammation, and unhealthy coping mechanisms like smok-

ing, excessive caffeine, or binge-eating," he said.

He said many young professionals and students complain of anxiety and hypertension, which has led to an alarming rise in stress-related cardiac problems.

Doctors said that while medical facilities are improving, prevention remains the best cure.

The measures they suggested include: Engage in at least 30 minutes of physical exercise daily—walking, cycling, yoga, or sports, opt for a diet rich in vegetables, fruits, whole grains, lean proteins, and nuts, avoid processed and fast foods high in salt, sugar, and unhealthy fats, regularly monitor blood pressure, sugar, and cholesterol levels.

The medical professionals called for seeking timely treatment for diabetes and hypertension and quitting smoking and alcohol, saying both significantly damage blood vessels and raise the risk of heart disease.

"Practicing mindfulness, meditation, or relaxation techniques, ensuring good sleep and mental health support is equally important," they said, adding

that obesity increases the risk of hypertension and diabetes, which are key drivers of heart attacks.

According to experts, families, schools, and community bodies should encourage heart-friendly practices and discourage harmful habits like drug abuse.

Doctors also advised people to be alert to warning signs: chest pain or discomfort—described as pressure, squeezing, or tightness—radiating to the arm, back, jaw, or upper stomach is the most common symptom. Other signs include shortness of breath, sudden dizziness, cold sweat, fatigue, nausea, or indigestion-like discomfort.

"Immediate medical attention can save lives. Delayed treatment reduces survival chances drastically," the doctors added.

As heart disease continues to rise across Jammu and Kashmir, experts warned that the region is facing a "silent epidemic". They said while hospitals are better equipped now than in the past, the real battle must be fought at home—through lifestyle changes, community support, and stress management—(KNO)

## Fruit Fall, Rising Freight Costs Threaten Livelihoods, Say Apple Growers

Urge Govt To Expand Cold Storage, Open Alternative Markets



## Agencies

**SRINAGAR:** Apple growers across Kashmir are facing one of their toughest harvest seasons in recent memory, as heavy fruit fall, poor market demand, and logistical hurdles have combined to push the valley's horticulture sector into crisis.

Farmers said they were compelled to harvest their crop earlier than usual after a prolonged dry spell was followed by incessant rains, strong winds, and hailstorms, which caused apples to fall prematurely.

"The fruit fall began suddenly, and it simply didn't stop this year. Every morning, we would find apples scattered on the ground. If we hadn't picked them early, we would have been left with nothing," said Abdul Rashid, an orchardist

from Shopian.

Growers accused the horticulture department of failing to provide any meaningful assistance. "We had been pleading for help to control the fruit fall, but no measures were taken. We watched helplessly as our hard work of the year kept going to waste," said Manzoor Ahmad, a grower from Pulwama.

The situation has been worsened by the fact that fallen apples have found no takers in the market, the growers said. "Earlier, juice factories or traders would at least buy the fallen fruit at lower rates, but this year, nobody came forward. We had no choice but to let them rot under the trees," lamented Ghulam Nabi, a grower from Kulgam.

Transportation has emerged as another major challenge. With frequent highway closures,

a shortage of trucks, and skyrocketing freight charges, many growers said whatever little margin they hoped for was wiped out. "Freight has become unbearable. Even if we somehow manage to send our produce to outside markets, the transport costs swallow all our returns," said another grower from Anantnag.

The cold storage crisis has added to the panic. Facilities across the valley filled up much earlier than usual, leaving hundreds of growers without storage space. "Those of us who could not secure cold storage are now forced to sell at throw-away prices. It is a huge blow to small farmers like us," said Mohammad Ashraf, an orchardist from Baramulla.

The growers said the demand for Kashmiri apples has remained weak this season, leading to a sharp drop in prices compared to last year. "We are not even getting back the amount we spent on fertilisers, pesticides, labour, and transportation. The market is dead and our efforts have gone in vain," growers said.

Farmers appealed to the government to intervene urgently by regulating freight charges, expanding cold storage capacity, and ensuring alternative marketing channels for Kashmiri apples.—(KNO)

## LG Ladakh Kavinder Gupta Reviews Ladakh's Security

Stresses Dialogue, Youth Engagement & Community Outreach To Sustain Peace



## Observer News Service

**JAMMU:** Lieutenant Governor of Ladakh, Kavinder Gupta, on Monday chaired a high-level law and order review meeting, directing the administration and security agencies to maintain heightened vigilance while adopting a people-friendly approach to sustain the prevailing peace in the Union Territory.

The meeting was attended by Chief Secretary Dr. Pawan Kotwal, Director General of Police Dr. S.D. Singh Jamwal, ADG CRPF Rajesh Kumar, and senior officers of the Army and ITBP. Officials briefed the Lt Governor on the latest security situation, preparedness measures, and inter-agency coordination following the recent relaxation of restrictions in certain areas.

Taking stock of ground conditions, Gupta lauded the maturity and restraint shown by the people

during sensitive times. "The people of Ladakh have displayed remarkable patience and commitment to peace, which reflects the true spirit of harmony that defines our region," he said.

He appreciated the coordinated efforts of security forces, police, and the civil administration in maintaining normalcy and instructed officials to remain vigilant, responsive, and sensitive to public sentiments. He emphasised that law and order enforcement must balance firmness with empathy.

Gupta directed enhanced intelligence gathering, regular community engagement, and swift grievance redressal to strengthen trust between citizens and the administration. Calling upon youth to channel their energies towards constructive nation-building, he reiterated that all legitimate concerns would be addressed through democratic dialogue.

## Pregnant Woman Found Dead At Home In Handwara

## Observer News Service

**SRINAGAR:** Grief and outrage struck Wahipora village in Langate, Handwara, after a 26-year-old pregnant woman, six months along, was found dead inside her home under mysterious circumstances, sparking protests and calls for a thorough investigation.

Officials said the woman, who was also a mother to an eight-year-old child, was discovered lifeless late in the evening. "The body was taken to a nearby hospital for medico-legal formalities and later handed over to the family for last rites," an official stated, adding that the police have registered the case and initiated a probe to determine the cause of death.

The tragedy cast a deep shadow over the village as relatives and neighbours gathered at the family home, wailing and demanding justice. The victim's family accused her husband of repeated harassment and suggested foul play. The woman's sister recounted, "This was not the first time she was tortured. I was on a phone call with her around



8 PM when I heard him say, 'I will throw you a cup.' Minutes later, she disconnected the call, and within five minutes, we received the shocking news."

Relatives also revealed that the young mother had been looking forward to an upcoming family wedding and had been discussing preparations shortly before her death. "She had planned to attend her cousin's marriage. No one could have imagined that this tragedy would strike," a relative said.

Following the incident, villagers staged protests, urging authorities to conduct a fair and speedy investigation and to bring the perpetrators to justice. Police assured the grieving family that the matter is being thoroughly examined. "We have taken cognisance of the matter and are investigating it from all possible angles," an official confirmed.

## Department Of Posts Revises Speed Post Tariff

## Observer News Service

**NEW DELHI:** The Department of Posts has announced a rational revision in the tariff for Inland Speed Post (documents) and introduced several new features aimed at improving security, convenience, and reliability for customers. The revised rates will come into effect from October 1, 2025, as per Gazette Notification No. 4256 dated September 25, 2025.

Speed Post, launched on August 1, 1986, was introduced as part of India Post's modernization efforts to provide fast, secure, and time-bound delivery of letters and parcels across the country. Over the years, the service has evolved into one of India's most trusted mail delivery options, holding strong against private courier companies and continuing to meet the changing needs of its users.

In line with its commitment to enhancing customer experience, India Post has added several new features to Speed Post, including OTP-based secure delivery, online payment facilities, SMS-based delivery notifi-

cations, convenient online booking services, real-time delivery updates, and a registration facility for users. These features are designed to ensure greater reliability, transparency, and security in mail delivery.

The revised tariff is aimed at sustaining ongoing improvements, addressing rising operational costs, and supporting further innovation. Additionally, value-added services have been introduced to strengthen trust and efficiency. A nominal charge of ₹5 per Speed Post item (document or parcel), plus applicable GST, will be levied for the 'Registration' service, where items will be delivered exclusively to the addressee or an authorized representative. Similarly, a charge of ₹5 per item, plus GST, applies for the new OTP-based delivery feature, ensuring items are handed over only after successful OTP verification.

To promote accessibility, India Post has also introduced a 10% discount on Speed Post tariffs for students. New bulk customers will additionally benefit from a 5% special discount.

## Paras Health Organises Cleanliness Drive



## Observer News Service

**SRINAGAR:** Paras Health Srinagar, the city's leading healthcare provider, organised a cleanliness and environmental awareness drive at the Shankaracharya Trek with the participation of over 100 volunteers. The initiative highlighted the importance of civic responsibility and the close connection between a healthy environment and community well-being.

The drive also brought together District Commissioner (DC) Srinagar, Shri Akshay Labroo, Superintendent of Police (SP) East, Raja Zuhair Tanveer of Jammu and Kashmir Police (JKPS), Syed Mubashir Husain, Commandant of IR 9th Battalion, JKPS; Abrar Bhat, Chairman of Kashmir

Traders and Manufacturers Federation; Manzoor Ahmad Wangnoo, Chairman of Nigeen Lake Conservation; Azhar Kawoosa from Green Business Consortium Go Green Srinagar; Nadeem Qadri, Advocate and Environmentalist; Dr. Touseef Bhatt, Environmental Chair, South Asia, ESRA; Mohd Ameen Bhat, Writer and Director; Sayed Humayun Qaisar, Former Director of Radio Kashmir Srinagar; Wahid Jeelani, Singer and Musician; and Faiz Ahmad Bakshi, Conventor of Environmental Policy Group, among others.

Volunteers carried out litter removal and spread awareness on waste management and conservation, encouraging citizens to adopt greener practices in daily life.

## J&K Congress Delegation Meets LG, Seeks Flood Relief Package

A Congress delegation on Monday met Jammu and Kashmir Lieutenant Governor Manoj Sinha and submitted a memorandum demanding a comprehensive package for rehabilitation and reconstruction in areas affected by the August floods in the Jammu region.

In rain-battered Jammu and Kashmir, over 150 people lost their lives in cloudbursts, flash floods and landslides since last month. Infrastructure, including over 4000 houses, 70 bridges and over 3000 kilometres of roads, suffered extensive damage amid the severe weather conditions.

"A delegation of senior leaders of the J-K Pradesh Congress Committee, led by its working president and former minister Raman Bhalla, called on Lieutenant Governor Manoj Sinha today," an official spokesperson said.

The delegation discussed various welfare issues of families and farmers affected by the recent natural calamities in Jammu and Kashmir, he said.

They submitted a memorandum requesting the central government for a comprehensive relief, rehabilitation, restoration, and reconstruction package, he said. They also requested the constitution of a high-level team of experts to visit areas affected by landslides and sinking of land. (Observer News Service)

The delegation also demanded urgent repairs and restoration of damaged road infrastructure and the completion of vital road projects in J-K.

## J&K Bank Hands Over Sanction Letters To Aspiring Entrepreneurs



Giving fresh momentum to the J&K Government's flagship employment programme Mission YUVA, Jammu and Kashmir Bank organised a series of Login Day events across the Union Territory this week, distributing hundreds of sanction letters to aspiring entrepreneurs.

Senior government officials, while commending the Bank's efforts, urged the youth to shift from a "job-seeking" to a "job-giving" mindset by availing benefits of schemes designed to promote entrepreneurship. The Bank reiterated its commitment to supporting the government's vision of youth-led economic transformation.

Large gatherings of young people and beneficiaries attended events in Baramulla, Budgam, Reasi, Rajouri, Pulwama, Kathua, Anantnag and Doda, where General Managers, Zonal Heads and district officials jointly handed over sanction letters to new entrepreneurs.

The events witnessed enthusiastic participation and appreciation from the public, with many describing the campaign as a confidence-building step for budding entrepreneurs. Senior management officials said the entire Bank workforce is working in "mission mode" to realise the objectives of Mission YUVA across J&K. (Observer News Service)

## Northern Railway Restores Key Trains In Jammu Division

Northern Railway on Monday announced the phased resumption of several trains in the Jammu Division following disruptions caused by continuous rains and waterlogging over the past few days. The cancellations and early terminations affected passenger movement across the region.

Divisional Railway Manager Jammu, Vivek Kumar, and other officials have been closely monitoring railway sections to ensure safety before operations resume. In the fourth phase of train restorations, Train No. 12470 from Jammu Tawi to Kanpur will run from October 2, while Train No. 14606 from Jammu Tawi to Yoga Nagari Rishikesh will be operational from October 5. Train No. 14692 to Barauni will resume from October 3, and Train No. 22318 from Jammu to Sealdah will run from October 8. The Jammu Tawi-Guwahati service, Train No. 15654, will operate from October 3, and Train No. 12588 to Gorakhpur from October 4. Train No. 15098 to Bhagalpur will resume from October 7, and another Jammu Tawi-Guwahati service, Train No. 15652, will be operational from October 8. (Observer News Service)

## Rafting Resumes On Chenab River After Months Long Suspension

Adventure tourism resumed in Jammu and Kashmir's Reasi district as operators restarted rafting in the Chenab river after a long halt, with scores of tourists thronging the venue to enjoy the water sport.

Reasi is famous for rafting at Baradari, where the Chenab flows amid majestic mountains and forested riverbanks, attracting thousands of adventure seekers.

"Adventure tourism is back in action. We restarted rafting in the Chenab today after a suspension of several months. We are happy to resume it," said operator Surinder Singh. He added that the tourism industry had suffered badly following the Pahalgam terror attack in April, subsequent Operation Sindoor and floods.

"The government had closed rafting for safety precautions. It has restarted after almost six months, and we hope it will get even better in the coming days," he said.

Long closure of rafting activities had severely hit livelihoods, but operators and guides are now relieved as work picks up again. Authorities have also ensured strict safety measures for tourists. "This will bring the adventure tourism industry back on track and provide livelihood to many people connected with rafting. Several companies had been set up on loans to promote adventure tourism, but the suspension had hit the economy hard. Now, it is back," Singh said. (PTI)

# 10-Year-Old Atiqa Mir Produces Stellar Drive For Podium Finish In UAE

Press Trust of India

**AL AIN (UAE):** Young Indian racer Atiqa Mir tore through the field to secure a well deserved podium in the final of RMC In-ventational karting event at Al Ain Raceway here.

In qualifying, 10-year-old Atiqa was on course to finish on pole but had to settle for second place by just one tenth of a second due to traffic on her lap.

Starting on the outside row is a disadvantage here and due to that, the Akcel GP driver ended the heats in fourth place and in the pre-final she got involved in an accident that pushed her back to eighth place.

Starting from eighth on the



grid for the final on Sunday, Atiqa put up a storming drive, passing five cars to finish third.

The Dubai-based driver is the first Indian to be financially and technically supported by Formula 1, through its F1 Academy DYD program.

Atiqa's podium extended her stellar run of late, having finished fourth in a round of Champions of the Future Academy (COFTA) in Slovakia and on top of the podium in DAMC series earlier this month.

"I wish I didn't have the crash in Pre Final which put me back in 8th place. Starting so far back I knew I had to be aggressive on the first two laps. I made up five places by Lap 2 but by then the

leader had already pulled out a gap. I wanted to win this one but had to settle for third place," said Atiqa reflecting on her weekend.

Atiqa's father Asif Nazir Mir, who is India's first National Karting champion, was pleased with her daughter's effort considering the challenges involved.

"Atiqa had a challenging weekend but she dealt with it with aggression and positivity. We must not forget that Atiqa changes classes almost every weekend which means she has to adjust to the track, kart make, tyres, teams and she is doing a top job.

"This is designed to improve her adaptability and is part of her long-term learning process," he said.

## Seva Parv Day Engages Youth In Sports Across Various Budgam



Dabirah Hassan

**BUDGAM:** The Department of Youth Services and Sports Budgam carried forward its Seva Parv Activity Calendar with another day full of energetic programs across the district. The fortnight-long schedule, underway from September 17 to October 2, continues to draw strong participation and enthusiasm from students and local communities.

On this occasion, competitions in volleyball, kabaddi, cricket and several traditional games were organised in all zones of Budgam. Young athletes took

part with dedication and high spirit, demonstrating discipline, teamwork, and sporting excellence.

The events are being held under the supervision of District Youth Services and Sports Officer (DYSSO) Budgam, Ghulam Hassan Lone, who highlighted that Seva Parv is a platform to channelize youth energy into positive activities while also fostering unity and community engagement across the district.

The Seva Parv Calendar will proceed with further events in the coming days and conclude on October 2, Gandhi Jayanti, with a district-wide grand finale.

## Budgam's Maroof Shafi Lifts SAFF U-17 C'ship With Team India

Younis Paray

**BUDGAM:** Goalkeeper Maroof Shafi was one of three Kashmiri footballers who were part of India U-17 National Football Team that won SAFF U-17 Championship 2025 in Colombo, Sri Lanka.

The other Kashmir-born footballers included Azim Parvaiz and Abrar Ali.

Meanwhile, Government Boys Higher Secondary School Budgam proudly extends its heartfelt congratulations to Maroof Shafi on his remarkable achievement of representing India and winning an international competition.

The extraordinary accomplishment is a reflection of his hard work, dedication and passion for football. His success is not only a personal milestone but also a moment of pride for Budgam, J&K, and the entire nation.

Speaking about this achievement, Sheikh Faisal, Principal, BHSS Budgam, said:

"We are immensely proud of Maroof Shafi. His achievement proves that



talent from J&K can shine on the international stage. This victory will inspire a new generation of young footballers to dream big and work hard. At BHSS Budgam, we remain committed to nurturing sports talent and providing students with opportunities to excel both in academics and athletics."

The victory of the Blue Colts at the SAFF U-17 Championship marks a new chapter in Indian football and sets an inspiring example for youth across the country.

## DL Inter-Zonal/School Annual Athletic Meet Concludes In Anantnag

Observer News Service

**ANANTNAG:** The District Youth Services and Sports Office Anantnag concluded its week-long District Level Inter-Zonal/School Annual Athletic Meet on Monday at Sports Ground Nani, here. The final day featured the Jumping and Throwing events, where outstanding performances by Kamran Rehman Dar, Yasir Aijaz and Haris Mir brought the meet to an inspiring close.

The Athletic Meet witnessed enthusiastic participation from male athletes in Shot Put, Long Jump, Discus Throw, Javelin Throw, High Jump, and Triple Jump, representing various Zones and Higher Secondary Schools in the U-14, U-17 and U-19 categories.

Among the prominent

performers were Ikhlaq Rafiq, Parvaiz Ahmad, Ufaik Khan, Saqib Maqbool, Akash Ashraf, Muneeb Abbass, Sakib Bashir, and Asim Bilal. Notably, Kamran Rehman Dar emerged as the star of the meet, clinching six medals across different events, showcasing exceptional skill, determination, and athletic mastery.

In addition to the Athletics Meet, DYSS Anantnag, under the banner of Seva Parv, organised a series of sports and recreational activities for senior citizens across various zones of the district. The celebrations were marked by light games, yoga, fitness drills, traditional sports, and the Swachhata pledge and Zones were as Shangus, Bidder, Anantnag, Srigufwara, Achabal, Ashmuqam, Qazigund, Mattan.



## CM Omar Inaugurates 6 Sports Projects In Beehama

Chief Minister Omar Abdullah on Monday inaugurated and laid foundation stone for more than a dozen development projects worth ₹36.50 crore during an extensive tour of Ganderbal district.

At Beehama, the Chief Minister inaugurated six major sports infrastructure projects including the upgradation of Beehama Stadium, Madr-e-Mehraban Stadium, and playfields at Gund Rehman, Manigam, Wakura, and Batwina.

Unveiling new sports equipment for youth, the Chief Minister also witnessed impressive performances in Judo, Thang-Ta, and Yoga, showcasing Ganderbal's vibrant sporting spirit.

Later, he inaugurated the Pre-Fab Indoor Badminton Hall at the Government College of Physical Education (GCOPE), Gadoora, and even participated in a friendly badminton match.

In the same complex, the Chief Minister inaugurated a 400-meter Synthetic Athletic Track and a Synthetic Football Turf, flagging off a 100-meter sprint of girls before himself taking part in a 100-meter sprint, amidst applause from the gathering. (Observer News Service)

## 20th Police Martyrs Memorial Football Tournament Final Today

The final match of the 20th Police Martyrs Memorial Football Tournament Final will be held today, Tuesday, at TRC Ground Srinagar. J&K Bank FC will lock horns with Kashmir Avengers FC in the grand finale. The game kicks off at 3:30 PM.

J&K Bank FC stormed into the finals of the 20th Police Martyrs Memorial Football Tournament 2025, setting up a high-voltage clash with Kashmir Avengers FC. J&K Bank defeated J&K Police XI 3-1 on Monday. Meanwhile, Kashmir Avengers overcame Downtown Heroes FC 4-1 on Sunday. (Observer News Service)

## DYSSO Budgam Organises Cycling Competitions In Narbal

Younis Paray

Department of Youth Services and Sports Budgam on Monday organised Cycling Competitions from Under-14 to Under-19 girls and boys. The boys race started at 6:30 AM from Gagarpora Staff Narbal and ended at Kunzar Tangmarg, while the Girls race concluded at Petrol Pump Magam.

The Closing Ceremony was held at the ground of Sundarabad Hostel Narbal where District Youth Sports Officer Budgam Ghulam Hassan Lone participated as the Chief Guest and SI Fayaz Ahmad Bhat distributed prizes and certificates among the players. It is worth noting that senior officials of the department said that more big events will be organised in Budgam, so that the inclination of children toward sports can increase here.

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