

EXCEPTIONAL ACADEMY
FOR IAS/JKAS/NTSE/NEET/JEE



EXCELLENCE IN ACTION

Hello, Kashmir

DON'T MAKE IAS/JKAS A 5 YEAR PLAN...

RATHER START EARLY AFTER CLASS 12TH

Join EXCEPTIONAL'S 03 Year Foundation Course



New Batch's commencing on

20 October 2025



Register Now

J&K Bans ColdRif, 2 Other Cough Syrups



Syed Mohammad Burhan

Srinagar: The Jammu and Kashmir Drug & Food Control Organisation (DFCO) has banned the sale, distribution, and use of three cough syrups, including ColdRif, after they were found "Not of Standard Quality" by the Central Drugs Standard Control Organisation (CDSO) due to the presence of toxic Diethylene Glycol (DEG) impurities.

The CDSO, under the Ministry of Health and Family Welfare, reported that DEG levels in the syrups exceeded permissible limits. DEG is a toxic compound known to cause severe poisoning, including kidney failure and multi-organ damage, and has been linked to child deaths in Madhya Pradesh and Rajasthan.

The affected formulations include ColdRif Syrup (Paracetamol, Phenylephrine Hydrochloride & Chlorpheniramine Maleate)

manufactured by M/s Sresan Pharmaceuticals, Tamil Nadu; Relif Syrup (Ambroxol HCl, Terbutaline Sulphate, Guaiphenesin & Menthol) by M/s Shape Pharma Pvt Ltd, Gujarat; and RespiFresh-TR Syrup (Bromhexine Hydrochloride, Terbutaline Sulphate, Guaiphenesin & Menthol) by M/s Rednex Pharmaceuticals Ltd, Ahmedabad.

Samples of these syrups were tested at the Drug Testing Laboratory, Food and Drug Administration, Madhya Pradesh, where they failed quality checks. Joint Drugs Controller Purnima Kabu described the situation as "serious," noting that the products had been linked to several child deaths in Madhya Pradesh and Rajasthan, prompting immediate action in Jammu and Kashmir.

The DFCO notice directs pharma wholesalers, retailers, distributors, medical practitioners, hospitals, and healthcare institutions to **More on P6**

THE RECENT COLDRIF TRAGEDY has drawn national attention, with at least 14 child deaths reported in Madhya Pradesh, allegedly linked to the syrup manufactured by Sresan Pharmaceuticals

Missing Soldier Found Dead, Search For Second Underway

KO Web Desk

Srinagar: Security forces on Thursday recovered the body of a soldier in Anantnag district of Jammu and Kashmir, while the search for another missing soldier entered its third day, officials said.

The deceased soldier, one of two commandos who went missing on Tuesday, was found in the Gadole forests of the Kokernag area. A preliminary examination suggested he died of hypothermia, officials added.

Search operations to locate the second missing soldier are ongoing, but dense forests, rough terrain, and adverse weather conditions are hindering efforts. Both



soldiers went missing during a combing operation in the Ahlan Gadole area, following intelligence inputs about terrorists hiding there.

The Srinagar-based Chinara Corps said the operational team faced a severe snowstorm and whiteout conditions in the Kishtwar **More on P6**

Major Bureaucratic Shake-Up: J&K Govt Transfers 108 Officers

Zahoor Ahmad Raina Is Jt Dir Info, Naseer Ahmad Wani Dir School Education

Observer News Service

Srinagar: In a sweeping administrative overhaul, the J&K government on Thursday ordered the transfer and posting of 108 officers across multiple departments, marking one of the largest bureaucratic reshuffles in recent months.

According to an order, Manzoor Ahmad Qadri, awaiting adjustment in the General Administration Department, has been posted as Vice-Chairman, Lakes Conservation and Management Authority (LCMA), and will also hold the charge of Chief Executive Officer, WUCMA. Aijaz Abdullah Saraf, CEO/Secretary of the J&K Building and Other Construction Workers Welfare Board, has been transferred and posted as



Member, J&K Special Tribunal.

Munir-ul-Islam, Secretary in the Information Department, will additionally hold the charge of CEO/Secretary of the Workers Welfare Board. Mathora Masoom, Managing Director of J&K Financial Corporation, has been posted as Director, Floriculture, Kashmir. Rajesh Kumar Shavan, awaiting adjustment, has been posted as Special Secretary, Tribal Affairs Department. Musheer Ahmed, Mission Director, ICDS, J&K, has been posted as Special Secretary, Transport

Department. Rakesh Kumar Srangal, Managing Director, J&K Road Transport Corporation, has been posted as Special Secretary, Finance Department, while Abdul Rashid War, awaiting adjustment, will take over as Managing Director, J&K Road Transport Corporation.

Mohammad Shahid Saleem Dar, Vice-Chairman, LCMA, and holding additional charge of CEO, WUCMA, has been posted as Director, Hospitality and Protocol. Ravi Shankar Sharma, Special Secretary in the Agriculture Production Department, has been transferred to the Department of Disaster Management, Relief, Rehabilitation and Reconstruction as Special Secretary. Manisha Sarin, Director,

Read Full Story on
kashmirobserver.net

24 IPS, JKPS Officers Transferred

The Jammu and Kashmir government has ordered the transfer and posting of 24 IPS and JKPS officers in the interest of administration. According to an order under number 484-Home of 2025, issued by the Home Department, Abdul Ghani Mir, IPS (AGMUT:1994), awaiting orders of posting, has been appointed as Commandant General, Home Guards, Civil Defence, and SDRF, J&K, relieving Alok Kumar, IPS of the additional charge. Among other key transfers, Mohammad

Read Full Story on
kashmirobserver.net

SC To Hear J&K Statehood Pleas Today

Observer News Service

Srinagar: The Supreme Court will hear petitions seeking the restoration of Jammu & Kashmir's statehood on Friday.

The petitions are listed at serial number 17 before the Court of Chief Justice of India (CJI). "The case is listed for hearing on October 10 before a bench headed by the Chief Justice of India," advocate Soayib Qureshi said.

He said that the Union of India has not filed any response on the matter yet.

On August 14, during the hearing of a petition for restoring statehood to Jammu and Kashmir, the Supreme Court had stated that the real situation on the ground must be considered and that incidents such as the Pahalgam attack cannot be overlooked.

"You must also take into account the ground realities; you cannot ignore what happened in Pahalgam," said a bench comprising **More on P6**

Deter Terror Infiltration In J&K During Snowfall: Amit Shah

Chairs High-level Security Review Of UT, Calls For Zero Tolerance To Terror

KO Web Desk

Srinagar: Union Home Minister Amit Shah on Thursday chaired a high-level security review of Jammu and Kashmir, warning that terrorists may attempt to exploit snowfall to infiltrate across the border and urging security forces to remain fully prepared.

The meeting was attended by Lieutenant Governor Manoj Sinha, Union Home Secretary Govind Mohan, Intelligence Bureau Director Tapan Deka, Chief of Army Staff Upendra Dwivedi, J&K Police Chief Nalin Prabhat, CRPF DG GP Singh, and BSF DG Daljit Singh Chawdhary, among other senior officials from the Centre



and the Union Territory.

In a message on 'X', Shah said, "Reviewed the security of Jammu and Kashmir along with the Lt. Governor and other senior officials. We are committed to cripple the terror

ecosystem in J&K. Our security forces will continue to have full freedom to crush any attempt to threaten peace and security in the region. Instructed to further intensify alertness and synergy to **More on P6**

J&K Assembly: Pvt Members' Bills Face Long Odds

Only 3 Passed Since 1980

Agencies

Srinagar: As political parties in Jammu & Kashmir are blitzing on private member bills submitted by them in the Legislative Assembly, the reality remains that such bills rarely see the light of day.

A Private Member's Bill is a legislative proposal introduced by a member of the Legislative Assembly who is not a minister, and belongs to either the treasury benches or the



opposition.

Records reveal that not a single private member has been passed in Parliament since past 55 years.

According to details, only 14 private member Bills have ever been passed by **More on P6**

9-day J&K LA Session To Have 6 Sittings

The Jammu and Kashmir Legislative Assembly Secretariat on Thursday released the provisional calendar for the 4th session of the Jammu and Kashmir Legislative Assembly. According to the calendar, the session will start on Thursday, October 23, with obituary **More on P6**

HC Seeks Report On Availability Of Anti-Haemophilic Drugs

M Ahmad

Srinagar: The High Court of J&K and Ladakh has termed the non-availability of anti-haemophilic drugs in the Union Territory as a "sensitive matter," and directed the Managing Director of Jammu and Kashmir Medical Supplies Corporation Limited (JKMSCL) to submit a detailed report on the issue.

"The matter is sensitive and



has been pending for a while. In the interregnum, numerous orders have been passed by this Court, which show that it requires immediate attention,"

a bench of Chief Justice Arun Palli and Justice Rajesh Oswal said while hearing a Public Interest Litigation, highlighting "complete non-availability" of essential life-saving drugs like Factor VIII, Factor IX and Von Willebrand factor drugs for such patients.

"Having heard learned counsel for the parties, we consider it expedient to request Managing Director, Jammu and Kashmir Medical Supplies

Corporation Limited to take cognizance of the matter forthwith and submit a detailed report as regards the concerns/grievances that are sought to be made," the court said and posted the PIL for further consideration on October 14.

The PIL seeks direction upon the authorities to immediately ensure uninterrupted availability and supply of anti-haemophilic drugs and essential clotting factor **More on P6**

Broadcaster Zahid Mukhtar Passes Away

Observer News Service

Srinagar: Noted poet, writer, critic, actor and broadcaster Zahid Mukhtar passed away on Thursday at his residence in South Kashmir's Anantnag.

Zahid Mukhtar passed away at 7:30 AM at his residence at Navee Basti, Anantnag.

Mukhtar dedicated his life to literature, art, **More on P6**

India & UK Are Natural Partners: PM After Talks with Starmer

Press Trust Of India

Mumbai: The India-UK partnership stands as an important pillar of global stability and economic progress at a time the world is witnessing uncertainties, Prime Minister Narendra Modi said on Thursday after holding wide-ranging talks with his British counterpart Keir Starmer that broadly focused on boosting ties in areas of trade, defence and technology.

Following the Modi-Starmer talks, the two sides announced plans to supply lightweight multirole missile systems to



the Indian military to strengthen its air defence capabilities, and agreed to finalise an inter-governmental pact to jointly

develop maritime electric propulsion systems for India's naval platforms. The Indian side flagged its **More on P6**

7-Year Advocates Now Eligible for ADJ Posts: SC

Press Trust Of India

New Delhi: The Supreme Court, in a significant verdict on Thursday, held that judicial officers who have completed seven years of practice as advocates prior to joining the bench can be considered for appointment as district judges against vacancies reserved for members of the Bar.

A five-judge Constitution bench comprising Chief Justice B R Gavi and justices M M Sundresh, Arvind Kumar, S C Sharma and K Vinod Chandran delivered two separate and concurring verdicts on over 30



petitions.

Granting major relief to judicial officers, the verdict said, "The experience the judicial officers gain while working as judges is much greater than the one, a person gains while working as an advocate. Apart from that, **More on P6**

J&K Logistics Milestone Northern Railways Facilitates Bulk Vehicle Unloading

KO Web Desk

Srinagar: In a landmark achievement for logistics and transportation in Jammu and Kashmir, the Northern Railways successfully carried out the simultaneous unloading of two goods rakes in the Union Territory for the first time, officials said on Thursday.

The dual unloading involved New Modified Goods (NMG) rakes loaded with Maruti Suzuki vehicles at the goods shed terminals of Bari Brahmana in Jammu and Anantnag in the Kashmir Valley.



The rakes were transported from Gurgram in Delhi division to the respective terminals.

A total of 113 vehicles were unloaded at the Bari Brahmana terminal, while 118 vehicles were unloaded at Anantnag, marking a significant milestone in the region's **More on P6**



To place an advertisement
CALL +91-194 2502327
 Monday - Saturday (9am - 6pm)
 No 5- Dal Lake Boulevard Srinagar, 190001, Kashmir

Subject Grant of registration of the proposed homestay unit under the name & Style of M/s.Wusan Resorts " situated at Kangan

PUBLIC NOTICE

Whereas I Mr. Ajaz Hassan Shah S/ o Ghulam Hassan Shah R/o Nalabal Nowsheera Intends to apply in the Department of tourism for registration of my proposed homestay unit under the name and style" M/s. Wusan Resorts" situated at Kangan Tourist Trade Act1978/82/2011-12.

Whereas, I will submit state subject/Domicile certificate, Qualification Certificate, Pan card, Experience certificate (minimum 05 years), Character certificate (Police department), Bank statement (minimum balance 1000), site plan, Affidavit, Rent Deed duly attested sub-registrar, printing Material (Letter Head/Visiting), Photograph of the unit (Indoor and Outdoor) and Two Passport size photograph to the department of tourism as prescribed checklist prior to registration of my unit as an Excursion Agency/Adventure tour operation.

Now as per J&K Registration of Tourist Trade Act 1978/82/2011-12, before my case is processed for registration by the competent Authority the matter is hereby notified for information of general public/financial institutions/Ban/ Organisation, etc for objection, if any and the same should reach to the deputy director tourism Registration (e-mail ID:-ddtreg123@gmail.com) within a period of 7 days from the publication of this notice in leading local newspaper/newspaper of the valley. No objection beyond a period of 7 days shall be entertained

fko

ASF ENTERPRISES

Sale and Services of Computers 2nd. Floor Munir Manzil Regal Chowk Srinagar (J&K), Ph.0194-24 77949, 9419001176, 9419776235

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 rectify my ward's name on her Date of Birth Certificate bearing registration No. B202501903110000452 and issued by Planning, Development & Monitoring Department, (Directorate of Economics & Statistics, District Hospital Budgam), from existing SYEDA DUJA BATOOL to SYEDA TATHEER ZEHRA. If anybody is having any objection in this regard, he/she may contact the ASYM Hospital, Budgam within seven days from the publication of this notice, after that no objection will be entertained.

Name: Syed Basharat Hussain
 S/o Syed Mohammad,
 R/o Gariend Kallan, Budgam. inf

Office of the Naib Tehsildar Tilgam

Sub. Application of Paramveer singh s/o Trilok Singh R/o Dardpora for issuance of legal heir certificate..

PUBLIC NOTICE

IT is inform to general public that applicants father's legal heir certificate is under process in this office in this matter report Was sought from Patwari concerned which reveals that applicants father namely Trilok Singh s/o Sajan Singh R/o Dardpora died on 21/01/2001 and left following legal heirs..

Name	Age	Relation with the Deceased	Marital Status
DILIP KOUR	87	MOTHER	WIDOW
RANBEER KOUR	61	WIFE	WIDOW
PARAMVEER SINGH	30	SON	UNMARRIED
SIMRAN PAL KOUR	32	DAUGHTER	UNMARRIED
JATINDER PAL SINGH	28	SON	UNMARRIED

In this connection if any body having objection for issuance of said certificate he may contact to this office within 04 days after that no objection shall be entertained.

fko Naib Tehsildar Tilgam SD

PUBLIC NOTICE

My name and DOB has been wrongly written in my Adhaar card as Arsheema Javid , DOB 10-01-2009 while correct name is Arshima Javid , Correct DOB is 20-05-2011. Now I have applied for the correction of the same if anybod has any objection in this regard he/she may file them in the Concerned adhaar centre Jammu/Srinagar within seven days. After that no objection shall be entertained.
 Arshima Javid
 D/o Javid Ahmad Sheikh
 R/o Hajipora Shopian fko

PUBLIC NOTICE

The name and parentage of my ward has been wrongly written in her adhaar card . Now I have applied for the updation of her adhaar card with correct details as Mahdi Muneeb ,F.ather's Name Muneeb Ahmad Turay . Now I have applied for the correction of the same if anybod has any objection in this regard he/she may file them in the Concerned adhaar centre Jammu/Srinagar within seven days. After that no objection shall be entertained.
 Muneeb Ahmad Turay
 F/o Mahdi Muneeb
 R/o Hergam Distt Shopian fko

PUBLIC NOTICE

I have passed in SSE/HSE-I/HSE-11 (Class 10th/ 11th /12th) under Roll No's: 8179281, 8104354 & 8108540 year 2015, 2016 & 2018 respectively through the Jammu & Kashmir board of School Education. The error has been committed by the School against my parentage as Tariq Ahmad Bhat instead of Tarooq Ahmad Bhat.

Now, I have applied for correction in The Jammu & Kashmir Board of School Education, new Campus, Bemina Srinagar. If an person has any objection this regard may file the same in the office of the Assistant Secretary, Certificate Kashmir Division within seven days from the date of publication of this Notice, after the expiry of said period , no objection will be entertained.

This is published for the information of the general public. The correction particulars be recorded as under:

1. Name: Sabira Tariq
2. Father's Name: Tarooq Ahmad Bhat
3. Mother's Name: Khalida Bano
4. Date of Birth: 03.05.1999
5. Residence: Buchpora, Srinagar.
6. Mobile No.: 9149802196



ab

PUBLIC NOTICE

I have passed in SSE/HSE-I/HSE-II (Class 10th/ 11th /12th) under Roll No's: 8105251, 28183381 & 38122258 year 2019, 2020 & 2021 respectively through the Jammu & Kashmir board of School Education. The error has been committed by the School against my parentage as Tariq Ahmad Bhat instead of Tarooq Ahmad Bhat.

Now, I have applied for correction in The Jammu & Kashmir Board of School Education, new Campus, Bemina Srinagar. If an person has any objection this regard may file the same in the office of the Assistant Secretary, Certificate Kashmir Division within seven days from the date of publication of this Notice, after the expiry of said period , no objection will be entertained.

This is published for the information of the general public. The correction particulars be recorded as under:

1. Name: Bazila Tariq Bhat.
2. Father's Name: Tarooq Ahmad Bhat
3. Mother's Name: Khalida Bano
4. Date of Birth: 26.06.2003
5. Residence: Buchpora, Srinagar.
6. Mobile No.: 6005100260



ab

Government Of Jammu And Kashmir
OFFICE OF THE MEDICAL SUPERINTENDENT
District Hospital Shopian (KMR)-192303.

LL: 01933-261845

QUOTATION

Quotations in a sealed envelope are invited from recognized Hotelier/Restaurant located in Shopian (Town) for hiring of rooms for Accommodation facility to PG Doctors under District Residency Programme, subject to the following terms & conditions.

For Accommodation Facility

1. The rooms should be well furnished with proper bedding available.
- 2 Rates should be quoted per single Bed / Double Bed /Triple Bed
2. There should be attached washrooms to each room
3. There should be availability of proper parking
4. The rooms should be well ventilated with functional cooling /heating facilities.
5. The electricity and water supply should be available round the clock.
6. The Hotelier /restaurant should having proper registration from the concerned department.

The sealed Dasti Quotations shall reach to the office of the undersigned by or before 15-10-2025. The rates quoted must be inclusive of all taxes.

Sd/-

Medical Superintendent
 District Hospital Shopian

No.: MS/SDH/Spn/NHM/Accts/2025-26/ 473-75
 DIPK-7005/25
 Dated: 09/10/2025

Government of Jammu & Kashmir
OFFICE OF THE EXECUTIVE ENGINEER (R&B) DIVISION PULWAMA

NOTICE INVITING E-TENDER
 Fresh against NIT No. 68

NIT No: Fresh72/EFP/RNB of 2025-2026/5630-40 Dated: 08/10/2025

For and on behalf of the President of India, e-tenders are being invited on an item rate basis/percentage age basis (as applicable) from approved and eligible Contractors registered with the J&K Government, CPWD, Railways, and other State/Central Governments for the following works:

S. No	Name of Work	Major Head of Account	Est. Cost (Rs. in Lacs)	EMD in shape of CDR/ FDR/BG	Class of Contractor	Time of Completion (In days)	Cost of T/Doc. (Rs.)
1	Restoration of Tiken sonsamil Arigam road in patches/stretches.	Revox Budget	4.00	2% of Adv cost	DEE	03 Days	200/

Position of funds :- Committed

The bidding documents, which would include qualifying information, eligibility criteria, specifications/drawings, a bill of quantities (B.O.Q), a set of contract terms and conditions, and other details, can be viewed/downloaded from the departmental website www.jktenders.gov.in on the dates listed below: -

1	Date of Issue of Tender Notice	08 /10/2025
2	Period of downloading of bidding documents	08 /10/2025 from 06.00 PM.
3	Bid submission Start Date	08 /10/2025 from 06.00 PM.
4	Bid Submission End Date	14 /10/2025 upto 4.00 PM.
5	Date & time of opening of Bids (Online)	15 /10/2025 at 11:00 AM in the office of Executive Engineer R&B Division Pulwama

Bids must be accompanied by a **Treasury Challan (dated between the bid submission start date and the Bid Submission End date) deposited in M.H. 0059** in the name of **Executive Engineer R&B Division Pulwama** (tender inviting authority) as the cost of the tender document.

At the time of tendering, all bidders must upload earnest money/bid security equal to 2% of the Advertised Cost in the form of CDR/FDR/BG pledged to the tender receiving authority, i.e. Executive Engineer R&B Division Pulwama. The successful bidder will have to provide Performance Security @ 5% at the time of contract award, strictly in accordance with the Government's circular instructions from time to time. The earnest money/bid security of 2% will be released to the successful bidder only after the submission of a Performance Security of 5% of the Bid cost, which will be released after successful completion of the DLP/Maintenance Period. (The Date of EMD (CDR/FDR/BG) should be between the date of start of Bid and Bid Submission End Date and the validity at the time of opening of opening of bids shall be for a period of 45 days beyond bid validity of 120 days).

All other terms and conditions shall be available in website www.jktenders.gov.in

Head Draftsman

Technical Officer

Executive Engineer,
 R&B Division Pulwama

DIPK-6981/25

DATED: 09-10-2025

انٹرنیٹ بومی زمینگیر

عنوان :- درخواست مخائب ایجاد و تعمیر و مرمت و تعمیرات سیکولر زمینگیر بمراہد اجرائی آئم ڈیپارٹمنٹ سرٹیفکیٹ بحق خود

اشتہار ہرخاص و عام

معاہدہ مندرجہ عنوان الصدر میں ساکن نے ایک درخواست بغرض ڈیپارٹمنٹ سرٹیفکیٹ پیش کی ہے جو کہ زیر کاروائی ہے اس بارے میں پٹواری حلقہ سے رپورٹ طلب کی گئی ہے جس سے عیاں ہے کہ ساکن سیکولر کانسٹریکشن کے لئے درخواستیں 25-06-18 کو فوت ہو چکا ہے اور ساکن کا کٹیدہ بذیل افراد پر مشتمل ہے

عظیم بیگم زوجہ فاروق احمد	85 سال	عمر رسیدہ	والدہ متوفی
ریحان بیگم زوجہ مرحوم شاہین احمد	45 سال	گھریلو کام	زوجہ متوفی
حادیہ اختر شاہین احمد	19 سال	زیر تعلیم	دختر متوفی
ثاقب شاہین پسر شاہین احمد	16 سال	--	پسر متوفی
نذیر احمد ذرا --	07 سال	--	--

کنیدہ کو میں ساکن ثاقب شاہین دار 43 Compensation Under SRO کے خاطر اپنے حق میں ڈیپارٹمنٹ سرٹیفکیٹ حاصل کرنے کا خواہاں ہے۔ سرٹیفکیٹ زیر بحث اجراء کرنے میں اگر کسی شخص کو کوئی عوزریا اعتراض ہو تو وہ بعد اشتہار اخبار سراسر دن کے اندر اندر اپنے نذیر احمد یا عوزریا اعتراض عدالت حد کو کوفری اداقت کے دوران پیش کریں۔ بعد گزرے میجا کوئی نذیر احمد یا عوزریا اعتراض قابل قبول نہیں ہوگا۔

فکو نائب تحصیلدار

انٹرنیٹ بومی زمینگیر

عنوان :- درخواست مخائب ارشاد و تعمیر و مرمت و تعمیرات سیکولر زمینگیر بمراہد اجرائی آئم ڈیپارٹمنٹ سرٹیفکیٹ بحق خود

اشتہار ہرخاص و عام

معاہدہ مندرجہ عنوان الصدر میں ساکن نے ایک درخواست بغرض ڈیپارٹمنٹ سرٹیفکیٹ پیش کی ہے جو کہ زیر کاروائی ہے اس بارے میں پٹواری حلقہ سے رپورٹ طلب کی گئی ہے جس سے عیاں ہے کہ ساکنہ کا کٹیدہ بذیل افراد پر مشتمل ہے

شیہزادہ امجدول پسر مرحوم رئیس امجدول	23 سال	سرکاری ملازم	پسر متوفی
عمیرت رئیس دختر --	26 سال	زیر تعلیم	دختر متوفی
معرفت رئیس دختر --	--	--	--

سہانہ عابدہ بیگم زوجہ محمد سلطان عمر رسیدہ والدہ متوفی اس کے علاوہ اور کوئی افراد کنیدہ نہیں ہے سرٹیفکیٹ زیر بحث اجراء کرنے میں اگر کسی شخص کو کوئی عوزریا اعتراض ہو تو وہ بعد اشتہار اخبار سراسر دن کے اندر اندر اپنے نذیر احمد یا عوزریا اعتراض عدالت حد کو کوفری اداقت کے دوران پیش کریں۔ بعد گزرے میجا کوئی نذیر احمد یا عوزریا اعتراض قابل قبول نہیں ہوگا۔

فکو نائب تحصیلدار

انٹرنیٹ بومی زمینگیر

عنوان :- درخواست مخائب ایجاد و تعمیر و مرمت و تعمیرات سیکولر زمینگیر بمراہد اجرائی آئم ڈیپارٹمنٹ سرٹیفکیٹ بحق خود

اشتہار ہرخاص و عام

معاہدہ مندرجہ عنوان الصدر میں ساکن نے ایک درخواست بغرض آئم ڈیپارٹمنٹ سرٹیفکیٹ پیش کی ہے جو کہ زیر کاروائی ہے اس بارے میں پٹواری حلقہ سے رپورٹ طلب کی گئی ہے جس سے عیاں ہے کہ ساکن سیکولر کانسٹریکشن کے لئے درخواستیں 25-06-18 کو فوت ہو چکا ہے اور ساکن کا کٹیدہ بذیل افراد پر مشتمل ہے

ایجاز احمد ولد علی محمد خواجہ	55 سال	تجارت	سربرہ
مصعب بیگم زوجہ اجاز احمد	50 سال	گھریلو کام	زوجہ
مذرا احمد پسر	32 سال	مزدوری	پسر
سجاد احمد پسر	27 سال	زیر تعلیم	--
کوسر بانو دختر	26 سال	--	دختر
آمنہ بانو دختر	15 سال	--	--
عبدال قیوم پسر	22 سال	--	پسر
توصیف احمد پسر	30 سال	--	--
شازیہ زوجہ توصیف	26 سال	--	ہبو

اس کے علاوہ اور کوئی افراد کنیدہ نہیں ہے سرٹیفکیٹ زیر بحث اجراء کرنے میں اگر کسی شخص کو کوئی عوزریا اعتراض ہو تو وہ بعد اشتہار اخبار سراسر دن کے اندر اندر اپنے نذیر احمد یا عوزریا اعتراض عدالت حد کو کوفری اداقت کے دوران پیش کریں۔ بعد گزرے میجا کوئی نذیر احمد یا عوزریا اعتراض قابل قبول نہیں ہوگا۔

فکو نائب تحصیلدار

انٹرنیٹ بومی زمینگیر

عنوان :- درخواست مخائب ارشاد و تعمیر و مرمت و تعمیرات سیکولر زمینگیر بمراہد اجرائی آئم ڈیپارٹمنٹ سرٹیفکیٹ بحق خود

اشتہار ہرخاص و عام

معاہدہ مندرجہ عنوان الصدر میں ساکن نے ایک درخواست بغرض OBC سرٹیفکیٹ بذمرہ نجاریہ پیش کی ہے جو کہ زیر کاروائی ہے اس بارے میں پٹواری حلقہ سے رپورٹ طلب کی گئی ہے جس سے عیاں ہے کہ ساکنہ کا کٹیدہ بذیل افراد پر مشتمل ہے

ارشاد احمد نجاریہ ولد محمد ہار	40 سال	سرکاری ملازم	65574 سال
مریم بیگم زوجہ نجاریہ احمد	36 سال	گھریلو کام	سال
واقف ارشاد پسر	10 سال	زیر تعلیم	سال
نجیب ارشاد --	06 سال	--	سال

سائل مذکورہ OBC سرٹیفکیٹ حاصل کرنے کا خواہاں ہے اور کنیدہ کی مہوارا مدنی 65574 تک ہے۔ سرٹیفکیٹ زیر بحث اجراء کرنے میں اگر کسی شخص کو کوئی عوزریا اعتراض ہو تو وہ بعد اشتہار اخبار سراسر دن کے اندر اندر اپنے نذیر احمد یا عوزریا اعتراض عدالت حد کو کوفری اداقت کے دوران پیش کریں۔ بعد گزرے میجا کوئی نذیر احمد یا عوزریا اعتراض قابل قبول نہیں ہوگا۔

فکو نائب تحصیلدار



Sgr Police launch drive to inspect SIM Card Vendors

Observer News Service

Srinagar: In its continued efforts to strengthen public safety and communication security, District Police Srinagar has initiated a comprehensive inspection drive of SIM card vendors across the district.

The drive aims to prevent the misuse of SIM cards for any criminal, fraudulent, or terror-related activities and to ensure strict compliance with Know Your Customer (KYC) guidelines and telecom regulations, a police spokesman said in a statement.

Police teams from all five zones — covering Police Stations Khanyar, Lal Bazar, Saddar, Shalteng, Nigeen, Nishat, Rajbagh, RM Bagh, Soura, Parimpora, Karan Nagar, Nowgam, Batamalo, Maisuma, Kralkhud, Kothibagh, Zakoorra, Ahmad Nagar and Police Posts Noorbagh and Bagiyas — conducted thorough inspections of SIM vendors operating within their respective jurisdictions.

During the first day of the operation, over

100 SIM vendors were checked, focusing on verification of identity proofs, record maintenance, and ensuring that SIMs are issued only to genuine subscribers with valid documentation.

Any vendor found violating regulatory norms will face legal consequences, including penalties, cancellation of license, or prosecution under relevant laws.

The public has been requested to extend cooperation during these inspections and to ensure that SIM cards registered in their names are not misused. Citizens are also urged to report any suspicious activity or irregular issuance of SIMs to the nearest police station or the District Police Helpline.

Meanwhile, the spokesman said that Srinagar Police remains committed to ensuring the integrity of communication networks and maintaining public trust by preventing their exploitation for unlawful or anti-national activities.



FSD Seizes 5 Quintals of Snacks, Shuts Down Unit

Observer News Service

Srinagar: In a stringent move against unsafe food practices, the Food Safety Department (FSD) Thursday seized five quintals of namkeen snacks and sealed a snack manufacturing unit in Abhanshah, HMT area of Srinagar outskirts here.

The action comes amid rising concerns over substandard food items flooding markets.

According to the details available, a team of Food Safety Officers, led by the Assistant Commissioner of Food Safety Srinagar, conducted the inspection of a facility operating without a valid licence and found it in 'unsanitary conditions'.

The seized consignment included popular items such as katlam, finni and other namkeen varieties. Samples from the haul were taken for further analytical

The seized consignment included popular items such as katlam, finni and other namkeen varieties. Samples were taken for further analytical testing to assess compliance with safety standards.

relevant Rules & Regulations 2011, is being prepared for submission to the competent court.

Commissioner of Food & Drug Administration, Smitha Sethi, has issued a stern directive to all food business operators, cautioning them to strictly follow the FSS Act. Non-compliance will invite stringent legal action under applicable regulations. Moreover, consumers are encouraged to report suspicious or unsafe food products through the toll-free number 104.

It is worth mentioning, this raid is part of an intensifying crackdown on unsafe and adulterated food items across Jammu & Kashmir.

Earlier, the Food Safety Department seized over 12,000 kg of rotten meat in just one week as part of parallel operations in Srinagar and surrounding districts—(KNO)

B.R. Sharma visits Exceptional Academy

Observer News Service

Srinagar: Exceptional Academy, Parraypora, Srinagar, had the honour of hosting B.R. Sharma (IAS), State Election Commissioner of Jammu & Kashmir and former Chairman of the J&K Public Service Commission, during his visit to the institute on 7th October 2025.

During the visit, Mr. Sharma interacted with the students and shared his valuable insights on education, leadership, and public service. His words of wisdom motivated the aspi-

licants to pursue their goals with sincerity, hard work, and a sense of purpose.

Mr. Sharma also took a tour of the campus and appreciated the institution's academic environment and facilities. The visit served as a great source of encouragement for the students and faculty alike.

Exceptional Academy continues to organize such interactive sessions to connect aspirants with distinguished personalities from various fields, aiming to inspire and guide them in their academic and professional journeys.

Dy. CM lays emphasis on preserving heritage character of Srinagar

Observer News Service

SRINAGAR: Deputy Chief Minister, Surinder Choudhary conducted an extensive tour of Srinagar city to assess ongoing development works and projects.

During the visit, the Deputy CM visited Govt. College of Education, Govt. College for Women, sites of the proposed Barbar Shah Bridge, Old Habba Kadal Bridge and Padshahi Bagh Road.

The Deputy Chief Minister was accompanied with MLA Habba Kadal Shamim Firdous, and MLA Lal Chowk Sheikh Ahsan Ahmed, along with other senior officials of concerned departments.

At the outset of the tour, the Deputy Chief Minister visited Govt. College of Education and Govt. College for Women and inspected the ongoing works there.

The Deputy CM directed the concerned officials to complete the pending works without further delay with adherence to the quality parameters. He also interacted with the students, teachers and other staff members during the visit.

Later, the Deputy CM inspected the site of the

Proposed Barbar Shah Bridge taking up from Rata Rani Nai Sarak to Bund Exchange Road with a clear span of 100 meters. The new bridge has been proposed at an civil cost of 15.25 Crores apart from the acquisition cost.

The Deputy CM was apprised that the project involves the construction of a 2-Lane Plate Girder Bridge featuring a 7.50-meter carriageway and 1.50-meter footpaths on either side.

On completion, the bridge connecting Nai Sarak Barbarshah to MA Road via exchange road will serve as a vital link over the Chount Khul, significantly decongesting traffic in a crucial part of the city and providing relief to a population of over 500,000 souls.

The Deputy CM reviewed the project proposal and was briefed by officials on the technical specifications and execution plan. Subsequently, he directed the R&B Division Srinagar to proceed with Detailed Project Report (DPR) with considering all the components viz shifting of utilities, land acquisition and the technical feasibility.

Police expand 'Educational Initiative' for Students

Agencies

Srinagar: Days after a video showing students' visiting a police station went viral on social media and drew widespread applause from netizens, Police have expanded the initiative across the district Srinagar and others as part of its ongoing public outreach and

awareness campaign.

According to officials, guided visits were organized for school and college students at several police stations, including Shaheed Ganj, Batmalo, Karan Nagar, Zaidibal, Kothibagh, Harwan, Nowgam and Panthachowk, along with other districts in previous weeks. "The move aims to familiarize

youth with the functioning of police stations and strengthen trust between the police and the public," a police spokesperson said in a statement.

Notably, as the earlier video gained traction online, more schools and colleges across the district came forward, expressing interest in sending their students to participate.

OBSESSIVE COMPULSIVE DISORDER
8 WEEK FREE GROUP THERAPY

I did wash my hand ... but... did I clean it enough? Wash it again? Is it clean now?

It's not just RECURRENT HANDWASHING AND CHECKING BUT UNSEEN PAIN, distress, myths and stigma associated with OCD

KASHMIR / Kashmir American Society of Healthcare, Medical Education & Research in collaboration with HPVT / Help Poor Voluntary Trust is initiating a free 8 weeks group therapy for the individuals suffering with OCD by a team of counselling clinical psychologists led by leading consultant clinical psychologist of J&K.

If you or some one you know is experiencing symptoms of OCD, seeking professional help is crucial.

You do not have to fight your battles alone.

There is no need for referral, simply call us for registration.

Happy & Healthy minds Office, HPVT Building (4th Floor), Daresh Kadal Chowk, Srinagar
9070806160

- 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: +919484100200

AIRPORTS
SHIEKH UL ALAM AIRPORT: 01942303311 ✈

RAILWAYS
SRINAGAR: 0194-2103259
ANANTNAG: 01932-228243
BARAMULLA: 0194-102029
BIJBERA: 01932-228243
PAMPOR: 01933-294132
PATTAN: 01954-293507
QAZIGUND: 01951-296153

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

 HIJRI CALENDAR 16 Rabi-ul-Sani 1447	PRAYERS	
	FAJR	5: 08
	ZUHR	12:18
	ASR	4: 25
	Magrib	6:08
	ISHA	7: 27

This Day In History

- 732 Battle of Tours: Umayyad army led by Abdul Rahman Al Ghafiqi defeated by Frankish Aquitanian force led by Charles Martel during Umayyad invasion of Gaul
- 1902 - American outlaw Tom Horn's murder trial begins, and he is eventually found guilty and sentenced to death
- 1903 - The Women's Social and Political Union was formed by Emmeline Pankhurst to fight for women's rights in Britain.
- 1911 - Sun Yat-sen's revolutionaries overthrow Manchus (Taiwan National Day)
- 1911 - Robert Borden becomes the 8th Prime Minister of Canada
- 1935 - League of Nations denounces Italian invasion of Abyssinia
- 1943 - US bombers accidentally strike Enschede, Netherlands, causing 151 deaths.
- 1960 - Cyclone hits coast of Gulf of Bengal; about 4000 die
- 1962 - Indies assault up Chinese positions in North-India attack
- 1970 - Fiji gains independence from Britain (National Day)
- 1975 - Israel formally signs Sinai accord with Egypt
- 1981 - Anwar Sadat's funeral service held in Cairo
- 1982 - US imposes sanctions against Poland for banning Solidarity trade union
- 1986 - Shimon Peres resigns as Prime Minister of Israel
- 1990 - US 67th manned space mission STS 41 (Discovery II) returns from space
- 1991- US cuts all foreign aid to Haiti
- 1994- Nobel prize for physiology awarded to Alfred G. Gilman & Martin Rodbell for G-protein discoveries
- 1995- Israel begins West Bank pullback, frees hundreds of Palestinian prisoners
- 2002- Former cricketer Imran Khan elected to the Pakistani Parliament after winning the seat of Mianwali-I
- 2002- Hungarian writer and Holocaust survivor Imre Kertész is awarded the Nobel Prize for Literature
- 2003- Shirin Ebadi is awarded the Nobel Peace Prize for her significant and pioneering efforts for democracy and human rights, making her the 1st Iranian Muslim woman to receive the prize
- 2005- Negotiations between the CDU/CSU and SPD in Germany conclude with the two parties agreeing to form a grand coalition with Angela Merkel as chancellor after both parties lost seats in the 2005 German federal election
- 2008- Singapore becomes the first Asian country to slip into a recession since the credit crisis began: growth has faltered as a result of less demand for exports, a reduction in tourism, and the end of the real-estate boom
- 2009- After closed borders for nearly two hundred years, Armenia and Turkey sign protocols in Zurich to open their borders
- 2010- The Netherlands Antilles are dissolved
- 2012- Robert Lefkowitz and Brian Kobilka win the 2012 Nobel Prize in Chemistry for work on G protein-coupled receptors
- 2013- Alice Munro is awarded the 2013 Nobel Prize for Literature
- 2014- Malala Yousafzai and Kailash Satyarthi awarded the Nobel Peace Prize
- 2015- Bombing at a peace rally in Ankara, Turkey kills at least 95, injures 200
- 2016- Nobel Prize for Economics awarded to UK-born Oliver Hart and Bengt Holmstrom of Finland for work on contract theory
- 2019- 2018 Nobel Prize for Literature awarded to Polish writer Olga Tokarczuk, after a year's delay due to Swedish Academy scandal
- 2019- 2019 Nobel Prize for Literature awarded to Austrian Peter Handke
- 2019- 3,500 women are the first to be allowed to attend a football match in Iran for a World Cup qualifier in Tehran, since the Islamic revolution
- 2020 Italian teenage computer genius Carlo Acutis, who died of leukemia at 15, beatified by the Catholic Church in Assisi, Italy

PUBLIC NOTICE

It is hereby informed to the general public that Mr. Mushtaq Ahmad Dar, S/o Mr. Muhammad Yusuf Dar, R/o Mallabagh, Srinagar, has no financial connection, dealing, or liability whatsoever with Mr. Ghulam Hassan Dar, resident of Dalgate, Srinagar (presently Delhi).
Mr. Mushtaq Ahmad Dar does not share any property, partnership, or financial interest with the said Mr. Ghulam Hassan Dar and therefore shall not be held responsible or liable for any financial transactions, borrowings, or dealings made by Mr. Ghulam Hassan Dar in his personal or business capacity.
Any person, institution, or entity entering into any financial transaction with Mr. Ghulam Hassan Dar shall do so at their own risk and responsibility.
Sd/- (Mushtaq Ahmad Dar)
S/o Muhammad Yusuf Dar
R/o Mallabagh, Srinagar

KASHMIR OBSERVER®

Printed & Published by Sajjad Haider on behalf of Kashmir Observer LLP
Printed at: K.T Press Pvt. Ltd 120-Electronic Complex, Industrial Estate, Rangreth-Budgam
Published from: 5-Boulevard Srinagar J&K
Editor-in-Chief: Sajjad Haider
Managing Editor: Bilal Handoo
News Editor: Farzana Nisar
Online Editor: Syed Hamid
Head Layout & Design: Muntazir Yaseen,
Digital Media Head: Amir Ali Shah
Distribution & Advertising: Firdous Ahmad
RNI Registration No: 69503/98
Postal Registration No-L/159/KO/SK/2014-16
Legal Counsel: Tasaduq Khwaja
Switchboard: (0194) 2502327 | +91 1947969705
Editorial: (0194) 2502327
Email: editor@kashmirobserver.net

KO VIEW

World Mental Health Day

October 10 marks World Mental Health Day — a reminder that mental well-being is central to human health. Globally, one in eight people experiences a mental disorder such as depression or anxiety. In India, nearly 15% of the population faces psychological distress. The crisis is more acute in Kashmir, where decades of conflict and uncertainty have left deep emotional scars. Studies suggest that nearly half of the adult population experiences some form of mental health issue, with young people aged 15 to 25 being the most affected.

Yet, amid this bleak picture, there is a glimmer of progress. Years of awareness campaigns, academic discussions, and NGO outreach have slowly begun to chip away at the stigma surrounding mental illness in Kashmir. Among the educated and urban youth, it is now increasingly acceptable to seek counselling or therapy. Schools and universities occasionally host mental health workshops, and social media has become a platform for open conversations. This cultural shift — however gradual — represents a significant step forward.

Still, silence persists in many quarters. While people may talk more freely about stress and anxiety, the deeper issues — trauma, depression, suicidal thoughts — remain under-discussed.

Years of instability, economic hardship, and academic pressure have created a generation in Kashmir burdened by uncertainty. The establishment of a dedicated Mental Health Authority in Jammu and Kashmir in 2023 was a welcome step, aimed at regulating mental health services and ensuring quality care. But it must be made functional and adequately staffed to make a real difference.

The Supreme Court's recent intervention on student mental health adds urgency to the conversation. Triggered by the tragic death of a NEET aspirant, the Court issued 15 binding guidelines for schools, colleges, and coaching centres — mandating counsellors, mentoring systems, and grievance redressal mechanisms. For Jammu and Kashmir, where stress and anxiety are compounded by socio-political instability, adopting these measures in full spirit could save young lives.

Kashmir is slowly learning to talk about mental health. The next step is to act — by expanding mental health services, training counsellors, and normalizing therapy. Breaking stigma is only the beginning; building a culture of care must follow.

CASH COURSE

Read This Before You Buy Anything

From ₹20 to ₹4 Crore

Kashmir's real estate boom tells a century-long story of growth, emotion, and imbalance.

Irshad Mushtaq

In 1930, a kanal of land in Srinagar cost only 20. Even middle-income families could buy plots without debt. Land was dignity and inheritance.

Ninety-five years later, that same kanal costs around 4 crore. A growth rate of 16.5 percent over nearly a century has turned Kashmir's soil into one of India's most valuable assets.

A professional earning 2.5 lakh a month today would need over thirteen years of full savings to buy one kanal. What was once accessible has become an unreachable dream.

This widening gap between property prices and local incomes mirrors a deeper economic distortion. Real estate has outpaced every other sector in growth while jobs and industries remain stagnant.

For many, land still carries emotional weight. Families cling to ancestral homes as symbols of identity and belonging. Yet the emotional comfort of owning property now collides with hard financial realities. Younger generations, unable to afford land, are slowly turning to mutual funds, equities, and other modern assets to build wealth.

Kashmir's land story is both triumph and warning. It shows how patience turned soil into fortune, but also how unchecked growth can leave people priced out of their own heritage. The challenge ahead is to balance tradition with financial sense, to keep the dream of home alive without turning it into a privilege.

The author is a Srinagar-based reputed financial advisor.

The Tobacco Trap

New data reveal how one in four adults in the valley now uses tobacco, exposing a public health crisis that is spreading fast.

Mohammad Hanief

Tobacco use has become one of the most alarming public health problems in Jammu and Kashmir today. Awareness campaigns run year after year. Warning labels cover every cigarette pack. Fines exist on paper. But tobacco continues to find its way into city cafes, rural courtyards, college campuses, and roadside stalls.

Smoking and chewing tobacco have become part of the region's social life, cutting through age, class, and gender.

The latest data from the Global Adult Tobacco Survey (GATS-2) and the National Family Health Survey (NFHS-5) show that 23.7 percent of adults in Jammu and Kashmir use tobacco in some form. Of these, 20.8 percent are active smokers, and 4.3 percent use smokeless varieties such as gutkha and snuff.

These figures are among the highest in India and reveal a disturbing trend that shows little sign of slowing.

The difference between men and women is stark but revealing. Nearly 35 percent of men in Jammu and Kashmir smoke, compared to only about 5 percent of women. For now, female smoking remains rare, shaped by cultural attitudes.

But urban lifestyles and changing social spaces could alter that balance in the coming years.

District-level data tell a more worrying story. In Kupwara, more than half the adult population, around 56 percent, uses tobacco. Shopian follows at 52 percent, Bandipora at 49 percent, and Anantnag at 48 percent.

In contrast, Jammu district records much lower levels. The variations show that while intensity differs, tobacco has spread across the entire Union Territory.

The rise of smoking among adolescents is perhaps the most dangerous trend of all.

A recent survey in Srinagar found that nearly one in four school students, about 23 percent, are already smokers. Early experimentation in school often turns into lifelong addiction.

Students say cigarettes are easily available from local vendors, often near schools, despite the Cigarettes and Other Tobacco Products Act (COTPA) prohibiting such sales.

Many shops sell single sticks, allowing minors to buy discreetly. Meanwhile, the growing number of hookah lounges, offering flavoured tobacco marketed as harmless fun, has made smoking appear fashionable among the young.

The health and social costs are immense. Tobacco remains a leading cause of preventable deaths and a major contributor to cancer, heart disease, and chronic respiratory illness.

Doctors across the valley report a steady rise in cases of throat and lung cancers and heart conditions linked to long-term tobacco use, particularly among middle-aged men.

The economic cost adds another layer of tragedy. Residents spend hundreds of crores each year on tobacco products, money that often comes from households already struggling with low income and unemployment.

The expenses do not end there. Medical treatment, loss of productivity, and long-term care drain both families and the public healthcare system.

The roots of this crisis lie partly in social acceptance.

Tobacco has long carried a cultural meaning in rural Kashmir. The hookah was once a symbol of hospitality, shared

Officials claim a slight decline, around two to three percent, in tobacco use in recent years. But the overall picture remains grim.

Urban areas like Srinagar may have shown improvement due to awareness campaigns and enforcement, but rural and semi-urban areas continue to struggle. The small decline among older smokers is being erased by the rapid rise in smoking among younger people.

Under the National Tobacco Control Programme (NTCP), the government has opened cessation centers, run media campaigns,

must go beyond posters and programs. Enforcement needs teeth. Authorities must ensure strict penalties for public smoking and complete bans on tobacco sales near schools. Higher taxes can reduce affordability and curb demand, especially among youth.

Education, too, must play a stronger role. Schools and colleges can help students understand the real cost of addiction. Awareness campaigns should be creative and local, using stories, peer networks, and social media to challenge myths about smoking.

Support for quitting must also expand. Many smokers



Tobacco addiction is a social epidemic eating away at Kashmir's health and economy. Every cigarette lit today means years of lost health tomorrow. The valley stands at a crossroads: either confront this crisis with urgency and collective will, or watch another generation grow up under its shadow.

during evening conversations. That practice, while communal in spirit, normalized smoking in a way that still influences behaviour today.

Modern cigarettes have replaced the old clay hookahs, but the underlying attitude has not changed. Tobacco use is still seen by many as a harmless pastime rather than a dangerous addiction.

and introduced fines for public smoking. Educational institutions hold anti-tobacco drives.

But, on the ground, enforcement is inconsistent. Smoking in buses, parks, and outside schools is still common. Sales near educational institutions continue despite repeated warnings. The lack of regular inspections, coordination, and penalties weakens the law's impact.

Easy availability keeps the cycle alive. Cigarettes, bidis, and chewing tobacco can be bought at almost every neighbourhood shop, often without concern for the buyer's age. Low prices make them accessible even to school students. Cultural acceptance means people rarely discourage smoking at home or in social gatherings.

Many believe occasional smoking is harmless, unaware that addiction often begins with that single stick.

Secondhand smoke adds to the crisis. Surveys show that more than half of adolescents in Jammu and Kashmir are exposed to it in public spaces, and many more breathe it daily at home. Children and women are often the most affected, developing respiratory and heart problems due to others' habits.

The response to this epidemic

want to stop but do not know how. Strengthening cessation centers, training healthcare workers for counselling, and using digital tools for follow-up can turn intent into action. Religious and community leaders can add moral strength by encouraging discipline and health within their circles.

Reliable data is vital for progress. Regular monitoring, district-wise studies, and transparent reporting will help policymakers focus resources where they are needed most. Collaboration between health departments, schools, NGOs, and local bodies can ensure that tobacco control becomes a shared, ongoing effort rather than a seasonal campaign.

Tobacco addiction is a social epidemic eating away at Kashmir's health and economy. Every cigarette lit today means years of lost health tomorrow.

The valley stands at a crossroads: either confront this crisis with urgency and collective will, or watch another generation grow up under its shadow.

The author is a Srinagar-based analyst. He can be reached at m.hanief@gmail.com

Letter to Editor

Kashmir's Sweetest Gift Has Turned Bitter

Apple orchards have long been the backbone of Kashmir economy and a lifeline for millions of families. Producing nearly 75 percent of India's apples, the region supports over three million people, from farmers to labourers, packers, and transporters. Each orchard carries stories of tradition, hard work, and generational dedication.

This year, however, those stories are turning into tales of despair.

Unseasonal rains, hailstorms, and rising temperatures have wrecked the orchards. Summer landslides blocked the Jammu-Srinagar highway for weeks, trapping truckloads of apples that eventually rotted under the sun. Packaging costs, already high, have surged further, while cold storage facilities remain almost non-existent. Some districts, including Shopian and Kulgam, report crop failures of up to 70 percent, resulting in estimated losses of 6,000-7,000 crore. For many growers, this is a crisis that threatens their very survival.

Farmers who have poured their savings, la-

bour, and hope into their orchards are now facing mounting debts. Many will be forced to sell land, abandon trees, or leave agriculture altogether. The government has promised compensation, but in practice, relief remains delayed and fragmented. When farmers in other parts of India receive immediate aid during floods or cyclones, Kashmiri apple growers, who form the backbone of the region's economy, continue to wait.

Supporting these growers is justice. The apple industry contributes significantly to India's horticultural GDP and sustains an entire ecosystem of jobs. Compensation and support would stabilize local economies, preserve livelihoods, and prevent the collapse of a sector that defines Kashmir's cultural and economic identity.

The government must invest in modern cold storage and processing facilities, regulate freight charges, and create transparent market linkages so growers are not exploited by middlemen. Crop insurance must genuinely cover climate-related losses, and research into climate-resilient apple varieties should be prioritized. Each orchard rep-

resents a legacy of strength and dedication nurtured over decades.

The apple growers of Kashmir are asking for acknowledgment of their losses, timely relief, and practical support. Silence or delay from authorities will deepen disillusionment and push families further into poverty.

This is a moment for meaningful action. Compensation is a test of empathy, governance, and fairness.

Kashmir's apple orchards have stood through decades of economic uncertainty, and environmental change. Their survival is a measure of the government's commitment to the people of the valley.

This season, it is time for the authorities to stand with the growers who have long stood for Kashmir itself.

Sincerely,

Muqadas Jeelani
muqadasjeelani95@gmail.com

Through the Eyes of Kashmiri Artisans

A Kashmiri eye specialist shares her clinical observations on how decades of intricate craft work shape vision, health, and the sustainability of a vital regional industry.

Sana Gul Khurshid

Every day, Kashmiri artisans come to me, bringing the stories of their hands and the weariness of years in their eyes.

These are men and women who craft the soul of Kashmir. Their work produces the soft weave of pashmina, the delicate inlay of papier-mâché, and the intricate carvings that decorate homes across the region.

Their craft depends on precision, focus, and endless attention to detail. Their eyes become instruments trained to see the minutest threads, strokes, and patterns.

Over time, I notice that their near vision sharpens at the cost of long-distance sight.

Faces across a room, the trees lining the streets, and the hills beyond the city gradually blur. Their world narrows to the small space where their hands create beauty.

I see artisans in their forties and fifties surprised by this change, asking why their vision has suddenly failed them. They arrive believing their eyes are healthy because the details they see every day remain clear.

But many of them carry cataracts that progressively cloud distance vision. They do not realize how severe their condition has become until it interferes with daily life.

Headaches, eye strain, and watery eyes are common complaints. I have witnessed the transformation when they finally wear the correct prescription glasses. Faces brighten, smiles appear, and the relief is unmistakable.

Corrective lenses often feel like



magic, restoring the confidence to continue their work comfortably. For many, it is the first time in years that their eyes feel supported.

Most artisans have little culture of preventive eye care. They continue their meticulous work without glasses, ignoring early symptoms

until strain becomes unbearable.

Delayed reporting is common, and many visit the clinic only after decades of near work have affected their sight.

Women often report later than men, even though they participate equally in the handicraft sector. Their struggles remain largely unrecognized until intervention becomes mandatory.

Systemic health issues add to the risk. Many artisans do not know they have diabetes or hypertension, conditions that can silently damage the retina. Taking medication alone is not enough to protect eyesight.

Without awareness, they con-

tinue their work with increasing risk, sometimes unaware that permanent damage may already be underway.

Eyes change naturally with age. Prescriptions increase over time, and flexibility diminishes. Presbyopia makes focusing on close objects more difficult, compounding the strain of a lifetime spent on delicate tasks.

These age-related changes combined with chronic labour-intensive work create complex challenges for vision maintenance.

Artisans need to understand safe limits for their work hours, structured schedules, and the impor-

tant of breaks.

Spending time outdoors allows the eyes to relax, improving muscle function and preventing overstrain. Regular eye check-ups, at least annually or preferably every four to five months, help detect changes early.

Early intervention can prevent conditions from progressing to the point where corrective measures become less effective.

Many artisans work long hours without rest because their craft sustains livelihoods and families. They prioritize production over health, unaware that small interventions can preserve vision and

“
Observing these artisans over time has taught me that vision care cannot be limited to treatment alone. Education, preventive guidance, and structured work practices are equally important.”

productivity. Observing these artisans over time has taught me that vision care cannot be limited to treatment alone. Education, preventive guidance, and structured work practices are equally important.

When artisans leave my clinic with relief and understanding, I see the possibility of sustaining a centuries-old tradition, preserving a sector that forms the backbone of Kashmir's cultural heritage.

— The author is an Eye Care Professional at TRUVISION, Srinagar. She can be reached at sanakhurshid63@gmail.com.

“
When artisans leave my clinic with relief and understanding, I see the possibility of sustaining a centuries-old tradition, preserving a sector that forms the backbone of Kashmir's cultural heritage.”

Inside Kashmir's Mental Health Conversation

Mental Health Day highlights the hidden struggles in the valley and the small steps toward healing.

Wasim Kakroo

People daily arrive in my clinic carrying burdens they cannot show. They speak in fragments about sleepless nights, overwhelming anxiety, and persistent sadness.

I read their mails and messages, and notice a recurring theme: curiosity mixed with fear of being judged and dismissed.

When readers ask how we can raise awareness in a place where stigma remains strong, I often start with the simplest advice: begin the conversation, share your own experiences, and listen without judgment.

These acts sound small, but they ripple outward.

Learning the signs of emotional distress, including restlessness, withdrawal, irritability, helps people respond with empathy rather than suspicion.

Social media can amplify awareness. A shared article, a short video, or a post about coping strategies can connect someone silently struggling with a community willing to support them. Advocating for programs in schools, workplaces, and local governance adds another layer, building infrastructure where once there was none.

Questions about relationships appear frequently.

People want to know whether attachment styles are real or just pop psychology. I explain that attachment theory has deep roots.

John Bowlby, a British psychoanalyst, studied infants separated from their caregivers and discovered that early bonds shape all future relationships. Mary Ainsworth expanded this framework, categorizing attachments as secure, anxious, avoidant, and disorganized.

Securely attached people approach relationships with trust and balance. Those with anxious attachment fear abandonment and read too much into delayed responses.

Avoidant individuals pull away from closeness, and disorganized attachments often emerge from neglect or inconsistent care.

These patterns can influence romantic and social relationships

cally harm a child.

On the contrary, the presence of neglect or abuse has far-reaching consequences. Early experiences may remain invisible for years, revealing themselves in adulthood as

Mindfulness practices, like meditation and deep breathing, calm restless thoughts. Hobbies, creative work, and volunteering provide a sense of purpose.

Observing negative self-talk and

Supporting each other, attending therapy together, or simply listening builds resilience within the relationship. Couples who invest in mutual mental well-being often manage stress with greater empathy and understanding.

Kashmir has resources that many people overlook. The Institute of Mental Health and Neurosciences at GMC Srinagar offers free diagnosis and treatment. District hospitals and medical colleges maintain psychiatric departments, and NGOs have served the valley for decades. Services vary, but these institutions provide critical lifelines.

Awareness, guidance, and accessible care together form the foundation of a community that can support mental health.

I have witnessed how simple awareness transforms lives. A young woman who learned to recognize anxiety patterns now manages panic with breathing exercises and support groups. A father who understood attachment theory changed how he interacts with his children, fostering emotional security.

These small victories accumulate. They signal a shift across the valley, a gradual understanding that mental health is as vital as the physical health we so often prioritize.

We are learning to care for ourselves and each other in ways that matter. Conversations once silenced are finding voices. Questions once dismissed are being answered with science, empathy, and practical guidance.

Mental health is no longer invisible in the valley. It is present, pressing, and presiding over the way we live, love, and connect.

— The author is a licensed clinical psychologist from Government Medical College, Srinagar. This piece is an edited version of his 2023 column on mental health in Kashmir.

“
For a generation growing up indoors and online, We are learning to care for ourselves and each other in ways that matter. Conversations once silenced are finding voices. Questions once dismissed are being answered with science, empathy, and practical guidance. Mental health is no longer invisible in the valley. It is present, pressing, and presiding over the way we live, love, and connect.”



well into adulthood, but they are not permanent.

Self-awareness, therapy, and nurturing relationships can change the way people relate to others.

Many parents worry about leaving children in the care of relatives during the formative years.

Research shows that consistent, loving attention, even from grandparents or other caregivers, can foster healthy emotional development. Absence does not automati-

anxiety, difficulty trusting others, or emotional volatility.

Strength grows when children are supported by caring environments, which shows that adversity is not destiny.

Day-to-day habits are equally important. Exercise improves mood, sleep restores energy, and a balanced diet strengthens both body and mind. Connecting with family, friends, and community reduces isolation.

replacing it with compassion encourages self-esteem. Professionals, including clinical psychologists, psychiatrists, counselors, play a critical role when difficulties intensify. Reaching out is a strength.

Mental health is not confined to the individual. I notice the interplay between partners. When one spouse struggles, tension creeps into communication, intimacy, and daily life. Emotional strain can cascade, affecting both partners.

Normalcy Restored In Ladakh: LG Gupta

Says Restrictions Lifted, Internet Services Back

Observer News Service

Leh: In a significant development reflecting the return of peace and stability, the Union Territory of Ladakh has witnessed complete restoration of normalcy with uninterrupted internet services, smooth functioning of educational institutions, and resumption of public transport and other civic activities. As restrictions in Ladakh have been lifted in view of the people's cooperation and responsible behavior.

Chairing a high-level security review meeting, the Lieutenant Governor, Kavinder Gupta,



expressed satisfaction over the prevailing calm and order across the Union Territory. He commended the efforts of the civil and police administration, security forces, and the people of Ladakh for their collective role in maintaining peace and harmony. The Lt Governor said that the people of Ladakh have shown

exemplary patience and unity during recent challenging times. He stressed that their spirit of co-operation has been instrumental in quickly restoring normal life across the region. "The restoration of normal life is a clear reflection of the people's faith in the administration's commitment to ensuring safety, stability,

and inclusive growth," he said. Highlighting the deep-rooted sense of nationalism among the people, the Lt Governor observed, "Ladakhis are among the most patriotic citizens of our nation, who have always stood shoulder to shoulder with the rest of the country in safeguarding national interests."

Urging the people to continue contributing to the region's progress, Kavinder Gupta called upon all sections of society to work with renewed energy for the development and prosperity of Ladakh. He reiterated the administration's commitment to ensuring equitable growth across all sectors — education, health, infrastructure, and employment — with special focus on youth empowerment and sustainable tourism.

The Lt Governor also assured that the administration remains

fully committed to addressing public concerns and ensuring that every measure taken is people-centric and transparent.

Kavinder Gupta further urged citizens to remain vigilant, continue supporting law and order, and actively participate in the development initiatives being undertaken by the administration to ensure a prosperous and secure future for Ladakh.

The meeting was attended by Chief Secretary Dr. Pawan Kotwal, Director General of Police Dr. S.D. Singh Jamwal, DIG CRPF P.R. Jambolkar, Deputy Commissioner Leh, Senior Superintendent of Police Leh, CO 79 —Sanjay Kumar and other senior officials. The Lt Governor directed the officials to maintain close coordination and remain vigilant to sustain the peaceful environment and ensure continued public convenience.

Multiple Polls Incompatible With Nation's Consistent Growth: Jitendra Singh

Press Trust Of India

Jammu: Union minister Jitendra Singh on Thursday said political parties opposing 'One Nation One Election' are driven by narrow vested interests, and asserted that multiple elections are incompatible with the country's consistent growth and development.

Addressing a programme titled 'Students for One Nation One Election' at the University of Jammu, the minister said, "The key to a nation's uninterrupted growth is an uninterrupted electoral system with defined timelines. The frequent elections cause policy paralysis and wastage of resources." Citing the example of the



USA, he said the presidential election there is never held before the completion of a four-year term even in the most compelling situations. He recalled that when John Kennedy was assassinated, vice president Lyndon Johnson took over for the rest of the term and when Richard Nixon resigned after impeachment,

CONTD. FROM FRONT PAGE

J&K Bans ColdRif

immediately stop further procurement, sale, or use of these drugs, irrespective of batch, and report any existing stock to the Office of the J&K State Drug Controller.

The recent ColdRif tragedy has drawn national attention, with at least 14 child deaths reported in Madhya Pradesh, allegedly linked to the syrup manufactured by Sresan Pharmaceuticals. Following the alert, states including Uttar Pradesh, Punjab, Arunachal Pradesh, Goa, Haryana, Himachal Pradesh, Karnataka, Maharashtra, Rajasthan, and Uttarakhand have banned the sale and use of ColdRif. Investigations and raids have been conducted by state drug authorities, including in Uttar Pradesh and Punjab.

While no cases have been reported in J&K, past incidents highlight the risks. In 2020, 12 children in Ramnagar, Udhampur district, died after consuming Coldbest-PC, a DEG-contaminated cough syrup. Experts warn that DEG poisoning can lead to acute kidney failure and damage to the brain, liver, and other organs.

J&K is particularly vulnerable due to limited regulatory oversight, prevalence of unregistered medical stores and online platforms, and low public awareness about substandard medicines. Experts stress that even a single contaminated batch can have devastating consequences.

As the DFCO intensifies surveillance and enforcement, public health specialists emphasize the urgent need for robust drug testing infrastructure, coordination with central agencies, and mass awareness campaigns to prevent another tragedy like ColdRif from unfolding in the Union Territory.

SC To Hear

Chief Justice of India BR Gavai and Justice K Vinod Chandran.

The petitioners have argued that the continued delay in restoring statehood violates the principle of federalism, which is part of the basic structure of the Constitution.

They have also submitted that no steps have been taken to lay out a clear timeline or implement the Supreme Court's December 2023 directive that 'restoration of statehood shall take place at the earliest and as soon as possible'.

Deter Terror Infiltration

accelerate towards Modi Ji's vision of a terror-free Jammu and Kashmir."

The Home Minister noted that the terrorist network in J&K has been almost crippled due to the sustained efforts of security agencies. He appreciated the steps taken by the Union Territory administration and security forces following the Pahalgam terror attack in April and assured that all necessary resources would continue to be provided to sustain counter-terror operations.

Shah emphasized a zero-tolerance policy against terrorism and instructed all security forces to remain vigilant, fully coordinated, and prepared to deter any attempt by terrorists to exploit snowfall for infiltration.

The last such review meeting on J&K was chaired by Shah on September 1. Post-Pahalgam, security agencies have been conducting continuous operations to dismantle terror networks while also ensuring that tourism and normalcy are restored in the region.

J&K Assembly

the Parliament and received Presidential assent, with the last one becoming law in 1970.

The fate of private member also remains similar in J&K Assembly.

Since 1980, only three private member bills have been passed in the House. Two of them—Jammu & Kashmir Resettlement Act-1982 and Jammu & Kashmir Jammu and Kashmir Muslim Personal Law (Shariat) Application Act, 2007—were moved by Abdul Rahim Rather, the incumbent speaker. The first was brought by him as MLA of NC in eighties and second as Leader of Opposition during PDP-Congress rule.

Former Lok Sabha General Secretary and expert on legislative matters, P.D.T. Achary said that the normal attitude of the government is that they don't allow such bills to pass. "In a few cases, they had allowed it to be passed—long ago. That was in the 1950s and 1960s. The passage of a bill depends on the attitude of the government, as it holds a majority in the House," he said.

He said the normal attitude of the government is that they advise the members to withdraw the bills. "Normally, the government doesn't allow it. The point is that if an opposition member moves a bill and the government allows it to become a law, the member gets all

the credit for that, not the government," he said.

He said the government normally advises the members to withdraw the bill so that the government can bring a comprehensive bill.

"A private member's bill may not be very comprehensive; there may be very skeletal provisions in it. The private member doesn't have the technical expertise to draft a very comprehensive bill. It can be done only by the government. That advice is okay, and the government is right in giving it," he said.

Veteran politician and MLA from Bandipora, Nizamuddin Bhat, said the government always likes laws to be passed through them. "If a private member's bill is in the public interest and suits their interests, they can allow its passage," he said. He said such bills have been rarely passed in the House. "A private member is an individual member. He cannot carry the entire House with him," he said.

The bigger question is whether the bills submitted for the session starting on October 23 will be introduced in the House.

Officials well-versed with the legislative process told news agency—KNO that the chances of their introduction on October 28—the day reserved for Private Member Bills—are almost impossible given that 33 bills from the budget session are already pending with the Assembly Secretariat.

"The Private Member Bills would be listed in business in the order in which the notices were received. Since 33 private member bills are pending, they will get preference in the list of business for that day in accordance with the Rules of Procedure and Conduct of Business in J&K Legislative Assembly," he said.

He added that all the bills submitted for during the last budget session, as well as those submitted for the upcoming session, will be listed in the business of the House on that day.

"Given past functioning of the House, only 10 to 12 bills are likely to be taken up for introduction in the House," he said, adding that the bills which are not taken up will remain active.

He further said that the bills do not lapse with the prorogation of the House; they lapse only upon its dissolution.(KNO)

9-day J&K

references. The following days, October 24 and 25, are marked as off days, with October 24 coinciding with Rajya Sabha elections. October 26 is a holiday.

The Assembly will take up Government Business on October 27 and 30. Private Members' Bills will be considered on October 28, and Private Members' Resolutions on October 29. Government Business may also be conducted on October 31, if needed.

Broadcaster Zahid

poetry, acting, journalism, and broadcasting from a young age. A multi-faceted personality, he was a distinguished poet, a gifted prose writer, a seasoned broadcaster, and a compassionate human being.

His contributions to Urdu and Kashmiri literature remain unforgettable. Author of several books, Mukhtar's writings and poetry continue to touch the hearts of readers and admirers. His command over both Urdu and Kashmiri languages earned him a unique place in the literary world, while his words reflected depth, wisdom, and sensitivity.

Zahid Mukhtar was not only a literary figure but also a humane artist with strong social awareness whose presence enlivened every cultural gathering. His demise has left a void in the fields of literature, journalism, and broadcasting that will be difficult to fill for years to come. Zahid Mukhtar was not only a literary figure but also a humane artist with strong social awareness whose presence enlivened every cultural gathering. His demise has left a void in the fields of literature, journalism, and broadcasting that will be difficult to fill for years to come. (with JKNS inputs)

HC Seeks Report

concentrates to Government Medical College, Srinagar and all other designated treatment centers across the Jammu & Kashmir

A direction has been sought to release, without any further delay, the entire quantity of anti-haemophilic drugs lying stocked with Jammu and Kashmir Medical Supplies Corporation Ltd to the concerned hospitals as per annual and supplementary requisitions raised by the concerned agencies.

Missing Soldier

range on the intervening night of October 6-7, which led to the soldiers going out of communication. Helicopters have been deployed

for aerial reconnaissance as part of the ongoing rescue operation.

Officials confirmed that intensive search and rescue efforts are continuing despite the challenging weather and terrain. An elite para unit, went missing during a combing operation at Kokernag on Tuesday. The operation was launched two days ago in the Ahlan Gadole area, following inputs that terrorists were hiding there, the officials said.

According to the officials, the two soldiers went missing after their communication line went out. Helicopters were pressed into aerial reconnaissance to locate the commandos. The Srinagar-based Chinara Corps unit of the Army said the operational team was caught in a severe snowstorm.

"On the intervening night of October 6 and 7, an operational team on the Kishtwar range confronted a severe snowstorm and white-out conditions in the mountains of southern Kashmir. Since then, two soldiers have gone out of communication," the Chinara Corps said in a post on X on Wednesday.

"Intense search and rescue operations have been launched but hampered due to prevailing adverse weather conditions," it added.

Northern Railways

logistics sector, according to Uchit Singhal, Senior Divisional Commercial Manager, Jammu Division.

"This is a historic day for logistics in Jammu and Kashmir. The growing preference of trade and industry for Indian Railways over road transport is a testament to the cost and time efficiencies offered by the Railways," Singhal said.

The vehicles unloaded included popular Maruti Suzuki models such as Alto, Brezza, Eco, Dzire, Wagon R, S-Presso, Ignis, Super Carry, and Ertiga, reflecting the region's rising demand and the efficiency of rail-based supply chains.

Singhal added that this achievement reflects the rapid transformation of the logistics landscape in J&K, where rail transport is increasingly becoming a preferred mode over traditional road transport due to its reliability, infrastructure, and economic benefits.

"With a strong portfolio of freight products, Northern Railways has emerged as a preferred option not only for automobiles, but also for perishable goods, courier services, and cement," he said.

The move is expected to streamline delivery timelines, reduce carbon emissions, and provide safe bulk movement of goods, opening new opportunities for businesses and strengthening multimodal logistics in the Union Territory.

7-Year Advocates

before commencing their work as judicial officers, the judges are also required to undergo rigorous training of at least one year."

The verdict, which redefined the eligibility criteria for appointment of district judges, also held that the eligibility for appointment as a district judge or additional district judge is to be seen at the time of application.

"Judicial officers who have already completed seven years in Bar before they were recruited in the subordinate judicial service would be entitled for being appointed as a District Judge/Additional District Judge (DJ/ADJ) in the selection process for the post of DJs in the direct recruitment process," said the CJ, who authored a 119-page judgement for himself and justices Aravind Kumar, S C Sharma and K Vinod Chandran.

"Though there is no eligibility prescribed under Article 233(2) for a person already in judicial service of the Union or of the State for being appointed as District Judge, in order to provide a level playing field, we direct that a candidate applying as an in-service candidate should have seven years' combined experience as a Judicial Officer and an advocate," it held.

Justice Sundresh delivered a concurring opinion, endorsing the CJ's reasoning while elaborating on the principle of constitutional silence.

He observed that the framers of the Constitution deliberately left certain areas open-ended, allowing the judiciary to interpret evolving needs.

"There is no bar on persons in judicial service from competing for vacancies intended to be filled through direct recruitment. Any interpretation to the contrary would amount to creating a reservation in favour of advocates, which the Constitution does not contemplate," Justice Sundresh held.

The CJ, in his verdict, held a person, who is in judicial service and has a combined experience of 7 years or more as an advocate or a judge, would be eligible for being appointed as

a DJ under Bar quota under Article 233.

"In order to ensure a level playing field, we further direct that the minimum age for being considered and appointed as a DJ/ADJ for both advocates and Judicial Officers would be 35 years of age as on the date of application," the verdict said.

The CJ held that the view taken in earlier judgments that judicial officers cannot be appointed as DJ or ADJs "do not lay down the correct proposition of law".

The CJ quashed the rules which are not in conformity with this judgement.

"It is directed that all the State Governments in consultation with the High Courts shall frame/amend the rules in accordance with what has been held by us hereinabove, within a period of three months from today," it said.

The bench clarified the ruling will apply prospectively and will not affect completed selections or appointments made before this judgment.

"The interpretation of the constitutional provisions cannot be pedantic. It has to be organic. A purposeful interpretation has to be adopted. If the appointment to the district judges cadre is to be made directly for the purpose of enhancing the efficiency of district judiciary, any interpretation which restricts the competition and prohibits the otherwise meritorious candidates from zone of consideration will have to be eschewed...it said.

The pleas pertained to the interpretation given to Article 233 by a three-judge bench in the Dheeraj Mor case.

It was held that direct recruitment of DJs under Bar quota cannot be availed by judicial officers or others who are in central or state government's services.

Disagreeing with the view, the verdict said, "With due respect, we may state that the said judgment does not lay down the correct position of law. The finding of this court in the said case that the second clause of Article 233 is confined in its application to persons 'not already in the service of the Union or of the State' is, in our view, erroneous."

"We, therefore, find that barring a person, who is otherwise eligible but at the time of advertisement, is in judicial service of the Union or of the State and is prevented from competing with the candidates who are advocates having practice of seven years, for appointment(s) in the stream of direct recruitment would result in denial of an equal treatment. When the appointments are made solely on the basis of merit, then the claim of meritorious judicial officers cannot be overlooked. It is only merit and merit alone that shall matter," it said.

It asked when public prosecutors, who are practising in courts, are held to be competent then how can the judicial officers before whom they practice, considered to be inferior.

"We, therefore, see no reason to deny an opportunity to such young talented judicial officers to compete with the advocates/pleaders," it said.

India & UK Are

concerns over activities of pro-Khalistani elements in the UK, and stressed that radicalism and violent extremism should not be allowed to abuse freedom of expression.

In their restricted as well as delegation-level talks, the two leaders held that the sealing of the historic free trade agreement between the two sides in July will inject in new energy in ties as it will slash tariffs, increase access to each other's markets, enhance trade, create jobs, and benefit industries and consumers in both countries.

The British prime minister, accompanied by over 100 CEOs, entrepreneurs, university vice-chancellors, landed in India's financial capital on Wednesday to a rousing welcome. It is his first visit to India.

"India and the UK are natural partners. Our relationship is built on the shared values of democracy, freedom, and the rule of law," Modi said in his media statement in presence of Starmer.

"In today's time of global uncertainty, our growing partnership stands as an important pillar of global stability and economic progress," he said.

Modi said India's dynamism and the UK's expertise together will create a "unique synergy" to further enhance the bilateral relations in diverse areas.

"Our partnership is trustworthy, and driven by talent and technology. And today, as Prime Minister Starmer and I stand together on this stage, it is a clear reaffirmation of our shared commitment to work hand-in-hand towards building a brighter future for the people of both our nations," he said.

The two sides unveiled a series of new initiatives to boost cooperation in areas of critical

minerals, Artificial Intelligence, telecom, health and education besides rolling out steps to boost cooperation in the defence sector.

An agreement on government-to-government supply of lightweight multirole missile (LMM) systems to bolster India's air defence capabilities, an arrangement for Indian Air Force (IAF) instructors to be integrated with the Royal Air Force (RAF) and supporting each other for a long-term collaboration on "complex" weapons systems were among the highlights to step up defence cooperation.

A joint statement said both the prime ministers were pleased with the intent to finalise an India-UK Inter-Governmental Agreement (IGA) on cooperation in developing maritime electric propulsion systems for Indian Naval platforms.

In his remarks, Starmer described inking of the UK-India Comprehensive Economic and Trade Agreement as a "breakthrough moment" as it will slash tariffs, increase access to each other's markets and create jobs.

"It is significant that we're meeting here in Mumbai, India's economic and financial capital, because India's growth story is remarkable. I want to congratulate the prime minister on his leadership, aiming to be the world's third largest economy by 2028," he said.

"We are creating a new modern partnership focused on the future and on winning the opportunities that it offers, and we're doing it together because India's growth story is remarkable," he added.

Modi and Starmer also condemned in the "strongest terms" the Pahalgam terror attack and committed to strengthen co-operation to take "decisive and concerted" actions against globally proscribed terrorists, terror entities and their "sponsors".

The two prime ministers "unequivocally and strongly condemned" terrorism and violent extremism in all its forms and manifestations and called for "zero tolerance" for terrorism and concerted international efforts to combat it in a comprehensive and sustained manner, the joint statement said.

"They agreed to counter radicalisation and violent extremism; combat financing of terrorism and the cross-border movement of terrorists; prevent exploitation of new and emerging technologies for terrorist purposes and tackle terrorist recruitment," it said.

The two leaders also welcomed the resetting of the Joint Economic and Trade Committee (JETCO) which will support the governance and utilisation of the trade pact and drive forward wider trade and investment partnership.

Modi and Starmer also discussed the situation in West Asia and the war in Ukraine.

"The prime minister and I also discussed the need for a just and lasting peace in Ukraine, the need for stability and security in the Indo-Pacific, and the need to co-operate in critical areas like climate and energy, including breaking away from dependence on fossil fuels," Starmer said.

Asked at a media briefing hours later if he urged India to stop procuring Russian crude oil, Starmer said ways to end the conflict in Ukraine were broadly discussed.

"We did discuss this and looked at, particularly, the outcome that we both want. So Prime Minister Modi and myself focused on ending this conflict and the various steps that could be taken to that end and that was a wide-ranging discussion. But we did set out the steps that we are taking in relation to energy, particularly on the Shadow Fleet and the work of the Coalition of the Willing," he said.

In the defence and security sphere, the two sides expressed strong resolve to a robust maritime security collaboration in the Indo-Pacific, including establishment of the Regional Maritime Security Centre of Excellence (RMSCE) under the Indo-Pacific Oceans Initiative.

In his remarks, Modi said both sides decided to establish an industry guild and a supply chain observatory for cooperation on critical minerals.

Its satellite campus will be located at Indian School of Mines, Dhanbad, he said.

"We have a shared commitment to the Sustainable Development Goals. In this direction, we welcome the formation of the India-UK Offshore Wind Taskforce," he said.

"We have established the Climate Technology Startup Fund. This will provide support to innovators and entrepreneurs from both countries working in the fields of climate, technology, and AI," he added.

Starmer said the UK will partner with India on its vision of "Viksit Bharat" (developed India) by 2047.

The two countries will deepen cooperation in areas of AI, advanced communications, and defence technologies, he said.

WORLD SIGHT DAY

Prolonged Screen Time Linked To Blurred Vision, say Doctors

Recommend regular eye check-ups to combat rising vision issues

Agencies

SRINAGAR: As screen time continues to rise in today's digital era, medical experts warn that prolonged exposure to digital devices is emerging as a major cause of visual health issues, particularly among the elderly and children.

On the occasion of World Sight Day, ophthalmologists urged the public to take preventive steps to protect their vision – including reducing screen time and scheduling regular eye examinations.

Doctors, said that staring at screens for extended periods forces the eyes to focus closely and continuously, resulting in a condition known as digital eye strain or computer vision syndrome. Common symptoms include blurred vision, dry eyes, headaches, and pain in the neck and shoulders.

They further noted that children are particularly vulnerable, as excessive screen time at a young age increases the risk of developing myopia (nearsightedness) early in life. The condi-



REGULAR EYE CHECK-UPS EVERY SIX MONTHS are essential for the elderly to ensure early detection and treatment of such conditions."

tion, if left unmonitored, can lead to long-term complications, they added.

Dr Tariq Dar, an ophthalmologist, highlighted the growing prevalence of age-related macular degeneration (AMD), which they said is a leading cause of vision loss among the elderly.

"The number of AMD cases has doubled over the past decade," he said. "Regular eye check-ups every six months are essential for the elderly to ensure early detection and treatment of such conditions."

He recommended that children should undergo an eye

check-up at least once a year, even if they don't display immediate symptoms.

Dr Nusrat, another ophthalmologist, said that a significant number of vision problems are preventable. "Refractive errors, cataracts, glaucoma, and diabetic retinopathy are among the most common causes of preventable blindness in India," she said.

Dr Nusrat advised maintaining a balanced diet rich in green leafy vegetables, fruits, and lean meats such as fish to promote better eye health. "It's important to get your eyes tested regularly," she said. "Many eye conditions show no symptoms until the advanced stages, when significant damage has already occurred."

The doctor warned that individuals with diabetes, hypertension, and other systemic illnesses are at a higher risk of developing eye complications and should undergo more frequent evaluations.

Meanwhile, doctors highlighted recent technological advancements that have transformed eye care. "Gene therapy is now being

used to treat genetic eye disorders such as Leber Congenital Amaurosis, and artificial intelligence (AI) is playing a crucial role in the early and accurate diagnosis of eye diseases," they said.

They also noted the development of wearable devices and mobile apps that help patients track symptoms and receive reminders for eye exams, making preventive care more accessible. Doctors offered several practical tips to maintain eye health. These include reducing screen time, especially for children and office workers, taking regular breaks using the 20-20-20 rule: Every 20 minutes, look at something 20 feet away for at least 20 seconds.

They advised eating a nutrient-rich diet that includes vitamin A, omega-3 fatty acids, and antioxidants, staying well-hydrated, avoiding overexposure to blue light from screens, and watching for early warning signs such as blurred vision, floaters, flashes, or changes in night vision—(KNO)

Residents Seek Redressal Of Basic Issues In Chadoora

Agencies

BUDGAM: The residents of Chadoora town in central Kashmir's Budgam district have appealed to the administration to address several civic issues that have been pending for a long time, causing inconvenience to the general public.

Locals demanded the construction of a new footbridge at the site of the Old Bridge in Chadoora, stating that the existing structure has turned unsafe after recent floods and poses a serious risk to pedestrians, especially school-going children and elderly people.

Nazir Ahmad Dobi, a local resident, said, "The old bridge has become unsafe. Hundreds of people cross it every day and we fear it could lead to an accident anytime. We urge the administration to sanction a new footbridge immediately."

Another resident, Mushtaq Ahmad, highlighted the issue of drinking water, saying that people in Chadoora are forced to use unfiltered and often contaminated water. "We have been requesting the authorities to provide clean filtered water, but nothing has changed so far. The situation becomes



worse during summer when the water turns muddy," he said.

Residents further complained that the streetlights across Chadoora town and on the bridge have been lying non-functional for several months, leaving the area in complete darkness after dusk.

"Non-functional lights have turned evening hours unsafe, particularly for women and students," locals said, urging the Power Department and Municipal Committee to ensure early restoration.

The residents collectively appealed to the district administration Budgam to take immediate steps to resolve these long-pending grievances, ensuring safety, sanitation, and better living conditions for the people of Chadoora—(KNO)

Without Designated Landfill, Sopore MC Spends Rs 76 Lakh On Sanitation

Agencies

SRINAGAR: Despite having no designated landfill or waste processing site, the Municipal Council Sopore has spent over Rs 76 lakh on sanitation and garbage management during the ongoing financial year.

Official data accessed reveals that the Municipal Council Sopore has spent Rs 76.81 lakh on sanitation and garbage disposal up to December 2024.

The expenditure covers POL, vehicle maintenance and wages to outsourced drivers.

The details that come to the fore through a Right to Information (RTI) query filed by a local social activist also revealed that the civic body has fined 85 violators under the Solid Waste Management Rules and collected Rs 73,000 in penalties for illegal waste dumping. Officials said these actions

are part of efforts to enforce sanitation norms and discourage open dumping.

Sopore generates more than 35 metric tons of solid waste every day. Yet, the absence of a designated dumping or waste segregation site has forced the town to rely on temporary and unscientific disposal methods.

Piles of garbage can be seen along the Sopore-Kupwara highway and other key areas, posing serious health and environmental concerns. Officials admitted that Sopore lacks its own landfill and currently depends on the joint Solid Waste Management Plant at Jetty Khawabagh in Baramulla for limited waste disposal.

Efforts to establish a local waste site have faced delays due to opposition from residents and administrative hurdles.

Officials, along with local representatives and legislators, meanwhile, continue to

assure that Sopore will get its own modern facility, but tangible progress has been limited so far.

Incharge Executive Officer, Wali Mohammad has said a 40-kanal site for a local landfill had already been identified but was temporarily stayed by residents. "Objections have been filed and we are hopeful the stay will be vacated soon. We are working to establish a separate, modern scientific facility that will achieve 100% sanitation in the town," he said.

With rising waste generation and no permanent disposal site, Sopore's sanitation system remains under strain despite significant expenditure and repeated assurances from officials.

Residents and civil society groups continue to urge the administration, including the Lieutenant Governor's office, to expedite the establishment of a solid waste management facility in Sopore—(KNO)

CS For Giving Strategic Push To Boost Milk & Mutton Production

Observer News Service

SRINAGAR: Chief Secretary, Atal Dulloo chaired a high-level meeting of the Agriculture Production Department (APD) to review the measures being taken to enhance milk and mutton production across the Union Territory. He emphasized that both sectors hold immense potential for growth, value addition, and entrepreneurship if approached with the right policy interventions and sustained departmental support.

The meeting was attended by Additional Chief Secretary (ACS), Agriculture Production Department, Shailendra Kumar; Vice Chancellor, SKUAST-Jammu; Managing Director, HADP; Managing Director, Dairy Development; Directors of Agriculture and Sheep Husbandry from both Jammu and Kashmir divisions; and other senior officers of the department. During the meeting, the



Chief Secretary underscored the need to create replicable success stories in these sectors to inspire public participation and entrepreneurship.

He observed that the region, being primarily a consumer state, offers a significant market for milk, mutton, and their processed products. Even in catering to local demand there exists vast potential in exploring commercial expansion and export of its value-added products.

He maintained that the UT must move beyond basic packaging and branding. The focus should be on scientific

processing and value addition that can yield high-demand products and sustainable livelihoods. He urged local entrepreneurs to unlock the potential of the region's dairy and livestock sectors for finding the gainful employment.

While speaking in this meeting the ACS, APD, Shailendra Kumar, gave a comprehensive overview of the present status and consumption patterns of milk and mutton in J&K. He noted that dairy products form part of the daily diet across the UT, while mutton consumption is among the highest in the country, creating steady market demand.

The department, he said, has assessed the existing gaps and devised a road-map to enhance both production and value addition over the next few years.

As per the presentation given by the department, J&K produces 28.75 lakh metric tonnes of milk annually, with a per capita availability of 577 grams per day, which is higher than the national average of 471 grams. However, only about 4% of milk production is currently organized, accounting for just 4% of the local production. The department aims to bring at least 20% of production under the organized sector within the next 5-7 years, the meeting was apprised.

To achieve this target, the department plans to expand Artificial Insemination (AI) coverage, secure High Genetic Merit (HGM) bulls, establish facilities for sexed semen, and address fodder deficit issues through scientific feeding practices.

Other important discussions of the meeting covered mobilisation of medical emergency services, fire and emergency services, ensuring uninterrupted access and quality stock of essential supplies during the festival and keeping emergency response teams on alert for rapid deployment. Traffic management and security were also discussed as vital subjects during the meeting.

fees, allowing timely price adjustments responsive to market conditions. The Committee will also review and revise stall permis-

Sakeena Itoo Inaugurates 100-Bedded KGBV Girls Hostel



Observer News Service

KULGAM: Minister for Education, Social Welfare, Health and Medical Sakeena Itoo on Thursday inaugurated the newly constructed 100-bedded KGBV girls' hostel at D.H. Pora.

Constructed by the R&B Department at the cost of Rs. 2.85 crore, the hostel will provide safe and comfortable accommodation for ST and underprivileged girl students, promoting education and empowering young girls in the region.

Speaking on the occasion, the Minister emphasized the government's focus on enhancing educational infrastructure and stressed that empowering girls is key to building a better future.

Earlier, she also laid the foundation stone for the construction of additional classrooms at Government High School Watoo. She highlighted that the government has initiated and completed several projects to strengthen the education ecosystem in the district.

Woman Dies After Childbirth At SDH Keller, Family Alleges Negligence

Tension gripped south Kashmir's Shopian district after the death of a 27-year-old woman, who passed away a day after giving birth at the Sub-District Hospital (SDH) Keller.

The family of the deceased, identified as Shazia Akhter, wife of Waseem Ahmad Lone of Chowan Keller, has accused doctors of medical negligence and demanded strict action against those responsible.

The family members said that Shazia delivered a baby at the hospital on Wednesday and complained of severe pain on Thursday morning. "Despite our repeated pleas, doctors did not take her condition seriously. Within hours, her condition deteriorated, and she passed away," a family member alleged, adding that her death was a result of "sheer negligence and lack of proper care."

Following the incident, the grieving family and locals held a protest in the hospital premises, demanding an impartial inquiry and action against the concerned doctors. The protesters further alleged that the Keller hospital suffers from a severe staff shortage and lacks basic medical facilities, putting patients' lives at constant risk.

Reacting to the incident, the hospital administration denied the allegations of negligence, saying the woman's death was due to a cardiac arrest. "The patient died of a sudden cardiac event, not due to any negligence from the medical staff," an official from the hospital said. Meanwhile, the Chief Medical Officer (CMO), Shopian has constituted a four-member committee for investigation.

As per the official order, an enquiry committee of doctors has been constituted under the chairmanship of Dr M. Yousuf Naikoo, Block Medical Officer Shopian, to investigate the circumstances leading to Shazia's death.—(KNO)

Tarun Chugh Accuses Omar Govt Of Failing To Deliver On Promises

Bharatiya Janata Party (BJP) National General Secretary and J&K in-charge, Tarun Chugh, on Thursday launched a scathing attack on Chief Minister Omar Abdullah, alleging that his government has failed to fulfil even a single promise made to the people during the elections.

Chugh said that despite completing one year in office, the government has not delivered on its commitments, and the people of Jammu and Kashmir now demand accountability. "One year has come to an end, and the people are asking for a count. His work time is already 20 percent over, yet not a single promise has been fulfilled," he remarked.

Accusing the National Conference of prioritising "political tourism" over governance, Chugh said the ruling party is more interested in consolidating its own power than addressing the issues faced by common people. "NC is doing tourism in the name of power. They don't care about the tourism of Jammu and Kashmir; they only want to promote their own political tourism," he alleged.

Reacting to PDP chief Mehbooba Mufti's statement about introducing an "anti-bulldozer bill," Chugh said that both the NC and PDP are engaged in the politics of convenience rather than genuinely working for the welfare of the people. (Observer News Service)

J&K, Ladakh Likely To See 3470 MWs Peak Power Demand In October

With the onset of cold weather, the Ministry of Power (MoP) has predicted a peak power requirement of 3470 Megawatts (MWs) for Jammu and Kashmir and Ladakh for the ongoing month.

However, contrary to it the ministry has anticipated that there may be a peak power availability of only 2490 MWs for the month of October. According to the official figures, the MoP has predicted that Jammu and Kashmir and Ladakh may have a shortfall of 980 MWs against the total peak requirement.

Stating the anticipated power supply position in the northern region for October 2025, MoP has said that the representatives of Haryana, SLDC, Punjab SLDC and J&K SLDC informed that the shortfall in J&K would be met through Real time exchanges. Earlier, Kashmir Power Distribution Corporation Limited (KPDC) has said that the Discom is trying hard to improve and supply uninterrupted power supply this winter.

Managing Director (MD) Kashmir Power Distribution Corporation Limited (KPDC), Mahmood Ahmad Shah had said, "This year so far, KPDC has provided improved power supply to our consumers. Besides a lot of improvement has been made in the discom in comparison to the previous year."—(KNO)

Div Com chairs meeting of Rakhs & Farms Department

Divisional Commissioner Kashmir Anshul Garg today chaired a meeting of Rakhs & Farms Department to assess its functioning and other related issues.

The meeting was attended by Director Rakhs and Farms, Assistant Commissioner Central, General Manager Govt Press, Assistant Director Rakhs & Farms, OSD to Div Com, Deputy Director Archives, Archeology & Museums and officers from revenue department.

Addressing the meeting, Div Com enjoined the officers of the department to compile the details of quantum of land under its possession, revenue records of Rakhs & Farms, rules and orders issued from time to time governing the department and the processes followed by the department for utilization and supervision of land besides legal orders, acquisition rules and encroachment issues. (Observer News Service)

DC Jammu Reviews Diwali Preparedness

Observer News Service

JAMMU: Deputy Commissioner Jammu Dr. Rakesh Minhas on Thursday convened a meeting to review district-wide preparedness for the upcoming Diwali festival, aiming to ensure safe and smooth celebrations.

Reviewing the arrangements at different levels, the Deputy Commissioner underlined that the district administration has a responsibility to ensure the safety and security of the public while facilitating

them to enjoy the festival. "Our endeavours should not be restrictive while also not compromising public safety," Dr. Minhas said.

Dr. Minhas directed that all departments must coordinate effectively to uphold public confidence and minimise risks during the festive period.

The DC said that licence fee collection for crackers and fireworks stalls would be handled exclusively through online mode to reduce irregularities and ensure auditing. "Permis-

sions for retail cracker stalls will be granted on a first-come first-serve basis after scrutiny by a specially constituted Committee and processed by a single window at DC office" he added. The Committee, led by the Additional Deputy Commissioner with DC North (Jammu Municipal Corporation) as Member Secretary, will include other district officers to ensure due diligence and transparency.

The Committee will also review and revise stall permis-

sions for retail cracker stalls will be granted on a first-come first-serve basis after scrutiny by a specially constituted Committee and processed by a single window at DC office" he added. The Committee, led by the Additional Deputy Commissioner with DC North (Jammu Municipal Corporation) as Member Secretary, will include other district officers to ensure due diligence and transparency.

The Committee will also review and revise stall permis-

NORTHERN RAILWAY

Notice Inviting Tender

Sr. DEE/TR/JAT acting for and on behalf of the President of India invites E-Tenders for the works as under. Bidders will be able to submit their original / revised bids up to closing date 30.10.2025 at 15:00 Hrs only. Manual offers are not allowed against this tender and any such manual offer received shall not be considered.

Tender No.	Name of work	App. Cost. (Rs.)	Cost of Tender form (Rs.)	Date & time for submission of tender	Earnest Money # (Rs.)	Completion period	Opening of tender	Website Particulars
755A-TRD-JAT-2025-26	TRD work in c/w construction of platform no. 4 & 5 between line no. 5 and 6 at Martyr Captain Tushar Mahajan Railway Station over Jammu division.	2,92,47,008.05	NIL	Up to 30.10.2025 15:00 Hrs	2,96,200/-	Eight (08) Months	30.10.2025 after 15:00 Hrs.	www.jreps.gov.in

Note: # Tenderer (s) may please note that offers received without Bid Security either in cash through e-payment gateway or as Bank Guarantee bond from a scheduled commercial bank of India or as mentioned in tender documents (as per Annexure-21) valid for a period of 90 days beyond the bid validity period, will be considered as incomplete & invalid offer and for which contractor shall have no claim on Railway. No.: 755A-TRD-JAT-2025-26 Dated: 08.10.2025

3110/2025

SERVING CUSTOMERS WITH A SMILE

J&K Joins Kerala, Manipur & Meghalaya In National School Games Semi-Finals

Observer News Service

SRINAGAR: The 69th National School Games 2025 Under-19 Boys Football Tournament witnessed a seismic day of action on Thursday as the quarter-final matches concluded, setting a thrilling stage for the semifinals. The host team, J&K, secured a hard-fought victory to cement their place in the final four, joining the dominant forces of Kerala, Manipur and Meghalaya.

The day commenced with pre-quarterfinal clashes where the stage was set for the knockout rounds. J&K, which is being coached by Real Kashmir coach Ishfaq Ahmad, delivered a commanding performance at the TRC Ground, defeating Maharashtra 2-0 with local talent Hanan Gul emerging



ing as the standout performer.

Kerala showcased an offensive masterclass at the Kashmir University Ground, routing Chan-

digarh 6-0, while Meghalaya displayed exceptional control to overpower IBSSO 4-0. Other pre-quarterfinal wins were

registered by Haryana, Madhya Pradesh, Delhi and Manipur, the latter marking a resounding 9-0 triumph over Chhattisgarh.

In the quarter-finals, Kerala advanced with a commanding 4-0 victory over Haryana. The winning goals were scored by Ajsal, Raseed, Shifil, and Sheril Thomas.

Manipur secured their semifinal berth in a nail-biting contest against Delhi, which was decided by a penalty shootout after a tense battle. Manipur held their nerve to clinch the win 5-4.

Meghalaya continued their impressive run by edging past a strong West Bengal side with a 2-1 scoreline. The decisive goals for Meghalaya were netted by Pynkmenglang Marbaniang and Pymenshem Mukhim.

In the final quarterfinal, J&K

took on Madhya Pradesh and won 2-0 to book the last coveted spot in the semifinals. J&K led 1-0 at half time. Bandipora's Sahil Manzoor scored the second goal late in the second half to ease the pressure on his team.

The day's events highlighted the immense potential and competitive spirit of young footballers from across the nation. J&K will now play Meghalaya on Friday, while Kerala will take on Manipur.

Organised by the Directorate of Youth Services & Sports, J&K, under the aegis of the School Games Federation of India (SGFI), the tournament now moves into its most critical phase. The semifinal matchups are poised to deliver high-octane football, with Kerala, Manipur, Meghalaya, and J&K vying for a place in the championship final.

India Eye Another Early Finish Against Struggling Windies

Assessing Sai Sudharsan's temperament and Nitish Kumar Reddy's utility in home conditions would be topmost on India's checklist when the high-on-confidence hosts take on a floundering West Indies team in the second and final Test, starting here on Friday.

India's fine ensemble of individually gifted cricketers, each capable of walking into any top side internationally, will be pitted against a West Indies outfit that looks a pale shadow of its glorious past and is struggling to stay relevant in the traditional format. An innings defeat without a semblance of fight in Ahmedabad was a testimony to the current state of flux in Caribbean cricket.

For India, another dominating performance isn't just about wrapping up the series, but also about firming their grip on the World Test Championship points table and carrying a surge of confidence into the far sterner challenge that awaits against South Africa at home later this year. (PTI)

Rajouri Hosts District Level Annual Athletic Meet For Boys

The Department of Youth Services and Sports Rajouri organised the Inter-Zonal District Level Annual Athletic Meet for Boys (All Age Groups) at Sports Stadium Rajouri. The stadium witnessed hundreds of young athletes from different zones gathered to compete in a wide range of track and field events.

The Participants showcased their talent and determination in races including 100 meters, 200 meters, 400 meters and 800 meters, as well as in field events such as javelin throw, shot put, discus throw, long jump and high jump.

The vibrant event unfolded under the supervision of District Youth Services and Sports Officer Mohammad Qasim. The meet was further guided and supported by ZPEO Baljarallan Wali Mohammad. The DYSSO expressed pride in the athletes' performances and praised the organizing teams for their dedication while Wali Mohammad emphasized the importance of such platforms for grooming future champions and building a stronger, united sporting community in Rajouri. (Observer News Service)

Kuldeep Kumar Gupta To Hold Kabaddi Referee's Course In Bahrain

General Secretary J&K Amateur Kabaddi Association and Technical Director Asian Kabaddi Federation Dr. Kuldeep Kumar Gupta will conduct the Kabaddi Referee's Course from October 13 to 16 in Bahrain before the 3rd Asian Youth Games 2025.

Tej Naryan Chief Coach of Bahrain Kabaddi team will also be a part of Kabaddi Referee's Course to be conducted for officials who have love kabaddi or who have played the game in their career, including Physical Education Instructors and Teachers. Kuldeep Kumar Gupta has also conducted earlier International Kabaddi Referee's Course in the month of February 2024 in Tehran, Iran.

Moreover he was also appointed Technical Delegate in the 3rd Asian Youth Game 2025 in Kabaddi Competition at Bahrain and also performed as Technical Delegate at 19th Asian Games in Hangzhou, China, in 2023, 16th Asian Games at Ghanzhou, China, 2010, 14th Asian Games at Busan, Korea 2002. He has also acted as Technical Official and Jury Member in National Games. (Observer News Service)

Sakeena Itoo Inaugurates 2-Day Annual Sports Meet Of GMC Sgr



Observer News Service

SRINAGAR: Minister for Health and Medical Education, Social Welfare and Education, Sakeena Itoo, inaugurated the two-day Annual Sports Meet 2025 of Government Medical College (GMC) Srinagar at Boys Hostel Bemina here on Thursday.

Commending GMC Srinagar for organizing the event, the Minister highlighted that sports and recreational activities are essential components of stress management, especially for those in demanding medical professions.

The Minister also asked the GMC Srinagar administration to upgrade facilities at this playground of Boys Hostel so that maximum students are attracted to-

wards extra curricular activities.

Principal GMC Srinagar, Dr. Iffat Hassan expressed gratitude to the Minister for constant support. Earlier, the Minister interacted with participants, faculty and medical students.

Chairman Sports Committee, GMC Srinagar, Dr. Salim Iqbal, played a key role in planning and organising the event.

Pertinently, during the two days Annual Sports Meet sporting events like cricket, volleyball, football, badminton, table tennis, carrom, tug of war, and musical chair are being held, besides track and field events like 100m, 200m, 400m, relay, shot put, javelin throw, and discus throw will also form the part of sports meet.

Satish Sharma Calls On Union Minister For Youth Affairs & Sports

Observer News Service

NEW DELHI: Minister for Food, Civil Supplies & Consumer Affairs, Information Technology, Transport, Youth Services and Sports, Satish Sharma on Thursday called on the Union Minister for Youth Affairs and Sports, Dr Mansukh Mandaviya, in New Delhi and held an extensive discussion on measures to strengthen sports infrastructure, enhance youth engagement and promote athletic excellence in J&K.

During the meeting, Satish Sharma presented a comprehensive memorandum to the Union Minister, reiterating the J&K Government's commitment to transforming J&K into a vibrant hub of sports and youth empowerment.

The memorandum detailed key proposals focusing on infrastructure development, athlete welfare, and grassroots participation aligned with the National Sports Policy 2025 and the J&K Sports Policy 2022.



The Minister sought the Union Government's assistance in accelerating the development of world-class sports infrastructure, including the establishment of a National Winter Sports Centre of Excellence at Gulmarg, modernization of district stadiums with all-weather facilities, and creation of sports amenities at the panchayat level to ensure equitable access for rural youth.

He also called for expanding Khelo India grassroots programs, enhancing scholarship and financial aid schemes for athletes.

The Minister further requested the early release of ₹103.82 crore as proposed earlier for construction of critical sports infrastructure projects under Khelo India.

2nd Water Skiing Course Held At Dal Lake By IISM Gulmarg

Observer News Service

SRINAGAR: The Indian Institute of Skiing & Mountaineering (IISM), Gulmarg, a subordinate office of the Ministry of Tourism, Government of India, is conducting three water skiing courses at Dal Lake, Srinagar. Each course accommodates 25 trainees from across the country.

The Graduation Ceremony of the 2nd water skiing course was held at Dal Lake, marking the successful completion of the second phase of this specialised training programme.

The event was graced by Tahir Saleem Khan, (JKPS), Staff Officer to IGP Kashmir, who attended as the Chief Guest. In his address, Khan congratulated the trainees on successfully

completing the course and appreciated their enthusiasm, discipline, and dedication to adventure sports.

He emphasized the importance of such initiatives in promoting adventure tourism and engaging youth in constructive and skill-based activities.

Khan also commended IISM for its continued efforts in developing professional competencies and enhancing the tourism potential of the region.

The ongoing water skiing training series at Dal Lake is part of IISM's broader vision to strengthen the adventure tourism ecosystem of the region and to provide structured high quality training opportunities for aspiring water sports enthusiasts from across India.



MIRAE ASSET Sharekhan

Achieve financial freedom

Set up Systematic Investment Plans in Exchange Traded Funds (Shariah Based ETF)



Contact: M I Securities - 9906518342 / 9906684475

1, 10 Samad Complex, Ma Link Road, Srinagar, Srinagar, Jammu & Kashmir, Srinagar - 190001