



Viksit Bharat - Guarantee for Rozgar and Ajeevika Mission (Gramin) : VB - G RAM G

(वक सत भारत - जी राम जी) Act, 2025





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Viksit Gram Panchayats paving the way for Viksit Bharat

Assembly Budget Session To Begin On Feb 2

- ◆ 27 Day-Long Session To Open With LG's Address
- ◆ CM To Present Budget On Feb 6

Observer News Service

Srinagar: The 27-day-long Budget Session of the Jammu and Kashmir Legislative Assembly will begin on February 2, with the Omar Abdullah-led government scheduled to present the budget on February 6. The fifth session of the Assembly, spread over a three-month period, will open with an address by Lieutenant Governor Manoj

Sinha on February 2. This will be the second budget presented by the National Conference government led by Omar Abdullah since it assumed office on October 16, 2024, marking a continuation of the democratic process after nearly six years of central rule.

According to the calendar issued by Assembly Speaker Abdul Rahim Rather, the Budget Session will conclude on April 4. The session will be held in three phases, with the first phase scheduled before the commencement of Ramzan and the remaining two phases after Eid-ul-Fitr in March and April. Ramzan is expected to begin on February 18 or 19, subject to the sighting of the moon. February will | [More on P6](#)



Collective Responsibility To Reimagine J&K As Art Hub: LG

Calls Upon Youth To Use Art To Protect Cultural Identity

Observer News Service

Srinagar: Lieutenant Governor Manoj Sinha on Monday called for a collective effort to reimagine Jammu and Kashmir as a vibrant art hub, saying artists and writers have a crucial role in shaping the cultural future of the Union Territory.

Addressing the Golden Jubilee celebrations of Kesar Art Circle at Kala Kendra, Jammu, the Lieutenant Governor said that Jammu and Kashmir's spiritual and cultural roots must serve as the foundation for its artistic renaissance. He stressed that preservation of sacred heritage was essential to building a creative and progressive future.

"From spiritual and cultural roots to new creative horizons, it is our collective



responsibility to reimagine Jammu and Kashmir as an art hub," Sinha said, expressing hope that painters and writers would actively contribute to strengthening the artistic ecosystem of the region.

On the occasion, the Lieutenant Governor felicitated noted painter Bhusan Kesar, founder of the Kesar Art Circle, and lauded his lifelong contribution to nurturing and mentoring thousands

of artists. He said many of Kesar's students had achieved global recognition, marking significant milestones under his guidance.

Highlighting the broader role of art in society, the Lieutenant Governor described artists, thinkers, painters and sculptors as the conscience of society, noting that their work inspires public participation in democracy and contributes to the nation's development journey. He observed that art forms such as painting and sculpture are not merely sources of entertainment but powerful forces that influence how societies think, feel and progress. Throughout human civilization, he said, art has given expression to emotions beyond language, fostering empathy and social cohesion. Calling upon | [More on P6](#)

Class 10th, 12th Results On Jan 14

Observer News Service

Srinagar: The Jammu and Kashmir Board of School Education JKBOSE will announce the results of the annual regular examinations for Class 10 and Class 12 on January 14, Education Minister Sakina Itoo said on Monday.

The minister said that the government has decided to declare the results of both classes on the same day. She said the result compilation process was completed in the first week of January but was delayed due to the late appointment of the JKBOSE chairman.

More than 94,000 students had appeared in the annual regular Class 10 examinations, which commenced on November 3 in the Kashmir division.

JKBOSE had set up 994 examination centres across the Kashmir region. According to the board, 68,804 students enrolled for the Class 10 exams were from the ten districts of the Kashmir division, while 25,224 students were from eight districts of the winter zone areas of the Jammu division.

The board | [More on P6](#)

Reforms To Continue Despite Fiscal Constraints: CM

Observer News Service

Chief Minister Omar Abdullah on Monday said that despite financial constraints, his government will continue with the budget framework introduced last year, ensure the progress of ongoing schemes, and roll out select new initiatives to keep development on track. Talking to reporters | [More on P6](#)

Dry Weather Likely Till Jan 15 In J&K: MeT

Light Snow, Rain Expected Later

Observer News Service

Srinagar: The Meteorological Centre Srinagar has forecast mainly dry weather across Jammu and Kashmir till January 15, with cloudiness likely towards the evening, even as an intense cold wave continued to affect the region on Monday.

According to the MeT department, light rain or snowfall is expected at isolated to scattered higher reaches between January 16 and 17, while light to moderate rain or snow may occur at several places between January 20 and 22.

The department also said that

- Srinagar: -2.4°C
- Pulwama: -6.5°C
- Qazigund: -3.6°C
- Pahalgam: -3.4°C
- Shopian: -5.2°C
- Kupwara: -3.7°C
- Gulmarg: -3.4°C
- Jammu: 3.4°C
- Banihal: 5.1°C

minimum temperatures are likely to rise gradually in the coming days. However, moderate to dense fog is expected to persist over the plains of the Jammu division for the next five days. Despite the | [More on P6](#)

Bhushan Bazaz Passes Away At 91



Observer News Service

Srinagar- Pandit Bhushan Bazaz, noted social and political activist, passed away on Monday after a prolonged illness in New Delhi. He was 91. Bazaz was founder of the Jammu & Kashmir Democratic Front (JKDF), and son of the renowned writer and Kashmiri historian Pandit Prem Nath Bazaz.

Bhushan Bazaz was widely respected as a consistent and principled Kashmiri Pandit voice for brotherhood and Kashmiriyat. Throughout his life, he stood for peace, reconciliation and dialogue, and remained committed to fostering harmony, mutual respect and | [More on P6](#)



Tourists gather at the frozen Drung Waterfall in Tangmarg as sub-zero temperatures transform the cascading waters into towering sheets of ice. KO Photo By Abid Bhat

Before The Hospital, Kashmir's Emergencies Take A Turn

The Golden Hour, the time that can decide life or death, often vanishes on the road to care.

Dr. Nowsheen Jan

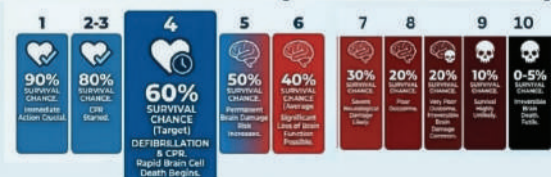
Srinagar: Around 6:30 p.m. on a Srinagar highway, a motorcycle veered out of control and crashed, halting traffic and drawing a crowd.

People rushed forward, some lifted the rider, others removed his helmet to see if he was breathing, while arguments broke out over who had caused the crash.

Calls went out to the police. An ambulance arrived nearly fifty minutes later.

By the time the man reached the hospital, he had barely made it to what doctors call the Golden Hour, the first 60 minutes after a serious injury or sudden illness, when timely care can decide survival, death, or lasting disability. Scenes like this unfold every day in Kashmir. Time, the most

MINUTE-BY-MINUTE SURVIVAL CHANCE: CARDIAC ARREST (AHA & ERC DATA)



Data based on American Heart Association (AHA) and European Resuscitation Council (ERC) guidelines. Survival chances are approximate and vary based on factors. *With immediate high-quality CPR and early defibrillation.

vital resource in a medical emergency, slips away even as people rush to help.

Confusion, well-meaning but untrained interventions, and delayed transport can turn an injury that might have been treated into one with permanent consequences. The Golden Hour, however,

is not limited to accidents.

A few weeks earlier, a 34-year-old man at home developed sudden, severe chest pain. He collapsed before his family could understand what was happening.

Neighbours were called, a private car arranged, and he was driven twenty kilometers

to the nearest hospital.

He was declared dead on arrival.

A trained paramedic on the way could have provided oxygen, monitoring, and CPR. Each minute without care had allowed the heart muscle to fail further.

In cardiac emergencies, every minute counts, and survival depends on a clear sequence of actions: recognition, calling emergency services, CPR, defibrillation if needed, advanced care during transport, and hospital stabilization.

When each step is followed, chances of survival rise sharply.

Not long after, a 62-year-old woman at home developed slurred speech, a drooping face, and weakness on one side of her body. Her family drove her fifteen kilometers to

the hospital.

She arrived after the treatment window had passed and survived with severe, permanent disability.

Stroke kills brain cells within minutes when blood flow is blocked or a vessel ruptures.

Early recognition, calm handling, and transport to a hospital equipped to manage stroke can preserve function and lives.

Many families in Kashmir still rely on private vehicles instead of ambulances equipped for critical care.

These mobile intensive care units are staffed by trained paramedics and carry oxygen, emergency medications, defibrillators, monitors, and sometimes ventilators.

Teams on these ambulances can manage seizures, severe asthma, blood | [More on P6](#)

Live Selfies, Geo-Tagging: India Tightens Crypto Rules

Press Trust Of India

New Delhi: In an effort to eliminate illegal activity in the digital asset market, India's Financial Intelligence Unit (FIU) has unveiled stringent new Anti-Money Laundering (AML) and Know Your Customer (KYC) protocols for cryptocurrency exchanges, including mandatory liveness detection and geographical tracking during the onboarding process.

The updated guidelines, issued on January 8 and accessed by PTI, classify crypto exchanges as Virtual Digital Asset (VDA) service providers who will now have to do more than just allow simple document uploads.

Under the new rules, users must take a "live selfie" using software that verifies their presence, typically through eye-blinking or head movement. The measure helps

prevent the use of static photos or deepfakes.

Exchanges must record the exact latitude and longitude, date, timestamp, and IP address from which a user starts creating an account.

The "penny-drop" method, which involves processing a nominal Re 1 transaction to confirm that the bank account is active and belongs to the registrant, is required.

In addition to a Permanent Account Number (PAN), users must provide a secondary ID such as a Passport, Aadhaar or a Voter ID, along with an OTP verification for the email ID and phone number.

The FIU, which operates under the Union Finance Ministry, is taking a tough stance against tools meant to conceal the paper trail of crypto wealth. The new guidelines aim to "strongly discourage" Initial Coin Offerings (ICOs) and Initial Token Offerings | [More on P6](#)



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

Frailty, Depression In Older Adults May Together Account For 17 % Of Dementia Risk: Study

Press Trust Of India

Older adults who are frail and have depression could be at a higher risk of dementia, with the factors combined contributing to 17 per cent of the overall risk, according to a study. The findings, published in the journal General Psychiatry, suggests that while frailty and depression each increase dementia risk on their own, having both the conditions could make one more than three times as likely to develop dementia, compared with those in good health. According to researchers from Zhejiang University School of Medicine, China, frailty and depression should be routinely assessed in older people, as improving their physical and mental health could help reduce dementia risk. The previously published research has primarily focused on the individual associations between physical frailty or depression and dementia risk, they added. Data from more than two lakh people from the US and UK, including the UK Biobank dataset, were analysed. During a 13-year follow-up, 9,088 participants were diagnosed with dementia. Frail participants were more likely to be



female, have higher body weight, live with multiple long-term conditions, and lower educational attainment. They were also 2.5 times more likely to be diagnosed with dementia. The participants with depression were had nearly a 60 per cent higher risk of being diagnosed with dementia. However, "jointly, participants with both physical frailty and depression exhibited the highest dementia risk compared with

those without physical frailty and depression," the authors wrote. "A significant additive interaction between physical frailty and depression was observed, with 17.1 per cent of dementia risk attributed to their interactive effects," they said. The results highlight the complex links between frailty, depression, and cognitive function, the team added. The researchers said that lower levels of



A significant additive interaction between physical frailty and depression was observed, with 17.1 per cent of dementia risk attributed to their interactive effects

frailty may allow a partial offset of depression-related cognitive burden, while lower levels of depression may help mitigate burden of frailty. However, once both the conditions exceed a threshold, the compensatory effects may be compromised, leading to a sharp increase in the risk of dementia, they said.

PUBLIC NOTICE

This is to inform the general public that my name has been wrongly mentioned in my Aadhaar Card as Bakhtwer Begum. My correct name is Bakhti Begum, as recorded in my Voter ID Card. I am in the process of getting my name corrected in the Aadhaar records. If anyone has any objection, the same may be submitted in writing within seven (07) days from the date of publication of this notice. After that, no objection shall be entertained. This notice is issued for record and verification purposes.



pd

NOTICE

I, Javed Nissar, R/o noorbagh baghwanpora srinagar, do hereby inform the general public that I had opened a Savings Account in HDFC bank Hari Singh high street branch bearing account numbers 50100233569322, under the name Javeed Ahmad Dar. I now intend to change my name from "Javeed Ahmad Dar" to "Javed Nissar" in the records of the said bank. If any person has any objection to this change, he/she may approach the concerned bank branch or the relevant authority within 7 (seven) days from the date of publication of this notice. After the expiry of the said period, no objection shall be entertained, and the change shall be deemed final.

media line adst

NOTICE

I, Javed Nissar, R/o noorbagh baghwanpora srinagar, do hereby inform the general public that I had opened a Savings Account and a Current Account with Jammu & Kashmir Bank, Noorbagh Branch, bearing account numbers 0525040100002724 and 0525010100001108 respectively, under the name Javeed Ahmad Dar. I now intend to change my name from "Javeed Ahmad Dar" to "Javed Nissar" in the records of the said bank. If any person has any objection to this change, he/she may approach the concerned bank branch or the relevant authority within 7 (seven) days from the date of publication of this notice. After the expiry of the said period, no objection shall be entertained, and the change shall be deemed final.

media line adst

NOTICE FOR GENERAL PUBLIC THE JAMMU & KASHMIR STATE BOARD OF SCHOOL EDUCATION

CERTIFICATES-KD, NEW CAMPUS BEMINA SRINAGAR
 ATTENTION PLEASE

The candidate whose photograph is published in the notice is claimed to have lost his qualification certificate of Secondary School Examination class 10th issued by BOSE with the following description:
 Name: SUHAL AHMAD DAR
 Fathers name: GULAM MOHAMMAD DAR
 Mothers Name: HAJA BANO
 Roll No: 2103231
 Date of Birth: 11-06-2005
 Class: 10th
 year and session: 2019
 R/o: Brail Budgam
 Registration No: N18340550001



Now the candidate has applied for the DUPLICATE QUALIFICATION CERTIFICATE, before the same is processed and provided to the candidate, any person having any objection in this regard may please file the same before the secretary BOSE or undersigned with in 10 (ten) days from the date of issue of this notice. Besides, the above referred QUALIFICATION CERTIFICATE Serial No 19ARKAM-5007269 be traeted as CANCELLED.

Sd/= Assitant Secretary
 mcb Certificates - KD

The Jammu And Kashmir Board Of School Education Sub Office Pulwama

I have passed/appeared in Secondary School Examination (Class- 10th) under Roll No.: 132015059 Session: A/R Year 2023 through the Jammu and Kashmir Board of School Education. Due to the error committed by the M.M.E.T Pulwama against my father's caste as Bilal Ahmad Ganaie instead of Bilal Ahmad Ganie



Now, I have applied for correction/rectification of error in the Jammu and Kashmir Board of School Education Sub Office Pulwama. If any person has any objection in this regard, may file the same in the office of the Assistant Secretary, Sub Office Pulwama within seven days from the date of Publication of this notice, after the expiry of said period no objection will be entertained.

Name: Abrar Bilal
 Father's name: Bilal Ahmad Ganie
 Mother's Name: Mahmooda Akhter
 DOB: 05-12-2006
 Residence: Shangerpura Pulwama
 Mobile no: 6006648174

fko

PUBLIC NOTICE

It is for the information of general public that I Kulsoma Akhter W/O Mushtaq Ahmad Rayoo R/O Uttersoo Shangus Anantnag I have applied for DEE Class Contractor Card. If anybody having any kind of objection in this regard He/she may object his objection in the super intending Engineer, R and B Circle Anantnag/Kulgam HQ Khanabal Anantnag, within Seven days from the date of issuance of this notice. After that no objection will be entertained.

Kulsoma Akhter
 W/O Mushtaq Ahmad Rayoo
 R/O Uttersoo Shangus Anantnag
 JNA7780878931

PUBLIC NOTICE

It is for the information of general public that I Rayaz Ahmad Sheakh S/O Abdul Aziz Sheakh R/O Kreeri Shangus Anantnag I have applied for DEE Class Contractor Card. If anybody having any kind of objection in this regard He/she may object his objection in the super intending Engineer, R and B Circle Anantnag/Kulgam HQ Khanabal Anantnag, within Seven days from the date of issuance of this notice. After that no objection will be entertained.

Rayaz Ahmad Sheakh
 S/O Abdul Aziz Sheakh
 R/O Kreeri Shangus Anantnag
 JNA7780878931

PUBLIC NOTICE

It is for the information of general public that I Mushtaq Ahmad Bhat S/O Ghulam Mohd Bhat R/O Uttersoo Shangus Anantnag I have applied for DEE Class Contractor Card. If anybody having any kind of objection in this regard He/she may object his objection in the super intending Engineer, R and B Circle Anantnag/Kulgam HQ Khanabal Anantnag, within Seven days from the date of issuance of this notice. After that no objection will be entertained.

Mushtaq Ahmad Bhat
 S/O Ghulam Mohd Bhat
 R/O Uttersoo Shangus Anantnag
 JNA7780878931

PUBLIC NOTICE

The name of my ward has been wrongly written in his/he adhaar card as GULAM E AHMAD while his correct name Ahmad Bin Mudaseer . Now I have applied for the correction of the same if anybody 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..

Mudaseer Ahmad Bhat
 F/o Ahmad Bin Mudaseer
 R/o Tachloo Distt Shopian
 fko

PUBLIC NOTICE

This is information for the general public that in Adhar card bearing No 229816386786 the name is entered as SUJAD BASHIR WANI while my actual name is SUJAT BASHIR WANI. Now i want its correction, in this regard if anybody having any objection may contact Concern department with in a period of seven days. No objection shall be entertained after that.

SUJAT BASHIR WANI
 S/O BASHIR AHMAD WANI
 mcb

PUBLIC NOTICE

I have changed my name from (old name) Abdul Hamid S/o Mohamad Sad ud idn to New Name Abdul Hamid Surbarwarai S/o Mohamad Sad ud din . In future I will be know as Abdul Hamid Surbarwarai S/o Mohamad Sad ud din. If anybody has any objection in this regard he/she may file them in the Passport Office Srinagar within seven days. After that no objection shall be entertained.

Abdul Hamid Surbarwarai
 S/o Mohamad Sad ud din
 R/o Ogmuna Teh Karhama Distt. Baramulla
 bmg

PUBLIC NOTICE

My name has been wrongly written in my adhaar card bearing no 5941 9797-8051 as Ghulam Mohidin Shah while my correct name is Mahad Shah. Now I have applied for the correction of the same if anybody 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..

Mahad Shah
 S/o Mohamad Shah
 R/o Chanderseer Tehsil Pattan Baramulla
 fko

PUBLIC NOTICE

I want to apply for a Fertilizer License under the name AMCONS IPL AGROTECH PVT LTD , at ANANTNAG ROAD SRANDOO KULGAM. . If anybody has any objection in this regard, they may submit it to the Joint Director Extension Agriculture Office, Lal Mandi, Srinagar, within 7 days from the publication of this notice. After that, no objection shall be entertained.

AIJAZ AHMAD MIR
 S/o MOHD RAMZAN MIR
 R/o SRANDOO KULGAM 192231
 jvd

Government of Jammu and Kashmir OFFICE OF THE CHILD DEVELOPMENT PROJECT OFFICER

POSHAN PROJECT PATTAN

Subject:- Tentative Selection List of Sangnis (Anganwadi Workers) of Poshan Project Pattan.

In pursuance to Government Order No.103-JK(SWD) of 2023 Dated: 28-04-2023, and approval conveyed by Mission Director Poshan J&K Srinagar vide No: MD/Poshan/Estt/13281-94 Dated: 08-05-2023. (2) posts of Sangnis (Anganwadi Workers) had been advertised by this office vide advertisement notice Vide notification no. Cdp0/Ptn/Adv/2024/906-12, Dated: - 11-01-2025. Out of (2) posts of Sangnis (Anganwadi Workers), the selection has been made against (2) post of Sangnis (Anganwadi Workers) for (2) Anganwadi Centre of Poshan Project Pattan. In response to the said advertisement notice, post of Sangnis (AWWs) on the basis of Wards within cut-off date i.e. 07-12-2023 and merit list of candidates has been prepared as per criteria laid down vide Government Order No. 103-JK(SWD) of 2023 Dated: 28-04-2023 and Selection list has been framed on the basis of merit list herewith as Annexure-A, comprising of 2 candidate tentatively selected as Sangnis (Anganwadi Workers). The Merit List for (2) Anganwadi Centre of Poshan Project Pattan is annexed herewith as Annexure-B. Both Tentative Selection List and Merit List are hereby published for information of general public and inviting appeal/objections if any. The appeal/objection, if any, against the said tentative selection list, shall be filed in the office of the Child Development Project Officer, Poshan Project Pattan up to 10/01/2026 from the date of publication of merit list against proper receipt up to 4:30 P.M.

S. No	Indes No	Name of the Candidate	Parentage/ W/O	Residence	Ward No	DOB	Highest Qual.	Marks in 10+2	%age	Weight-age	Whether any relation with retired AWW/ AWH	Add. 2 Points	Total Merit	
1	1144	Nazima Ali	D/O Ali Mohammad Chopan	Chanderasser	3	15-10-2001	12th	354	500	70.8	70.8	No	No	70.8
2	1147	Sumia Rashid	W/O Hilal Ahmad Pandit	Suchpalpora	3	05-12-1991	12th	813	1100	73.9	73.9	No	No	73.9

Merit List of candidates who have applied for the post of Sangnis (AWWs) against the location AWC Chanderseer Chopan Mohalla ward No.03 and AWC Suchpalpora Peer Mohalla Ward No.03 advertised vide this Office No. CDPO/Ptn/Adv/2024/906-12, Dated:-11-01-2025 published in Daily Newspaper "Aftaq" on 12-01-2025 for general information.

S. No	Indes No	Name of the Candidate	Parentage/ W/O	Residence	Ward No	DOB	Highest Qual.	Marks in 10+2	%age	Weight-age	Whether any relation with retired AWW/ AWH	Add. 2 Points	Total Merit	
1	1144	Nazima Ali	D/O Ali Mohammad Chopan	Chanderasser	3	15-10-01	12th	354	500	70.8	70.8	No	No	70.8
2	1145	Simran Ali	D/O Ali Mohammad Chopan	Chanderasser	3	15-03-06	12th	315	500	63	63	No	No	63
3	1136	Shameena Ashraf	W/O Ishfaq Majed Peer	Chanderasser	3	13-11-1996	12th	304	500	60.8	60.8	No	No	60.8
4	1142	Shabnam Samad	D/O Abdul Samad Chopan	Chanderasser	3	14-03-2001	12th	231	500	46.2	46.2	No	No	46.2
5	1134	Nighat Jan	W/O Syed Sharyar Ahmad	Chanderasser	3	01-05-1988	12th	271	600	45.1	45.1	No	No	45.1
6	1133	Saima Amin	W/O Syed Naseer Ahmad	Chanderseer	3	05-03-1990	12th	209	500	41.8	41.8	No	No	41.8
7	1147	Sumia Rashid	W/O Hilal Ahmad Pandit	Suchpalpora	3	05-12-91	12th	813	1100	73.9	73.9	No	No	73.9
8	1137	Safraat Amin	W/O Firdous Ahmad Malik	Suchpalpora	3	08-02-1993	12th	519	750	69.2	69.2	No	No	69.2
9	1140	Yasmeena Shams	D/O Shamas U Din Shah	Suchpalpora	3	13-02-99	12th	336	500	67.2	67.2	No	No	67.2
10	1135	Masraata Hassan	W/O Shahid Rasool Bhat	Suchpalpora	3	11-04-1994	12th	263	500	52.6	52.6	No	No	52.6
11	1138	Shshista Shabir	W/O Sajad Hussain Shah	Suchpalpora	3	15-05-1988	12th	300	600	50	50	No	No	50
12	1143	Aabida Mehraj	W/O Javid Ahmad Shah	Suchpalpora	3	08-08-96	12th	234	500	46.8	46.8	No	No	46.8
13	1146	Zamrooda Akhtar	W/O Nasir Ahmad Shah	Suchpalpora	3	30-11-89	12th	325	750	43.33	43.33	No	No	43.33
14	1139	Shabnam Akbar	D/O Mohamad Akbar Pandith	Suchpalpora	3	12-01-2000	12th	212	500	42.4	42.4	No	No	42.4
15	1141	Jamsheeda Mushtaq	W/O Hilal Ahmad Peer	Suchpalpora	3	04-01-90	12th	297	750	39.6	39.6	No	No	39.6

DIPK-9944/25 dated: 12-01-2026

Child Dev. Project Officer
 Poshan Project Pattan

One Dead, Another Injured in Road Accident

Observer news Service

Srinagar: A man was killed while another sustained injuries after being hit by a vehicle in the Gogoo Rangreth area of Srinagar on Saturday evening, officials said.

An official told KNO that a vehicle bearing registration number JK01AX-7738 hit two pedestrians near Gogoo Rangreth.

He said both were shifted to the hospital, where doctors declared one of them dead. The other person is undergoing treatment.

The deceased has been identified as Ghulam Qadir Wani, son of Ghulam Rasool Wani, a resident of Nawa Kadal, Srinagar, and the injured as Firdous Ahmad Gojri, son of Noor Mohammad, resident of Gogoo Rangreth.

Sericulture Employees Appeal for Protection of Alochi Bagh Land

Observer news Service

Srinagar: Employees of the Sericulture Development Department, J&K on Monday staged a peaceful protest and made a strong appeal to the authorities to immediately halt the demarcation and proposed transfer of Sericulture land at Alochi Bagh in Srinagar.

The protest followed reports that officials of the Revenue Department had initiated demarcation of Sericulture land at the Alochi Bagh complex for its proposed transfer to the Estates Department for construction of VIP quarters. The move has triggered widespread anger among silkworm rearers, farmers, labourers and departmental employees across the Kashmir Valley.

Addressing the protest, employees said the Alochi Bagh Sericulture Complex is not just a land parcel but the backbone of the Valley's sericulture sector, which supports thousands of families involved in silkworm rearing, cocoon production, reeling and weaving. They said the complex serves as a daily lifeline for farmers who depend on its mulberry foliage for feeding silkworms.

The protesters said the complex houses critical technical, operational and administrative infrastructure, including training institutes, modern grainages, cocoon warehouses, auction markets, dryers, mulberry farms and nurseries. They warned that any acquisition,

even partial, would cripple the fragile sericulture ecosystem and push thousands of marginal farmers into economic distress.

They cautioned that if the move is not withdrawn immediately, affected stakeholders from across Kashmir will be forced to assemble and launch mass protests in front of the Civil Secretariat and the Legislative Assembly.

They also recalled that the sericulture sector in Jammu and Kashmir, once a symbol of cultural heritage and rural prosperity, has suffered repeated setbacks due to land diversions and encroachments by other departments. Such actions, they said, have repeatedly undermined government efforts aimed at reviving the sector.

The employees pointed out that substantial public funds have been invested at the Alochi Bagh complex under major government initiatives, including the Prime Minister's Special Package, NABARD projects, the Holistic Agriculture Development Programme and Silk Samagra. These investments, they said, were made to strengthen sericulture as a sustainable livelihood option.

They expressed concern over the reported reliance on an old 2018 government order to revive the proposal, noting that the transfer had earlier been stalled after authorities acknowledged the site's infrastructure, public investment and socio economic importance. KNT



Suspected Human Remains Bring Gandbal Boat Tragedy Back into Focus

Observer News Service

Srinagar: Nearly two years after the Gandbal Srinagar boat tragedy that claimed eight lives and left an entire locality in mourning, grief returned to the banks of the Jhelum on Sunday.

Locals stumbled upon what appeared to be "a human foot emerging from the sand" near the same stretch of river, a chilling discovery that has once again reignited memories of the 2024 tragedy.

The "human foot" spotted by residents engaged in sand collection triggered shock and sorrow in Gandbal Srinagar, a riverside settlement still haunted by the April 2024 disaster.

Authorities were immediately alerted, and by Monday morning, the Indian Navy's elite MARCOS (Marine Commandos) joined a renewed search operation along the Jhelum to trace the source of the remains.

"We were clearing sand when one of us noticed something that looked like a human foot," a sand collector, one of the first to spot the remains, told KNO. "It was half-buried, pale and stiff. For a moment, everything around us froze. All we could think of was that night."

Officials said the suspected human



For many in Gandbal, the find has reopened old wounds, particularly for the family of Showkat Ahmad Sheikh, the 40-year-old mason who went missing when the overloaded boat ferrying children and women capsized midstream on April 16, 2024.

remains have been sent for forensic examination to confirm their origin and its identification.

"The MARCOS and SDRF are jointly scanning the river stretch and adjoining banks," an official said, adding that the search continued through Monday evening while visibility remained good and would resume Tuesday morning.

For many in Gandbal, the find has

reopened old wounds, particularly for the family of Showkat Ahmad Sheikh, the 40-year-old mason who went missing when the overloaded boat ferrying children and women capsized midstream on April 16, 2024.

"We never saw his body," said Rafiq Begum, a resident of Gandbal, her voice trembling. "We performed his funeral without a grave. When we heard about the foot, we prayed it might finally give us an answer."

Despite massive rescue operations that year involving the State Disaster Response Force (SDRF), National Disaster Response Force (NDRF) and MARCOS, Showkat's body was never recovered. For months, his family kept visiting the river, hoping it would one day return what it had taken.

On Monday, the familiar sight of uniformed divers, rescue boats and cordoned riverbanks brought the tragedy back to life. Locals stood in silence as the MARCOS commandos began scanning the muddy waters under a cold winter sun.

"This river has never stopped whispering about that night," said another resident of Gandbal. "Maybe it is time it finally tells us the truth."

Vendors Caught Selling Adulterated Honey, Ghee items

Observer News Service

Srinagar: Officials of the Food Safety Department J&K on Monday busted a group of vendors allegedly selling fake honey and ghee under the label of pure Kashmiri brand along roadside stretches in the Barthana Qamarwari area of Srinagar.

A senior official from the Food Safety Department told KNT that actionable inputs were received about three days ago, following which the suspects were kept under close surveillance. Acting on the information, food safety sleuths conducted an early

morning operation and seized quantities of suspected fake honey and ghee at around 8 am.

The official said the group comprised individuals hailing from Rajasthan and Bihar who were operating without any registered manufacturing unit. Instead of a factory setup, the accused were functioning as scattered roadside sellers, targeting pedestrians and passersby by falsely branding their products as pure Kashmiri food items.

The official said that the adulterated products were being sold on footpaths and along busy road stretches to mislead consumers, especially visitors and locals seeking traditional Kashmiri

produce. The seized items have been sealed and samples have been forwarded to the laboratory for detailed analysis to ascertain their quality and composition.

He added that further action will be initiated strictly under food safety laws once laboratory reports are received. He also warned that selling adulterated or misbranded food items poses serious health risks and such practices will not be tolerated.

The Food Safety Department has urged the public to remain cautious while purchasing food items from roadside vendors and to report any suspicious activity to authorities for prompt action.

Office Of The Executive Engineer Sub Transmission Division Ganderbal KPDCL

NOTICE INVITING TENDER

For and on behalf of the Managing Director, KPDCL Jammu and Kashmir UT, e-Tenders (In Two Cover System) are hereby invited from Registered (A- Class) Electrical Contractors registered with J&K Government, Central Public Works Department, Railways and other state/central governments for "SITC of 11kV VCB panel along with allied equipment for Water supply Scheme Muradpora Canal Colony Mangnipora Bandipore at Receiving Station Aloosa."

Important Dates and Events

e-NIT No	STD/GBL/30 of 2025-26 Dated: 12-01-2026
The Standard Bidding Document can be downloaded over http://jktenders.gov.in as per schedule given below:	
A	Date & Time of downloading of Standard Bidding Document
B	Clarifications start date
C	Clarifications end date
D	e-Bid submission (start) date & time (Submission of e-bidder fee, EMD and other supporting documents in PDF/XLS)
E	e-Bid submission (end) date & Time
F	Online Commercial and Technical e-Bid opening date & Time
G	Online financial e-Bid opening date & time (Only of the technically qualified bidders)
H	Venue of opening of technical & financial e-Bids
I	Cost of e-Bid document
J	Advertised Cost
K	Amount of Earnest Money Deposit
L	Status of Funds
M	Validity offer
N	Time of Completion

The tender document can be downloaded from website jktenders.gov.in "Corrigendum, if any, would appear only on the jktenders.gov.in website. Sale of physical tender document is not applicable. No price shall be submitted offline in any form. Bidder can modify his bid before last date of submission of online bid. After the last date of submission of online bid, no claim of bidder shall be entertained.

No: STD/GBL/Ts/1295-1300

Date: 12-01-2026

DIPK-NB-2996/25

dated: 12-01-2026

SD/-
Executive Engineer,
STD Ganderbal

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

AIRPORTS
SHIEKH UL ALAM AIRPORT: 01942303311

RAILWAYS

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

HIGHWAY STATUS

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

HIJRI CALENDAR

23 Rajab
1447

PRAYERS	
FAJR	6: 08
ZUHR	12:36
ASR	4: 04
Magrib	5:46
ISHA	7: 11

This Day In History

- 532- Nika riots begin in Constantinople, a revolt against Byzantine Emperor Justinian I that leaves half the city burned and thousands dead. The riots were prompted by the failed execution of chariot racing supporters and only stopped after Empress Theodora refused to flee, forcing her husband to act decisively.
- 888- Odo (Eudes), Count of Paris, succeeds Charles III the Fat to become King of West Francia (888-898)
- 1099- Crusaders set fire to Mara, Syria
- 1610- Galileo Galilei discovers Callisto, 4th satellite of Jupiter
- 1865- Second Battle of Fort Fisher: A force of 58 Union ships and over 8,000 troops converge on Fort Fisher, North Carolina
- 1874- Battle between jobless and police in NYC leaves 100s injured
- 1874- US troops land in Honolulu to protect the king
- 1888- The National Geographic Society is founded in Washington, D.C. for "the increase and diffusion of geographic knowledge" [1]
- 1893- British Independent Labour Party forms (Keir Hardie as its leader)
- 1894- Revolution in Sicily crushed by government troops
- 1911- South Africa cricket team's 1st win over Australia, at Adelaide
- 1915- Earthquake in Avezzano, Italy kills 29,800
- 1915- Winston Churchill, First Lord of the Admiralty, presents plan for assault on Dardanelles
- 1917- Ammunitions ship explosion at Ekonomiiia port near Archangel, Russia kills many and injures hundreds
- 1917- Train at Ciurea station in Romania catches fire and explodes, between 800-1,000 die, making it the third worst rail accident in history
- 1927- US & Mexico battle over oil interests
- 1935- Plebiscite in Saar indicates a desire (90.3%) to join Nazi Germany
- 1938- The Church of England accepts the theory of evolution
- 1939- The Black Friday bush fires burn 20,000 square kilometres of land in Australia, claiming the lives of 71 people.
- 1942- World War II: First use of aircraft ejection seat by a German test pilot in a Heinkel He 280 jet fighter
- 1958 - 9,000 scientists of 43 nations petition UN for nuclear test ban
- 1964 - Hindu-Muslim rioting breaks out in the Indian city of Calcutta - now Kolkata - resulting in the deaths of more than 100 people.
- 1975 - Henry Kissinger hints at military action against oil countries in case of "actual strangulation of the industrialized world" in the wake of oil shock
- 1976 - Future undisputed world middleweight boxing champion Marvin Hagler suffers his first career loss in a controversial 10-round majority decision to Bobby Watts at the Philadelphia Spectrum
- 1978 - NASA select its first American women astronauts
- 1991 - UN Secretary-General Javier Pérez de Cuéllar meets with Iraqi President Saddam Hussein
- 1992 - Japan apologizes for forcing Korean women into sexual slavery during World War II
- 1993 - STS-54 (Endeavour) launches into orbit
- 1993 - French, British, and US fighter jets launch bombing raids in southern Iraq
- 2000 - Microsoft chairman Bill Gates steps aside as chief executive and promotes company president Steve Ballmer to the position
- 2001 - Earthquake measuring magnitude 7.6 strikes El Salvador, killing more than 840 people
- 2002- In a controversial move, Marty Schottenheimer is fired as head coach of the Washington Redskins after just one season
- 2009- Global shipping experiences a drop in trade, as exports from South Korea dropping an annualised 30%, with Taiwan and Japan experiencing a 42% and 27% drop respectively
- 2012- Italian cruise liner Costa Concordia runs aground at Isola de Giglio, Italy, causing 32 deaths

PUBLIC NOTICE

It is hereby informed to the general public and all concerned that I, Fatima Rasool, bearing Account No. 0729040150005652 at J&K Bank, Branch Gadakhud Gamdo, am changing my personal particulars for banking records.

Previous details:

Fatima Rasool
D/O: Ghulam Rasool Malla
R/O: Najan, Sumbal, Sonawari

Present details:

Fatima Rasool
W/O: Mohammad Amin Dar
R/O: Reddi Mohalla, Rekh Buran

The above change is being made for all official and banking purposes. If anyone has any objection regarding this change, he/she may contact the concerned bank branch within 7 days from the date of publication of this notice. After the stipulated period, no objection shall be entertained.

SD/-
Fatima Rasool

NORTHERN RAILWAY

E-TENDER NOTICE

Tender Notice No: 433-Sig-T-67-25-26 Date:- 12.01.2026

Closing Date/Time 02.02.2026 15:00

Sr. DSTE/FZR acting for and on behalf of The President of India invites E-Tenders on <https://www.ireps.gov.in> against Tender Notice no. 433-Sig-T-67-25-26 Closing Date/Time 02.02.2026 15:00 Hrs. Bidders will be able to submit their original/revised bids up to closing date and time only. Manual offers are not allowed against this tender, and any such manual offer received shall be ignored. Contractors are allowed to make payments against this tender towards tender document cost and earnest money only through online payment modes available on IREPS portal like Net banking, debit card, credit card etc. Manual payments through Demand draft, Banker cheque, Deposit receipts, FDR etc. are not allowed.

NIT HEADER

Contract Type Works

Name of work	(i) Replacement of Old exchanges with Server based IP based exchange at stations over Firozpur Division of Northern railway.
	(ii) S&T work in c/w (i) Annual GM/NR inspection of SNL-ASR section over Firozpur division.(ii) CTR(P)-9.00 Tkm of existing track lead with 52kg rails of PSC-5 sleepers (1540/km) with 60kg(90/110 UTS) new rails on PSC wider seat sleepers 1660 nos./km (LWR) with raising ballast cushion 25 cm to 35 cm from km 0.00 to 9.00 on ASR-VKA section under DEN-III/FZR.

Tender Closing Date/Time 02.02.2026 15:00

Date/Time of Uploading Tender 10.01.2026 12:04

Advertised Value (Rs.) (i) 36779341.76 (ii) 9593865.05

Bidding Start Date as per IREPS 19.01.2026

Earnest Money (Rs.) (i) 333900.00 (ii) 191900.00

Period of Completion (i) 9 Months (ii) 4 Months

NOTE Tenderer should keep himself updated about the Tender amendments, Corrigendum, etc. by remaining in touch regularly with the website.

SERVING CUSTOMERS WITH A SMILE

119/26

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KO VIEW

Kashmir's New Professional

He starts his day with a routine that has little room for distraction. Emails, messages, and calls from different time zones come first, shaping the way the hours unfold.

He belongs to a generation that grew up in Kashmir but works in ways that stretch far beyond it, balancing ambition with caution and opportunity with careful judgment.

By mid-morning, he is at his laptop, often in a small apartment, sometimes shared with friends. He could be working for a startup, a local company serving clients nationwide, or a global firm that depends on his skill. The work is demanding, attention is constant, and every decision carries consequences that feel bigger than the task itself.

Outside the screen, his life is measured and methodical. Meetings with friends, professional networking, or even casual conversations are approached with thoughtfulness. He listens, observes, and participates, but always in a way that protects both his work and his personal life.

Relationships exist, but many are shaped by shared ambition and the realities of the environment he lives in.

He keeps an eye on the world while holding on to his roots. He dreams of moving to bigger cities or even abroad, but family, language, and memory anchor him to the valley.

His workplace contains reminders of who he is beyond the job: books he hasn't finished, sketches he still wants to complete, and notes of ideas that may one day find a bigger platform.

He embodies contradictions naturally: ambitious but careful, skilled yet thoughtful, flexible but grounded in identity. Every choice is weighed, and every success measured against personal standards and experience. Adaptation is constant, but he carries a sense of history and responsibility that guides him forward.

This is the new Kashmiri professional: capable, mobile, and reflective.

He is silently reshaping what it means to live and work in the valley, building a future that balances ambition with connection, action with thought, and progress with belonging.

His life defines a generation that is creating its own path, on its own terms, within the realities of today.

CASH COURSE

Read This Before You Buy Anything

Costly Care Trap

High health spending in Kashmir is draining families and distorting care.

Irshad Mushtaq

Kashmir spends big on healthcare, but patients are not getting value for money. In 2022, per capita health spending in the region stood at 4,336, well above the national average. The pharmaceutical market alone is worth up to 1,500 crore. This looks like progress, but on the ground, it tells a different story.

A growing number of patients report being pushed into buying costly, self-branded medicines prescribed by the same doctors who profit from them. In some cases, these drugs are available only at pharmacies linked to private hospitals or diagnostic centres run by the doctors themselves. Once a patient enters this system, exit options shrink fast.

This model rewards high margins, and marginalises established companies, whose medicines are widely trusted and often cheaper. For Kashmir's 2,800 registered drug dealers and distributors, fair competition becomes impossible. Quality loses out to branding and access.

The burden falls squarely on households. A serious illness can swallow a family's income for months. Money meant for education, housing or savings ends up at the pharmacy counter. For poorer families, one diagnosis can trigger long-term debt. When survival itself becomes expensive, talk of wellbeing rings hollow.

The problem is made worse by cash-heavy transactions. Consultation fees and medicine sales often stay off the books. This limits oversight and weakens public trust. A digital, cashless system would make dealings modern and visible.

None of this should be read as an attack on doctors as a group. Many in Kashmir continue to practise with honesty and restraint. They guide patients towards prevention, sensible treatment and clear choices. Their work deserves respect.

What is needed now is firm action. Promote preventive health, and encourage generic and widely available medicines.

Enforce rules that separate prescribing from selling.

The author is a Srinagar-based reputed financial advisor.

The Cost of Influencing Kashmir

As influencers gain power online, the line between expression and responsibility is thinning, and young minds are paying the price.



Nazakat Aslam

The digital world in Kashmir has grown faster than anyone imagined.

Phones, data plans, and social media platforms have turned everyday users into public voices.

Influencers now sit where teachers, storytellers, writers, and cultural thinkers once stood.

A single reel or video can reach thousands within minutes, shaping opinions, trends, and attitudes in ways that felt impossible not long ago.

This shift brings energy, creativity, and possibility, though it also brings serious questions about direction and intent.

Many creators deserve recognition. Several invest time in documenting local history, celebrating dialects, explaining traditions, and reflecting on everyday life in the valley.

Some highlight small businesses, neighbourhood cafés, street vendors, and family-run shops, helping them attract customers and stay afloat.

Content like this strengthens community bonds and builds pride without shouting for attention.

Digital storytelling, when handled with care, opens doors that once stayed shut.

The problem begins when popularity becomes the sole goal.

Influence gives power, and power asks for responsibility. A growing number of online personalities seem detached from this truth. Feeds overflow with exaggerated performances, reckless claims, and content designed mainly to provoke reaction.

Substance slips to the margins as spectacle dominates attention. Clarity gives way to confusion, and screens overflow with noise that offers little lasting value.

Obscenity, vulgar humour, and shock tactics often hide behind the language of freedom and engagement. Cultural boundaries blur, dignity weakens, and decency feels negotiable. Attention becomes currency, and any method that draws clicks appears acceptable. Meaning takes a back seat while reactions drive the engine.

Online conflicts add fuel to this fire.

Public feuds, accusations, call-outs, and staged controversies attract far more attention than thoughtful discussion. Numbers replace integrity, and empathy loses ground to outrage.



Influencers function as informal educators whether they accept the title or reject it. Their words, tone, and choices leave marks. Responsible creators can inform, preserve culture, and encourage curiosity. Careless ones reshape values in damaging ways. Influence without accountability does more than reflect poor judgment. It quietly molds what young people admire, imitate, and believe.

In this race for visibility, ethics bend easily. The louder the content, the faster it travels, and the cycle repeats.

Technology plays its own role in this shift. Algorithms reward engagement without weighing consequence. Content that sparks anger or curiosity spreads quickly, while layered conversations struggle to surface. Audiences adapt to what they see most often.

Over time, expectations change. Volume starts to feel like value. Shallow narratives feel normal. Misinformation blends into entertainment until the line becomes hard to see.

Young people stand at the center of this transformation. They do more than watch digital platforms. They live inside them.

Screens shape how the world looks, sounds, and feels. When irresponsible voices dominate online spaces, younger viewers absorb lessons without realizing it.

Visibility starts to feel equal to worth, while controversy begins to look like success.

Consumption habits follow this pattern. Content that shouts attracts more attention than content that explains. Credibility loses importance when excitement leads the way.

Algorithms amplify these preferences, feeding users similar material again and again. Over time, thinking slows, fact-checking fades, and reflection feels unnecessary.

Watching creators gain fame through insults, distortion, or manufactured drama sends a clear message.

Popularity comes from provocation, while respect feels optional.

This message influences how young users speak, post, and imagine their own online presence. Creation turns performative, and dialogue turns combative.

Cultural understanding also suffers in this process. Simplified and misleading portrayals of Kashmir circulate widely, stripped of depth and context. Reels and short videos flatten complex histories into digestible fragments.

Language, traditions, and collective memory appear distorted or reduced to trends. Young people encountering these images often meet diluted versions of their own identity.

Learning gives way to spectacle, and depth fractures into algorithm-friendly pieces.

This environment trains attention spans and moral judgment. Constant exposure to exaggerated conflict lowers tolerance for nuance while raising comfort with misinformation.

Scrolling becomes habitual, and the influence runs deeper than it appears on the surface.

Influencers function as informal educators whether they accept the title or reject it. Their words, tone, and choices leave marks.

Responsible creators can inform, preserve culture, and encourage curiosity. Careless ones reshape values in damaging ways.

Influence without accountability silently molds what young people admire, imitate, and believe.

Despite all this, the digital space in Kashmir still holds promise.

Creativity, storytelling, and connection remain possible. The question lies in which voices grow louder and which values guide them.

The future of online culture depends less on technology and more on the choices people make when the camera turns on.

The author is pursuing Masters in Journalism and Mass Communication at IUST. She can be reached at nazakataslam7@gmail.com.

Letter to Editor

Cholesterol in Kashmir Is a Health Crisis and a Tech Opportunity

Doctors in Kashmir report a steady rise in patients with high cholesterol, and the reasons are no mystery.

Long winters push people indoors, daily movement drops, and meals often rely on meat, rice, oil, and salt to cope with the cold. Over time, these patterns silently shape health outcomes.

Medical research backs up what clinicians see every day.

Population studies from the region show widespread lipid imbalance, including high total cholesterol, elevated triglycerides, and low levels of protective HDL cholesterol. What raises concern is how early these trends appear.

Children and teenagers already show markers that were once associated with much older adults. Researchers and cardiologists point to a mix of diet changes, reduced physical activity, smoking, and weight gain as key drivers. Cholesterol has shifted from being an occasional issue to a widespread public health challenge.

The story becomes more intriguing when the lens shifts away from hospitals and toward laboratories.

At the Institute of Nano Science and Technology in Mohali, scientists are exploring cholesterol from a completely different angle. Their work shows that cholesterol can help control electron spin, a quantum property central to spintronics, an emerging field that could reshape how electronic devices store and process information.

Unlike conventional electronics that rely on electric charge, spintronics uses electron spin, which allows devices to run faster while consuming less energy.

Cholesterol plays a role here because of its molecular structure. The molecule has a natural handedness, known as chirality, which affects how electrons move through it.

At the nanoscale, this property allows cholesterol-based materials to filter electrons by spin direction. By adjusting the type and amount of metal ions mixed with cholesterol, researchers can

fine-tune this behaviour using chemical methods rather than complex hardware or strong magnetic fields.

This scientific direction matters because modern computing faces a growing energy problem.

Data centers powering artificial intelligence, cloud platforms, and communication networks draw massive amounts of electricity and release large amounts of heat. Traditional electronics struggle to break this cycle.

Spintronics offers a way forward, and cholesterol-based materials could make these systems more adaptable and easier to scale.

The contrast is hard to ignore. One side of the story links cholesterol to blocked arteries, heart disease, and rising healthcare pressure. The other side links the same molecule to efficient computing and future-ready technology.

One context demands control through better diets, regular movement, and early health screening. The other demands innovation through science that

blends biology with physics.

This contrast also carries a wider lesson. Kashmir faces a significant need to address lifestyle-related health risks without ignoring cultural realities.

Clear public awareness, accessible testing, and long-term prevention strategies are essential.

At the same time, research coming out of Indian laboratories shows how biological molecules can influence global technology debates in unexpected ways.

Cholesterol does not belong to a single narrative. It signals medical risk in everyday life while offering technological promise in scientific research.

Seeing both sides together moves the discussion beyond fear or fascination.

One molecule now sits at the intersection of health and innovation, shaped entirely by how society chooses to respond.

Sincerely,

Mohammad Hanief
m.hanief@gmail.com

Building in the Shadow of Pseudo-Activism

A viral video in Jammu opens a window into how self-styled activism is slowing infrastructure work in Jammu and Kashmir, raising costs and testing public trust.

Peerzada Mohsin Shafi

One morning, a video appeared on a local digital portal in Jammu.

Shot outside a well-known hotel, it suggested wrongdoing but offered no evidence.

Within hours, messages arrived demanding the video be removed in exchange for payment.

Police intervened soon after, registering a case of extortion and harassment.

The clip vanished, but the episode stayed as a signal of a wider pattern taking shape across Jammu and Kashmir.

Infrastructure work in the region has gained pace in recent years. Highways are being widened to cut travel time through difficult terrain. Hydropower projects are rising in river valleys rich with potential. Rural roads under national schemes are reaching villages that once depended on seasonal access.

These projects shape daily life by linking markets, improving services, and opening paths to work. They represent a long-awaited shift from isolation to connection for many communities.

Each new project, though, seems to attract a familiar set of visitors.

They arrive as concerned citizens, activists, or community voices. Public good frames their message, but private interest often drives their action.

Contractors describe early visits that begin with questions and end with demands. Money, jobs, or special treatment is sought in return for cooperation. Refusal brings threats of protests, complaints, or online campaigns designed to cause trouble.

Environmental care, labour rights, and cultural protection form the language of these claims.

These concerns deserve space and respect, especially in a sensitive region. Problems arise when accusations stretch facts or when technical judgments come from people without training or accountability.

Construction firms have faced pressure to hire workers with no skills or accept changes that disrupt planning. Hydropower projects in the Chenab Valley have reported repeated interference over labour arrangements, pushing deadlines further and raising expenses.

Digital platforms have magnified this pressure.

A single post can gather attention faster than any official response. Fake profiles repeat the same claims, making a small issue look widespread.

Some online portals operate without editorial checks, publishing content that draws clicks before verification. Even transparency laws have faced misuse through repeated applications aimed at harassment rather than information.

The case in Jammu is not alone.



In Baramulla, a man posing as a journalist threatened municipal staff and project supervisors, offering silence in return for cash. Police later arrested him on charges linked to intimidation and extortion.

Similar incidents reported elsewhere show how unchecked platforms and borrowed titles allow individuals to pressure officials and companies.

Businesses take the hit, public work slows, and genuine journalism loses ground.

The cost of this pseudo-activism is big.

Project teams spend time responding to threats instead of meeting targets. Budgets stretch as work stalls. Investors grow cautious when interference feels unpredictable. Public funds carry the burden, and citizens grow frustrated as promised timelines slide.

Development loses momentum due to sustained pressure from those misusing civic language.

A formal system to register and accredit groups raising project concerns would help separate credible voices from opportunistic ones.

A structured grievance platform, with clear timelines and evidence-based review, could address complaints without letting parallel campaigns disrupt work.

Defined standards for activism, media conduct, and public engagement around development projects would set boundaries.

Penalties for coercion, extortion, misrepresentation, and procedural abuse would deter misuse.

Speedy handling of such cases would signal that intimidation brings consequences.

Accreditation norms for journalists and activist groups would fur-

ther strengthen trust.

Open access to information remains essential. When project details, environmental clearances, land plans, and community consultations are easy to find, false claims lose force.

Contractors and officials also need protection from harassment so work can proceed without fear.

None of this undermines real activism. Responsible civic voices have improved policy, protected workers, and strengthened accountability. Their role remains vital.

The aim is to protect that space while stopping its misuse.

Back in Jammu, the hotel looks much the same as it did before the video appeared. Construction nearby has moved on, slower in tone, more alert in mood. The work never stopped, but the atmosphere

around it changed.

What began as a short clip and a demand showed how easily a project can be pushed off course.

A single post was enough to shift attention away from steel, concrete, and timelines toward threats, explanations, and damage control.



RESPONSIBLE CIVIC VOICES HAVE IMPROVED POLICY, protected workers, and strengthened accountability.

Their role remains vital. The aim is to protect that space while stopping its misuse.

The future of such projects will rest on clear rules, open access to facts, and a firm separation between genuine public concern and private pressure disguised as activism.

— The author is an infrastructure columnist from Anantnag. He writes on development, public policy, and governance, and can be reached at mssf21@gmail.com.

WHETHER FUTURE PROJECTS MOVE FORWARD WITH CONFIDENCE WILL DEPEND ON

HOW FIRMLY RULES ARE SET, how

openly information is shared, and how clearly the line is drawn between public interest and private pressure.

They Called Her Fruitless

After years of being judged and silenced for not having children, a young Kashmiri woman rebuilt herself through work, nature, and courage to reclaim her story.

Gowher Bhat

Ruksana left her marital home before sunrise, carrying a small bag and five years of pain.

There was neither argument nor shouting, and no dramatic farewell.

She walked away because her life had become too hard to bear. And infertility was only part of it.

The constant blame, endless work, and judgment from others made every day unbearable.

She comes from Vailoo, Kokernag, where orchards and paddy fields stretch toward the horizon, and tradition shapes every step of a woman's life.

She married at thirty-two, believing that love and patience would create a strong foundation. She expected motherhood to arrive naturally.

It did not.

The first year passed with gentle advice. "People told me to wait," she remembered.

By the second year, questions emerged. And by the third, judgment had hardened.

Hospital visits, blood tests, scans, and consultations followed.

Doctors explained that infertility can affect men and women equally, sometimes both, but at home, only one person carried the blame.

"In that house," Ruksana said, "I was the problem."

Her name faded under labels: useless, fruitless.

Words that once shocked became routine, spoken during meals or whispered just loudly enough to cut.

Relatives arrived and asked, "Five years and still nothing?"

Each question weighed like a trial. Infertility became a reflection of her value as a woman rather than a medical condition.

Amid the blame and bitterness, she managed the household, cooked, cleaned, and did the laundry. She also worked in the orchards, harvested paddy, and cut grass for the

livestock. Her hands carried every one else's burdens, and her body was expected to provide for all.

"Since I could not give them a child," Ruksana recalled, "I had to make up for it with work. Rest was not allowed."

Her husband said little beyond telling her to be patient, and in that house, patience itself became a form of punishment.

Infertility affects men and women nearly equally. In India, around 10 to 15 percent of couples experience difficulty conceiving. Male infertility remains rarely discussed, leaving women to bear the visible burden. They are monitored, blamed, and judged while men escape scrutiny.

Ruksana's mind began to break under the pressure.

She could not sleep, lost her appetite, and her weight dropped. She spoke less and cried in secret, shutting herself away to hide the pain.

"I felt like I was disappearing even to myself," she said.

At night, questions filled her mind: why was she the only one blamed, why was he never questioned, and was marriage only about having children?

She had devoted five years to this life. She cared for her husband when he was sick, nursed his parents, worked in fields, and upheld every expectation.

"When I needed understanding," she said, "no one stood by me."

One evening, after prolonged humiliation, she reached a breaking point.

She harmed herself in distress. "I was not trying to die," she said, "I just wanted the pain to stop."

She lost consciousness and was rushed for medical attention. Her husband apologized. For a short while, she believed things might change.

But change did not last.

The same stinging words returned, followed by the same sickening treatment.



SHE LEARNED THAT MOTHERHOOD DOES NOT DEFINE HER VALUE, that love cannot be measured by children, and that

her own life is worth claiming. "If a marriage cannot survive without children," she said, "then we must ask what marriage is truly meant to be.

The final moment came during a family gathering, when one relative said aloud, "What is the use of keeping her in this house?"

No one objected.

That night, Ruksana packed a bag. "I am not a machine made to produce children. I am a human being," she

said, and left before dawn.

Returning to her parents' home brought safety. People noticed. Some expressed sympathy. Others suggested her life was over. She stayed indoors at first, weighed down by shame. Depression settled in, and every day felt heavier than the last.

Recovery began in the orchards and fields of her family.

Her father asked her to help, and reluctantly, she agreed. She watered plants, tied branches, and cut grass for cows.

The earth, as she explains it, did not ask her questions or judge her.

The physical work, the sun, the seasons, and the growth under her hands became therapy.

Mental health experts recognize that meaningful engagement with work and nature can heal trauma, offering structure, purpose, and strength.

"When something grows under your care," Ruksana said, "it reminds you that you are not useless."

Slowly, she rose earlier, chose the orchards over isolation, and rebuilt herself.

Ruksana also stitched clothes at home for a small income and attended counseling whenever possible.

The dark days still come, but they no longer define her. "I am not fully healed," she said, "but I am no longer broken."

Marriage, love, and life still hold many questions, but what matters most is saving herself.

Standing in her family orchard, she smiled softly. "These trees do not know my past," she said. "They only know how I care for them."

Ruksana discovered that life is more than the judgments of others. She found purpose, strength, and courage in the work of her hands, the growth of plants, and the care of land that asked nothing in return.

She learned that motherhood does not define her value, that love cannot be measured by children, and that her own life is worth claiming.

"If a marriage cannot survive without children," she said, "then we must ask what marriage is truly meant to be."

— The author is a Pulwama-based educator, and can be reached at gowherbhat866@gmail.com

CS Sets Feb' 15 Deadline To Ensure Functional Girls' Toilets In All Govt Schools

Observer News Service

Jammu: Chief Secretary, Atal Dulloo Monday reviewed the status of availability and functionality of toilet facilities for girl students in government schools across J&K.

The meeting was attended by Additional Chief Secretary, Public Works Department (PWD), Secretary, School Education Department, the Directors of School Education, Chief Engineers, and other senior officers concerned.

During the review, the Chief Secretary assessed the infrastructure created under various schemes aimed at ensuring adequate sanitation facilities for girl students, emphasizing that access to clean and functional toilets is a critical factor in promoting attendance, retention and dignity of students in schools.

The Chief Secretary took a detailed assessment of the number of toilets constructed, those under execution and their present functional status. He stressed that mere creation of infrastructure is not sufficient and underlined the need to ensure that all existing toilets are fully functional, with assured water supply and other allied utilities.

Directing strict adherence to timelines, the Chief Secretary instructed that all ongoing works related to construction and upgradation of girls' toilets must be completed by 15th February. He further asked the School Education Department to ensure that toilets already constructed are made operational in every respect well before the stipulated deadline.

To ensure effective implementation at the ground level, the Chief Secretary ordered the constitution of zone-level committees, comprising officers from both the School Education Department and the Roads & Buildings (R&B) Department.



These committees will conduct joint inspections of schools to identify gaps, assess repair and improvement requirements, and oversee execution of necessary works to make the facilities fully functional.

The Chief Secretary underscored that access to clean and functional sanitation facilities is essential for creating a safe, inclusive and girl-friendly learning environment and called for close inter-departmental coordination and continuous monitoring to ensure timely completion and sustained maintenance of the facilities.

During the meeting, Additional Chief Secretary, PWD, Shri Anil Kumar Singh, informed that the department is committed to completing all assigned works within the prescribed timeframe. He added that in locations where conventional construction is not feasible within the deadline, prefabricated toilet structures

will be installed to ensure availability of facilities well before the stipulated date.

Giving a detailed presentation, Secretary, School Education Department, Ram Niwas Sharma, informed that out of a total of 18,724 government schools across the Union Territory, 18,023 schools (99.25%) have separate toilets for girls, while just 1,321 schools (7.1%) are presently without such facilities.

It was also informed that construction of 265 girls' toilets is currently under execution, while the remaining 1,056 schools without separate toilet facilities for girl students are being taken up in a time-bound manner. These works will be completed before the start of the academic session in winter-zone areas and by 15th February in summer-zone schools across the Union Territory.

Show of Strength as Pro-Govt Rallies Fill Iran Streets

Agencies

Tehran: In a show of support for the government, tens of thousands of Iranians poured into the streets of Tehran and other major cities on Monday, as authorities moved to project strength and unity after weeks of unrest rooted in economic hardship and fuelled by the US and Israel.

State television broadcast images of large crowds moving toward Enghelab Square in the capital, waving national flags and chanting slogans in support of the Islamic Republic and its leadership. Similar rallies were reported across the country, with events beginning at 2:00 p.m. local time in most provinces, while some regions saw gatherings earlier in the morning.

Iranian media described the rallies as an "Iranian uprising against American-Zionist project", framing the demonstrations as a response to what officials characterise as foreign-backed attempts to destabilise the country. The broadcasts emphasised participation from "all walks of life", portraying the rallies as proof that the government retains popular support despite days of unrest.

The pro-government mobilisation followed more than two weeks of unrest that erupted over Iran's struggling economy, inflation, and unemployment. While some of the initial demonstrations were peaceful, particularly those involving shopkeepers and workers, they later turned violent, with officials accusing the United States and Israel of exploiting legitimate economic grievances to incite



chaos.

Foreign Minister Abbas Araghchi earlier claimed that the unrest had been contained, a message reinforced by Monday's nationwide rallies. Speaking to foreign diplomats in Tehran, Araghchi alleged that the protests "turned violent and bloody to give an excuse" for potential U.S. military intervention. He said violence spiked over the weekend but insisted the "situation is now under total control."

Foreign Minister directly linked the violence to recent remarks by U.S. President Donald Trump, who warned Washington could take military action if what he called "peaceful protesters" were harmed. According to Araghchi, such statements emboldened what he described as "terrorists" to attack both demonstrators and security forces in order to provoke foreign involvement. "We are ready for war but also for dialogue," he said.

Iranian officials further claimed to possess video evidence showing weapons being distributed among protesters, with Araghchi saying confessions from detainees would soon be released. He added that security forces would "hunt down" those responsible for the violence.

Senior leaders echoed this narrative throughout the day. Supreme Leader Ayatollah Seyyed Ali Khamenei, speaking

on Friday, warned that Iran "will not back down against vandals", urging national unity in the face of external threats. President Masoud Pezeshkian, in a televised interview on Sunday, stressed the distinction between protest and rioting, saying that while peaceful dissent is acceptable, insecurity and violence are not. He also accused the United States and Israel of training and supporting rioters.

Parliament Speaker Mohammad Baqer Qalibaf similarly said Iran recognises the right to peaceful protest but would respond decisively to what he termed "armed terrorism". The judiciary pledged strict action against those involved in vandalism and bloodshed, vowing no leniency for foreign-backed elements.

Vice President Mohammad-Reza Aref went further, describing the unrest as the "second phase" of Israel's war against Iran following a 12-day conflict in June. Addressing a government economic meeting, Aref said enemies had deliberately targeted Iran's economic reforms and destabilised markets, adding that the arrest of key "agents" forced adversaries to accelerate their plans, leading to recent violent incidents.

Parliament Speaker Mohammad Baqer Qalibaf similarly said Iran recognises the right to peaceful protest

but would respond decisively to what he termed "armed terrorism". The judiciary pledged strict action against those involved in vandalism and bloodshed, vowing no leniency for foreign-backed elements.

The government has declared three days of national mourning for those it calls "martyrs" killed during the unrest, including members of the security forces. According to the semi-official Tasnim news agency, 109 security personnel have died. Authorities have not released an official figure for civilian deaths, while opposition groups abroad claim dozens of protesters have also been killed.

Despite the large rallies, reports of sporadic unrest continued. The Fars news agency said limited protests and "riots" occurred Sunday night in several Tehran neighbourhoods, as well as in parts of Chaharmahal and Bakhtiari province and the city of Taybar near Mashhad. Security forces dispersed the gatherings, and Fars reported that most other regions remained calm.

Participants in Monday's rallies expressed loyalty to the Islamic Republic while acknowledging economic difficulties. "We face economic hardships and will continue to raise our demands, but we will not tolerate anyone from outside dictating anything to us," said Fatemeh, a demonstrator in Tehran. Another participant, Mohammad Ali Abbasi, said he attended to honour fallen security forces and to signal support for Ayatollah Khamenei, vowing that "Americans and Zionists" would not succeed in destabilising Iran.

While Iranian officials insist the unrest was fading and blame foreign interference for the violence, underlying economic grievances—exacerbated by crippling U.S. sanctions on Iran's central bank and oil exports—remain unresolved, suggesting tensions may persist despite the show of unity on the streets.

CONTD. FROM FRONT PAGE

Assembly Budget

account for 18 working days of the Assembly, during which the budget for the financial year 2026-27 will be presented along with the Supplementary Statement of Expenditure for 2025-26. Both will be tabled by the Chief Minister on February 6.

As per the Assembly calendar, March and April will have five and four working days respectively.

The Assembly Secretariat has also issued timelines for legislative business, requesting members not to submit more than 10 starred and 10 unstarred questions by January 12. MLAs have been asked to submit not more than two Bills by January 15 and up to four resolutions by January 17.

Reforms To Continue

after chairing a comprehensive review meeting of the Jammu district, Omar said January and February were not the right months for taking major financial decisions, as any fresh allocations made during this period would lapse by March.

"We have reviewed the situation in the meeting. Major decisions will be incorporated in the next Budget. A substantial portion of the funds allotted to the district has already been utilised, and we are now addressing minor gaps," the chief minister said.

Omar walked nearly half a kilometre from his official residence on Wazarat Road to the deputy commissioner's office, where the meeting was held. The review was attended by Deputy Chief Minister Surinder Choudhary, cabinet ministers, Chief Secretary Atal Dulloo, and MLAs from the Jammu district.

Acknowledging the Union Territory's strained finances, Omar said support from the central government would be welcome. "As much help from the Centre would be good because the financial position of Jammu and Kashmir is not strong. We will continue with last year's budget framework, carry forward ongoing schemes, and introduce some new initiatives," he said.

He also urged patience on details of the upcoming budget. "It is not possible that I will stand here and start telling you about the budget," he added.

Responding to allegations of discrimination against Jammu over the proposed National Law University and the demand by the Bharatiya Janata Party to shift it from Kashmir to Jammu, the chief minister rejected the charge.

"When Jammu got institutions like IIT and IIM, what did Kashmir get? At that time, nobody talked about equality or raised objections that one institution should come up in Jammu and another in Kashmir," Omar said.

He clarified that no decision had yet been

taken on the location of the National Law University. "Leave this decision to us. No decision has been taken so far on where to locate it. Let us take a decision, and then we will see," he said.

Collective Responsibility

the youth to harness the power of art for positive change, Sinha said art acts as both a mirror and a guide for society. He urged young people to embrace artistic expression as a means to preserve cultural identity while contributing meaningfully to the vision of a developed India.

During the event, the Lieutenant Governor inaugurated a painting exhibition and felicitated several artists for their contributions.

Among those present were Padma Shri Dr S P Varma, Principal Secretary Culture Brij Mohan Sharma, Regional Director IGNCIA Shruti Awasthi, Director Archives K K Sidha, Secretary JKAACL Harvinder Kour, Secretary Kala Kendra Jammu Javid Rahi, along with senior officials, prominent artists and citizens from different walks of life.

Class 10th,

had also informed that 660 students from Kargil and 95 from Leh district were enrolled for the examinations.

Earlier, the BOSE secretary had said that nearly 95,000 students were registered to appear in the Class 10 examinations and that adequate arrangements, including the establishment of 994 examination centres, were put in place.

Meanwhile, JKBOSE had announced a 15 percent syllabus relaxation for students of Classes 10, 11, and 12 appearing in the annual regular 2025 examinations.

In a notification, the Director Academics of JKBOSE said the decision was taken following recommendations from the Directorate of School Education Kashmir and the Directorate of School Education Jammu, as well as representations from other stakeholders, citing delayed commencement of the academic session and disruptions caused by heatwaves, torrential rains, cloudbursts, and floods.

As per the notification, students appearing in the annual regular examinations in the Kashmir division and winter zone areas of the Jammu division, including the Union Territory of Ladakh, will be required to attempt 85 percent of the syllabus, which will be treated as equivalent to 100 percent marks, thereby availing a 15 percent syllabus relaxation.

Bhushan Bazaz

understanding among the diverse communities of Jammu and Kashmir.

As founder of the JKDF, he articulated a vision rooted in democratic values, non-violence and inclusive engagement, and was known for

his thoughtful interventions on issues concerning society, identity and coexistence.

He is survived by his wife and son.

His demise marks the end of an era and a significant loss to the social and intellectual life of Kashmir.

Meanwhile, Mirwaiz Umar Farooq, who is close to Bazaz family, condoled his demise.

"Deeply saddened by the death of Pandit Bhushan Bazaz, son of the renowned Pandit Premnath Bazaz. Bhushan uncle was a close friend of my father and was a fatherly figure in my life. He was a true champion of Kashmiri values, his sincerity, his love, warmth and acceptance will always be with me. His death is a great personal loss for me and our family," Mirwaiz wrote on X.

He expressed his heartfelt condolences and sympathy to his son Kalhan and other members of the Bazaz family.

Dry Weather Likely

forecast, cold wave conditions continued across Jammu and Kashmir and Ladakh, disrupting normal life and business activity, though minimum temperatures across most areas showed a marginal improvement compared to the previous day.

As per data available with the news agency Kashmir News Observer (KNO), Srinagar recorded a minimum temperature of minus 2.4 degrees Celsius, up from minus 5.2 degrees Celsius a day earlier. Qazigund registered minus 3.6 degrees, improving from minus 5.8 degrees, while Pahalgam recorded minus 3.4 degrees, compared to minus 7.6 degrees on Sunday.

Pulwama remained among the coldest places in the Kashmir Valley at minus 6.5 degrees Celsius, though it was warmer than the previous night's minus 7.7 degrees. Shopian recorded minus 5.2 degrees, improving from minus 8.6 degrees, while Kupwara settled at minus 3.7 degrees, up from minus 5.6 degrees.

Gulmarg, the ski resort, recorded a minimum of minus 3.4 degrees Celsius, compared to minus 6.2 degrees a day earlier.

In the Jammu region, minimum temperatures largely hovered above freezing, though dense fog continued to disrupt early morning vehicular movement. Jammu city recorded a low of 3.4 degrees Celsius, slightly lower than Sunday's 4.0 degrees, while Banihal registered 5.1 degrees, down from 7.1 degrees.

Samba recorded 0.7 degrees Celsius, improving from minus 0.7 degrees, while Rajouri saw temperatures rise to 0.8 degrees from minus 1.6 degrees.

Ladakh remained the coldest region, though temperatures there also showed a slight rise. Leh recorded minus 10.8 degrees Celsius, compared to minus 13.4 degrees a day earlier, while Hanle registered minus 15 degrees, up from minus 16.3 degrees. Kargil recorded minus 9.3

degrees, improving from minus 12.3 degrees.

Officials said dense fog across the plains of Jammu severely affected early morning traffic, while markets witnessed thin attendance as residents preferred to stay indoors due to harsh cold conditions.

Before The Hospital,

pressure, and begin stroke care on the way. Without them, patients travel unmonitored, turning the road into lost time. Some reach hospitals too late simply because care never began.

Paramedics also play a decisive role in choosing the right hospital and alerting staff before arrival.

When these steps are missing, minutes are wasted on wrong turns, limited assessments, referrals, and repeat journeys.

In much of the world, trained paramedics decide the destination, stabilize patients en route, and bypass facilities that cannot provide definitive care.

This system is still developing in the valley, and each delay costs lives.

Hospitals, beds, and specialists are often the focus of public debate, but the most critical care happens before a patient arrives.

Advanced emergency systems prepare hospitals for incoming patients, but many arrive without notice, sometimes twice, first at the wrong place, then at the right one.

The Golden Hour cannot survive such inefficiency.

This gap is as much social as systemic. Governments must strengthen ambulance networks, train paramedics, and place AEDs in public spaces, but public awareness matters as much.

People need to understand when moving a patient can worsen injuries, how to recognize chest pain, breathlessness, stroke symptoms, or cardiac arrest, and whom to call immediately.

The first step in preserving life often begins with the bystander.

In India, timely care carries constitutional weight. The Supreme Court's 1989 ruling in *Parmanand Katara vs Union of India* declared that preserving human life outweighs procedural or legal concerns.

Every doctor has a duty to provide emergency care. Linking emergency care to Article 21 affirms access to immediate medical assistance as a fundamental right and recognizes that delay itself can amount to denial of care.

Emergencies arrive without warning, and the Golden Hour starts the moment injury or illness strikes.

Every wrong decision, delayed call, or unnecessary movement steals time that cannot be regained.

Many lives are lost in Kashmir because reaching them in the right way, at the right

moment, remains a lesson still being learned.

— The author is associated with Kashmiri-American Society for Healthcare, Medical Education and Research.

Live Selfies

(ITOs) due to their lack of economic justification and high risk.

The FIU is the single-point regulator for cryptocurrency exchanges (reporting entities or VDA service providers) operating in India under the provisions of the Prevention of Money Laundering Act (PMLA).

All such exchanges have to register with the FIU as reporting entities and submit regular reports on suspicious transactions and maintain records of their clients (customers) to identify and combat money laundering, terrorist financing and proliferation financing risks associated with crypto assets, which India has not identified as a legal tender but are taxed under the Income-Tax law.

"The RE (crypto exchange) shall also ensure that the client whose credentials are being furnished at the time of onboarding is the same individual who is actually accessing the application and personally initiating the account creation process, they stipulate.

"The authenticity of such access and personal presence shall be established by capturing a live photograph of the client and employing liveness detection technology to verify the client's physical presence..." the guidelines state.

The exchanges have been asked to do a KYC update for "high-risk" clients every six months and for all others annually.

An "enhanced client due diligence", by gathering details from open sources and consulting independent databases, is to be done for high-risk individuals or entities who either have links to tax haven countries or jurisdictions named under the FATF grey or black list and politically exposed persons (PEPs) or non-profit organisations (NPOs).

On ICOs/ITOs, the guidelines state that these activities present "heightened and complex" money laundering and terror financing risks as they "lack" justified economic rationale, while anonymity-enhancing crypto tokens (AECs), tumblers and mixers are designed to conceal or obfuscate the origin, ownership or value of transactions.

Such transactions shall not be facilitated and must trigger suitable risk mitigation measures, they state.

As the name suggests, crypto tumblers or mixers blend coins from different sources after a transaction, making it very difficult for them to be traced.

The guidelines also ask exchanges to preserve client ID, their address and transaction details for at least five years and retain them until an investigation is closed.

Pre-Diabetes Emerging as Major Threat Among J&K Adolescents

Observer News Service

SRINAGAR: The burden of diabetes is no longer limited to adults; it is increasingly affecting children and teenagers as well.

According to the 'Children in India 2025' report by the Ministry of Statistics and Programme Implementation, accessed by KNO, 9.7 out of every 10-19-year-old adolescents in Jammu and Kashmir are in a pre-diabetic stage.

Doctors say this is very concerning and requires urgent life-style changes and public health measures. They said that about 10 per cent of young people in this age group are pre-diabetic, which puts them at high risk of developing full-blown diabetes



if no action is taken quickly.

Dr Khurshed Ahmad Mir from DHSK said most of these cases are linked to the excessive consumption of sugary drinks, fast food, and processed foods. "The shift towards convenience foods has replaced traditional diets, leading to poor metabolism even at a young age," he said.

Dr Mir further said that increased screen time and decreased outdoor play have led to a rise in physical inactivity. "This reduces insulin sensitivity, meaning the body needs more insulin to control blood sugar levels, which can speed up the progression from pre-diabetes to diabetes," he said.

THE SHIFT TOWARDS CONVENIENCE FOODS HAS REPLACED TRADITIONAL DIETS, leading to poor metabolism even at a young age,"

He added that obesity is strongly connected to pre-diabetes in adolescents, with overweight teens being over 40 per cent more likely to have early blood sugar problems compared to their normal-weight peers. "Obesity affects every organ and is a disease with lifelong

implications, including diabetes, heart disease, and metabolic disorders," he said.

Dr Bilal Ahmad Bhat, another doctor, said that early symptoms like fatigue and excessive thirst are often ignored. He called for eating whole foods, which include fruits, vegetables, legumes, and lean proteins, and traditional home-cooked meals to help prevent the disease.

Doctors also recommend reducing sugary, fried, and packaged foods, engaging in regular physical activity, routine health screenings, managing stress, and getting enough sleep.

It's important to note that around 19 per cent of the population in Jammu and about 10 per cent in Kashmir are already diabetic.

Ruhullah Urges CM to Categorise Power Bills by Paying Capacity

SRINAGAR: Calling upon Chief Minister Omar Abdullah to categorise the electricity bills according to the paying capacities of the people, Member Parliament and senior National Conference leader, Aga Ruhullah, on Monday expressed concern over hike in the power tariff.

Talking to reporters here, Ruhullah, according to KNO said, "Most of the people here belong to the BPL category and live below the poverty line. The electricity fee is increased and increased equally for each category. The rates applied to the normal category are also applied to the BPL category and the fee is increased repeatedly."

"The power tariff has increased from Rs 1800 to Rs 2200 and now it has been raised to Rs 2700. Wherever there is scope for increase, it should be increased." However, he was quick to add, "The BPL category faces lot of difficulties in running their families. It is the responsibility of the government, the Chief Minister is also responsible, as he is also the minister of this department, it is his responsibility to categorize and bill the fees etc. according to the category."

He said, "I also want to tell the government through you that we many promises through our manifesto, including that we will provide relief to the people. We can at least provide relief to the BPL category with regard to electricity."

MP Ruhullah said he had come to Kangan to inspect some road projects that were given under PMGSY and were approved by the Government of India. "Funding has come and we are inaugurating four roads under PMGSY in Kangan. I would like to thank our officers who worked for their DPR etc. for these projects, helped us and we were able to make this funding possible. Hopefully, the work on these roads will be completed within the deadline and through this, the work will be completed and facilities will be provided to these populations. (Observer News Service)

Beerwah Office Building Turns Into Dumping Ground



Observer News Service

BEERWAH: Nearly eight years after a devastating fire gutted a major government building in Beerwah town of Central Kashmir's Budgam district, the structure continues to lie abandoned, turning into an open garbage dumping site and drawing sharp criticism from locals over prolonged official inaction.

The building, which was damaged in a 2017 fire incident, earlier housed several important government offices, including education and social welfare-related departments. Despite the passage of years, no reconstruction or renovation work has been initiated, leaving the charred structure exposed and deteriorating further with time.

Locals said the abandoned premises have gradually turned into an informal dumping ground, with garbage accumulating in and around the building. They said the situation has created unhygienic conditions and reflects poorly

on civic management in the area.

Locals alleged that repeated appeals and representations to the concerned departments have failed to yield any visible outcome. They said the continued neglect of the site has eroded public confidence and raised serious questions about infrastructure governance and accountability.

Officials of the Roads and Buildings Department maintained that a Detailed Project Report for the reconstruction of the building has already been prepared and submitted. However, the absence of timelines or any on-ground activity has prompted residents to question why work has not begun even after completion of formal procedures.

According to KNT, locals have urged the district administration to intervene directly and review the status of the stalled project. They said early reconstruction is necessary not only to restore public offices but also to prevent further misuse and decay of a key government asset.

Crowded & Unsafe: Women Speak Of Harassment During Daily Commutes

Arshina Aslam

PULWAMA: Bilkuees boards the bus every morning knowing what to expect. The journey to her office in Pulwama is brief, but the unease often lingers far beyond the ride.

On most days, the bus fills within minutes. As passengers push in, personal space disappears. Bilkuees keeps her bag clutched close to her body, using it as a barrier. She avoids eye contact and keeps her gaze fixed outside the window.

One morning, a man seated beside her began staring as soon as the bus started moving. When the vehicle slowed at a stop, his shoulder brushed against hers. She shifted slightly, but the space was too tight to move away. No one noticed. No one asked.

"I could feel his eyes on me the entire time," she said. "I wanted to say something, but I was scared people would question me instead."

When she finally got off the bus, the relief was immediate, but it was followed by a familiar sense of exhaustion. "By the time I reach my office, I already feel drained," she said.

For Bilkuees, silence has become part of her routine commute. She said such experiences are not rare and are shared by many women, including students and elderly passengers, who rely on public transport daily.

Women travelling by buses and trains continue to face unwanted behaviour despite increased awareness and legal safeguards. Fear of stigma, social judgement, and the conditions of overcrowded transport often discourage them from reporting these incidents.

A college student from Pampore, who travels daily to Srinagar for classes, said buses are often the most stressful part of her day.

"There are days when men stand too close deliberately," she said. "If the bus jerks, they use it as an excuse. You feel uncomfortable, but you also feel helpless because the bus is full and everyone is in a hurry."

She said she often times her commute to avoid peak hours, even if it means leaving home much earlier. "Missing one bus can mean being late

for class, but taking the crowded one feels worse," she added.

Another female commuter, who requested anonymity, recalled that inappropriate behaviour was widespread during the mid-1990s, when public buses were the primary mode of transport.

"Awareness was low then, and women rarely spoke up," she said. "Today, awareness has improved, but overcrowding still makes buses and trains unsafe for many women."

Official records indicate that hundreds of crimes against women are reported in Jammu and Kashmir each year, including cases of molestation and other sexual offences. Officials acknowledge, however, that incidents in public transport are significantly underreported, as many women choose silence over confrontation.

An official from the Social Welfare Department in Pulwama, working under the Hub for Empowerment of Women, said forced proximity in crowded public transport remained a major concern. "When buses and trains are overcrowded, and men and women are compelled to travel together in close quarters, the chances of such incidents increase," the official said.

She explained that cases of misconduct in public transport fell under relevant legal provisions dealing with sexual offences in public spaces. At the district level, support mechanisms are available through the Sakhi One Stop Centre, which addresses violence in both public and private spaces, and the She-Box system, which operates through internal and local committees.

Women can report incidents through these platforms, she said, adding that emergency support was also available at bus stands and railway stations, where police personnel are deployed. Helpline numbers such as 181 ensure a rapid response when complaints are lodged.

Despite these measures, social stigma continues to deter many women from coming forward.

"Many fear being blamed or judged," the official said. "Confidentiality is maintained. Counselling is the first step, and if required, legal action is initiated through paralegal support."

CM Omar Chairs Jammu District Review Meeting

Observer News Service

JAMMU: Chief Minister Omar Abdullah on Monday chaired a high-level meeting to review the overall development scenario of Jammu district, with a focus on expediting key infrastructure projects, improving irrigation facilities, strengthening food restoration works and ensuring optimal utilisation of funds.

The meeting was attended by Deputy Chief Minister Surinder Kumar Choudhary, Ministers Sakina Itoo, Javed Ahmad Rana, Javid Ahmed Dar and Satish Sharma, Advisor to the Chief Minister Nasir Aslam Wani, Chairman District Development Council Jammu Bharat Bhushan, Member of Parliament Jammu Jugal Kishore Sharma and all Members of the Legislative Assembly from the district.

Addressing the meeting, the Chief Minister gave directions for early completion of development works taken up under CAPEX strictly as per availability of funds. He assured the



MLAs that each of them would receive a detailed communication outlining the status of projects that can be taken up, those that could not be initiated so far, the reasons thereof, and the future roadmap.

"It should not happen that you feel a project has been taken on priority and then put on a back burner. You will receive a letter explaining what we are doing, what we have done and what we intend to do in future, so that everyone is kept in the picture," the Chief Minister said.

On irrigation, the Chief Minister emphasised the need for a comprehensive ground-level inspection, particularly of tail-

end areas of canals, to ensure proper desilting and equitable water distribution to farmers. He directed the concerned Minister to prepare a timetable and conduct on-site inspections along with the local MLAs.

Recalling past challenges, the Chief Minister said that farmers at the tail end of canals often suffered due to lack of desilting, which prevented water from reaching them when it was most needed. He stressed the need to take up desilting works in convergence with MGNREGA wherever feasible, so that labour costs are met under MGNREGA while material and machinery costs are borne by the department.

CS Releases DIPR Calendar-2026 & Diary

Observer News Service

JAMMU: Chief Secretary, Atal Dulloo on Monday released the Calendar-2026 and Official Diary of the Department of Information & Public Relations (DIPR) at a function held here.

The Calendar and Diary, brought out annually by the Department of Information & Public Relations, highlight important landmarks, cultural heritage, developmental initiatives and key achievements of the UT besides serving as an important reference and documentation tool for government



functioning.

Speaking on the occasion, the Chief Secretary appreciated the efforts of the Department of Information & Public Relations in effectively documenting and disseminating information related to government policies, programmes

and achievements. He underscored the crucial role played by the department in strengthening transparent communication between the government and the public, and in showcasing the socio-economic and developmental progress of Jammu and Kashmir.

Avoid Night Travel on Jmu-Sgr Highway: Traffic Police

Observer News Service

SRINAGAR: Authorities on Monday advised passengers and Light Motor Vehicle (LMV) operators to avoid travelling during night hours on the Jammu-Srinagar National Highway and to plan their journeys during the daytime.

The Traffic Police, in its advisory, said that night movement of Heavy Motor Vehicles (HMs) between the Nashri Tunnel and Navyug Tunnel often causes inconvenience to commuters, and should be avoided.

Motorists have been urged to strictly follow lane discipline and warned that overtaking and wrong-lane driving lead to traffic congestion, according to the advisory accessed by KNO.

Subject to fair weather and road conditions, LMVs, passenger vehicles, police said private cars and HMs (goods carriers) will be allowed from both sides on the National Highway, with Traffic Control Units coordinating and monitoring road status. On the Kishtwar-Sinthan-Anantnag road, the stretch remains closed for vehicular movement due to fresh snow accumulation.

Regarding the Srinagar-Sonamarg-Gumari road, the advisory states, "Subject to fair weather and good road conditions and after receiving clearance from the Border Roads Organisation (BRO), traffic movement will be allowed from Kargil towards Srinagar. LMVs, followed by HMs up to six tyres, equipped with anti-skid chains, will be permitted to move from Minamarg towards Srinagar between 11:00 am and 3:00 pm."

Ghulam Hassan Appointed As Interim JKBOSE Chairman

SRINAGAR: The government Monday assigned Ghulam Hassan Sheikh, Secretary, J&K Board of School Education (JKBOSE) with the additional charge to act as interim chairman for the Board.

A government order in possession of Kashmir Observer reads: "In exercise of the powers conferred by sub-section (1) of section 12 of Jammu and Kashmir Board of School Education Act, 1975 (Act No. XXVIII of 1975), the Government orders that Ghulam Hassan Sheikh, JKAS, Secretary, J&K Board of School Education, shall discharge the functions of Chairman, J&K Board of School Education, in addition to his own duties, as an interim arrangement, till further orders."

In another separate order, the government has ordered that the Director, School Education Jammu (DSEJ) shall hold the charge of the post of Director, Jammu and Kashmir, State Council of Educational Research and Training (JKSCERT).

"In the interest of administration, it is ordered that Naseem Javid Chowdhary, JKAS, Director, School Education, Jammu, shall hold the charge of the post of Director JKSCERT in addition to his own duties, till further orders," it reads.

Pertinently, JKBOSE has had no proper chairman for the past more than a year and is functioning with an interim arrangement. The post of JKBOSE chairman has been lying vacant since the day tenure of Parikshat Singh Manhas expired more than a year back.

Army Foils Multiple Drone Intrusions Along LoC

JAMMU: The Army intercepted several drones suspected to be from Pakistan along International Border and the Line of Control (LoC) in Jammu region on Monday.

An official while talking to KNO said, "Late Sunday evening, soldiers detected a drone near the Naushera sector in Rajouri district. Counter-unmanned aerial systems were immediately activated, forcing the drone to retreat across the LoC. No casualties or damage were reported."

The official said that five separate drone sightings were recorded along the LoC and the International Border, including multiple attempts at reconnaissance in sensitive areas. "Alert Army units engaged the intruding drones promptly using standard counter-drone measures, preventing further intrusion," he added.

Security has been further stepped up in forward areas of Rajouri and adjoining sectors, with surveillance and monitoring intensified to deal with any future attempts, he said.

Authorities said that drones are often used by terror groups, allegedly with support from Pakistan's intelligence agencies, to smuggle weapons, cash, and narcotics into Jammu and Kashmir.

GOVERNMENT OF JAMMU & KASHMIR

OFFICE OF THE CHIEF ANIMAL HUSBANDRY OFFICER BANDIPORA

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Sub: Selection and Waiting list of applicants from village Chithhandy under Tribal Sub Plan 2025-26.

NOTICE

Whereas, Animal Husbandry Department, Bandipora is implementing the Tribal Sub Plan-2025-26 at Village Chithhandy, under which eligible tribal beneficiaries are to be provided with one high-quality dairy cow (Single Cow Dairy Unit) on a 50:50 cost-sharing basis including insurance premium, i.e., 50% Government share and 50% beneficiary share.

Whereas, applications were invited from eligible tribal beneficiaries under the aforesaid Plan vide Advertisement Notification No. CAHO/Bpr/Tech/2025-26/2957-67 dated 16.12.2025 and total of seventy-eight (78) applications were received by this office in response to the said advertisement.

Whereas, all the applications so received were duly scrutinized and verified by the Technical Committee of the Animal Husbandry Department, Bandipora, in the presence of the District Level Committee nominated by the District Development Commissioner, on 03/01/2026 and all the applicants were found eligible.

Whereas, no objection Notice was invited by this office vide notice no: CAHO/Bpr/Tech/2025-26/3224-3232, dated 03.01.2026 in respect of eligible applicants, but no objection was received by this office within the stipulated time.

Whereas, the draw of lots for the selection of thirteen (13) beneficiaries was conducted on 10.01.2026 in the presence of the Committee nominated by the District Development Commissioner, Bandipora, along with the applicants. The applicants selected under the General and Reserved categories are listed in Annexure A and Annexure B, respectively, while those placed on the waiting list are listed in Annexure C of this notice. For the reservation waiting list, women applicants from the general waiting list shall be considered strictly in serial order, as determined by the draw of lots.

Now, therefore, it is hereby notified for the information of all concerned that the beneficiary contribution (beneficiary share) shall be determined on the basis of the LI bid rate of the cattle supplier/dealer finalized through the GeM Portal.

In the event that the LI rate is lower than the ceiling rate communicated earlier as per the DPR, the number of units may be enhanced. Such additional units shall be allotted to applicants in the order of priority as per the serial number of the waiting list drawn through lots.

Further, the selected beneficiaries shall be required to deposit their respective beneficiary share into the official account of the undersigned. The account details, along with further instructions in this regard, shall be communicated separately.

No: CAHO/Bpr/Tech/2025-26/3313- 21
Dated: 12-01-2026

DIPK-9973-25
DT: 12/01/2026

Chief Animal Husbandry Office
Bandipora

'A Complete Lie'

ICC Rejects Bangladesh's Security Concerns In India

Press Trust of India

DHAKA/NEW DELHI: Bangladesh sports advisor Asif Nazrul on Monday claimed that the ICC has acknowledged his country's specific security concerns on travelling to India for the T20 World Cup but the game's global governing body termed his assertion "a complete lie".

Bangladesh have expressed reluctance to tour India for the tournament, scheduled to begin on February 7, and have sought to shift their matches to co-host Sri Lanka citing security concerns. This was after pacer Mustafizur Rahman was released from the IPL on instructions of the BCCI which cited unspecified "developments" as the reason.

"I need to inform you that the security team of the ICC and those in charge of security have sent a letter (to BCB). In that letter, it has been said that three things will increase the security



threat to the Bangladesh team," Nazrul said during a press conference in Dhaka, according to local newspaper 'Daily Star'.

"One is if Mustafizur (Rahman) is included in the Bangladesh team. Two, if the supporters of the Bangladesh team walk around wearing the national jersey of Bangladesh. And the third is that the security threat of the Bangladesh team will increase

as the (Bangladesh) elections approach," he added.

However, the ICC, while admitting to have contacted the BCB, denied Nazrul's claims that it has accepted Bangladesh's listed concerns.

"There has been an internal communication from ICC to BCB with regards to security in India. But what Asif Nazrul said is a complete lie. ICC's communica-

tion never mentions that Mustafizur's selection will be an issue.

"It's complete falsehood... There is no such advisory in formal communication," an ICC source told PTI.

The upcoming T20 World Cup is scheduled to be held from February 7 to March 8 across venues in India and Sri Lanka.

The BCB's apprehensions followed the release of Mustafizur from IPL franchise Kolkata Knight Riders amid attacks on Hindus in Bangladesh.

As per the existing fixtures, Bangladesh are scheduled to play their first three group matches in Kolkata and the final one in Mumbai.

Following Mustafizur's removal from the KKR franchise, the Bangladesh government banned the broadcast of the IPL in the country.

However, former captain Tamim Iqbal and current Test skipper Najmul Hossain Shanto have cautioned against a hard-line approach on the matter with the former saying that the decisions taken today would have repercussions 10 years down the line.

Shanto has voiced the psychological stress that the players are feeling at the prospect of missing a World Cup. However, Nazrul has taken an unyielding position and stated that Bangladesh will not budge from its demand.

Sports Ministry Asks NSFs To Liaison With Int'l Bodies



NEW DELHI: The Sports Ministry on Monday asked every national federation to constitute a "Committee on International Relations" that would be tasked with the job of ensuring better cooperation with international bodies on issues such as joint training programmes and hosting of major competitions in India.

In its communication to the National Sports Federations (NSFs), the ministry said the committee should comprise senior members of the federation, former international athletes, coaches and "subject experts with proven experience in global sports administration and diplomacy."

"The details of the Committee, including its composition and terms of reference, may kindly be communicated to this Ministry within 30 days from the date of issuance of this advisory," the Ministry letter to the NSFs, which is in possession of PTI, stated.

The advisory comes a few days after Sports Secretary Hari Ranjan Rao urged NSF officials to leave day-to-day administration to CEOs and focus on building ties internationally for India's benefit.

"You are the vision builders, you are not administrators. You require professional administrators in your organisation who handle the day-to-day business while you network with international bodies and plan the pyramid of growth," he had stated in Ahmedabad last week.

"You should be able to facilitate a process by which our leadership is on first name basis with the international body representatives," he had said while unveiling the medal strategy for the next decade.

The ministry advisory said the decision to advise the formation of such a committee was based on "the rapidly evolving global sports environment."

The committee will be entrusted with the task of monitoring developments in their respective International Federation (IF), Continental Federation (CF), including changes in competition rules and structures, and governance frameworks and elections.

"It will also be expected to formulate a "medium-term international cooperation plan covering bilateral/multilateral MoUs, joint training camps, exchange programmes, knowledge-sharing initiatives, and hosting of international competitions in India," the letter stated. The committee will coordinate with international federations to ensure India's timely participation in the bidding process.

In addition, the committee will prepare periodic briefs to the Ministry, highlighting the collaborations that are either finalised or in motion between the concerned NSF and its counterparts.

"These briefs should emphasise initiatives that enhance performance pathways for Indian athletes and teams, including access to elite competitions, sparing opportunities, and advanced sports science support abroad," the letter said.

French Cup

Brazil Forward Endrick Scores In Lyon Debut Win

AP

PARIS: Brazil forward Endrick scored in his club debut as Lyon won 2-1 at Lille to reach the last 16 of the French Cup.

The 19-year-old Endrick is on loan from Real Madrid. He surged at the right post to neatly guide the ball in after Corentin Tolisso astutely flicked on a left-wing cross in the 42nd minute.

Portuguese forward Afonso Moreira put Lyon ahead in the first minute and, after defender Nathan Ngoy equalized for Lille in the 28th, it was Moreira's cross which led to Endrick's goal.

Endrick played only three games for Madrid this



goals in 37 games for Madrid and caught the eye with his speed, dribbling ability and spectacular finishing.

Endrick scored three goals for Brazil last year. He started his career at São Paulo-based Palmeiras and his performances there earned a "dream" move to Madrid.

In other last-32 matches: Ligue 1 leader Lens won 3-0 at Sochaux; Nice won on penalties at Nantes in an all-first division game; and top-flight Rennes rallied to win 3-1 at fourth-tier Chantilly. Second-tier Montpellier, which was relegated last season, won 4-0 at Metz, which is last in Ligue 1.

season under new coach Xabi Alonso. He was encouraged to look elsewhere by former Madrid coach Carlo Ancelotti, who is now Endrick's coach with Brazil.

Under Ancelotti last season, Endrick scored seven

India Open Super 750

High Hopes, Tricky Draws Await Home Shuttlers

Press Trust of India

NEW DELHI: India's top shuttlers, including P V Sindhu and Lakshay Sen, will look to convert recent form into results on home courts when the USD 950,000 India Open Super 750 begins here on Tuesday.

Indian players, however, have struggled to fully capitalise on home advantage, with only a handful of them lifting the title in the last 15 years.

The draw will once again throw up early challenges for the home contingent, including a marquee all-Indian men's singles opener between Sen and Ayush Shetty, while Sindhu begins against Vietnam's

Nguyen Thuy Linh.

Sindhu, a 2017 champion, comes into the Delhi leg on the back of a confidence-boosting run at the Malaysia Open Super 1000, where she reached the semifinals before losing to China's Wang Zhiyi.

The tournament, to be held at the Indira Gandhi Indoor Stadium, marked a timely lift for the two-time Olympic medallist after an injury-interrupted phase.

"It's always nice to be playing the Indian Open in Delhi every time at the start of the year. I'm really happy to be playing at the home ground, we will put our best effort and give our 100% and hope we get some good results here,"

Sindhu said.

Sen, a 2022 India Open champion, has also had a volatile start to the season. He ended 2025 by winning the Australian Open Super 500 and then suffered a setback at the Malaysia Open.

Ayush, on the other hand, announced himself last year by winning the US Open Super 300 and has beaten the likes of Kodai Naraoka, Loh Kean Yew, Chou Tien Chen and Brian Yang.

Last week, the 20-year-old from Karnataka, a bronze medallist at the 2023 World Junior Championships, upset Paris bronze medallist Malaysia's Lee Zii Jia in the first round.

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